

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

**Inside This Issue**

Topic: Choices

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# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Alternate Delegate

Hello, to my NYN family. Today I'm fairly certain that it wasn't my choice to attend my first Al-Anon meeting but I'm sure glad that I did and choose to continue as today you all are my Family of Choice.

Standing for the position of Alternate Delegate wasn't my choice either. I was adamant that I was not going to take on a new service position. However, when Helen H. said that this was an easy job, I could no longer fight that godshot that was ribbing me! I truly believe that "When I get busy, I get better" and that "service heals". I'm grateful that service is a choice that I embrace.

One of the duties of the Alternative Delegate is to be The Forum ambassador. The Forum is Al-Anon's monthly magazine, which is written by members. The Forum's tagline is "a meeting in your pocket". Each issue is chock-full of members' experience, strength, and hope. An annual subscription is only \$11. Consider making the choice to treat yourself to a subscription.

*(cont'd page 2)*

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

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)

(cont'd from page 1)

To help promote *The Forum*, NYN will be giving you the opportunity to win a subscription with each issue of the *Northern Hi Lights*. Go to the [WSO website](http://WSO website) (al-anon.org), locate *The Forum's* January 2021 page and read at least one of the member sharings from January. Then send an email to [altdelegate@nynafg.com](mailto:altdelegate@nynafg.com) with the article's title and the author's name. On March 28th, one of the correct entries will be randomly selected. The winner will be sent an email and announced in the April issue of the *Northern Hi Lights*.

Yours in Service,

**Kathi D.**

## Chairperson

Hello Everyone! I've been very busy reading through all the material that Ruth passed on to me and getting myself organized and ready for this big job that I chose to accept. Some days I feel overwhelmed and think "what have I gotten myself into, this is bigger than me and I'm not good enough". But I know that I have the loving support of all those who have worn this hat before me and all those that are walking beside me. I choose to have faith and trust in my higher power and the program. I know I have tools to use when the challenges show up.

When I first received all the books and boxes of material I thought, "oh no what a chore it's going to be to go through all this", "Ugh, I have to read the By-Laws" and "this is going to take up so much of my time". I started to feel a heavy weight on me. Then I remembered to use my program. I made a choice to change my perspective. I took an 11<sup>th</sup> step break, said a prayer, quieted my mind and let go of the negative, limiting thoughts that were paralyzing me. I made a commitment to give myself the time I wanted to explore all the material and look for the hidden gems. I called my service sponsor and asked for support.

I no longer see the work as a chore, instead I choose to see it as time I am giving myself to learn and grow in the program. I have learned so much about the service structure of Al-Anon this last month and I'm continually amazed at how brilliant and amazing this program is. It is such a gift.

Thank you for this wonderful opportunity. Today, I am choosing to gratefully grow through service.

**Carol C.**

## Immediate Past Delegate

Welcome Panel 61 - we are serving at a unique time. The Al-Anon World Service Office is dynamic in making adaptations to our fast changing world. It is important for us to keep focused on our spiritual principals while performing our duties.

So far, I have written one article for the *Northern Hi Lights*.

I have reviewed the materials and documentation for the New GR (Group Representative) Orientation meeting normally held the Saturday morning of our assemblies. It was held virtually for Fall 2020 thanks to our Immediate Past Delegate Diane C. and e-Meetings Coordinator Ellen V. and their helpers. I plan on a virtual one for the spring. Living in the pandemic, I think some tweaking needs to be done on newcomers, tradition seven and group records information.

The NERD (North East Regional Delegates) Conference will be held virtually on March 13 and 14th this year - one week after this report is due and one week prior to the spring AWSC meeting.

The Purpose of the Northeast Regional Delegates Meeting is:

- to provide an opportunity for all past and current Delegates to discuss mutual concerns.
- to encourage continued interest and participation of past Delegates and provide an opportunity for them to share their knowledge and experience.
- to assist in preparing new Delegates for their first World Service Conference.
- to hear the Regional Trustee's report.

I'll report on this in my next newsletter article.

It was decided at the Fall 2020 Assembly that there will be no NY North Area participation in the 2021 NY State Fair this summer. The extension to 18 days from 10 and the uncertainty of the pandemic makes it impossible to commit. It will be under consideration in the future.

Peace,

**Molly C.**



## Web Coordinator

Web Address: <http://www.nynafg.com/>

Hey Everybody!

I am honored to be your new Web Coordinator. I am looking forward to learning new things and meeting new people. I am truly grateful for the support of the past web coordinator, Nancy P. and the web technician Kathi D.

