



Recovery Through the Steps  
Unity Through the Traditions  
Service Through the Concepts

### Inside This Issue

Topic: Compassion

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# Northern Hi Lights

[nynafg.com](http://nynafg.com)

*Al-Anon News from New York North Area*

JULY 2022

Volume 50 Issue 6

## Public Outreach

Lynda (Lynn) S.

*The Website for Al-Anon Public Outreach is being updated and there are many new and old items to explore there.*

The newer items are downloadable posters that can be printed with your local information and QR codes. You do need writable PDF formatting but it can be done. One of the older items is the *Best of Public Outreach* booklet that will be all written out with plenty of ideas. I do not believe it is all updated yet but there are other items you can check out or at least get ideas for.

#### Topic of Compassion....

I always understood the need for compassion for the family and friends of alcoholics as we need compassion and understanding to learn how to deal with healthy approaches to the pain we are suffering. Public Outreach work is one of the best ways to get out of ourselves. What took me a long time to understand was how to have compassion for the alcoholics in my life. Until I accepted alcoholism as a

disease, I did not get this concept. I also learned to have compassion for myself. Easy Does It works well in this situation.

## Alateen Coordinator

Mary S.

*If you know a teen that would benefit from Alateen contact Mary S., [alateen@nynafg.com](mailto:alateen@nynafg.com) and I will connect the teen with an active group in NYN.*

For more information about Alateen or becoming an AMIAS (Al-Anon Member Involved in Alateen Service) join myself and other AMIAS at our monthly Alateen Networking Meeting. Date/Time and Zoom information can be found on the Events Calendar on the New York North website, [nynafg.com](http://nynafg.com), or by contacting [alateen@nynafg.com](mailto:alateen@nynafg.com). Just a reminder if you are traveling, Al-Anon/Alateen members can go to a meeting on the Al-Anon Family Groups mobile app: [Information about app](#), [User questions and instructions](#) .....  
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## Calendar:

- **AWSC meeting.....Sat, Aug 27th. (Register on the NYN Website.)**
- **2022 Fall Ass'bly.....Fri - Sun, Sept, 16, 17, and 18. -- (Hybrid.)**

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**Topic of Compassion....**

Before I could practice compassion I needed to focus on myself. My Sponsor encouraged me to be patient, gentle and compassionate with myself, and to trust that things would happen when they are supposed to. After completing a Step Four inventory and sharing it with my Sponsor; I was able to establish clear, non-negotiable boundaries. I couldn't connect with others until I was clear where I ended and someone else began. The better I become at accepting myself, the more compassionate I become. Compassion is not feeling sorry for another person, fixing their problems or rescuing someone. Compassion is understanding what someone is feeling and providing support without taking on their issues as my own.

Together We Can Make It.

**Area Alateen Process Person, AAPP**

**Mary D.**

**I am pleased to say that our annual recertification of the Alateen groups and annual recertification of AMIAS (Al-Anon members in Alateen Service) was completed and submitted to and accepted by the WSO.**

I am grateful that these folks are able to give their time to complete the requirements for AMIAS certification and recertification as required by NYN Area 39, as well as be available to their Alateen and Alateen groups. I am grateful too for Mary S., Alateen Coordinator and Leslie C, NYNAC Coordinator, for accurate information for our teens and AMIAS.

**Mission Statement**

**Northern Hi Lights** is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service-related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. *Northern Hi Lights* is not copyrighted. It is not conference approved literature. Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com. When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 Service Manual). *Announcements should be submitted at least 6 weeks before event.*

Subscriptions: Suggested donation of \$10/year, when possible (see back page): All Al-Anon members are encouraged to subscribe (electronically if possible), to receive an individual copy. A copy will automatically be sent to each Group Representative on record.

For more information visit the following websites:

New York North: [www.nynafg.com](http://www.nynafg.com) WSO:

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Topic of Compassion....**

Compassion is critical. To me compassion is the opposite of judgmental.

Alcoholism is a disease. Our reactions are a disease.

