



Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Urgent Information

As of today, March 25, 2020, the Spring NYN AFG Convention & Assembly 2020 has been cancelled.

Please call the hotel if you have reserved a room and cancel your reservation.

Any funds you have sent to NYN will be refunded in the near future.

Please save any raffle baskets for our next gathering.

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
WSO: www.al-anon.alateen.org

Newsletter Editor

As you are all aware, times are a little different for now. Therefore, many of the articles may or may not make sense. Some articles came in before the home quarantine and some after it started. I urge everyone to check before you plan on attending any meeting. Things are changing daily. There are too many closing's to list them all, so again, check ahead.

This afternoon I was able to participate in a Zoom meeting that was set up by Jackie B., one of my home group members. It was wonderful to connect with regular members and also with others from around town and from two different states, too. And, we had three members join for their first ever Al-Anon group meeting.

This ties right into this months theme of "Someone Else Understands.". We all have that need to connect with someone else who understands what we are feeling and going through. We now have something else that we all have in common.

Stay healthy and safe until we can gather again.
In service,

Pat H.

Chairperson

The next AWSC meeting will be held on Saturday, April 4th. You will find the agenda and officer and coordinator reports on the NYN website. This edition of the Hi Lights should be out a few days before the meeting.

One of the topics that will be discussed is the need for hosts for the 2021 Spring Assembly/Convention and the 2021 Fall Assembly. I cannot stress how important an issue this is. In order for the area to keep informed and up to date the assemblies must take place. Without hosts to plan and hold the assemblies there are none. As far as I know this has never happened in NYN.

I am asking everyone to think long and hard about hosting an assembly. It does take some work and the more hands involved the better. Some districts within NYN have hosted many times, others not so much. Now is the time not to count how many times but rather just to step up. Multiple districts can work together, meet new people and have fun. No one has to do this alone. The convention coordinator and many

members are there with their own ESH (Experience, Strength, Hope) to help. Please think about this opportunity of service to the area and step up.

The other item I wanted to talk about is the Fall Election Assembly. All officer and coordinator positions will be up for election this September. Now is the time to begin to think about stepping up to Area Service.

On the NYN website, nynafg.com you will find the job descriptions for all positions. Please review these descriptions (note only Alateen coordinator & NYNAC coordinator must be AMIAS). Think about standing for a position this fall. You will also find the resume form on the same page of the website. Please complete one for the position you are considering. Submit resume to me before the Fall Election Assembly or at the assembly itself. This form will help you think about your decision.

It is not too early to be thinking about this. It seems that it is getting harder and harder to find people who are willing to volunteer. (not only in Al-Anon) The great thing about Al-Anon is that we never have to do anything alone. There are so many who are willing to help, to share their experience and wisdom. Please start to consider this step up to service.

Gratefully in Service,

Ruth S.

Convention Coordinator

Greetings, NYN members,

**Fall 2020 District 18 & 10
September 25-27, 2020
Comfort Inn and Suites,
North Syracuse**

**Spring 2021 Could this be your District??
Please think about it. You don't have
to do it alone, you have the Experience,
Strength and Hope of NYN.**

.Yours in Service

Kevin M. convention@nynafg.com

Alternate Delegate

When I read the topic for this month, my first thought was that that is the excuse a "cheating" spouse uses for his actions. We are the ones who don't understand, and the other person is the someone else that understands.

But I decided instead to think about how it applied to the Al-Anon program. I realized that when I came to my first meeting I found many people who understood what I was going through and were very willing to share their experience, strength, and hope. For as long as I have continued to go to meetings, there has always been at least one person, who totally understands my problem. I am never alone. My sponsor is also someone else who understands.

I hope that everyone is reading the Forum monthly and using them in their meetings.

Helen H.

Immediate Past Delegate

After I wrote the February Article New York State announced that they were expanding the **STATE FAIR** to a

Full 18 days!



PLEASE NOTE THE NEW DATES WILL BE:

**FRIDAY AUGUST 21-MONDAY SEPTEMBER 7th(
Labor Day)**

This means that we will need 24 more people to cover these shifts , for a total of 144 people (216 hours)

The Fair has asked that the table be manned from 10 am-10 pm so that is why we need so many people.

Please consider this opportunity for service.

Diane C.

Group Records

When I first came to Al-Anon I was "terminally unique". I thought I was the only person in the world who was covering up for an alcoholic. I was the only person who lived in fear and shame that some would discover my secret. I was the only one who always felt "less than". I was the only one who was stuck in a miserable life with no way out.

As I began to read Al-Anon literature and attend meetings regularly I found rooms full of people who were just like me. Every time I shared there was always someone nodding their head in agreement. I discovered that everything I had ever experienced and felt was echoed by those around me. I was not alone and so many others understood what I had lived through.

