

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

Inside This Issue

Topic: WISDOM

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Newsletter Editor Pat H.
Proofreaders: Jack H., John O.

Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Chairperson

Thank you to everyone who attended the Winter AWSC Meeting on March 19th. Two important decisions were made; one to approve the purchase (up to \$1,050) of computer equipment for an officer, and the other to approve the formation of a task force to review and amend our Area Expense Guidelines. The Officers and Coordinators reported on all the hard work they have been doing and their reports are available on the website on the "Area Information and Reports" page. One other bit of news to report is that Joan will be continuing as Group Records Coordinator, YAY!!!

I continue to be amazed and in awe of this great program. I have been learning so much since taking on the role of Chairperson. Before starting this position, I re-read the An-Anon/Alateen Service Manual to make sure I really **knew** it. These past few months I've been faced with some difficult service structure and leaderships challenges. While I generally prefer not to have such challenges, they were an invitation for me to explore the traditions and concepts in much more depth and, more importantly, an opportunity to **practice** them. I'm learning that wisdom doesn't come from my knowing, it comes through my experiences and what I practice. I so appreciate how in Al-Anon we share our experience, strength, and hope and not our knowing. That's the wisdom of the program.

Gratefully growing through service,

Carol C.

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

For more information visit the following websites:

New York North: www.nynafg.com WSO:

www.al-anon.alateen.org

E-Meeting Host

The days have gotten longer, the nights have gotten shorter, and the numbers for COVID-19 have gotten smaller. Life is good! The fellowship of Al-Anon continues to provide life and support to everyone who seeks serenity on the path to recovery. I hope that 2022 has provided all of us with the opportunity to move forward in our personal growth, and I look forward to seeing you in person at sometime in the near future.

The topic for this month's issue is Wisdom. The Serenity Prayer reminds us of three important elements in our path to recovery: the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Prior to my entrance into the rooms of Al-Anon, I was told by my late wife that I was "book smart but common sense dumb." Being an educated educator for thirty six years in the field of teaching, I did not employ the wisdom to cope with my son's addiction and alcoholism. I fell short in so many ways, and that was mainly because I did not possess the tools of the trade to take care of my own personal faults when it came to dealing with my son's issues.

With twelve years of Al-Anon under my belt, I now know what I need to do to help him and to help myself in the process. I gained valuable wisdom from my Al-Anon friends and family, and I applied their experience, strength and hope to my own situation in order to move forward in my recovery. By attending meetings, doing the daily readings, and performing service roles at the district and state levels, I found the wisdom to be a loving parent to my son and to be a faithful member of Al-Anon.

Thank you to everyone who continues to support me in my roles as GR and DR in my district, as well as my position as E-Meeting Host for NYNAFG. I look forward to serving in those various roles for many years to come.

With love and gratitude,

Mike R.



AAPP

Makes me think of I've got rhythm. I may think it but I know in reality that I don't.

For me, Wisdom isn't something you can see or touch but is something you can feel in your heart or feel with relief or gratitude.

The Serenity Prayer has been a maintenance tool for me since my first Al-Anon meeting.

"The wisdom to know the difference" has been pretty much a mystery for me because the answer comes from a power greater than myself. If I should see a truck coming before I cross the road I can make a conscious decision to cross or wait but when making a decision without knowing all that is involved can be very difficult. Choosing to not participate in a conversation may be a wise decision. How does that happen. For me it is wisdom creeping in and helping me.

It's still a mystery for me but I truly believe and feel it when wisdom happens.

As a reminder Annual Recertification of AMIAS (Al-Anon Member Involved in Alateen Service) and Alateen Groups occurs this time of the year. Please contact me if you have questions or need forms.

Mary D.

Newsletter Editor

Wisdom is defined as the quality of having experience, knowledge, and good judgment. Sounds somewhat similar to our experience, strength and hope.

When we come into our meetings we already have some experience even though it may not be the best. Knowledge we gain as we listen to the others at the meeting who have been there longer. And good judgment is what we do with the information we receive. I have also been around long enough to realize that the wisdom shared at a meeting can come from a newer member, too.

Share whenever you can and listen to others. The Wisdom that is within our groups is phenomenal.

In service,
Pat H.



