



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

Northern Hi Lights

Al-Anon News from New York North

Inside This Issue

Topic: Concept Nine

- 1 Action Required Concerning Your NHL Subscription
- 2 Thoughts From Our Area Chair
- 3 Sending Donations to NYN
- 4 Area Delegate, Panel 52
- 4 Alateen Coordinator
NYNAC Coordinator
Calendar of Events
- 5 Immediate Past Delegate
Scavenger Hunt
- 6 Literature Coordinator
Web Coordinator
- 7 Archives Coordinator
Newsletter Coordinator
Alternate Delegate/
Forum
- 8 Secretary
- 9 Public Outreach
Convention Coordinator
NYN Service Position Available
- 10 District Doings
- 11 Officers' and Coordinators'
Contact Information
- 12 NHL Subscription Form

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Action Required Concerning Your NHL Subscription:

All members and groups wishing to **CONTINUE** to receive *Northern Hi Lights* as a hard copy mailed to them, must send their contact information to: Northern Hi Lights, 34 Ellison Ave., Rochester, NY 14625, or email: records@nynafg.com

Effective October 1, 2013

Northern Hi Lights will be distributed by electronic means unless an individual or group requests to continue to receive it in hard copy by sending your Name, Group Name & Number (if applicable), and contact information to the address above.

Thoughts From Our Area Chair:

Concept Nine: "Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership."

"Concept Nine" tells us that at every level of Al-Anon Service we need to have good leadership. What does this mean? To me it means that we need to take care when choosing our leaders, starting

Northern Hi Lights is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels in between Assemblies. It will not contain poetry or personal recovery stories. 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 and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* *Northern Hi Lights* is not copyrighted. It is not conference approved literature.

Email submissions by the 15th of the month prior, to: newsletter@nynafg.com

Groups are requested to pay for a subscription at \$7.50 per year. A copy is sent to the Group Representative of each group on record with the Group Records Coordinator unless we have specific instructions about a Group Mailing Address. The address label is on the back page.

For more information visit the following websites:

New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

at the group level, as the Group Representatives are the ones who elect our District Representatives and our World Service Delegates. It also tells me that the Board of Trustees are the primary leadership at the World Service level.

"Concept Nine" doesn't tell us to make sure to fill every service position with a warm body just for the sake of filling the position. It tells us to make careful decisions when we choose our leaders. It says that good personal leadership is necessary. When choosing our leaders we should take into account their time in the program, whether they are actively practicing the Al-Anon Principles in all of their affairs, their willingness to serve freely and whether they possess the skills and talents necessary to fill the specific position.

When we elect our leaders, we trust them to fulfill their responsibilities and to act in the best interest of the fellowship. In "Concept Three" we give the "Right of Decision" to our leadership. We place our trust in our leaders to act in the best interest for Al-Anon as a whole when presented with all the information available. We trust our leaders to use their discretion when making decisions, knowing when to dispose of certain matters and when to look to the fellowship for guidance. We also trust our leaders to reach out for help when they can't do it alone.

A good leader should be able to recognize that anyone in our fellowship can initiate a great plan. Leadership ability includes being able to compromise and admit you don't have all the answers and realize that if something isn't working it can be changed. We should also choose our leaders based on their visionary abilities to originate plans for the improvement of the fellowship. We find ourselves in a fast changing environment, and Al-Anon Family Groups need to be able to move forward with confidence to meet the demands of our members.

Elections for NYN Area Officers and Coordinators will be held in the Fall of 2014. Between now and then please begin to think about the traits you would like to see in our leaders. Take the time to read "Concept Nine" in the *Al-Anon/Alateen World Service Handbook*, which includes a modified essay written by Bill W. on "Leadership." Ask yourself if you display these traits and what traits you would like to see in our Area Leaders.

It is with a heavy heart that I announce the resignation of Loretta P. as our NYN Treasurer. Thank you Loretta for your work and dedication as Treasurer. Loretta's resignation leaves the need to fill the treasurer position. If you have interest in filling the remainder of the Panel 52 Treasurer's term, which ends in December of 2014, please get

in touch with me prior to the Fall Assembly. My contact information is on the last page of the newsletter. (See separate insert for Qualifications and Responsibilities for Treasurer Position.)