Now, when a distraught parent or spouse walks into a meeting for their first time I always try to make sure they know that if they keep coming back they will be able to smile again because we understand.

Patti M.



Public Outreach

Hello NYN Family,

Well life can change in a moment's notice. We are blessed to have a program that helps to put things in perspective. The theme is "**Someone Else Understands**". How appropriate. Two of the first things I learned was "Have a Plan B" and "I am never alone!" Just think of all those who have no program and are in a panic and are losing hope. Each of us has the ability to reach out in some way. We can be creative in what we do.

A recent question came up from another Area. They were wondering if a newsletter had value in reaching out to members. The concern was that information was not being received by many groups due to lack of ability to receive electronic communications. We offer both electronic and printed newsletter options to our membership. Neither is effective, if it is not presented to groups for discussion. This may fall under membership outreach, but new people coming to meetings are in need of help and hope. If we, as members, are not up to date on what is happening, how can we pass on the Al-Anon message?

Many meetings are not happening at this time. Although face to face contact is important, please start using phone lists to keep in touch. Maybe, you could leave information in public places with your local Information Service or Hotline number. It is a simple thing to do, but often this is the first chance for someone to reach out for help. Let it begin with me. Bookmarks are available and the [Al-Anon Faces Alcoholism](#) are a couple of ways to reach out without physically touching. I truly believe that we will all get through this and come out stronger than we thought we ever were. In difficult times, I learn the most about myself...and grow.

Sending a virtual (((((hug)))))) to all my family of choice!

Connie D. NYN PO Coordinator



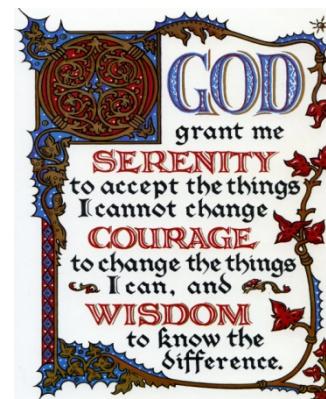
Web Coordinator

April is all about the **AWSC Spring Meeting**. March and the April preparation consist of receiving officer and coordinator reports and getting them prepared for the New York North Website to be read by our membership at **NYN Newsflash** - <http://www.nynafg.com/news.html>. Check it out to know the date, time, and location including additional meetings that day. You will find the agenda and Officer/Coordinator reports at this web location on the NYN Website. The Website Committee will not meet at this Spring AWSC Meeting.

Please review the job description for Officer and Coordinator positions at <http://www.nynafg.com/pdf/jobDesc.pdf>. If you have any questions you can see me at the AWSC meeting or the Spring Convention.

If you want to understand and feel our topic **Someone Else Understands**, step up for service. It is there when you are taking a risk beyond the security of your meetings, that you will know how our Al-Anon family works together

Nancy P. web@nynafg.com



Alateen Coordinator

We had our latest Alateen Interest Meeting (AIM) via Zoom on Monday, February 24th. We continue to learn how to use this video conferencing platform in Alateen service. After getting five of us in and set up, we viewed NYN's Educational Module 1. It was helpful to go over it together, especially to see the updated forms needed to register a new AMIAS. The March 26th AIM via Zoom will be a Thursday at 6:30pm. We will take a look at NYN Educational Module II, and make plans for an in-person AIM on Sunday during the Spring Convention in Troy.

At the request of District 22, I have contacted several Alateen Sponsors looking for an Alateen who would be able to be a speaker on the spiritual panel on Sunday during the Spring Convention.

SOMEONE ELSE UNDERSTANDS

At my first Al-Anon meeting, over 30 years ago, an older woman shared how before coming to Al-Anon she had made her children sit waiting at the dinner table until their father came home to eat. I could so relate to that type of craziness due to my growing up in a home affected by alcoholism. I knew I was in the right place! That understanding and the woman's openness met by non-judgment drew me back to the next meeting. Since then similar connections of understanding have unfolded time and time again when listening to sharing during meetings and speakers. Recently, at my home group, I shared about some deep emotional turmoil I had gone through. Later another member came up to me and said they could fully relate to my experience.

As it says in our closing, "Whatever your problems, there are those among us who have had them, too ." (my paraphrase)

Together We Can Make It.,

Sandy A., Alateen Coordinator.

Literature Coordinator

Spring is in the air, and Al-Anon is flourishing as well! I hope that everyone is doing well these days. I have been helping my district work on their Public Outreach component, and the Alateen Interest Meetings on Zoom continue to keep us connected to this vital service to our young people in recovery. The warmer temperatures and signs of the seasons have certainly helped us think happy thoughts.

This month's topic is Someone Else Understands. Prior to Al-Anon, I had the distinct impression that my situation was completely unique. I was alone in my misery, and there was nothing I could do to solve my problem. I simply had to endure in silence, and remind myself that there was no one to turn to.