Alateen Coordinator

I need to remember the Serenity Prayer when other people's problems are bothering me. Recognizing whose problems are whose and knowing what I cannot change and what I can is having the wisdom to know the difference between my powerlessness over others and my power over myself. The next Alateen Interest Meeting will be on Sunday, May 22, 2022 at 9:00 AM during the Spring Assembly weekend. Everyone is welcome to join us and find out about service in Alateen.

Join myself and other AMIAS on Tuesday, April 12, 2022 at 7 PM. at our next Alateen Networking Group meeting. Alateen Networking Group meetings are held the second Tuesday of each month. Zoom information can be found on the Events Calendar on the New York North website nynafg.com or by contacting alateen@nynafg.com. Learn about how you can be an Al-Anon Member Involved in Alateen Service (AMIAS) and then you will be able to watch teens gain the wisdom to know the difference. *Together We Can Make It,*

Mary S.

Convention Coordinator

The New York North Area 2022 Spring Convention and Assembly is scheduled to be held virtually over Zoom on May 20, 21, and 22, 2022. District 14, from Rochester, has agreed to host the virtual 2022 Spring Convention and Assembly. Their theme is "Hope for Today". Thank You Cindy R. and District 14! As recently posted on www.nynafg.com, the New GR meeting will be held on Thursday, May 19, 2022 at 7:00 PM on Zoom. On Friday, May 20th at 6:30 PM will be the Assembly Icebreaker, followed at 7:30 PM by the AWSC Meeting, both of which will be held over Zoom. On Saturday, May 21st starting at 9:15 AM will be the Spring Assembly Meeting, which will run until about 4:00 PM with a break for lunch. On Sunday May 22nd there will be an Alateen Interest Meeting at 9:00 AM on Zoom followed by Spiritual Speakers at 10:00 AM also on Zoom. Members are able to register online at www.nynafg.com in advance for the Spring Assembly.

The 2022 New York North Area Fall Assembly is scheduled for September, 16, 17, and 18, 2022 and will

be held virtually via Zoom. A Host District or Districts are still needed for the 2022 New York North Area Fall Assembly. What is needed from the host districts is to come up with virtual non-business-related programming such as a panel, workshop, or ice breaker event for Friday evening of the Assembly as well as to put together a Spiritual Panel of speakers from AA, Al-Anon, and Alateen for Sunday Morning. On Sunday Mornings, the Area Alateen Coordinator always hosts an Alateen Interest Meeting prior to the Spiritual Panel.
Would your District please consider hosting the 2022 Fall Assembly?

We are also looking for Districts to host the 2023 NYN Spring Convention and Assembly and the 2023 Fall Election Assembly. At this time, it is unknown if these events will be held in person at a hotel, or in hybrid form, or if they will be held virtually on Zoom.

Would your District please consider hosting the 2023 Spring Convention or the 2023 Fall Assembly?

Our topic this month is "Wisdom". The first phase that comes to my mind is "and the wisdom to know the difference" from the Serenity Prayer. My pattern before Al-Anon was always to react or respond to someone else's negative behavior, usually with a negative reaction of my own. By working through the 12 Steps of Al-Anon and listening to other members in meetings, I have learned that I do not have to respond to every word or action that upsets me and that I don't need to join in any argument that I am "invited to". If something is said that is very important to me, I can relate my thoughts and feelings and then let go of the rest. I also have learned that I don't need to always be a "caretaker" and that when I detach from trying to solve other people's problems, it almost always works out better for them without my "helping". I am grateful to all the Al-Anon members who have shared their own wisdom with me.

Love in Al-Anon Service,

Jim M.



Treasurer's Report

Thank you everyone for your donations. I made two deposits totally \$1,108.46

Check Date	Group #	Group Name	Amount
2/10/2022	27835	Thurs East Aurora, Changing what I can	\$ 25.00
2/23/2022	30567260		\$ 25.00
2/16/2022	10296	Thurs Morning Sherrill	\$ 50.00
2/7/2022	30718354	Lake Placid New Beginnings	\$ 40.00
2/22/2022	64625	Serenity on Saturday	\$ 71.46
2/23/2022	66500	Hope for Today	\$ 50.00
2/17/2022	9763	Caring and Sharing	\$ 45.00
2/15/2022	500955	Saturday Morning AFG	\$ 28.00
2/22/2022			\$ 100.00
2/14/2022	District 9	District 9	\$ 75.00
2/7/2022	27834	Monday Night St. Louis AFG	\$ 75.00
2/16/2022	9828	Friday 10 am - Ithaca	\$ 30.00
2/24/2022	30606210	Progress not perfection	\$ 20.00
2/27/2022	44964	Simple Beginnings	\$ 50.00
3/3/2022	10326	Westenders	\$ 6.00
3/8/2022	63806	Courage to change	\$ 25.00
2/28/2022	503200	Live and Let Live	\$ 120.00
3/7/2022	65730	12 and 12 AFG	\$ 60.00
3/10/2022	10302	Sydney AFG	\$ 10.00
3/9/2022	30613221	Newark Sunday Serenity	\$ 20.00
2/10/2022	10188	Petersboro Step Study	\$ 50.00
12/7/2021	District 23	District 23	\$ 100.00
2/28/2022	42113	Legacy Study Group	\$ 33.00
			\$ 1,108.46

