



Recovery Through the Steps

Unity Through the Traditions      Ser-  
vice Through the Concepts

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Topic: To my successor;

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# Northern Hi Lights

## Al-Anon News from New York North Area

### Area Delegate Panel 55

Hello NYN,

AND SO IT BEGINS – a new adventure, a new year, a new panel, a new position, a new level of service – daunting but exiting. Share the adventure with me. And share yours with me!

Part of my job is to bring NYN concerns and happenings to the World Service Conference (WSC), so feel free to let me know if you have some to share.

Emails started flooding in daily the last week of December. Since January 7<sup>th</sup>, IT'S GOTTEN WORSE! I need to figure out how to organize them better. I had my first conference call, and it was easier than I expected.

I'm brushing up on my reading in preparation for the WSC, organizing the District 12 materials to hand over to the new DR – Kathleen D. You'll love her. That reminds me, any changes in District Representatives for our Area need to be updated with WSO by the Delegate. That's me, so please let me know of any updates. Upcoming events I'll need to attend include NERD (North East Region Delegates) Conference March 9 – 11, 2018. Diane C. Will be going with me. Hip Hip Hurray! The AWSC meeting before the Spring Assembly should be held during the following four weeks. Then the WSC is scheduled for April 16 through April 20<sup>th</sup>. From

#### 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](mailto: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 with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

**For more information visit the following websites:**

(Delegate, continued from page 1

Delegates) Conference March 9 – 11, 2018. Diane C. Will be going with me. Hip Hip Hurray!

The AWSC meeting before the Spring Assembly should be held during the following four weeks. Then the WSC is scheduled for April 16 through April 20<sup>th</sup>. From what I've read the days are long. It is just north of New York City, this year so I'll probably drive. The AWSC meeting and Spring Assembly/Convention is just two weeks later. Does that mean the Delegates Report may be short? Please say some prayers for me in the coming months.

Thank you for your support. I'm looking forward to serving NYN as best I can.

**Peace,**

**Molly C.**

#### **ALTERNATIVE DELEGATE**

In my new position, my intentions are good, but I haven't really got anything to report. I have a new Al-Anon group to welcome in the Ithaca area, and I will do it this week.

"New Beginnings" Is the topic selected by our new Newsletter Coordinator, and it fits. In August 2017, I learned that I had a daughter, who was born in 1962. After years in the Al-Anon program, I was prepared. In fact, over the last few years, I've focused more and more on the importance of my relationships, and my needs.

I've actively tried to increase the number of close relationships I have, but I haven't had much luck. So, when I was contacted by my daughter, who had been searching for her father for 30 years, it was wonderful from the start.

She is in California, so we've made much use of the phone. Our first conversation lasted about three hours. She was amazed at how honest and open I was, but I replied that it was the result of my 30 years in the program. After that length of time, there aren't many secrets left. It was a bit like taking a Fifth Step, because I want her to know, and accept, the real me. There were a lot of joyful tears on both sides.

At 80, living can get harder as we lose those we love, and find it hard to form new relationships. I am lucky enough to have, and appreciate, grandchildren. I have a granddaughter who wants me to live a long time. Thinking about the relationship we have, and knowing I'll spend time with her each week, is a blessing.

**John O'N.**

#### **GROUP RECORDS**

A new beginning is now. When I first came to Al-Anon my burdens were heavy. I carried around a lifetime of anger, resentment, worry, secrets and shame. These made for a heavy load. There was no room in my life for joy, forgiveness, self-love or a Higher Power.

Al-Anon introduced me to the concept of a new beginning. I could start this hour, this day, this life over at any moment I chose.

When things go wrong I can let go of my burdens and make the choice to start over and create a new beginning to my story.

**Pat M., Coordinator**

#### **LITERATURE COORDINATOR**

As the new Literature Coordinator for New York North, I am humbled to be able to represent our Al-Anon family. Thank you for your love and support, and I am looking forward to sharing my experience, strength, and hope in this position for the next three years.

I have been busy since the last Assembly finding out what my role as the Literature Coordinator should be. I have been reading a number of CAL selections that I had not read before now. Thanks to the catalog, I am perusing all of the materials and finding out how much is available for us. My district is working on the establishment of a Literature Distribution Center in our area, so hopefully everyone will have another avenue for finding and spreading the message of Al-Anon. I will be co-chairing the Spring Assembly 2018 in Lake Placid on May 4-6, 2018, and I was honored to be asked to be the banquet speaker for our event entitled "Find Your Roots"

The topic for this issue of the newsletter is "New Beginnings." I like the theme since starting over has been a major portion of my personal recovery. During the "dark years" of my son's addictions and legal battles, I was always looking for the new year to arrive so we could put the old problems behind us and start again. Each year brought a new trial, and there were not many tribulations to celebrate.