I need to have compassion for myself as well as the alcoholic. When the disease was active in our house, I would struggle with my husband to drag him upstairs to bed. Well, my reaction went from struggle to anger in no time and of course more anger. I have heard said anger gets me in trouble and pride keeps me there and that's just what would go on almost nightly. The reaction was physically, emotionally and spiritually exhausting. At the very first local Al-Anon conference I attended in 1979 the main speaker spoke of

compassion! She told my story though she was less harsh. That felt embarrassing. She said she learned to just throw a cover over him on the floor. Wow. That was simple. A lot less wasted energy!

So I dropped in on Al-Anon to hear my story many times over and learn how to apply, to myself, the various tools of the program. The tools work if we live them.

I have to accept the disease of alcoholism and that I have a disease too.

No matter how long you are in the program you will continue to hear your story. We were dependent upon each other and couldn't become individuals until we learned to live our programs. To this day I need to use many of the Al-Anon tools on a daily basis.





## Archives Coordinator

Maria S.

### We have liftoff regarding the New York North Archives!

The items that have been scanned in so far for our Archives now reside on a Google Drive “in the cloud” so that all our members can access them. Ellen, our NYN Website Coordinator, has placed a link to the archives on the NYNAFG “Area Information and Forms” page; there is now a link in the middle of the page that says “NYN Archives”. If anyone at any time goes into the Archives and sees something that does not look right, or if anyone has any Archives questions, please email me at [archives@nynafg.com](mailto:archives@nynafg.com).

Our Archives Task Force has met once on Zoom already and will be meeting monthly on the first Thursday evening of each month. If anyone else would like to join this Task Force, please email me.

### Topic of Compassion....

Regarding compassion, my sponsor has helped me to understand that I have done the best I can with what I have. For me, being compassionate towards myself seems to be a more difficult role than extending compassion to others, and I am constantly working on it.

## Literature Coordinator

Diane C.

### At Saturday May 21 Spring Assembly, I was guided by my Higher Power to volunteer to stand for the position of NYN Literature Coordinator.

One of the things that struck me to even consider this was during our Delegates Report Kathy D. mentioned that the two places that WSO receives its funding was thru Literature Sales & Donations. Because meetings have not been meeting in person for a couple of years Literature sales are down. She also mentioned that if each member could just purchase ONE PIECE of CAL (conference approved literature) this would cover this year’s deficit. Can you imagine? Is there a book you don’t already have that you wanted to help you with your recovery? There are so many that are available & many of us can contact our local AIS Office to purchase them. As I write this, I encourage you to think about this idea & consider purchasing something this month.

Thanks for electing me for this position & for the opportunity to learn more about our incredible Literature!

## E-Meeting Host Coordinator

Mike R.

I hope everyone is doing well these days. Progress and not perfection is the best we can hope for. While COVID-19 continues to be an issue in our area, the lessening of restrictions and the opportunity to resume some degree of normalcy give us all hope for the future.

### As I have mentioned in previous issues, I continue to be a part of the Zoom meetings that are a part of the Alateen Networking Group.

My contributions to the offerings on AFG Connects have been beneficial for my personal recovery, and I have been active in my district’s outreach efforts through literature initiatives and PSAs. Participating in meetings in person, as well as hybrid or totally virtual assemblies, have bolstered my spirits and given me the strength to carry on.

### Topic of Compassion....

Before I entered the rooms of Al-Anon, I had none when it came to my son’s addictions. I had run out of ideas to help him clean up his act, and the well of compassion had run dry. The only way I could deal with him was through isolation, self-denial, and resentment.

My program has helped me realize that everyone is entitled to a second chance. The door of opportunity has opened wide, and

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the relationship I now have with my son is a rewarding one for both of us. I can love him unconditionally and make peace with the past. Despite the distance of miles that separate us, we have grown much closer over the last two years, and that is a cause for celebration. The best is yet to come, thanks to the people in Al-Anon who have supported us every step of the way.

I hope you enjoy the days to come as we see the positive changes in the weather. Al-Anon is the one stabilizing force that we can all rely on one day at a time.