I paid three reimbursements to our trusted servants.

Group Records	\$78.83
Alternate Delegate	\$57.89
Website	<u>\$68.04</u>
Total	\$204.76

Two donations had incomplete information. They are bolded in the table above.

*The \$25.00 check on 2-23-22. The group number I have listed is incorrect. I must be reading it wrong.

*The \$100.00 check on 2-22-22 was a bank generated check. There was no group number or name. If either of these is from your group, please reach out via email to:

treasurer@nynafg.com

Betty G.M.

The current NYN mailing address is:
NYN Area Assembly
P.O. Box 64176
Rochester, NY 14624



Help Wanted

TWO POSITIONS AVAILABLE

Still searching for a
Newsletter Editor

and someone to print and mail the newsletter to approximately 50 subscribers.

HOPE FOR TODAY



Hosted by District 14

NYN AFG Spring Assembly/Convention

May 19 - 20 - 21 - 22, 2022

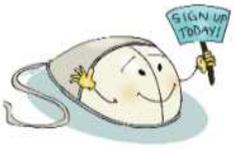
Thursday, May 19th 7 pm New GR Meeting
Friday, May 20th 6:30 pm Assembly Icebreaker
Friday, May 20th 7:30 pm AWSC Meeting
(Officers/Coordinators, DR's and Past Delegates & Trustees)
Saturday, May 21st 9:15 am - 4 pm Spring Assembly
(Officers/Coordinators, DR's , GR's and Past Delegates & Trustees)
Sunday, May 22nd 9 am Alateen Interest Meeting
Sunday, May 22nd 10 am Spiritual Speakers

The convention will be held virtually this year
Visit nynafg.com/area_events.html to register

The **Area Assembly** is the business meeting where the groups send their representatives (GR's) to express a voice and vote on behalf of the group. During an Assembly, the Delegate reports the activities of the World Service Conference.

Area World Service Committee

In between Assemblies, Area World Service Committee (AWSC) meetings are held, attended by the Assembly officers, all District Representatives and Al-Anon Information Service Liaisons, and the Area Coordinators of special services. At these meetings, the Assembly agenda is planned, information and reports are conveyed, and decisions may be made that cannot wait until the next Assembly.



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)
 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 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.

<u>Delegate/Forum</u> Kathi D. delegate@nynafg.com	<u>Alternate Delegate</u> Emily K altdelegate@nynafg.com	<u>Immed. Past Delegate</u> Molly C. ipd@nynafg.com	<u>Chairperson</u> Carol C. chairperson@nynafg.com
<u>Treasurer</u> Betty G. treasurer@nynafg.com	<u>Alateen</u> Mary S. alateen@nynafg.com	<u>Secretary</u> secretary@nynafg.com	<u>Convention</u> Jim M. convention@nynafg.com
<u>Group Records</u> Joan L. records@nynafg.com	<u>Literature</u> lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>Public Outreach</u> Lynda S. po@nynafg.com
<u>Presentation</u> Patti M. presentation@nynafg.com	<u>Web Coordinator</u> Ellen V. web@nynafg.com	<u>Newsletter</u> Pat H. newsletter@nynafg.com	<u>AAPP</u> Mary D. amias@nynafg.com
<u>Archives</u> Maria S. archives@nynafg.com	<u>NYN Area Business e-meeting Host</u> Michael R.		

PANEL 61 2021-2023

**Submissions for
May
Northern Hi Lights**
Due by: April 15
Topic: Decisions

**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*

*Northern Hi Lights
135 Berry Road
Fredonia, NY 14063*

