

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

Inside This Issue

Topic: Dependency

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

Dependency

Throughout my recovery journey so far, my Higher Power has revealed unhealthy dependency in my life. It looks like food addiction, obsessing about what others might be thinking or doing, or not allowing others the dignity of their own choices. I think dependency, in balance for me, looks like asking for help when I need it and also doing the things I can do for myself. I can depend on others too much when fear keeps me from trying new things. In relationships I can easily rely upon praise to boost my self-esteem. I depend on people to be there for me and it can lead to resentment when they are not. Early on in romantic relationships I relied too heavily on partners to be everything I needed emotionally.

Thankfully, Al-Anon has taught me that the one true thing I can depend on is my Higher Power. This loving energy will always be there for me. I can depend on the guidance it provides in my life. I can also have a healthy dependence upon others by using the traditions and concepts in my relationships. In other aspects of dependency, I work to be someone others can depend on to do my part. Participation is the key to harmony.
(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 WSO:
www.al-anon.alateen.org

Web Coordinator

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

Dependency

"Al-Anon produces a change of attitude in us; it gives us perspective on our problems and shrinks them down to manageable size. As we learn to depend upon our Higher Power through applying the Al-Anon program to our lives, fear and uncertainty are replaced by faith and confidence. That is the miracle which we can bring about." Feb 29 One Day at a Time (p. 85)

I think of myself as an independent person. Although I do need people, places and things to be a part of society. How much I need them and where I focus my attention is where I can get into trouble. Step three asks me to turn my will and my life over to the care of God. When I turn my dependency over to my Higher Power I have never been let down. Working the Al-Anon program keeps me in a healthy place. I am grateful for that!

Website – Did you know?

Scroll down on the [Area Information and Forms](#) page of our website. Under the heading NYN Assembly Activities and Presentations there are some great ideas for meetings and workshops!

Yours in Service,
Ellen V.

Newsletter Editor

One of the most common issues that seems to arise is that the newsletter is not getting through to some people. For some time now there has been a problem if you have a yahoo account. I don't think that's been taken care of yet. More recently, I believe the problem was that accounts had not been set up before the emails started flying. I know I did not receive some emails since they had been sent to another address.

If you'd like to check on your status, please check with Group Records, Joan L., records@nynafg.com. She has the information regarding emails.

The newsletter is also posted on the website, although it is nice to receive it directly in our inboxes.

Please let me know if you are still experiencing difficulty and we'll see what we can do.

In service,
Pat H.



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

Group Records

DEPENDENCY. What is the first thing that comes to my mind? My card catalogue of negative resentments comes right to the forefront of my mind! The word dredges up hurt and sadness and confusion. To me the word was synonymous with ADDICTION. I think of the pain my alcoholic sustained all of his life. He was a child of alcoholic parents, and then carried this disease into his own adult life.

But then I thought, is Dependency a "bad" word. Does it connotate bad memories because I LET it? DEPENDENCY can be a positive word. DEPENDENCY can be a need, a vulnerability, separating this from addictive behavior and turning it into a word derived from LOVE. Now you might think I am crazy, but look what DEPENDENCY has added to my life. I found unconditional love amongst my fellowship. I found respect and reciprocity. I found love providing a service to Al-Anon. I found friends who depended on me to contribute my experience strength and hope. I entered al-Anon, not because of my spouse's dependency, but because of my own! It led me to a program of useful tools to heal myself.

Presently, I think of DEPENDENCY, as an attitude that my Higher Power bestows on me to remember, reflect and plan for my path to serenity. Sincerely,

Joan L.

Alateen Coordinator

Happy Spring!!!

I can see the buds beginning to open, feel the warm air on my face, and hear the birds singing in my backyard. These are things I can depend on since Spring has arrived.

Each week I hear shares of experience, strength and hope from the members of my home group. I also see smiles and I hear laughter. I listen to my Service Sponsor as she shares her joys and answers my questions. I meet members who are willing to do whatever they can. I feel unconditional love from a trusted Sponsor who listens to my accomplishments and wipes away all my tears. Through prayer and meditation, I have a connection with a Higher Power

who reminds me I am never alone. These are things I can depend on since coming into Al-Anon/Alateen.

Alateen Update:

Alateen Interest Meetings (AIM) will continue to meet via Zoom each month. All registered AMIAS should be receiving meeting minutes and email invites to these meetings. If you are interested in joining us, I can be contacted at alateen@nynafg.com

Mary S.