## Convention Coordinator

Jim M.

**The 2022 New York North Area Fall Assembly is scheduled for September, 16, 17, and 18, 2022 and will be hosted in a Hybrid form by Districts 6,10 and 18.**

The in-person portion of the Assembly will be held at Dwyer Hall at the Immaculate Conception Church, 400 Salt Springs St., Fayetteville, NY 13066. Many of the District 18 and Syracuse AIS Days of Sharing have been held at this location, as well as NYN AWSC Meetings in the late 1990's and the early 2000's. Dwyer Hall can seat 100 + in rounds as well as head tables and tables for Hospitality, Literature, and Basket Raffles. An AV set up is available for Zoom and visual presentations and the Hall has very good Wi-Fi. There is also a hospitality area with coffee makers and supplies. Breakout rooms are available for panels or Thought Force committee meetings. There is

plenty of parking available at the location. The Craftsman Inn, a local hotel and restaurant is also nearby for members who wish to stay overnight.

In order to ensure that our 2022 Hybrid Fall Assembly will be successful, it is very important to ensure that we have a sizable in-person attendance. Although we have a location all set for the Fall Assembly, we are also exploring the possibility of holding the Assembly at a local hotel. In order to book a hotel, we will need at least 100 members attending and paying a registration fee of at least \$25-\$30 in order to cover the charges from a hotel. **I am asking the NYN Web Coordinator to put up a poll on the webpage** in order to get an idea on how many people plan on attending in person in order to get feedback on potential attendance. In the meantime, we still have the facility at the church hall in Fayetteville, NY.

**Carrie R. from District 12 in Buffalo and her members are considering whether to host the 2023 NYN Spring Assembly and Convention** either as an in-person event or in Hybrid form. District 12 had previously hosted the 2017 Spring Convention and Assembly in Buffalo, NY. In my July report, I mistakenly attributed District 12's possible participation in the Spring Convention to another member, Maryellen N., who was also from District 12, and who had contacted me about another convention related issue. I wish to apologize to

both Carrie and to Maryellen for my error.

### **The 2023 NYN Fall Election**

**Assembly will be coming up soon as well** and we will need a District or Districts to host the Assembly, which will most likely be an in-person event with a possible hybrid virtual element. **Would your District please consider hosting the 2023 NYN Fall Election Assembly?**

### **Topic of Compassion....**

Al-Anon's Fifth Tradition speaks to me of the need for compassion in our own lives as well as within the fellowship. "Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics." From my very first meeting I have felt the love, support and compassion of my fellow Al-Anon members and in time I began to feel compassion towards my alcoholic loved ones again as well. My compassion stems for my love and care for my loved ones, but is tempered by my practice of detachment and not interfering with the consequences of the alcoholic's actions. My recent experiences with a friend's three-year-old son are a perfect example of this. Her son is a wonderful little boy but like most toddlers he can also be very will-full and stubborn when he does not get his way. I was much like that myself before I came into Al-Anon. When

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he starts to act out and becomes more aggressive towards me, which is usually when she is in a store shopping and leaves him in the car with me, first I speak calmly and gently to him and let him know that I understand his frustration. When his actions become more aggressive such as hitting my car window with his mom’s cell phone, which he uses to watch cartoons, then I need to take more definitive action. He is actually a very smart child and even knows how to release the lock mechanism on his car seat by hitting the button with her cell phone. At times like these I follow his parent’s lead and offer him a count of three to cease and desist. Most of the time he backs down after the count of two, but occasionally I have to step in and either take the phone away from him or slap his hand in order to get him to stop using the phone to hit something. Once I do that though, I immediately comfort him and let him know that he is still loved despite his actions.

## Group Records

Joan L.

Sometimes I can read our submission topic and go right to work pounding out an article. Other times, like today, the topic of COMPASSION was a tad bit more challenging, and I really had to dig deep into my heart to remember how my definition has changed as my years in Al-Anon progress.