Once I entered the rooms of Al-Anon, I found a new perspective, a new beginning. My outlook changed, and I realized that I needed to take care of myself and live one day at a time. I have been

blessed with many amazing and inspirational friends in my Al-Anon family, and they have helped me be the person I am today.

I moved last August to my new home in Helena, New York. After living in Ogdensburg for the last thirty-one years, it was definitely a new beginning. During my daily round trip commute of ninety-two miles, I have a block of time to meditate, to reflect, and to make my gratitude list on a regular basis. Life is good, and I know that Al-Anon is a major contributor to anyone's new beginnings.

**Mike R.**

## AREA CHAIR

Dear NYN Friends,

This Month's theme is "New Beginnings." What could be a better theme as this is the first newsletter for Panel 58. I am really excited to see what the next 3 years will bring for New York North (and for me). I also have to admit I am a little nervous. One of my character defects when I first came to Al-Anon was the need to be perfect in anything I took on. All these years later working on this defect I can say there has been progress but not perfection.

The beginning of this new panel is a growth opportunity for me. I know the next three years will bring many new lessons. I look forward to all of them, both the good and the not so good. I know that I can call on those who have done this job before me for their experience, strength and hope in being chairperson for NYN. One of the reasons I keep coming back is that I know I am not alone.

Our first AWSC meeting of the year has been scheduled on Saturday, March 24 12:00 - 4:00 p.m. The meeting will be held at the NSEA Building, 210 South Main St., North Syracuse, NY 13212. We have been meeting in this same location for the past few years.

There will be time for the various committee meetings, Insurance, AWSC Restructure, Finance, Web and State Fair committees to meet both before and after the AWSC meeting. I have already spoken to some chairs about when they want to meet. For those I haven't spoken with, please let me know if you wish to meet and when. These committees are open to all Al-Anon members. If you are interested in joining a committee you can let me know or just come to the AWSC meeting.

I am currently working on the agenda for the AWSC meeting. I should have it done by mid-February. It will be sent to all AWSC members and be posted on the NYN website.

I look forward to seeing everyone at the AWSC meetings. If you have any questions between now and then please feel free to contact me at [chairperson@nynafg.com](mailto:chairperson@nynafg.com).

Gratefully in Service,

**Ruth S.**

## WEBSITE

From December 7, 2017 until January 21, 2018, the non-web version of the December Newsletter was posted to our **New York North Website**, which contained the last names of our officers and coordinators. This error was immediately rectified after a District 5 member notified me of the error. We will remain vigilant in protecting the anonymity of our members and apologize for any **problems this error may have caused**.

**Nancy P., Coordinator**

## ARCHIVES

I came to Al-Anon in the fall of 2012. I had almost lost myself to this family disease. What I heard at the first several meetings was amazing; how did these people know me? How is it that I could relate to so many? I was no longer alone. Although, I shared very little in the beginning, I kept coming back. I learned to trust the people, read the literature and work this program to the best of my ability. It has lead me to my new found life and a way of living and loving every day and everyone. I was reborn, and I became open to new and different ways of looking at and responding to people, places and things. It was a gift, and I practice giving this gift, so I can keep it.

My first position as Group Rep. for the Lunch Bunch in Saratoga was given to me by my Higher Power. It gave me more fellowship, encouragement and helped get me busy, which led me to step up and volunteer willingly for other service positions offered through Al-Anon.

I am now in service as Archives Coordinator. The transition was made smoothly due to the fact that the former Coordinator is keeping me under his wing. I'm so grateful that this "New Beginning" is a

daily occurrence for me, and I pray that I have many more. I look forward to them.  
Thank you for this opportunity to share and being part of my New Beginnings. Yours in Al-Anon,

**Susan J.**

**ALATEEN**

Most valued friends,  
Reporting on my recent "new beginnings" I have to mention that I attended my first NYNAC meeting at the end of October 2017, and I have a signed T-shirt to show for it.  
My thanks to all the youth and AMIAs for welcoming me with love, hugs, and friendly help. It was AWESOME!  
Since Jan. 1st, I have been in contact with a couple of NYN trusted servants (one day at a time). This is my first position beyond DR, and I am excited and full of anticipation (while remembering to fend off expectations).  
Last week, I received paperwork for the registration of a brand new Alateen group—concrete evidence of my new responsibilities! It is a new beginning for the group and also for me as NYN Alateen Coordinator. Their anniversaries will be a reminder of mine, too. I am looking forward to getting to know you better as we serve Al-Anon together at all levels. As I got busy I got better.

