



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

Inside This Issue

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

Northern Hi Lights

Al-Anon News from New York North Area

Area Delegate Panel 58

The World Service Conference is April 15-21, 2018 in Westchester, NY. I am looking forward to sharing my new experiences, strength and hope with our Assembly.

As reported at the AWSC meeting March 24th, it is time for a new North East Regional Trustee to be nominated and selected for 2019. The Board of Trustee’s Mission Statement: ***Anticipate the future and Al-Anon’s place in it and ensure that the necessary resources are available.***

Something we can all agree to. Areas within our Region must submit candidate résumés to the WSO by **August 15, 2018**

This means if NYN nominates anyone we will have to have applications in and a decision made by August 1st.

I have sent the resume with the minimum requirements (which are surprisingly simple) and a job description to be posted on the NYN web site under **Area Information & Forms** NYN FORMS
(cont'd next page)

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

Please review and speak to your higher power for guidance. If you are interested, please fill out a resume and send it to the Chair, Ruth S or the Delegate, me. There are many people in NYN qualified for this. It is a great opportunity for personal growth and sharing Al-Anon's gifts to the world!.

Minimum requirements:

- Be an active member of Al-Anon Family groups, with at least ten (10) year of continuous membership
- Be eligible to become an Al-Anon Member Involved in Alateen Service (AMIAS)
- Have service experience beyond the group level
- Not be a present or past member of Alcoholics Anonymous (A.A.)
- Be able to speak and write proficiently in the English language

I'll see you in May with many new things to share.
NYN - Thank you for your continued help.

Peace ...

Molly C.

Newsletter Editor

Hello all! As many of you know already I am the new editor of the newsletter. I look forward to learning and growing in this position. Unfortunately, I will not be at the convention in Lake Placid due to a previous family commitment, but I look forward to meeting all of you along the way.

I am truly grateful for all that Al-Anon has provided me on my journey so far and anticipate more to come.

In Service,

Pat H.

Immediate Past Delegate

As the Immediate Past Delegate, one of my responsibilities is to conduct the New Group Representatives meeting at the Spring and Fall Area Assembly. I would like to invite **all new GR's or those who are attending for your first assembly** to this event on Saturday Morning May 22, 2018 at 8:00 A.M.in Lake Placid (yes I know that's early but we need to be ready for the Assembly Meeting by 9:00 a.m.), registration information for Assembly/Convention is featured in the April and May Northern Highlights.

You might ask what will I learn there and why do I need to attend this particular meeting? The reason is to help make you more comfortable as you represent your group at this event. What will you learn there:

- What is an Assembly?
- What will be your duties at Assembly?
- How do you cover the expenses of attending the Assembly?
- If I have questions who do I ask? Where can I find information that I will need to help me during the Assembly and in between meetings?
- What are all those acronyms and what do they mean?
- Whom I meet at the Assembly? What is their Job at the Assembly?

I will also be giving a update of our New York North Public Outreach Project at New York State Fair this year and what you can do to help.

BRING YOUR SERVICE MANUAL, YOUR ENTHUSAISM, AND YOUR HIGHER POWER WITH YOU AS YOU JOIN IN THE ADVENTURE OF SERVICE THIS WEEKEND

Diane C.

Chairperson

Dear NYN Friends,

I'm not sure when the May edition of the *Northern Hi Lights* will be published, hopefully before the Spring Assembly/Convention. That will be held May 4-6 at the High Peaks Resort in Lake Placid. I am really looking forward to the weekend.

This will be the first Assembly for Panel 58. There will be so many firsts including Molly's first report as Delegate. I'm sure there will be both new GRs and new DRs in attendance. I look forward to meeting you all.

There are a number of Ad-Hoc committees, thought forces and task forces in NYN. I listed most of them in my Hi Lights article before the AWSC meeting in March. If you are interested in being part of one of these committees please let me know. Most committees will be meeting at some point during the weekend. We'll get you in touch with the chair of that committee.

I am not going to write about this month's theme. It's not that Gratitude is not very important to me but rather at this time if I started to write it would end up being a book. I won't skip the theme again but right now I need to.

Gratefully in Service,

Ruth S.

Submissions for June Northern Hi Lights

Due by: May 15

Topic: Perfectionism

Alateen Coordinator

Most valued friends,

In February I participated in my first WSO web conference call. However when I tried to sign in for the second one on March 17, there were technical difficulties. Several of us were not able to attend. The topic was AMIAS Recertification, and I was able to view the PowerPoint On AFG Connects. On March 24 we had an ALATEEN Guidelines Committee meeting before the AWSC meeting in North Syracuse. Walt Informed us of all the changes needed in the guidelines, and the steps to get them accepted. After presentation to the AWSC, the updated guidelines are being sent to the WSO for approval. Then they will be ready for our NYN Assembly for a vote.