### Topic of Compassion....

I first reflected on the words that impacted me so when I first read about COMPASSION in One Day at a Time. “It isn’t easy to remember that this helpless creature is a child of God, hurt, sensitive, sick with guilt, in need of COMPASSION.” And the definition “to suffer together”, these words guided me with my best approach in my life with my alcoholic.

Resentment, anger, disrespect

must be a thing of the past. My life in Al-Anon taught me to practice detachment with love, COMPASSION, slogans to use every day and a clear approach (for my own sanity) on how I was going to survive living with my loved one. I thank this program for reminding me to do unto others as I wish to be treated.

## Newsletter Editor

David N.

I’m your NEW newsletter Editor!

I’m excited.... Let the presses roll!

### Topic of Compassion....

Your kind welcome to me is a compassionate one, thank you. I have also experienced compassion as a “kick in the pants,” whether given or received, when truth and friendship call for it. Good friends, thankfully, can ask hard questions.

## Treasurer’s Report – Betty G.M.

Check Date	Group or District #	Group Name	Amount
5/9/2022	9815	Hudson Falls AFG	\$50.00
5/1/2022	9710	Friday AM Amherst Mon 8pm St. Louis	\$40.00
5/12/2022	27834	AFG	\$40.00
5/14/2022	10328	Bayberry	\$75.00
	32510	Living Today AFG Cortland Thursday	\$75.00
5/24/2022	9696	Night AFG Ann’s Church	\$50.00
5/24/2022	37056	Thursday noon	\$40.00
5/23/2022	64625	Serenity on Saturday	\$30.00
5/19/2022	10187	Penn Yan AFG	\$25.00
5/19/2022	53134	Hope for Today	\$100.00
6/10/2022	9722	Eastside AFG	\$25.00
4/28/2022	9679	Faith AFG Cicero	\$88.00

5/18/2022	****	Thursdays Hope	\$25.00
6/9/2022	District 17	District 17	\$100.00
6/5/2022	District 1	District 1	\$ 100.00
6/6/2022	9828	AFG Friday	\$30.00
6/14/2022	District 9	District 9 Cloverleaf Monday	\$40.00
6/13/2022	10339	Night Monday Courage to	\$50.00
6/8/2022	63806	Change	\$25.00
6/11/2022	10188	Step Study Peterboro	\$40.00
		<b>Total Deposit</b>	<b>\$1,048.00</b>

Thank you everyone for your donations. I made three deposits totaling \$1,048.00.

### No bills or reimbursements in June.

\*\*\* - There was no group number and I could not find a matching group name and town for the Thursday’s Hope \$25.00 donation. If you see this, please email me at [treasurer@nynafg.com](mailto:treasurer@nynafg.com)

# Chairperson

Carol C.

June was a very busy month for me personally. My youngest graduated from high school and she gave one of the commencement speeches. We had a big party to celebrate and hosted out of town family and guests.

I didn't have much time for doing Al-Anon service work, but I did have many opportunities to practice my program. My daughter was the Senior Class President, and the last month of school was a very busy and very challenging time for her. She tackled some tough leadership problems. It was hard for me to watch her struggle and it brought me back to some of my own painful high school experiences. This program has taught me that I cannot prevent my daughter from having painful experiences, I can only help guide her through them. Before Al-Anon, I did not know how to do that. Al-Anon gave me the tools I never had, and I was able to pass them along to my daughter. I shared with her my own, similar, painful experiences and let her know that she was not alone in her suffering.

### Topic of Compassion....

Compassion means to suffer together, and it connects people and creates unity. I had an opportunity to practice compassion with my daughter. It brought us together and made us both stronger. I am immensely grateful for Al-Anon and the recovery that I have received through the 12 Step Program. I've heard said that when one person in the family gets better, the whole family benefits. I can report that this has been my experience this past month and I am filled with gratitude.

# Delegate

Kathi D.

Compassion and empathy are often conflated in my mind. University of Berkeley's greater good website provided me with a clear understanding of their difference. "...empathy refers more generally to our ability to take the perspective of and feel the emotions of another person, compassion is when those feelings and thoughts include the desire to help."