Archives

Hello to my fellow Al-Anon Trusted Servants and Members,

I have received some good feedback thus far as to what to do with the 21 VERY HEAVY file boxes filled with old papers and booklets that are now stacked in my basement. Although I have not yet inventoried everything, here is a sampling of titles on the boxes: Old Forums 1967-2008; NYN Meeting Minutes 1967-2005; World Service Binders 1997-1999. Please keep the ideas coming!

Since the topic is "Dependency", I guess I normally would think of someone else's dependency, be it on alcohol, drugs, nicotine, whatever. But since our program teaches me to keep the focus on myself, I do believe I have a dependency on CONTROL, and I am working on that with my sponsor. I am also dependent on doing things for others just so that I will feel better about myself--I am working on that, too. Finally, I also have a dependency on all you fine folks out there to help keep me practicing my program. It's a Win-Win.

Respectfully submitted,

Maria S.



Secretary

Through unforeseen circumstances my Secretary's Report has not been published. I'm including it now along with highlights from our recent AWSC meeting.

Highlights of NYN Fall Assembly September 26, 2021

This was our very first Zoom Assembly meeting. All things considered it went extremely well. All Officers and Coordinators presented their reports. Discussion and vote was held concerning 2021 Budget. The 2021 Budget of \$22,000.00 was passed.

We had the opportunity to make an extra donation to WSO. Discussion was held and we voted to contribute our refund money of \$1,782.88. The refund was due to the cancellation of the WSC.

The regular donation of \$5000.00 was approved.

A new position of NYN Electronic Meeting Host was approved. The new host is Michael R. NYS Fair participation has been cancelled. Lastly, new Officers and Coordinators were elected for Panel 61 for a three year term.

See the NYN web site for a complete list.

Highlights from the AWSC meeting held March 20, 2021 by ZOOM.

- Thirty voting members attended
- Two vacant positions need filling: Newsletter Coordinator and Convention Coordinator.
Contact Chairperson Carol at chairperson@nynafg.com
- Spring Assembly will be held by ZOOM on May 15, 2021
- Fall Assembly will be held by ZOOM
- Delegate's Report and Two Minute Hot Topic Reports given. Full reports can be found at nynafg.org/news
- A Finance Committee and a Web Committee were formed. Please contact Chairperson Carol at chairperson@nynafg.com if you would like to be of Service

Dependency

Definition: something dependent or subordinate. State of being dependent.

I love words. Many times I have been surprised as to the definition of a well used word.

I feel dependent on my emotions. With depression and grief I've been extremely emotional. I've come to realize I equate love and caring with my emotions.

I care and want to repair. Having expended energy and emotions I have found, again, that I can't fix relationships that can't or won't be repaired.

For me to get to the heart of the matter, I have to remove my dependency on my old ways not to let them rule me or to feel less than. That is why I'm doing the old Al-Anon dance of one, two, three, one, two, three....Step One Step Two Step Three.

Carla K.

AAPP

Topic: Dependency

My dependency on the alcoholic brought me to al-anon. The disease of alcoholism had drained me of life. I was functioning but not living. I had become so attached to/dependent upon the alcoholic that I could no longer think of myself or our children. All awake hours were focused on the alcoholic. The record in my head just kept playing repeated scenarios of what might happen and how to deal with them. There was no living in the moment. There was the yo-yo effect of if he was up I was up or if he was down I was down. Had he bathed, had clean clothes, got a haircut, how many quarts of Piels had he bought that day and where was he and what was he doing. We were leaning on each other all the time.

Then came al-anon. By using the 12 steps, traditions and concepts along with the al-anon tool box I accepted that I was powerless over the alcoholic and everyone except myself. Al-Anon allowed me to become honest with myself.

The steps showed me there was no need to be attached to the alcoholic. Detachment with compassion came into practice. I had to focus on myself and the children.

The time came to cut the umbilical cord and breathe for me. I can love the person without trying to control, mother, manage or manipulate him. I am now responsible to figure out me.

Today life is much simpler making decisions only for myself. Alcoholics in my life have the right to make their own decisions too. We all get to experience our own consequences.

There are times when we do need to make a combined decision such as for insurances, bills or home repairs. These decisions are made through cooperative effort and communication. Now I can love the alcoholics in my life but am not dependent on them.

Mary D.

E-Meeting Host

The feeling of spring and a renewal of spirit is definitely in the air. It permeates our very being and enables us to pay it forward through our attendance at meetings, reading of CAL Literature, and working our program with the help of our Higher Power.

This month's topic is dependency. Prior to my entering the rooms of Al-Anon, my son's dependency consumed our lives. The feelings of rage, resentment, and hopelessness amplified the negativity in our home.

With the arrival of my eleventh year anniversary in the program peeking around the corner next week, I realize the power of prayer and fellowship can overcome anything that stands in the way of our serenity. I thank everyone who has played a part in my personal recovery.