Highlights from the August 17th AWSC planning meeting for the Fall Assembly:

Voting items Fall Assembly Agenda:

- Approve the Assembly and Voting Procedures document
- Approve the 2014 Budget
- Host District for Fall 2015 Assembly.

The Assembly & Voting Procedure document and the 2014 Budget will be sent to all members of the AWSC for continued feedback and will be available on the NYN website as we get closer to the Assembly.

Five Districts gave a tentative "maybe" on hosting the 2015 Fall Assembly; they plan on taking the topic back to their respective district meeting to poll their groups for interest. Hosting an Assembly or Convention/Assembly is a great way to build unity within the district and introduce members to service.

There was healthy discussion regarding what affiliation is and about the idea of separating the Spring Convention from the Assembly.

What else can you expect at the Fall Assembly?

Several Officers and Coordinators will give short presentations or skits relevant to their service position to generate interest as we prepare for the 2014 Fall Elections.

Our presentation committee is planning their presentation around Alateen.

Together We Can Make It,

Pam A.

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order.

DO NOT SEND CASH!!

Make payable to:

NYN Area Assembly

PO Box 196

Westons Mills, NY 14788-0196

Add Group's registered name & the Group's ID Number (Very Important)

Area Delegate, Panel 52:

Dear NYN Friends,

I had a wonderful time at the 2013 International Convention in Vancouver, B.C. The next International will be held July, 2018 in Baltimore, Maryland. It's not too early to start planning; Baltimore is very doable for us in NYN. Think about it.

This month's article is about a service opportunity that is available to most members in NYN: being an "at-large member" of the Literature Committee for the WSO. I spoke about this Service opportunity at the AWSC meeting, and I am including those remarks here in my article.

Last year my assignment as Delegate was to the Literature Committee, which I loved. The committee is made up of ten Delegate members, five at-large members (one of whom serves as Chairperson), a Trustee Liaison to the Board and a staff liaison. Currently, 3 of the 5 at-large members are serving their 6th, and final, eligible year on the committee. The committee is looking to fill these positions when they become available in May, 2014 with candidates from the following geographic areas: US North Central, US Northeast, US Northwest, US Southeast, US Southwest, Canada East and Canada West. Committee Terms run from the first of May until the end of April of the following year. Applicants must have their resumes in by January 1, 2014. To get to know candidates and have them be familiarized with the type of work the Committee is involved with, they will be invited as guests to the Committee's February/March Conference Call Meeting.

The Literature Committee work involves discussing ways to encourage the use of existing literature among members, evaluating suggestions from the membership for new literature or changes to existing material, and providing guidance in the development of pieces given conceptual approval by the World Service Conference. Committee reviews determine whether or not a piece meets CAL criteria. The value of Committee Members is based on their knowledge of the Al-Anon program, not their awareness of the correct usage of the English language.

The requirements for At-Large Committee Membership:

- Continuous active Al-Anon membership for at least the last 5 years, or continuous Alateen membership for at least the last 2 years, and at least 13 years old. The at-large committee members are appointed to serve 1-year terms up to a maximum of 6 years.
- Family members may not serve on the same committee.
- Members of AA may not serve in these positions.
- There is NO longer the 300-mile radius limit to serve on the literature Committee. (Committee business is conducted via conference calls, e-mail and e-communities)
- The ability to attend meetings 4-8 days per year, including weekends (again business is conducted via conference calls, e-mail and e-communities)
- Time and ability to work on committee projects throughout the year.
- WSO committee members are required to relinquish information service, LDC, or Area positions. (GRs and alternate DRs may serve, provided they do not serve in another Area capacity)
- At-large members of all advisory committees may come from anywhere in the United States and Canada.

Since there are already Delegates on this committee, only one of the at-large members can be a past Delegate. Members who apply should be energetic, dependable, and adept at using e-mail and the Internet. I hope that some of you will take the time to think about this step in Service and will complete a resume and send it to WSO. I can either mail you the resume form or email it to you.