It is easy for me to practice compassion within Al-Anon. Al-Anon saved my life. One of the ways that I do this is through financial support. The 'Passing the Basket' suggested reading was slightly revised in the 2022-2025 Al-Anon/Alateen Groups at Work booklet to read:

"We have no dues or fees; according to our Seventh Tradition, 'Every group ought to be fully self-supporting, declining outside contributions.' ...

"We contribute in gratitude for what we have received from Al-Anon."

Additionally, "We do this through our own voluntary contributions by passing the basket to cover group expenses, including rent or platform fee, purchase of literature, and the support of our service arms." (page 18) Concept One states, "The ultimate responsibility and authority for Al-Anon World Services belongs

to the Al-Anon groups." Thus, without our financial support Al-Anon world services would not be there to protect Al-Anon and provide groups with support and literature.

When I first came to Al-Anon 30 years ago, it was standard practice to place a dollar in the basket. Over a decade ago, it was suggested that for those who could afford it, to place two dollars in the basket. At the 2022 World Service Conference (WSC), a slide from the Budget presentation reflected the power of a dollar.

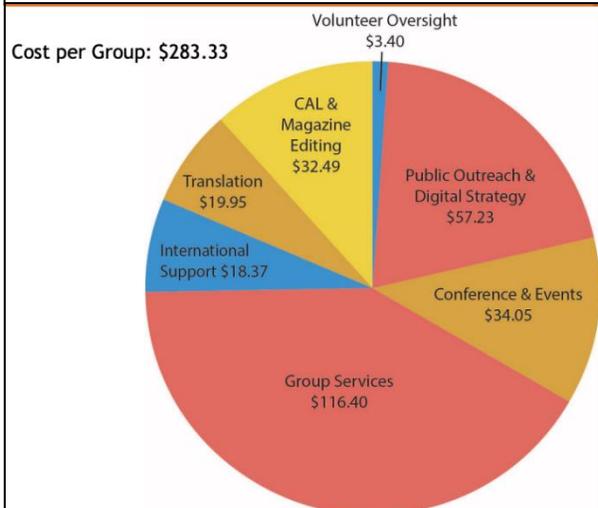
In 2022, it takes \$10.76 to match what a dollar covered in 1952. This gave me pause, if I'm still only placing \$1 or \$2 in the basket how much money is left over to cover our service arms (District, AIS, Area, WSO) expenses.

One of the gifts Al-Anon has given me is that of financial stability. While I'm not wealthy, I can certainly place more than \$2/week in my home group's basket. This is one of the ways I can practice compassion within Al-Anon.

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WSO has calculated that it costs \$283.33 to support each group!

While I'm not wealthy, I can certainly place more than \$2/week in my home group's basket.





## NORTHERN HI LIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Hi Lights but in keeping with the Seventh Tradition of being self-supporting a **donation of \$10 per year for a paper copy is suggested** to help pay production costs.

All Al-Anon members are encouraged to subscribe to the Northern Hi Lights electronically.

**~There is NO COST for an ELECTRONIC COPY~**

**This is:**     \_\_\_ a new subscription  
                  \_\_\_ renewal

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**Group Name:** \_\_\_\_\_

WSO # \_\_\_\_\_ District # \_\_\_\_\_

**Mail Subscription donations to:**

NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY  
14624

**For address changes or updates**

Mail to: Group Records, 135 Berry Road, Fredonia, NY  
14063

Or e-mail: [records@nynafg.com](mailto:records@nynafg.com)

**Do you know whom to contact with an Al-Anon issue?  
Unless this is a personal subscription, this copy belongs to your group.  
Please share it with them, and make each issue available at your meeting.  
To ensure anonymity, tear off this part before leaving it with your group.**

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**Submissions for  
SEPTEMBER  
Northern Hi Lights**  
Due by: **August 15**  
Topic:  
**Keep it Simple**

*Remember there will be  
~No issue in August~*

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DO NOT SEND CASH!!  
Make payable to: NYN Area  
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*PO Box 64176, Rochester, NY  
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