**Sandra A.**

**TREASURER'S REPORT**

**JAN/FEB 2018 NHL**

**NOVEMBER 2017 DONATIONS**

<u>Gr Name</u>	<u>Gr #</u>	<u>Amt</u>
This New Day AAC	33001	20.00
Keep It Simple.	66096	15.00
New Beginnings	66608	50.00
Waddington	38657	25.00
Kirkville	30645889	20.00
Canandaigua Mon	24271	50.00
Chng'g What I Can	UNK	25.00
Kirkwood	51509	30.00
Eastwood	UNK	10.00
Bolivar	502378	60.00

Chittenango	9677	15.00
Albany	62668	30.00
Hamlin Sun Niters	9783	20.00

**DECEMBER 2017 DONATIONS**

<u>Gr Name</u>	<u>Gr #</u>	<u>Amt</u>
Baldwinsville	32150	10.00
New Beginnings	39872	70.00
Searching for Serenity	60736	20.00
Serenity Seekers	UNK	15.00
Circle of Hope	54280	45.32
Growing Circle	UNK	20.00
Simple Beginnings	44964	20.00
Fall Assy Proceeds	n/a	1091.36
Ret Fall Seed \$\$	n/a	1000.00
Springville	67287	10.00
UNK	9676	20.00
Chittenango	9677	15.00
Concord	62569	35.00
Henrietta	UNK	10.00
Homer	UNK	60.00
Scottsville	46849	162.00
UNK	UNK	40.00
Thurs. Survivors	9932	100.00

**EXPENSES PAID SINCE LAST NHL**

Susan A	82.55
Walter S	20.00
Leslie C	20.00
Fall 2018 Seed \$\$	1000.00
Gwenne R	43.92
Sandra A	17.97
Lynda S	156.72
USPO (new box)	130.00

USPO (stamps)	29.40
John O	49.00
Pamela A (2016 & 2017 Expenses)	253.32
Linda A (2014, 2015, 2016 & 2017 Expenses)	796.44
Pam A.	

**CURRENT BALANCES**

Regular Checking	21,728.35
Reserve Checking	10,375.20
Sage Ruddy Mut Fund	2,977.23

**NEW MAILING ADDRESS**

**Sending Donations to New York North: Please send by check or money order.**

**DO NOT SEND CASH!!**

**Make payable to:**

**NYN Area Assembly  
PO Box 2183  
Syracuse, NY 13220**

***Please include the group's registered name and group's ID Number.***

**NEWSLETTER**

As poet Lord Byron writes, "Nothing so difficult as a beginning." All the names are new. The layout of the newsletter is new. I can't get the spacing right. The font size looks weird. I'm afraid I left someone out or I left a typo in. I'm imagining all the eyes watching my first attempt are critical. But, Al-Anon has taught me that it's all about the footwork. The rest is up to a Higher Power who will work it out in the way it's meant to be. Each attempt at getting better is a new beginning. All I can do is do my best and remember the slogans as simple and wonderful as they are. "How Important is it?" "Let Go and

Let God" and one that you don't see very often "TTT" or "Things Take Time."

Your in Service,

**Nancy O'D.**

**Panel 58 Members**

**Delegate Panel 58;** Molly C.,

**Alt. Delegate;** John O.

**Chairperson;** Ruth S.,

**Secretary;** Kathleen M.

**Treasurer;** Pam A.

**Alateen Coordinator;** Sandy A.

**AMIAS PROCESS PERSON;** Mary Beth G.

**Convention Coordinator;** Kevin M.

**Group Records Coordinator;** Patti M.

**Literature Coordinator;** Michael R.

**Newsletter Coordinator;** Nancy O.

**NYNAC Coordinator;** Leslie C.

**Presentation Coordinator;** Danae K.-R.,

**Public Outreach Coordinator;** Connie D.,

**Web Coordinator;** Nancy P.

**Immediate Past Delegate;** Diane C.

In January, the new panel members will assume the email addresses of their predecessors. (E.g. [delegate@nynafg.com](mailto:delegate@nynafg.com)) as shown on the page 7 contact sheet.