Al-Anon has taught me about choices. That I have choices. I can make choices for me! When the pandemic hit, I chose to jump into service and help fellow Al-Anon members keep meetings going by becoming the e-meeting host for Rochester AIS. This led me to becoming the e-meeting host for NYN. I am so glad Zoom was created before the pandemic. We are able to conduct many Al-Anon functions in a safe, socially distant way that keeps people healthy. I miss hugs and holding hands at the end of a meeting while we all recite the serenity prayer, but “this too shall pass”.

When elections came at the Fall Assembly I decided I wanted another challenge, and I chose to run for the position of Web Coordinator. So far so good! These days I feel like I am in a learning mode. I can't wait until I feel more comfortable. Until then, I choose to face each day with courage, patience and a smile!

The page I have visited the most on our website is the [Area Information & Forms](#) – there's so much information there! I especially like the Activities and Presentations section – there are some great ideas for workshops and days of sharing – check it out if you have a minute!

Yours in Service,

**Ellen V.**

## Secretary

I have to admit this topic has been very difficult to write about. Usually I have no problem speaking on a subject but not this time.

Choices. I have struggled for a while now with depression. I find it very hard to make the “right” choices. My heart feels one way, my brain another, and my body another. Getting the three of me to line up or agree or choose is a struggle. Every day is different. For today I will be gentle with myself. That is a good choice.

**Carla K.**

## Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

- Spring 2021: District 22– May 14 – 16, 2021, Hilton Garden Inn, Troy, NY
- Fall 2021: District 18 & 10 – Sept 17 – 19, 2021, Comfort Inn and Suites, North Syracuse

Still looking for hosts for 2022 and beyond.

Without you there can be no conventions/assembly. Please discuss this within your district. Hosting is vital to the health of Al-Anon in our area. It helps to carry the message to others, and to practice these principles in all our affairs.

Yours in Service

**Danae K.-R.**

## Presentation Coordinator

Happy New Year!

Before I came to Al-Anon I was stuck. I was miserable and didn't see a way out of an intolerable situation. I didn't know I had choices. I went to lots of meetings, I listened, I learned and was told I could grow at my own pace. When my Higher Power thought I was ready I made my choice. I could not have done that on my own. I believe that my Higher Power stepped in and made my difficult choice for me.

Today, if I feel stuck I am aware that I have choices and that my HP will help me choose what is right for me.

Looking forward to working with Panel 61 for the next 3 years.

**Patti M.**



## Group Records

Who says you can't teach an old dog new tricks? As NYN Group Records Coordinator, I learn something new every day!

Since January 2021, I have embarked on a journey that 6 years ago I never envisioned doing. I never dreamed that the turmoil and insanity I lived with for 40 years would pave the way for the exciting venture of SERVICE! I never dreamed that strangers would become my most trusted confidants and life partners, unsure of where our journey to serenity would lead us. We know that we, as a fellowship are bonded by a common thread.

2020 was an incredibly challenging year for my family. My alcoholic passed away unexpectedly. My life was about to change. I worked my program, prayed a lot, cried a lot and talked to my Higher Power constantly. I knew one thing that would remain constant and that is my need, want and desire to continue sharing my experience, strength and hope. I would never, ever, entertain the idea of leaving Al-Anon. If anything, I believe my Higher Power was sending a message to volunteer for more service. I believe 2020 was a year of enlightenment for me. It was the year I decided I needed to devote more time to my Al-Anon program. So as a retired educator at the age of (fill in the blank) I am learning something new. I had to wipe off some cobwebs to warm my brain, buy new glasses and a comfortable computer chair. My desk supply basket has every color of markers, pens, rubber bands and a stack of multi-sized notepads. I love the colorful array. Each morning, I am ready to tackle a new adventure like a child on his first day of school! I think I spend longer searching for the information than inputting it, but that's ok, computers are forgiving. Why else would there be a delete key?

I have spoken with many wonderful people in these 31 days. Everyone is extremely helpful and patient. Patti provided me with a complete transitional binder which looks like the ABC's of record keeping. Fantastic! I am ready, willing and able to learn. I am ready to "learn new tricks". Bring on 2021! Sincerely,

**Joan L.**



## AAPP

Prior to Al-anon 'choice' was not an option in my life. I didn't know I had options or choices. I merely functioned day by day. As a youngster I was a miss goody two shoes who did what was asked and lived in fear of creating a problem. Wow! I couldn't say 'No' to any request at home, work or school. It was exhausting and my children were not the top priority.