Gratefully in Service,

Ruth S.

Alateen Coordinator:-

Hi My New York North Family,

I have been working with other experienced Al-Anon members who have offered their help in updating our *Alateen Guidelines and Requirements*. I am also working on my presentation for the Fall Assembly in Syracuse. I find I need to exclude some things and concentrate on the main issues because of time constraints. This reminds me that I need to focus on myself in my program, not all at once, but the main issue that is defective in my thinking at that time in my life. Reaching out for help, although difficult, is the first step in getting a project started. It is all a spiritual, emotional and life changing journey, but it has to start somewhere. What I have realized through this recent service journey, is that we never have to do this alone, and reaching out for help constitutes being more accepting of all ideas presented while not being afraid to voice my opinion in a gentle and thoughtful way.

I would like to thank our NYN Newsletter Editor for giving us a topic to work with for our articles. I had no real understanding of Concept Nine except that our leaders are to be examples of healthy relationship in dealing with the issues that come up in the groups, service work and at WSO. My lack of knowledge lead me to pull out the new workbook, *Reaching For Personal Freedom*, and reading the pieces that relate to Concept Nine. Here is what I learned: This concept is about "tolerance, flexibility, responsibility and vision." Wow! Who knew? I sure didn't. I also learned that it is about unity of relationships both in and out of the program. By unity I mean working together to see issues from all the angles and not just one prospective. This is in our suggested Al-Anon closing, "Talk to each other, reason things out." This concept takes it to a deeper level of bringing all issues out in the open and finding a way to compromise by looking at the issue from a "can I live with that" approach. This reminds me of the Knowledge Based Decision Making (KBDM) we have been implementing at the area level. It is amazing how just a little research flashes a big light on what before now seemed sort of clouded and confusing.

Thanks for allowing me to represent you in a way that is beneficial to both me and the program.

Love in Service,

Lynda S.

NYNAC Coordinator:

Hello Everyone,

I hope all Al-Anon and Alateen families had a wonderful summer!

Every year the Alateens plan fundraisers to help with the funds needed to attend NYNAC. On August 10, **The Stars of Hope Alateen Group** put on a wonderful day of sharing. The teens wanted to give everyone an opportunity to feel what it is like to attend NYNAC. They had many fun and interacting activities throughout the day. In the afternoon we were treated to a family speaker panel from the Syracuse/Cato area. Wow! They were awesome! Thank you for coming. The day ended with a talent show. I was pleased to see some of our Al-Anon members participate!

The teens work very hard every year to plan their fundraisers. It is very important to them, not just to help with funds, but to connect with Al-Anon. Alateen is in need of meetings, sponsors and AMAISs (Al-Anon Members Involved in Alateen Service). **Alateen is Al-Anon**; please remember to come out and support them.

NYNAC is fast approaching, and I am getting excited. It is going to be such a great time! **The cut-off date for forms and registration is September 20, 2013.** I am praying for a great turnout.

Love is Service,

Lynda C.

Calendar of Events

More information available at www.nynafg.com

Sept. 20-22 NYN Area Fall Assembly, Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212. "Harvesting the Fruits of Recovery" Hosted by Districts 15 and 18. Registrations for the Assembly will be taken at the door.

Oct. 4-6 NH Al-Anon/Alateen Convention with AA participationwww.nhal-anon.com/convention

Oct. 11-13 NYNAC

(New York North Alateen Conference)

Oct. 19 District One Potluck for Recovery, 1225 Brighton Road, Tonawanda, NY. 9 - 3 p.m., \$4 donation

Nov. 1-3 HMB Convention (AA with Al-Anon participation), Hotel Utica, 102 Lafayette St., Utica, NY. hmbconvention@aahmbny.org

Nov. 2 Queensbury Tuesday Night Anniversary Celebration, "Fun With the Forum," Caldwell Presbyterian Church, 71 Montcalm St., Lake George, NY. 9-2:30 p.m.