The next task is to begin the recertification process for AMIAS. Each AMIAS needs to return their recertification form promptly.

Keep coming back to keep growing,

Sandy A.

Area Alateen Process Person

Spring is all about the Al-Anon Member In Alateen Service (AMIAS). During April, the recertification process begins. All 86 currently active AMIASes receive a form detailing their commitment to Alateen. After reading and initialing each item, these forms are returned. This annual process also provides an opportunity to suspend participation as an AMIAS.

All forms need to be returned by May 31. As the completed forms arrive, I use Online Group Records to verify, update and recertify members. This process is an excellent example of Al-Anon working as a "we" program. Training through WSO has taught me how to use these tools. I must also say that the mailings would not have been so smooth or speedy without my mentor, Walt S., who held this position previously.

Yours in service,

Mary Beth G.

Area Records Coordinator

Al-Anon has opened my eyes to an Attitude of Gratitude. Being in Al-Anon Service is just one more way I can show my gratitude. When I was new to Al-Anon, members in Service were there to keep the program alive for me. Without members willing to give their time Al-Anon would not have been there for me.

Now that I'm on a firmer footing I am grateful for the opportunity to give back what I have received.

I am grateful to those who have served before me and grateful to those who follow with an Attitude of Gratitude.

Patti M.

Gratitude

Website Coordinator

As Web Coordinator, I am grateful for Molly's binder that came to me on the day of the transition meeting last year. It gives me direction when I have a task to complete on our website. Kathi has graciously answered all of my questions, concerns and fixed my mistakes. I have so much gratitude when I take the time to reach out for their help knowing help is available to me through our shared experiences and their skills.

At the AWSC Website committee meeting, I was shown the work that the last website committee completed which was the format for a new website look. I understand a lot of brainstorming went into this project before an agreement could be made on the look and functionality of this format. At this Spring AWSC meeting, the committee came to agreement that two different authoring tools would be assessed by our web technician. This assessment will be completed by Spring Assembly/Convention. My AWSC report is located on our NYN Website, along with other Officer and Coordinator reports.

Nancy P.

Literature Coordinator

The month of May will be an extremely fulfilling one for me. I am the Co-Chairperson for the Spring Assembly 2018 in Lake Placid. Our theme is "Find Your Roots and Spread Your Wings." As the Banquet Speaker, I will share my story of recovery and acknowledge the people who have helped me become the person I am today. I have worked with an amazing group of individuals from our two districts who are hosting this event, and without them, this Assembly would not be happening. Appropriately enough, this month's theme is gratitude. What a wonderful concept to explore in this newsletter, as it embodies the basic tenets of our program. I know that I am eternally grateful for the people I have met in Al-Anon. The various stories of experience, strength, and hope that I have heard from the mouths of veterans and newcomers have enriched my own recovery and enabled me to grow so much.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, and a stranger into a friend.

When I first entered the rooms of Al-Anon, I was a lost soul. I was struggling with the death of my wife and my son's addictions. I needed to find a way out of the difficult circumstances that governed my life. I found serenity, peace, and fulfillment in the fellowship, and for that, I am filled with endless gratitude.

With love and gratitude,

Mike R.

SENDING DONATIONS TO NYN

Please send by check or money order.
DO NOT SEND CASH!!

Make payable to: NYN Area Assembly
P.O. Box 2183 Syracuse, NY 13220

Please include group's registered name and
Group's ID Number

Public Outreach

Before you know it, we will be in Lake Placid or actually putting another Spring Assembly and Convention behind us. Hope to see you and hear what your District is doing to reach out.

I received one message from Pat Q., Assoc. Director of Public Outreach at WSO. District 17 had reached out to me for info on PSAs (Public Service Announcements) and then they contacted WSO (World Service Office) to have a local PSA approved. Here is the response that may be helpful to any District wanting to have PSAs at a local radio or TV station. Send info to :

*Pat Quiggle , Assoc. Director Public Outreach,
Al-Anon Family Group HQ, Inc.,
1600 Corporate Landing Parkway,
Virginia Beach, VA 23454*

Send the name of the radio or TV station
The name and phone number of the contact person at the station who expressed an interest in broadcasting the PSA.

WSO will arrange for an electronic delivery to the station at no charge.