Well, in Al-Anon I learned 'No' is a complete sentence, that I need not justify or defend my decisions and can choose to make no decision an option. Participating at meetings and doing service, such as an AMIAS have been positive options for this grateful Al-Anon member.

The choice to attend meetings regularly, speak with Al-Anon members on a daily basis and share my experience, strength and hope have helped to make me a much happier, content person who can experience serenity.

AMIAS yearly recertification letters were mailed January 14th. Please complete and return them in the envelope enclosed with the mailing.

Thank you to all the Al-Anon members in service to Alateen. The service is truly rewarding. It is a good choice.

**Mary D.**



## Panel 61 Officers

### REMINDER

Please remember to write an article for the April Northern Hi Lights newsletter.

## Newsletter Editor

Okay, so here I am again having recently completed my term. I'm filling in until another editor can be found. Unfortunately, the person who wanted to do it for this panel is unable to do so. Because of that there have been a few missteps in getting this March issue out to you. I do believe that it is all under control thanks to our tech wizards and I should be receiving your emails now and you should start receiving your monthly NHL newsletter.

I have changed the addresses on the Subscription page and on the Donation bubble (last page). If there is anything else that I've missed, please let me know. Please also check your addresses and phone numbers on the last page to be sure we have them correctly.

I have changed the due date for your next article due to this one being so late. Hope this is enough time for all to get their articles in. If you're running behind, just let me know.

Choices - sometimes we make good choices and sometimes not such good choices. One of the best choices I have made was to be involved in Al-Anon. I have met so many wonderful people and spent many good hours with them in discussions that I could not have had with anyone else.

In service,  
**Pat H.**

## Public Outreach

Happy 2021 to my New York North family, I am glad to be back in service for the Area again. I know this is a difficult time for us all during the Pandemic. I know that we are all doing the best we can where we are. I have found that I have been able to attend a lot more meetings because of the adaptation of Zoom and other meeting platforms, which expands my program and gives me more people to interact with than ever before. The more people I interact with the more perspectives I can get on difficult situations. This allows me to take what I like and leave the rest. This gives me choices in dealing with any of those situations. Our topic this month is Choices. Before Al-Anon I didn't realize I had choices. I had very black and white thinking. I either had to do things the "right" way or the "wrong" way. I now know that sometimes my choice is just something I haven't thought about yet and even the choice can be to do nothing until more is revealed. I have the tools of the program to rely on, including the readings, my

sponsor, the slogans and the sharing of other members in various meetings. This type of thinking has opened my mind up to many possibilities and now I don't have to feel like a victim in any situation.

I do not know when this article is to be published so I will include part of my AWSC report as my news to our members now. The newsletter, *The Loop*, from WSO just came out presenting an array of new posters that are designed from two angles, Portrait style and Landscape style. The children ones were very moving to me, but they are all good. Check them out.

The month of April is National Alcohol Awareness month. Maybe you can start a Public Outreach project now to participate in some way to help others understand how alcoholism affected your life. Be creative. Speaking of creative, I am bringing to the AWSC meeting an outreach project that all of us can participate in. It will need approval from the AWSC committee. I am going to share it with you, so that we can get a jump on working on this idea as soon as it is approved. I know there are many creative people in our fellowship. My thought is to design a poster or some form of literature that we can submit to WSO for approval to be made into a poster or other way to attract the attention of people as they pass a bulletin board. Be creative in your design with lots of colors or compelling pictures. Some members write poetry, some draw, and some just like to be creative. Maybe you don't have money to donate to WSO but your art work might just be the thing that catches someone's eye and causes them to write down the local number and find out more information about Al-Anon. The forum doesn't accept poetry but maybe some creative people could use their poetry to catch the attention of people out there who are still suffering from the disease of alcoholism. Let's think outside the box. Maybe we can even make it a contest. Haven't figured that out yet but again, where there is will, there is a way.

**Lynda (Lynn) S.**



## E-Meeting Host

Happy New Year to everyone in our fellowship! I hope you are staying positive and testing negative in 2021. I wish all of you the best as we start this New Year with a blending of experience, strength, and hope. This combination is stronger than adamantite steel, a spiritual alloy that will protect us all when wielded by our Higher Power.

My new role as E-Meeting Host is a work in progress. I have been able to learn the tools of the trade from some talented and knowledgeable members of Al-Anon, so each day is a learning experience. I look forward to assisting all of our members as we meet together virtually until the day arrives when we can trade virtual hugs and kisses for the real thing.