Immediate Past Delegate:

“Good personal leadership at all service levels is a necessity; in the field of world service the Board of Trustees assumes the primary leadership;” Concept Nine, the topic for this month’s thoughts. As I progress through the Twelve Steps, the Twelve Traditions and the Twelve Concepts, I see a plan evolving which allows for careful and thoughtful direction. In Al-Anon we have no authoritarian figures or dictators, but we do have members at every level of service who are leaders. You might ask, “What are these qualities, how did they get these qualities, and how did they develop these qualities?”

Paths to Recovery gives us a number of definitions of what good leadership is. Here is just one of those definitions: “Good Leadership knows that a fine plan or idea can come from anyone, anywhere” (p.304). The qualities of good leadership include responsibility, tolerance, stability, flexibility, judgement, and wisdom. We have each come to this program with one or more of these qualities, but because of the disease of alcoholism, we have either not known any form of leadership or only a rigid, authoritarian style of leadership. Recovery in the Al-Anon program presents us with opportunities to develop our leadership qualities in a healthy way as we grow in the program.

Service, an integral part of our recovery, can be started early, and as we progress in our recovery, so too can our participation in service. We begin by doing the simplest of jobs at the group level, such as setting out the literature and preparing the room for our meeting. At the group level there are many jobs

to be done, and rotation of these positions is also important. These are our opportunities to develop our leadership qualities. Next, we need to consider moving on to service at the district and area level.

As we move on to this new level of service, our leadership qualities are also further challenged and allowed to develop. As a Group Representative (GR), we are asked to interact with other GRs from the groups which make up our district. From this group we select a District Representative who will help lead the GRs in their responsibilities as outlined in the Service Manual. This new level of participation also asks the GR to attend the area assemblies, and to carry both to and from the district and the assembly the voice of the group which they represent. It also introduces us to participate at a new level where we meet others on a similar path, and again, those leadership qualities are given more opportunity to grow and develop.

As we study the pamphlet *Links of Service* (S-28), we can see the importance of the group’s GR as the link to the area delegate and the World Service Conference (WSC), where the voice of the fellowship is heard. This is a two-way line of communication both to the delegate at the area assembly and at the WSC and back to the group through this same channel. Although all GRs may not ever become a DR or the area delegate, the experience allows one to develop one’s leadership qualities, which will aid them in other areas of their lives.

Sometime ago, I copied the following quote from the *Forum* and have it tacked near my desk. “Being of Service is a gift I give myself.”

Have you considered giving yourself the gift of service? You just may be surprised at how it can help you recover.

Grateful to be in service,

Elaine R.

Service Manual SCAVENGER HUNT

CHALLENGE #9: Can a Delegate serve more than one 3-year term?

THE ANSWER can be found on page 142 in your *Service Manual*.

Deadline for submissions to the

October 2013 issue of NHL is September 15, 2013

Topic: Surrender

Literature Coordinator:

Hi Everyone,

Our new workbook, ***Reaching for Personal Freedom—Living the Legacies (P-92)*** is now available, and the cost is \$15. I received an advanced copy and was able to bring it to the different meetings that I attend, an advantage of being Literature Coordinator. The first order at our Rochester AIS office has already sold out; our members seem excited by this new piece on our Three Legacies. Let me know what you think.

How is Conference Approved Literature (CAL) developed and how does it become Conference Approved? "Conference Approval" of a piece of literature means that its development was authorized by the Conference, it has been through the CAL process, and that Al-Anon members, including at least 20 delegate, trustee and staff members of the Conference, have approved the final edition. This comes from the pamphlet, ***Why Conference Approved Literature? (P-35)***. This pamphlet goes into great detail on how our literature comes about. See also, our *Service Manual*, pp. 99-106.

What's new?

Youth and the Alcoholic Parent (P-21): The latest printing of Alateen's first pamphlet includes changes recommended by the Alateen Advisory Committee, the Group Services Department, and the Literature Committee. (It can be identified by the numbers "13-62" at the bottom left corner of the copyright page.)

Guide for Sponsors of Alateen Groups (P-29): The next printing of this pamphlet will also include changes. It is currently at the printers. At this year's World Service Conference, Delegates were given a copy of the new ***Conflict Resolution Using Our Twelve Traditions (S-72)*** cards. The cost is \$4.00. This is a service tool to help groups and service arms use the Traditions to deal with conflict.

