

# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*



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

### Inside This Issue

Topic Trust

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



*Please remember to check ahead regarding all meetings since so many have been cancelled.*

### 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](mailto: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)

## Chairperson

Dear NYN Friends,

When I last wrote for Northern Hi Lights I talked about the April 4<sup>th</sup> AWSC meeting. In normal times I would be talking about topics or issues to be discussed at the upcoming Spring Assembly/Convention. I would be sharing the agenda with you. Unfortunately, nothing in normal now. The AWSC and the Spring Assembly/Convention have been cancelled. This has been done with a lot of thought, discussion and prayer.

The hotel for the Spring Assembly/Convention was very helpful to the host committee when the decision was made to cancel. There was no financial penalty. They were able to provide dates for spring 2021. The really good news is that the Host committee has agreed to host the 2021 Spring Assembly/Convention, Districts 22, 7 & 8.

We were lucky that at this time there are no pressing issues that the Area has to address. Molly, our Delegate, will be sharing over the next months what was discussed at the WSC in different ways other than her usual presentation at the assembly. The WSC has been changed this year because of the pandemic. It will be a virtual conference. It will also be shortened. These are indeed different times.

Our Fall Election Assembly is scheduled for September 18 – 20. At this point there are no plans to cancel. We know that this assembly will be important as we will be electing a new panel of officers and coordinators. I am asking all members to review the job descriptions on the New York North website. Please consider standing for one of these service positions. I know for me that my service at the area level has been very important to my growth and recovery.

One issue that was on the spring agenda was a host for the 2021 assemblies. At this point we are set for the 2021 Spring Assembly/Convention, Districts 22, 7 & 8. There is no host for the 2021 Fall Assembly. Please talk about this in your district meetings. Think about stepping up to host this assembly. There are

many who have done this before and are willing to answer any questions you might have. More than one district can work together, many hands make light work. You can contact me or Kevin M, the Convention Coordinator with any questions.

Gratefully in Service,

**Ruth S.**

## Alternate Delegate

I hope every group in the New York North Area has a subscription to the Forum. After the members have read it, they can be given to newcomers to use in their early recovery. An order form may be found on the W.S.O (World Service Organization) website under AI-Anon Store.

As far as the topic for the month, trust, is concerned, I found it described as "a confident reliance on the integrity, truthfulness or justice of another; confidence or faith". I found that it was referred to throughout many of the Steps. In Steps 2 & 3, we learn to trust a Higher Power. In Step 5, we learn to trust our Higher Power more and to trust other people in the program. In Step 7, we learn to trust the pace and the ways of our Higher Power. In Step Eight, if we feel we need to make amends to our Higher Power, we may put Him on our list. In Step 12, with all the changes that have taken place in our spiritual recovery, other people are able to put their trust in us because we are more trustworthy. Trust is also part of the Twelve Traditions and the Twelve Concepts of Service.

**Helen H.**



## Convention Coordinator

Greetings, NYN members,

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

Spring 2021 Districts 22, 7 & 8  
May 14-16, 2021  
Hilton Garden Inn, Troy, NY

.Yours in Service

**Kevin M.** convention@nynafg.com

## Immediate Past Delegate

I am sure you know by now that our Spring Assembly has been cancelled. However, I know we are grateful for the Trusted Servants who struggled to make this decision because it was not done lightly.

During the Spring & Fall Assembly we normally schedule a session for New Group Representatives to meet together with Area Trusted Servants to learn about how the Assembly operates, how to keep your records updated for your group, how to be The Forum representative for your group, how to use the links of service to work smarter not harder to solve group issues, the importance of using conference approved literature in your meetings and things we wish we knew but didn't and most of all soliciting the help of members who have been in our position before. Each group representative will be given a packet of information that they can keep to use to help to give them the confidence in carrying out their responsibilities.

Because we cancelled the Spring Assembly and we were not able to attend this important session we ask you to please attend the Fall Assembly to receive this important packet of useful information. Other new Group Representative will be joining you to give you the confidence to become the best that you can be and to represent your group and do your part to be your groups voice in doing the business of the Al- Anon in NY North.

As of this writing, The New York State Fair Public Outreach Project will continue to be planned for.

I have just received an e-mail from New York State that they will be sending out a contract to be signed, and necessary form & payment to be made for our commitment to this project.