This issue is on the topic of Choices. Before I entered the rooms of Al-Anon, I had no idea that I had choices. I assumed that the only course of action I had was to continue down the same path of anger, resentment, and despair. My eleven years of Al-Anon have been spent using my program to learn how to avoid conflict, mend broken bridges, and restore myself and my family to a semblance of happiness and normality.

I look forward to being your E-Meeting Host for the next three years. Thank you for your love and support.

In service,  
**Mike R.**

## Treasurers Report

The new address for donations is: NYN Area Assembly, PO Box 64176, Rochester N.Y. 14624.

I've received donations from (name and ID#)

Faith & Hope(30375 ID)	\$10
Tues Nite Syracuse(10139)	\$50
Serenity Seekers (30576552)	\$25
Bayberry (10328)	\$63
Tuesday Group (066230)	\$50
Queensbury (009765)	\$30
CP Sunday (30702163)	\$15
Keep It Simple (66096)	\$100
Days of Healing (040786)	\$25
Better Days Ahead (30753606)	\$25
CTC Hudson (30691441)	\$100

Thanks to all for including the ID. # and group name, enabling me to give proper credit.

My duties include asking the groups to contribute to New York North. Pam, the previous treasurer, and I agree that we have plenty of money at the present time. WSO, on the other hand, doesn't. Book sales are down, and they are the main source of their income, way beyond donations. Luckily, donations have increased, but not enough to make up the difference. Hopefully WSO can survive without having to lay anyone off, or curtail services. New York North voted at our Fall Assembly to donate over \$7,000 to WSO, which warmed my heart.

In the next issue, I hope to list all donations received in 2020 that haven't been acknowledged. The transition has been slow for me to my new responsibilities, but since there isn't much happening in Al-Anon, I don't anticipate any problems. I'm grateful for the opportunity to serve, grow with the challenge, and have something to contemplate besides my navel.

I'm also looking forward to working with the new panel 61 members. In this time of pandemic, it's great to have things to look forward to.

The topic is "choices", and I'm glad I choose to be involved in service. I was 50 when I got here, and soon decided I was going to use this program to recover, not from alcoholism, but from a childhood that left me with low self-esteem. My slogan early on was "Progress Not Perfection". I made progress, especially in self-esteem, that no therapist could have given me. I've worn many hats in service, almost always because no one else wanted the position at that time. Only once was there another candidate. So, thank you to all those who didn't step forward, and allowed me to recover and change my life.

**John O.**



**WE NEED YOUR HELP**



I've been reminded about rotation of Service, and agree it's time for someone else to step up and print and mail *Northern HI Lights*.

I've been using the same simple printer for probably 7 years, and have learned a few tricks that I can pass on, along with the printer and some supplies, to my successor.

It takes me probably three hours a month at the most. Part of that is just waiting for the printer to finish 49 copies. I then staple a corner, fold them, add labels, stamps, and two mailing seals to keep them from unfolding. Then, I just put them in my mailbox for the mail carrier to take to the Post Office. There is no deadline for mailing them. If I'm a few days behind in mailing them, it's okay.

I charge \$1 per copy that more than covers costs, as compared to almost \$5 each, which was quoted by a commercial printer.

Anyone interested can reach me at [treasurer@nynafg.com](mailto:treasurer@nynafg.com)

**John O.**



## Al-Anon Day of Sharing District 10

**Saturday, April 10, 2021**

**Registration 12:45 pm - 1 pm**

**Program 1 pm - 4 pm**

**Steps into Spring**

**There will be games and speakers**

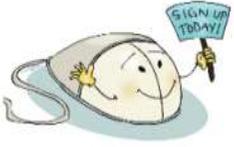
**Webpage: [Zoom.us/join](https://zoom.us/join)**

**Meeting ID: 819 4787 1652**

**Meeting Passcode: 123456**

**You do need to enter the passcode to  
join**

**Call in number: 1-646-558-8656**



## 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.

Is this \_\_\_ a new subscription  
\_\_\_ renewal

I would like \_\_\_ a paper copy mailed to me (please consider a \$10 donation)  
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Name of person receiving NHL \_\_\_\_\_

E-mail address \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### If Group Subscription

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 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.**

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<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 4 Past Delegate</u> Helen S.

PANEL 61 2021-2023

**Submissions for  
April  
Northern Hi Lights**  
Due by: March 25  
Topic: **Dependency**

**SENDING DONATIONS TO  
NYN**

*Please send by check or money order.  
DO NOT SEND CASH!!  
Make payable to: NYN Area Assembly*

*PO Box 64176, Rochester, NY 14624  
Please include group's registered  
**name and Group's ID Number***

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