Sharings are wanted for "CAL Corner": We especially need articles about ***Discovering Choices (B-30)***, ***Many Voices, One Journey (B-31)***, and ***Reaching for Personal Freedom (P-92)***. Sharing sheets for "CAL Corner" are posted in the "CAL" subfolder.

In The Works:

A pamphlet for ***Parents and Grandparents of Young Problem Drinkers*** (working title) is being designed, and we need sharings. Of particular need is how parents and grandparents apply each of the

Twelve Steps. Are there aspects of their situation that make a particular Step difficult; how have they worked through these challenges?

Sharings on this topic can be sent to the WSO by postal mail, fax, e-mail, or electronically on the Members' Website, www.al-anon.org/members. The mailing address is AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, Va. 23454-5617, "Attention Parents/Grandparents Pamphlet." The email address is wso@al-anon.org with "Attention Parents/Grandparents Pamphlet" in the subject line.

Our topic for this month is Concept Nine, "Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership." Concept Nine defines those qualities as responsibility, tolerance, stability, flexibility, judgment, and vision. I am slowly learning through my service work how to practice these principles in all of my affairs. Sometimes I like to lead and sometimes I like to follow. Either way, I like working with others in the program and learning from their experience, strength and hope. Being active in NYN Area Service has given me this wonderful opportunity, and I am grateful.

See you at our Fall Assembly in Syracuse.

Gratefully,

Pat H.

Web Coordinator:

Having just read the expanded version of Concept Nine has made me think about my future in Al-Anon, and where I see opportunities to improve our fellowship. As it states, "Good personal leadership at all service levels is a necessity."

My question to myself is; where can I be most useful in the Al-Anon structure at this time? I see challenges from the group level, all the way up. I love my new position as Web Coordinator. It is very satisfying, and not as challenging as other positions in service, including GR. The tasks so far have been straight-forward, mostly answering email requests for meeting information. A couple of times I've had to follow directions on an excellent instruction page to post information to our Events Calendar. It was as hard as following a recipe for chocolate chip cookies. When the present task is completed, like an email answered, I can feel satisfied about being all caught up with my duties. Nice.

John O.

Archives Coordinator:

Greetings,

Concept Nine reminds me that good personal leadership and responsibility is a necessity. From *Courage to Change*, come reminders of who I have become through responsible personal leadership in service:

- By reaching out to help others in a healthy way, I move beyond my problems and in the process self-esteem has replaced self-pity.
- When I respond to a request for help, I help myself as well.
- I can make a contribution...no matter how small; I can make choices that help to allow healing in myself and others.
- My HP has done for me what I could not do for myself...got me involved in service work. **It saved my sanity!**
- If I take on service, it does not mean I run the show.
- Today in service, I see myself accomplishing things; giving, receiving and growing in all areas of my life.

Through service, I am finding the peace that eluded me before I came to Al-Anon.

As I promised in the last issue of *Northern Hi Lights*, I am including a sample from our Archives for you: From the Fall Assembly 2000, I discovered Nine Volumes of **New York North Gratitude Books for Al-Anon's 50 years of Service (1951-2001) titled, *We Share Our Gratitude!***

Many of the members who wrote about their gratitude are still with us to continue to share their experience, strength and hope. Others are no longer here. I was excited to locate these books and consumed with wonder at what they contained. They will be on display at the Fall Assembly, and I hope you will enjoy viewing them.

Kathy M.

Newsletter Coordinator:

ACTION REQUIRED Concerning Your Newsletter Subscription:

I have posted a notice in the past two issues of *Northern Hi Lights* and on the front page of this issue, stating that Members or Groups who need to receive the *Northern Hi Lights* as a hard copy by mail, must send Group Records (see address on last page of this newsletter or email: records@nynafg.com) a request with your updated

contact information. With the newsletter being the largest part of our New York North (NYN) Area budget, we are trying to update information to eliminate hard copies being duplicated or being sent to addresses that are no longer viable. Please make sure your information is updated, whether you are an individual or group receiving hard copy or email.