The dates for the Fair will be from August 21<sup>st</sup> through September 7<sup>th</sup> 2020 and we will need your help to do our part to carry the message of Al- Anon in this way. I am asking each group throughout New York North to start asking people to step forward to volunteer. I will be working with our New York North Web Coordinator to start setting up the mechanism to volunteer. I will include this information in the June Northern Hi Lights.

Also, if you're not able to volunteer please consider reimbursing The New York North Treasury for the output of finances that this project costs. We will be spending approximately \$2500 on this outreach project this year. As our Al-Anon declaration says, when anyone anywhere reaches out for help let the hand of Al-Anon and Alateen always be there, and let it begin with me. Please be safe!

**Diane C.**

## Presentation

Hi Al-anon friends!



I want to share that I now have a new son!  
His name is Amory and he was born on March 30th.  
We are resting at home and he is very healthy.

**Danae K.**

## Newsletter Editor

I sincerely hope everyone is doing well under the circumstances of COVID-19. Remember One Day at a Time.

Trust is a very important topic at this time. We need to trust that what we are doing is right. Many of us have lost trust in loved ones due to alcoholism. It takes time to build that trust back, but if we (and they) work at it trust can again be built.

STAY SAFE **Pat H.**

# Public Outreach

Hello NYN Family,

Our world is changing before our eyes. Our topic is TRUST. My program has helped me to keep the focus on what I can change,,, myself. An invisible enemy has forced me to isolate and do my part in ending this pandemic. I am grateful for a Higher Power to lean on and trust and through prayer and meditation I will have answers. It doesn't mean that I like my situation , but I have learned to trust the process. This too shall pass. The world may be forever changed, but I have a program and a Higher Power that will see me through.

The family disease of alcoholism doesn't stop because we are isolated. For many, the added stress can escalate the situation. Don't think that we are not able to reach out. A program friend told me she never knew how creative she was until she was forced to be with herself! We can be creative in our outreach to those struggling. PSA's are being aired on TV and radio stations. Now is the time to reach out to your local stations and offer the opportunity to air a PSA. You only need to get contact info and send it to WSO. They will send appropriate PSA in a format the station can use. If you hear or see a PSA, be sure to send a thank you to the station.

I had a request for something to send to newspapers. Here is something that could be used:

**“ Since May 1951, anyone affected by someone else’s drinking has been welcome to attend an Al-Anon meeting.**

**“Relationships with loved ones who have a drinking problem can be just as dire and devastating today as they were before 1951,” Al-Anon Information Analyst**

**Pamela Walters said. “But today there is hope for anyone who is willing to give Al-Anon a try.”**

**Al-Anon is for parents, spouses, siblings, adult children, and friends of anyone who has a drinking problem. “Al-Anon members maintain anonymity and confidentiality for themselves, newcomers, and all visitors,”**

**Walters said. “Al-Anon meetings provide a safe environment for people to tell the truth about what is happening in their relationships with problem drinkers. Their openness, honesty, and support mark the beginning of a healing process.”**

**Al-Anon Family Groups are for families and friends who have been affected by a loved one’s drinking. Nearly 16,000 local groups meet throughout the U.S., Canada, Bermuda, and Puerto Rico every week. Al-Anon Family Groups meet in more than 130 countries, and Al-Anon literature is available in more than 40 languages. Al-Anon Family Groups have been offering strength and support to families and friends of problem drinkers since 1951. Al-Anon Family Group Headquarters, Inc. acts as the clearinghouse worldwide for inquiries from those who need help or want information about Al-Anon Family Groups and Alateen, its program for teenage members.**

**For more information about Al-Anon Family Groups, visit [al-anon.org](http://al-anon.org) and read a copy of Al-Anon’s annual public outreach magazine “Al-Anon Faces Alcoholism 2020” Find a local meeting by calling toll-free: 1-888-4AL-ANON.”**

You can let people know about online meetings, phone meetings and Zoom meetings. List contact information where your homegroup meetings are held. Make sure you have that information at your Information Service or Hotline.