I look forward to seeing everyone at the Spring Assembly on Zoom in May 2021. Take care, be positive, and test negative.

With love and gratitude,

Mike R.



Public Outreach

Hello to my New York North Family,

We have had our AWSC meeting and it went smoothly. In my opinion, I think we have a great panel to be working with. If we work well together we can be a good example of the Al-Anon program in all our affairs. After all, it is a "WE" program. We never have to do any of this alone. If your group, AIS or District is considering a Public Outreach project and would like some assistance, that is what my job is, to help you with materials, ideas and any other assistance I can help you with. I have a huge inventory of Forum magazines, AFA's (Alanon Faces Alcoholism) for the convention that didn't happen last year. I also have a large amount of Public Outreach bookmarks. In the AWSC meeting I was given the opportunity to come and get all the leftover supplies from the State Fair that we are no longer working on. So I have plenty of supplies to help you organize your event.

I also have a project that I will be announcing at the assembly that I think we can all participate in.

Dependency is our topic this Month. I have a problem with this word as it is based on Psychological terminology. This is not an Al-Anon word. Now if you change it to the word needy, I can talk about that. I was terribly needy when I came into Al-Anon as I was a control freak and a people pleaser. I had no ideas of my own. I was a follower and could only speak of others people's opinions. Growing up in an alcoholic home I learned my voice did not count. My approval and self esteem were all tied up in your approval of me. Thank God for this program, which has taught me that I have a voice and the right to voice my opinion even if others do not agree. I only have to check my motives and ask my Higher Power for guidance when confronted with difficult situations.

I now see the Al-Anon program as a "WE" in which we all work together to get the word out about this program. Sometimes I don't agree with the majority opinion but I still place principles above personality and do what I can to carry out the majority decision for the unity of the Fellowship. As the Alateens say "Together We Can Make It. Cooperation and Participation is the key to Harmony."

Lynda (Lynn) S.

Treasurers Report

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

Since the last issue of *Northern Hi Lights*, we've had donations of:

\$200 from Syracuse AIS,
\$50 from Cortland AFG, 09696ID#
\$50 from Monday Serenity AFG, 064263 ID#
\$100 from Path To Serenity AFG, 30734 ID#

We've had expenses of;

\$100 Emily K., Delegate
\$99.50 Website hosting and domain.
\$49.00 for printing and mailing March *Northern Hi Lights*

Our topic of Dependency gave me pause, but when I first joined Al-Anon I depended on going to a meeting every day for about the first 18 months. reading 2 daily readers each morning, plus the bookmark, plus reciting the Serenity Prayer many times daily. I didn't share for the first 8 months, but knew I was saved. I also didn't have a sponsor, because my self-esteem was non-existent. But, I dug the program. Then, my District Rep told me; "This meeting needs a Group Rep, and I think you'd be a good Group Rep." That was my start in service, and I've been involved almost constantly in service since then.

So far, I haven't done any position as well as I'd like, but also haven't suffered criticism. Being involved in service has helped me keep the focus on myself, and fend off crazy thoughts that do crop up.

I heard from my son early on in AA that "If you want good self-esteem, do esteemable things." I've tried to live by that, and it has worked for me. After 33 years in the program I have the tools to endure whatever has come down the pike. (The road, not the fish.)

John O.



Alternate Delegate

I'm fairly certain that detachment isn't the same as procrastination. Hopefully, this article is not too late for inclusion in the April issue!

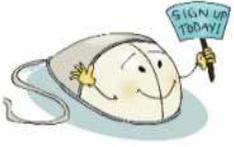
While contemplating this month's topic - detachment, it occurred to me that I can't detach from something that I haven't first attached to. My next thought was a visual of an octopus. How many times have I attached all of my tentacles onto a situation, person, dream, opinion,... anything that I felt a personal interest in? The answer is simple - too many times! The solution, detachment, though is hard.

For me, detachment is a process. One that takes time and often involves re-attachment. Service work provides me a training ground as I watch others with what appears to be firmly held beliefs open up to new ideas. Though this process I've learned that a closed mind cannot detach. I've also learned to trust in an invisible force that I do not understand.

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 (al-anon.org), locate The Forum's January 2021 page and read at least one of the member sharings from March 2021. Then send an email to altdelegate@nynafg.com with the article's title and the author's name. On April 30th, one of the correct entries will be randomly selected. The winner will be sent an email and announced in the next issue of the *Northern Hi Lights*.

Yours in Service,

Kathi D.



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 _____

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WSO # _____ District # _____

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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

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
May**

Northern Hi Lights

Due by: April 15

Topic: **Hope**

**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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