**NYN AFG Spring Assembly and Convention**

**May 4-6, 2018**

**Hosted by Districts 5 & 26**

**\*\*\*\*Al-Anon & Alateen Convention with AA Participation\*\*\*\***

**Hotel Reservations**

**Room Reservation Deadline April 4, 2018**

**High Peaks Resort**

**2384 Saranac Avenue**

**Lake Placid, NY 12946**

**(518)523-4411**

**Room Rate: \$145 + \$15.95 (tax) per night**

**To confirm reservation, one night's deposit by check or credit card is required.**

**Please list roommates' names.**

**For reservations call (518)523-4411 (mention NYN North AFG for rate)**

**Check in: 4 PM and Check out: 11 AM**

**\*\*Alateens must have notarized permission slips / medical release forms and adult supervision\*\***

**NYN AFG 2018**

**Spring Assembly / Convention Registration Form**

**Make Checks Payable to: NYN AFG 2018 Spring Assembly / Convention**

Name: \_\_\_\_\_ Early Registration (before 3/30/18) \$15 \_\_\_\_

Address: \_\_\_\_\_ Full Registration (after 3/30/18) \$20 \_\_\_\_

City / State /Zip \_\_\_\_\_ Alateen Registration: \$12 \_\_\_\_

Phone Number: ( ) \_\_\_\_\_ Dinner Banquet: \$35 (Deadline 4/15/18) \_\_\_\_

Email: \_\_\_\_\_ Donation to Hospitality \_\_\_\_

Cell Phone: ( ) \_\_\_\_\_ Total Enclosed: \_\_\_\_

**SEE PAYMENT INFO ON BACK OF PAGE**

Are you a new Group Representative? \_\_\_\_\_

Are you a new District Representative? \_\_\_\_\_

Are you registering as AI-Anon \_\_\_\_\_ Alateen \_\_\_\_\_ AA \_\_\_\_\_

Are you here to attend the Convention? \_\_\_\_\_

Are you here to attend the Assembly? (GRs, DRs, Officers, Coordinators) \_\_\_\_\_

**\*All are welcome to attend the Assembly meetings.\***

**Mail to: NYN AFG 2018 Spring Assembly and Convention  
P.O. Box 5015  
Massena, New York 13772**

Do you know whom to contact with an AI-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 insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Molly C  <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> John O'N  <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Diane C  <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Ruth S  <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
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<u>Group Records</u> Patti M  <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Literature</u> Michael R  <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>	<u>NYNAC</u> Leslie C  <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>	<u>Public Outreach</u> Connie D  <a href="mailto:po@nynafg.com">po@nynafg.com</a>
<u>Presentation</u> Danae K  <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>WebCoordinator</u> Nancy P  <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> Nancy O'D  <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>SpanishContact</u>
<u>Archives</u> Susan J  <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Alateen AMIAS</u> Mary Beth G  <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>	<u>Panel 52 Past Delegate</u> Ruth S  <a href="mailto:delegate52@nynafg.com">delegate52@nynafg.com</a>	<u>Panel 49 Past Delegate</u> Elaine R  <a href="mailto:delegate49@nynafg.com">delegate49@nynafg.com</a>

<u>Panel 46 Past Delegate</u> Robert M C  <a href="mailto:delegate46@nynafg.com">delegate46@nynafg.com</a>	<u>Panel 43 Past Delegate</u> Connie D  <a href="mailto:delegate43@nynafg.com">delegate43@nynafg.com</a>	<u>Panel 40 Past Delegate</u> Anne F  <a href="mailto:delegate40@nynafg.com">delegate40@nynafg.com</a>	<u>Panel 37 Past Delegate</u> LaVaughn R  <a href="mailto:delegate37@nynafg.com">delegate37@nynafg.com</a>
<u>Panel 34 Past Delegate</u> Sherry B  <u>Panel 31 Past Delegate</u> Arlene M (Deceased)  <u>Panel 28 Past Delegate</u> Mary G	<u>Panel 25 Past Delegate</u> Marcia J  <u>Panel 22 Past Delegate</u> William S  <u>Panel 16&amp;19 Past Delegate</u> Maxine B	<u>Panel 13 Past Delegate</u> Ruth F  <u>Panel 4 Past Delegate</u> Helen S	



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**Make checks payable and mail to:** NYN Area Assembly, PO Box 2183, Syracuse NY 13220

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

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