The “new normal” is changing daily. We have the ***Courage to Change*** as it happens. Let us share what we have and **Let It Begin With Me.**

Sending a virtual hug ((((((()))

**Connie D.** NYN PO Coordinator

## Alateen Coordinator

We had our March Zoom AIM(Alateen Interest Meeting) at 6:30 on Thursday the 26th. We did take a look at Educational Module II. Thank you, Molly, for taking notes at the meeting.

It was decided to meet by Zoom again on April 4, since the AWSC had been canceled. I wish I could say that meeting was productive. However, because of a change in zoom security, brought on by the COVID-19 threat, I was missing the extra ID number. So the meeting was not convened. Multiple emails clogged my iPad. My apologies to all who were inconvenienced due to my ignorance. It is just another jog in my learning curve.

We plan to have our next AIM via Zoom on Saturday, April 25 at 9-10 AM

A note about Alateen speakers at days of sharing, anniversaries and conventions: I have had several requests for Alateen speakers across NYN. Please contact me if you know of any teens who are open to speaking at any of these venues. my cell phone number is: 585-331-1235. Thank you. Together We Can Make It, Sandy A. New York North Alateen Coordinator

TRUST. What is trust? Something we lost along the way in an alcoholic marriage? Something elusive during a childhood affected by someone else's drinking? When I entered the rooms of AL-Anon even the God of my immaturity seemed remote to me. Of course he hadn't answered any of my prayers concerning my husband's drinking. In the program I have learned that I am not God. I am always learning more about what is my responsibility, like: the three C's; the three A's; and HOW. When I do what I am supposed to do, God will do his part, if I let him. I can trust God for that. I need to trust myself for my part. The third strand of trust is my Al-Anon connection(my home group and network of Al-Anon buddies). When trust in myself waivers, I can trust in the support of my Al-Anon friends because they are led and inspired by their higher powers. (At this point a certain tune bursts into my head. I won't name that song because religion is not the point). It's the joy and trust I have in my relationship with my higher power.

**Sandy A.**, Alateen Coordinator.

## Literature Coordinator

The month of May has officially arrived. April Showers have led to May Flowers . My recovery routine remains the same. I continue to contribute to conversations on AFG Connects and to share my experience, strength, and hope at meetings as a faithful member of Al-Anon.

This month's topic is Trust. Before I attended my first meeting in April 2010, I had no concept of trust when it came to my son. He had violated our trust over and over again, and the hope of ever experiencing trust in him again seemed absolutely impossible. The rift between us would remain a chasm filled with bitterness, anger, resentment, and mistrust.

Ten years later, I can honestly say that trust is a subject that I can broach with my son and experience it firsthand. Even though we have had a difficult relationship due to his alcoholism and addiction, my son can still know that my love for him remains steadfast. I know my program has enabled me to reach out and reconnect with him, and we can move forward together into the future.

I look forward to seeing everyone soon. Until then, know that you are always in my thoughts and in my mind and heart. Thanks for your continual love and support.

**Mike R.**

## Web Coordinator

This past month the Web Site has been noticeably quiet once the announcements were posted cancelling most New York North activities so everyone could *Stay Home*. Our district meetings are continuing as a conference call platform and it is a chance for me to listen without having the extra communication of body language. I chaired my first meeting this past Monday night and that was a different experience for me. For me, trust in that meeting was knowing the people in my group would not judge me but give me constructive feedback as we go through a new experience learning what works and things that need to be changed. Their honesty is something I can trust. Until we meet again, I trust you will all do your best to take good care of yourselves!

**Nancy P.** [web@nynafg.com](mailto:web@nynafg.com)

# Treasurers Report

**DECEMBER 2019**

Receipts	Group #	Amount
Niskayuna AFG	38472	\$15.00
Pittsford Area	????	\$20.00
Westenders	103260	\$6.00
Eastside AFG	9722	\$100.00
Money Order	0049865	\$25.00
Bank Check	040786	\$50.00
AFG Small Steps	32360	\$55.00
Sunday Evening Adult Children	30660903	\$57.00
Courage to Change	30691441	\$46.00
Plattsburgh Area - Money Gram	?????	\$15.00
Circle of Grace Skaneateles	30590270	\$50.00
Twin Cities	10142	\$25.00
Evening Serenity	9676	\$10.00
Homer AFG	040863	\$80.00
Cortland AFG	9696	\$50.00
Clifton Park Let it Begin with Me	30702163	\$15.00
Tues Queensbury	9765	\$30.00
Courage to Change Monday	63806	\$25.00
Thursday Evening Serenity	30580948	\$50.00
Monday Night Fly Road	30529340	\$40.00
Niskayuna AFG	38472	\$15.00
District # 10	Dist # 10	\$100.00
Peterboro	10188	\$88.00
Northern Highlights		\$30.00
		<b>\$997.00</b>