As of October 1, 2013, this newsletter will be sent electronically unless you have specifically requested to continue to receive a hard copy.

At the Area World Service Committee (AWSC) on August 17, 2013, I was given the okay to form a thought force to look into the content of *Northern Hi Lights (NHL)*. We will be relooking at what we want the purpose of our newsletter to be. Is it dictated by policy what is included in *NHL*? If so, when was it established and can it be updated? Is *NHL* serving our members as a communication tool in the best way possible? Is it relevant? How can it be improved? How do we share on the topic of the month and still keep our focus on the important news? Should we have guidelines for submitting articles?, etc., etc.

Please let me know if you are interested in working with me on this exciting (I think) thought force. You can contact me by email at newsletter@nynafg.com, or my other contact information is on the last page of this newsletter.

Gwenne R.

Alternate Delegate/Forum Coordinator:

In the August 2013 *Forum*, I read an article about a woman who visited a Literature Depot. While there, she picked up a copy of a *Forum*. As she was reading it the Volunteer worker noticed tears rolling around the woman's cheeks. When asked what was wrong the visitor shared with her that the person who wrote the story must have known her because that was "her story." The person knew what she had been going through and had shared how Al-Anon had helped her to deal with alcoholism. The visitor knew she was at the right place and knew she could get help in dealing with the effects of Alcoholism on her family. The volunteer took the opportunity to direct her to a local meeting.

When I read this article, I was reminded how important the *Forum* was to my recovery, and to all

members of Al-Anon and Alateen. We all have a story about what it was like, what happened and how it is now. We have a story about how the Steps, Traditions and Concepts have helped us to grow in our recovery. We have slogans that we have used to get through difficult times, or humorous things in our lives that showed us how much we needed this program and how we have grown in our recovery. Why not share your story with others? I encourage you to get started writing.

Guidelines for writing can be found on the Al-Anon/Alateen members' page under the tab, "Submit a Personal Sharing." There you will find a downloadable "Sharing Sheet" for the *Forum* that you can fill in and mail or fax to the World Service Office (WSO). You can also submit your sharing online by clicking on the tab that says "Online Sharing for the *Forum*." Also posted are writing guidelines that will help you in writing your story.

When I wrote my July/August Article, I mentioned I was getting ready to attend the 5th Al-Anon/Alateen International Convention in Vancouver, British Columbia, Canada. What a privilege it was to meet people from all over the world, who shared their experience, strength and hope with all of us. What fun it was to represent New York North in the Language of Love Parade. A member from Speculator, NY and I wore a large sheet banner that had the words "New York North" with a map showing the districts of Area 39 in Color. On the back was a freestyle drawing of New York State Area 39, showing major cities that had meetings such as Albany, Buffalo, Syracuse, Jamestown, Potsdam, Binghamton, and Poughkeepsie. Under that we wrote, "and all towns in between." We wore blue hats that said New York North with a map of New York North. It was so nice to have people come up to us who knew where we were from and start a conversation. Other members of our area also wore the blue hat and were seated throughout the audience. We also marched in the parade with New York South.

It was a wonderful experience to go to workshops on leadership and to learn more about the Steps, Traditions, and Concepts in our personal lives. There were panels on service, humor and the importance of a "home group." If you want to hear more, please talk to Ruth (our delegate), Louise F., Helen H., Mary D. or myself at the Fall Assembly. We will be willing share with you about our experiences and hope we will be so excited that you will want to attend the 6th International in 2018 in Baltimore, Md.

Diane C.

Secretary:

Hi There,

I am on vacation in sunny Virginia! I had planned for this trip months ago, not knowing how long I would stay. I have found a peace and serenity here on my cousin's farm. Just to share the level of "excitement," we spent last evening on the front porch enjoying the cool breeze and the sound of the rain on the farm house roof!