I also received communication from Claire R., Assoc. Director – Professionals. A request from a Public Library in Webster, NY for AFAs was received. WSO sent some and asked for a follow-up from the District involved. I have sent all the info to District 25 District Rep. We never have to do anything alone. Don't forget the many opportunities in our communities. No town or city is too small or too big to not be touched by the family disease of alcoholism!

Our topic of gratitude for this month could make our newsletter verrrrrylonnnng!! I am filled with gratitude for all the opportunities that this program has offered me. Sometimes I drag my feet, but when I have said yes and been open to possibilities, the journey continues to be amazing. As I step out of hiding in my comfort zone and take a leap of faith, I learn about myself. I can be vulnerable, ask questions, do the best I can and chalk it all up as a gift from my Creator who knows better than I, what I need. I am living my life, not just existing. I am forever grateful. Thank you.

Love in Service, **Connie D.**

Alternate Delegate

Since taking this position, I've welcomed 7 (SEVEN!) groups. My oh my. I haven't settled into the position though, as a lot of good things have been happening in my life. That goes right along with the topic for this month, gratitude.

I was glum, chum, before I found Al-Anon. My life seemed like a tragedy. What has changed? With poor self-esteem, I was afraid to reach out to others, expecting rejection. Al-Anon was the safe place I needed to take little risks, and to start reaching out to others.

I discovered the need and benefits of good relationships. The problem was finding others who wanted a relationship with me. I found them through service, first in groups, then at the district and AIS levels, and at New York North, which has been a close-knit group of very supportive people. I didn't mention grandkids who turn me into a kid again, or is it my second childhood? The daughter who I've only known about for eight months has my spirit soaring. My son, who pulled away from me ten years ago is now at least talking, and I'm hopeful. God am I grateful!

John O.



**March 2018
NYN Financial Statement**



Receipts	Group #	Amount
Peterboro AFG	10188	\$32.00
Saturday Serenity Seekers	00500955	\$59.94
Circle of Hope AFG	054280	\$67.93
Sherrill Hope Group	10296	\$50.00
Beginning Today	60706	\$40.00
Cloverleaf AFG	10339	\$25.00
Delhi AFG	9704	\$50.00
Serenity at Noon	????	\$25.00
District 10		\$100.00
Ithaca Tues AFG	066230	\$15.00
Salamanca AFG	10276	\$35.00
Task AFG	9640	\$10.00
Courage to Change AFG	63806	\$25.00
Northern Hi-Lights		\$25.00
Total		<u>\$559.87</u>

Disbursements	Check #	Amount
Connie D.	1294	\$110.00
Ruth S.	1295	\$ 14.31
Diane C.	1296	\$482.31
Molly C.	1297	\$ 30.18
Mary Beth G.	1298	\$ 50.00
Leslie C.	1299	\$ 50.00
Molly C.	1300	\$298.83
2018 Spring Assembly	1301	\$100.00
NYNAC Seed Money	1302	\$378.84
NYN 2019 Spring Assembly Seed	1302	\$1,000.00
NSEA-AWSC Venue	1304	\$ 50.00
Sandy A.	1305	\$ 29.06
Total		<u>\$2,593.53</u>

**Al-Anon Fifth
Annual Day of
Sharing**

**Saturday, June 2,
2018**

12 noon – 4 pm

**Elm Park Methodist
Church
401 Chestnut St.
Oneonta, NY**

**Pot-luck lunch,
speakers and
workshop
discussions.**

All are welcome!

Theme: Finding Hope in the Midst of Despair

District 10 Day of Sharing Saturday April 14, 2018

Dryden Fire Station

9am-3pm

Hosted by AFG/Alateen groups in Cortland and Tompkins Counties

"Step by Step"

Attendance: 51 people contributed \$3.00 each (with \$2 extra in envelope) \$155.00

** few others arrived in afternoon, no \$ collected

11 Raffle Baskets: tickets sold at \$1 for 3 tickets \$177.00

50/50 raffle \$1 for 3 tickets = \$110. \$55 to winner,

\$55 to District 10 Alateen account \$55.00

Total income \$387.00

**coordinator (Nancy H.) purchased assorted items- reimbursed

From cash (rounded down to \$25.00 Expenses \$25.00

Total , check sent to District Treasurer Carol \$362.00

*** Some years the Dryden Fire Dept has charged us \$100.00 but Then tore up check, not depositing it. Last time they did not charge us at all. Mary D. made the reservation. I will check with her. It is a possibility that they will want a donation. If we receive such a request I will forward to our treasurer Carol.

I think I can say “A great day was had by all!! Many hands did make light work!

Submitted to District 10 DR, Secretary, Treasurer, & Tompkins Al-Anon Intergroup Secretary.