Expenses	Ck#	Amount
Newsletter Publishing	1683	\$48.00
Presentation Coordinator	1459	\$103.73
AFG World Service Donation	1457	\$2,000.00
Delegate Equalized 2020	1458	\$2,350.00
<b>Total Expenses</b>		<b>\$4,501.73</b>

**Jan 2020**

Receipts	Group #	Amount
Hope for Today-Bloomfield	502565	\$25.00
Fayetteville	9792	\$25.00
Niskayuna AFG	38472	\$15.00
Progress not Perfection Ithaca	30606210	\$37.00
Buffalo Area	30582963	\$60.00
Serenity at Noon Webster	502088	\$20.00
Fresh Start AFG	53282	\$70.00
Pittsford Area	064625	\$30.00
A Power Greater than Ourselves	30704763	\$30.00
Canandaigua Mon Noon	0024271	\$75.00
Calm in the Storm	30503839	\$30.00
AFG District 29	Dist 29	\$75.00
Sidney Al-Anon	?????	\$10.00
Tuesday AFG	066230	\$50.00
Serenity Seekers Newark	30613221	\$10.00
Tuesday Adult Children	31686	\$25.00
Serenity Seekers	30576552	\$25.00
Queensbury Area	9763	\$30.00
Healing Circle	?????	\$40.00
Rochester Area	27134	\$50.00
AFG Friday	9828	\$30.00
Stepping In Recovery	30663345	\$10.00
Tuesday Night Bemus Point	30524821	\$45.00
Let it Begin With Me Clinton Park Sunday	30702163	\$15.00
Faith & Hope Group	30375	\$24.15
Penn Yan	?????	\$25.00
Northern Highlights		\$20.00
		<b>\$901.15</b>

**No Expenses**



# 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<br>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



# 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](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.

<u>Delegate</u> Molly C. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> Helen H. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Diane C. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Ruth S. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
<u>Treasurer</u> Pam A. <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>	<u>Alateen</u> Sandy A. <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>	<u>Secretary</u> Kathleen M. <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>	<u>Convention</u> Kevin M. <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
<u>Group Records</u> Patti M. <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Literature</u> Michael R. <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>	<u>NYNAC</u> Leslie C. <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>	<u>Public Outreach</u> Connie D. <a href="mailto:po@nynafg.com">po@nynafg.com</a>
<u>Presentation</u> Danae K. <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>Web Coordinator</u> Nancy P. <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> Pat H. <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>Alateen AMIAS</u> Mary D. <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
<u>Archives</u> Susan J. <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Panel 52 Past Delegate</u> Ruth S. <a href="mailto:Delegate52@nynafg.com">Delegate52@nynafg.com</a>	<u>Panel 49 Past Delegate</u> Elaine R. <a href="mailto:Delegate49@nynafg.com">Delegate49@nynafg.com</a>	<u>Panel 46 Past Delegate</u> Robert M. C. <a href="mailto:Delegate46@nynafg.com">Delegate46@nynafg.com</a>
<u>Panel 43 Past Delegate</u> Connie D. <a href="mailto:Delegate43@nynafg.com">Delegate43@nynafg.com</a>	<u>Panel 40 Past Delegate</u> Anne F. <a href="mailto:Delegate40@nynafg.com">Delegate40@nynafg.com</a>	<u>Panel 37 Past Delegate</u> LaVaughn R. <a href="mailto:Delegate37@nynafg.com">Delegate37@nynafg.com</a>	<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. <a href="mailto:mgregory@roadrunner.com">mgregory@roadrunner.com</a>	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. <a href="mailto:Wrsill533@aol.com">Wrsill533@aol.com</a>	<u>Panel 4 Past Delegate</u> Helen S.

**Submissions for  
JUNE  
Northern Hi Lights**  
Due by: May 15  
Topic: UNDERSTANDING

***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