The experience of being secretary of New York North and having to write an article for the *Northern Hi Lights* has shown me how much of our program there is to learn, share and put into practice in my daily life. This month's theme is Concept Nine: "Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership." Okay, I thought, and started doing some reading/research. I have heard that the Concepts are the best kept secret in Al-Anon. The World Service Conference in 1984 voted that the Twelve Concepts are to have the same importance as the Twelve Steps and Twelve Traditions. Together these three form the Legacies: recovery through The Twelve Steps, unity through the Twelve Traditions and service through the Twelve Concepts. Concept Nine points out that each and every member of Al-Anon CAN become a leader. It starts with us as members of an individual group. We take the responsibility of electing a group representative (GR). We need to remember, as it states in our manuals, that our service structure depends on the dedication and ability of thousands of (GRs). So, our leadership qualities begin to develop. We need always remember, leadership begins with attending Al-Anon meetings on a regular basis. We put Concept Nine into action every time we welcome the newest member into our fellowship.

I had never given much thought to Concept Nine before this assignment, but now after reading and researching, I realize I can apply it to my Al-Anon service, my personal life and my work life. I have a better understanding of leadership. As a leader it is my responsibility to be accountable and earn the trust of others. In my everyday life as well as my service life I have faith in my Higher Power that He will show me what I need to know.

Gratefully,

Marge R.

Public Outreach:

Hope everyone has been having a great summer! Not long ago I got an email from the World Service Office (WSO) telling me an inmate in one of the local prisons had requested Al-Anon literature. I'm not sure if anyone else has received a similar request but, if so, please remember to be careful when filling it. The recommendation is to use the WSO headquarters address or no return address at all in order to protect yourself, group, area, Area Information Service (AIS), etc.

When asked to consider commenting on Concept Nine for this month's article, the first thing that came to mind was Bill W.'s essay on leadership that is reprinted in the *Service Manual* on pp. 191-194. I hope most if not all of us have read it. We all have the potential to become leaders in Al-Anon, and many of us are already in leadership roles in our families, at our jobs, or in our communities. There may be times when our role might be questioned or criticized and we may become discouraged. It is at those times especially when I have turned to that essay as a resource before forming a response. Saying that, service in Al-Anon can be an exciting opportunity to stretch one's comfort zone while learning to be accountable in a safe atmosphere.

Marie N.

Convention Coordinator:

The registration form for the **2013 Fall Assembly on September 20-22, 2013 is online at nynafg.com, or in the J/A Newsletter.**

The 2014 Spring Convention/Assembly will be held at the "Sheraton At The Falls," Niagara Falls, NY on May 16-18, 2014.

The Fall 2014 Assembly in Syracuse, NY is the Election Assembly. If you are considering standing for any of the officer or coordinator positions, feel free to call or see the person in that position with any questions you may have.

District 10 will be hosting the Spring 2015 Convention/Assembly. Thank you district 10 for stepping up.

When planning to attend a Convention and/or Assembly, please keep in mind that we are still trying to keep it green. Remember to bring your reusable bottles for water, etc.

Yours in service,

Maureen K.

NYN AREA SERVICE OPPORTUNITY

New York North is in need of a Treasurer to serve for the remainder of the Panel 52 Treasurer's term which ends on December 31, 2014.

Qualifications and Responsibilities for Treasurer Position are:

- Current District Representative (DR) or former DR who has served a 3-year term as DR and has remained active at the Area level
- Bookkeeping and accounting skills
- Experience in some financial capacity other than Group Treasurer
- Ability to use a spreadsheet - so all members can easily see the current fiscal position
- Able to communicate both verbally and electronically
- Organizational skills and ability to maintain neat and accurate records associated with issuing checks to pay NYN Expenses and receiving contributions and subscriptions to the Northern Hi-Lights
- On a monthly basis create a financial statement that includes a list of groups making contributions to be published in area newsletter
- Attend all AWSC and Assembly meetings
- Make room reservations for officers & coordinators attending the Area Assemblies twice a year and collect monies from roommates for same.
- Work closely with the Finance Committee following the NYN Expense Guidelines
- Prepare the annual budget for presentation at the Fall Assembly

If you are interested, please contact our Area Chair, Pam A., whose contact information is on the last page of this newsletter.

District Doings: Hello from District One!

I just wanted to share a little bit about what we have going on in our "neck of the woods."