Submitted by a grateful Al-Anon member in service,

Nancy H., Dryden NY

**** Next year 2019 Hosts: make note- Nancy has 3 boxes of supplies to pass on!!!**

News from District 10 Minutes April 14, 2018

- Service Manuals: The 2018-2021 Service Manuals were distributed at today’s Day of Sharing. There are approximately seven left to distribute to GR’s/contacts not present today.
- Al-Anon Faces Alcoholism: These were available and distributed to all GR’s today, for placement in libraries, doctor’s offices, etc.
- Submissions for Sober Times may be emailed to: sobertimes@outlook.com. They are looking for Al-Anon submissions. It was suggested that articles about Alateen also be submitted.
- Intergroup meets the last Sunday of every month. Al-Anon participation is encouraged. If interested contact your GR for additional information.
- Ithaca stated that they have started an Al-Anon Intergroup meeting, as per the guidelines in the Service Manual. The purpose is to facilitate communications between Ithaca area Al-Anon groups, and to foster communications to the community. They discuss phone lists, PO box, meeting locations, and distribute meeting information, etc. Most of the 12 Ithaca groups send one person to the Intergroup meeting. This Intergroup is not part of the Al-Anon hierarchy.
- Intergroup is asking to be part of the monthly District meeting, via Zoom Videoconferencing. District agreed that this was a good idea.
- DR's three-year term as district rep concludes at the end of September. To serve as the DR, individuals must have served as a Group Representative (GR) at one time, in any location. The DR chairs the district meetings, represents the groups in their district at New York North (NYN) Area Assembly meetings, and serves as a resource and information source for the groups.
- All current or past GR’s are encouraged to consider this position. We would hate our district to “go dark”, and lose our involvement with New York North. As well, Al-Anon service through the DR position is an opportunity for personal growth.
- Planning is underway for the Al-Anon booth at the 2018 NY State Fair. Please consider volunteering for a shift at the Fair. *Note: You can park at the Carousel Mall, or another park and ride lot, and take a bus to the fair.*
- **Al-Anon International Convention:** Friday, July 6 – Sunday, July 8, 2018 at the Baltimore, MD Convention Center. Registration is now available online at the Al-Anon website (www.al-anon.org), click on international convention in the upper right)
- **District 10 Summer Picnic** – will be held Sunday, July 15 2018 beginning at 9:00 am at Dorchester Park, Whitney Point, NY in the North Pavilion. Bring your own place settings, dish to pass, and food to grill.

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 delegate@nynafg.com	<u>Alternate Delegate</u> John O altdelegate@nynafg.com	<u>Immed.Past Delegate</u> Diane C ipd@nynafg.com	<u>Chairperson</u> Ruth S chairperson@nynafg.com
<u>Treasurer</u> Pam A. treasurer@nynafg.com	<u>Alateen</u> Sandy A. alateen@nynafg.com	<u>Secretary</u> Kathleen M. secretary@nynafg.com	<u>Convention</u> Kevin M. convention@nynafg.com
<u>Group Records</u> Patti M. records@nynafg.com	<u>Literature</u> Michael R. lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>Public Outreach</u> Connie D. po@nynafg.com
<u>Presentation</u> Danae presentation@nynafg.com	<u>Web Coordinator</u> Nancy P. web@nynafg.com	<u>Newsletter</u> Pat H. newsletter@nynafg.com	<u>Alateen AMIAS</u> Mary Beth G. amias@nynafg.com
<u>Archives</u> Susan archives@nynafg.com	<u>Panel 52 Past Delegate</u> Ruth S. Delegate52@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. Delegate49@nynafg.com	<u>Panel 46 Past Delegate</u> Robert M.C. Delegate46@nynafg.com

<u>Panel 43 Past Delegate</u> Connie D. <u>Delegate43@nynafg.com</u>	<u>Panel 40 Past Delegate</u> Anne F. <u>Delegate40@nynafg.com</u>	<u>Panel 37 Past Delegate</u> LaVaughn R. <u>Delegate37@nynafg.com</u> <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 4 Past Delegate</u> Helen S.
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Northern Hi Lights Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs.

Make checks payable and mail to: NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

All AI-Anon members are encouraged to subscribe to the *Northern Hi Lights* electronically; just e-mail your request with your name to: records@nynafg.com

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Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group

Name _____

WSO# _____ District# _____

If sent to address other than above, please include that name and address, WSO#, in writing on another piece of paper. Mail address changes and updates to: Group Records, 68 Boulderwood Drive, Queensbury, NY 12804, or Email: records@nynafg.com

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 Queensbury, NY