Now that I have found the rooms of Al-Anon, I now know that someone else understands my circumstances. I am able to attend a meeting, pick up the phone, send a text or email, or just reach out and someone would be there to hold my hand and get me through this. We are in this together, and we are never alone.

I look forward to seeing everyone at the Spring Assembly in Troy. Until then, let us let go and let God watch over us. Thanks for your continual love and support.

Mike R.



HELP WANTED !

For the 2020 New York North
Fall Election Assembly

September 25-27, 2020

at the Comfort Inn and Suites on
Buckley Road in Liverpool
Hosted by Districts 10 & 18

"Service Helps Me See 20/20"

Would you be interested in helping us out?
You and your group can help make a difference
And, you get back much more than you give

*Volunteer for an hour or two for the following areas
(no registration required)*

Make a Theme Basket or donate an item for the raffle
which raises funds to help pay for the event

Hospitality Room Volunteer to help with the ongoing
refreshments or donations of food

Registration Help register people Friday & Saturday and
meet your fellow Al-Anon members

Literature Help sell Al-Anon and Alateen literature and
meet your fellow Al-Anon members

Greeters welcome and help orient members when they
arrive on Friday & Saturday

Are you unsure of what you'd like to do but are willing
to help out? Ask any Committee Member!

NO EXPERIENCE NECESSARY!!

**FOR MORE INFORMATION, CONTACT
Jim M.**

AIS ROCHESTER PRESENTS MOVING FORWARD

Tureen Supper - **NEW DATE**
June 7, 2020, 12 - 5 PM

Saint Anne Church, 1600 Mt.
Hope Avenue
\$5.00 Suggested Donation



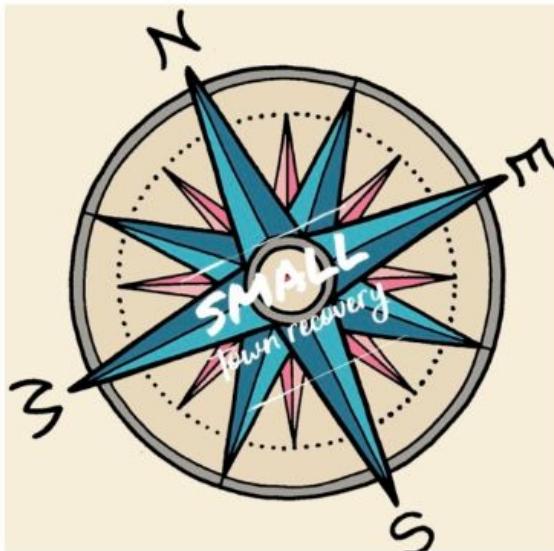
12-1 PM	Basket and Food Drop Off Registration
1 PM	Welcome
1 - 2:30 PM	Meal
2:30 - 3 PM	AA Speaker
3 - 3:30 PM	Break
	Basket and 50/50 ticket sales
3:30 - 4 PM	Al-Anon Speaker
4 PM	Draw Basket and 50/50 Raffle
4:30 - 5 PM	Clean-up

**Call for Volunteers and Gift Basket
Donations**

Theme is: Moving Forward

Please email Beth S.
to donate your time or a basket.

Basket drop-off will occur at 12 PM on
June 7, 2020



Please Join Us For
A DAY OF SHARING
"HOW AL-ANON WORKS"

Saturday April 25

9 – 3

@

St. Margaret's Retreat House
47 Jordan Rd
New Hartford

Free Continental Breakfast
& Lunch for \$10.00 Per Person

Sponsored by Al Anon
District 6

Serving Oneida, Herkimer &
Madison Counties

PROGRAM

9AM- **BREAKFAST & REGISTRATION**

Welcome

9:30- **PANEL: Nuts & Bolts of Al Anon, or How It Works**

10:45- **DISCUSSION**

NOON- **LUNCH**

1:00- **SPEAKER**

2:00- **QUESTIONS & ANSWERS/ GROUP ISSUES**



e-mail the district with any questions
smalltownrecoverynd6@gmail.com

subscribe to the newsletter at
<http://eepurl.com/gPyfcP>

Visit our website:
www.smalltownrecovery.home.blg



NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Highlights 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 Highlights 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)

NHL e-mailed to me (no cost)

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 2183, SYRACUSE, NY 13220

For address changes or updates

Mail to: Group Records, 5082 Clifton Dr., N. Syracuse, NY 13212

Or e-mail: 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 insure anonymity, tear off this part before leaving it with your group.

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<u>Panel 28 Past Delegate</u> Mary G. mgregory@roadrunner.com	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com	<u>Panel 4 Past Delegate</u> Helen S.

**Submissions for
May
Northern Hi Lights**

Due by: April 15

Topic: TRUST

**SENDING DONATIONS TO
NYN**

*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 group's registered
name and Group's ID Number*

*Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212*