First, I'd like to invite you all to our "Potluck for Recovery" One Day "family reunion" on October 19, 2013. Please consider coming. It's your family too! The address is 1225 Brighton Road at Parkhurst Boulevard in the Town of Tonawanda, 14150. Registration begins at 9 am; there's a \$4 donation and you can bring your favorite dish to pass.

We changed a few things in the planning of our One Day that I hope will inspire participation among the group members. For our One Day, all of our groups are working on a poster. The poster will have a picture of a lighthouse on it with their "family name" across the top of it and will include a little history about their group. The poster will be passed around for members to add a favorite thing about their Al-Anon family group. They will decorate autonomously. Each poster will be mounted on a black background and hung around the room at our "family reunion." The family disease of Alcoholism isolates and it doesn't give up just because we are in recovery.

We have 24 groups in our district, and we are striving to encourage our members to reach out, to step out of their comfort of frequenting one or two meetings, seeing the same people every week. It's helped me to grow in ways I didn't even imagine, make new friends and hear and share experience, strength and hope with many others.

We've had a few new group representatives (GRs) start, and I noticed the glazed look in their eyes the first time at the District table. I remember my own first time, not understanding a lot of what was going on for quite a while. So, I wondered what I could do about that and came up with a **Welcome to GR-Hood packet**. In addition, we have a round of applause for the "newcomer" to make sure they know they are welcomed and appreciated.

We have a GR phone/ email list, and I encourage our GRs to make a contact list of all the GRs and let each other know what is happening at their respective groups in between district meetings or if they have questions, comments... whatever....it's a connection.

One thing I do suggest to our GRs is that when they take back the flyers and information to the group, to do so with some excitement that makes people sit up and listen so that they hear the good things going on instead of "bla bla bla." Who wants to sign up for service if it looks like you are dragging yourself to a monthly meeting and then

10

throwing the flyers on the table with a bla bla bla attitude?

"Participation is the key to harmony. Knowing what's going on and being involved because I want to makes living this life more real and whole for me. That's what service in recovery has done for me, and I am very passionate about carrying that message because the joy of it is so big inside me and I want to share it! I am so grateful for every part of Al-Anon and I need it all in order to be who my Higher Power wants me to be."

Our outreach for this year was to make our meetings more known about in their own neighborhoods. I read somewhere that Lois said anonymous does not mean secret or invisible. When my life was crazy with the disease, I didn't even know there was a meeting a block away, I didn't even know about Al-Anon. I know we get here when we get here, but...we kept with the lighthouse theme and added some questions such as: *Is or has someone's drinking got you blue? Feeling all alone? Needing freedom from despair? There is a light in your neighborhood!* ... and each group put their own information on the flyer and there are tear offs with the address of the meeting along the bottom. Each member is given a few to distribute in the neighborhood to the libraries, grocery stores, doctors' offices and other places that might have a bulletin board. I think we have had a few more newcomers as a result!

District One is hosting the 2014 Spring Assembly/Convention. We have a huge committee and we are going to have so much fun and recovery "working" it! This is just a few of the things we have going on in District One... What's going on in your neck of the woods?

Just another trusted servant, Woo Whoo!! I love you all in a very special way!

Sue P.

(District Representative for District One)

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
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<u>Chairperson:</u> Pam A. chairperson@nynafg.com	<u>Secretary:</u> Marge R. secretary@nynafg.com	<u>Treasurer:</u> Loretta P. treasurer@nynafg.com	Panel 25 Marcia J Panel 28 Mary G
<u>Alateen:</u> Lynda S. alateen@nynafg.com	<u>Archives:</u> Kathy M. archives@nynafg.com	<u>Conventions:</u> Maureen K. convention@nynafg.com	Panel 31 Arlene M (deceased) Panel 34 Sherry B Panel 37 LaVaughn R
<u>Group Records:</u> George S. records@nynafg.com	<u>Public Outreach:</u> Marie N. pi@nynafg.com	<u>Literature:</u> Pat H. lit@nynafg.com	Panel 40 Anne F
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**Deadline for the
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