



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

Inside This Issue

Topic: Perfection
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Newsletter Editor Pat H.
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Northern Hi Lights

Al-Anon News from New York North Area

Area Delegate Panel 58

I have had an anxiety filled week. I left my computer and case at the hotel in Lake Placid after the spring assembly. I have concerns since my password and login security isn't very strong. I just got it back this afternoon. The hotel shipped it Fed Ex and it seems ok. I will make more secure plans for the future. Lessons learned. It will take me a few days to catch up.

The Delegate's WSC report is posted on the NYN web site. If you need more detailed information (I have many reports) or you have any questions please contact me. I did a short survey of attendees at the assembly and will tally up the results and post the results in a future article. I will have some more documents besides my report posted to the NYN Web Site and will notify you when they are up.

We formed a committee at Assembly to investigate the possibility of hosting a TEAM (Together Empowering Al-Anon Members) with WSO in the New York North Area. If you are interested in joining the committee or have ideas about a possible topic please contact me.

(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

The number of Annual Al-Anon Membership Surveys completed increased from 8,500 in 2017 to over 13,000 in 2018. Way to go! Thank you everyone who participated. This provides WSO with the information they need to reach out to the professional community.

If you are interested in marching in the *Language of Love Parade* in Baltimore contact the Immediate Past Delegate, Diane C at ipd@nynafg.com

A topic up for discussion at the WSC – World Service Conference is the possibility of including virtual meetings in the WSO structure. I have zero experience beyond face to face meetings. I decided to change that fact. In 2001, the WSO started registering online meetings, and in 2007, phone and other electronic meetings. Electronic meetings offered Al-Anon members a means of connecting and sharing the Al-Anon program regardless of location. By 2018 there were over 25,000 groups in 133 countries and 107 electronic (digital, social media and phone) meetings. To find electronic/virtual (EVM) meetings—go to the Al-Anon website, under the “Find a Meeting” tab/Virtual Meetings—the registered electronic meetings include the following:

- Bulletin Board/Secured Blog
- Email Meetings
- Voice Over Internet Protocol (VoIP) (Skype)
- Phone Meetings

Thank you to those who shared their own experience of virtual meetings with me.

NYN - Thank you for your help.

Peace ...

Panel 58 – We Participate!

NYN Delegate

Molly C.

Newsletter Editor

Thanks to all for bearing with me as I start to learn all that's involved with getting this newsletter out to everyone. Hopefully as the months go by, it will run a bit more smoothly from my end.

Perfection - as one definition in the Miriam Webster dictionary puts it, *freedom from fault or defect* .

Doesn't that seem like an impossible task to undertake? Yet, I know I am guilty of at least attempting this task. I need to be more gentle with myself and give myself some room when undertaking anything or everything at once! Al-anon has taught me to relax a little more and enjoy the progress along the way.

Pat H.



Submissions for July/August Northern Hi Lights

Due by: July 15
Topic: Patience

Chairperson

Dear NYN Friends,

As I write this article it has been a week since the 2018 Spring Assembly and Convention. The host Districts 5 & 26 did a great job. The location was beautiful, the hotel was very comfortable, the speakers were great and all in all everyone had a good time. This was the first Assembly for Panel 58 and I think we got off to a great start.

There was one piece of news that was not so good. John O. who was elected Alternate Delegate at the 2017 Fall Election Assembly has had to step down from his position. I know he did this with a heavy heart but as we have learned in working our programs, life happens and there are times when we must take care of ourselves first. I am very sad that John has had to take this step but I wish him only the best.

This leaves NYN in need of an Alternate Delegate/Forum Coordinator to finish out the next 2 ½ years. Some of the responsibilities are as follows:

- Cooperates fully with current Delegate sharing and learning at every level.
- Prepares to step in if the Delegate is unable to fulfill the responsibilities of attending the WSC.
- Serves as the NYN Area Forum contact person to the WSO.
- Participates in the new GR orientation meeting at all assemblies.
- Writes a welcome letter to new groups in the Area (includes a past issue of the Forum & Forum subscription form with the letter).
- Notifies the district representative and the AIS whenever the Alternate Delegate welcomes a new group.
- Acts as time keeper at AWSC & Assembly meetings.

There are also some general responsibilities for all NYN Officers and Coordinators. They can be found on the NYN website, nynafg.com under Area

Information and Forms. Please take a few minutes to think about this service opportunity, review the full list of responsibilities and I hope step forward and put your name out as someone to fill this vacancy.

If you are interested please contact me, NYN Chairperson with your interest. You can email me at chairperson@nynafg.com. As chair I will be appointing someone to fill this vacancy, at the Fall Assembly the members will be asked to confirm the appointment. I really hope to hear from a number of people soon.

This month's theme is perfectionism. I know for me in the past I was often paralyzed by my need to do everything perfectly. Because I could not do something perfectly I just wouldn't do anything. It can be so sad when I think of all the things I missed out on because I thought if I can't do it perfectly I should not try at all.

Al-Anon has taught me that it is not how well something is done (perfectly) but rather that I try. That everything happens for a reason. It may not be the way I wanted it to happen but it is the way it is supposed to. With this realization I have been freed to try things I never thought I could. This has been a real gift to me over the years. I am very grateful that Al-Anon has helped me free myself from that paralyzing perfectionism.

Again, I really hope to hear from someone or better still from a few people who would like to submit their name for Alternate Delegate.

Gratefully in Service,

Ruth S.

Public Outreach Coordinator

Hello NYN Family,

Another Spring Assembly done. Thank you to all who participated. This month **Perfectionism** is the topic. I am always amazed and encouraged when I see members at Assemblies doing the best they know how at any given moment. We are not professionals. We are volunteers trying to carry the message while doing the business of Al-Anon/Alateen. Often I don't know what I don't know. To some, we may move too slowly. I know I make errors. That is why I keep returning, trying to learn more. When I walked into my first Al-Anon meeting, people were laughing and smiling and hugging. Not what I expected to see because I was struggling with the family disease of alcoholism and it was a very serious matter. When I attend Assemblies, it is like a family reunion. There are new family members to meet and renewed friendships with others. It is good for me to remember that I need to lighten up a bit in my recovery. I was always fearful that I would not do things perfectly, so I wouldn't even take a chance and try. I've learned to laugh at myself, correct mistakes when possible, make amends when appropriate and share a smile and a hug with those still struggling. There is joy in recovery.

I asked at the Assembly for contacts from meetings on reservations in our NYN area. Gratefully, three people stepped up and gave me some information. Thank you so much. I will be in touch. Anyone who attends meetings on reservations, I would love to hear from you. Hope to have some information to share at the Fall Assembly.

I also asked for members to fill out recent public outreach projects they have done, whether successful or not. All info is helpful. I had forms available at the Assembly. If room allows, maybe one can be inserted in the newsletter.

Our greatest Area project is coming up in August. The NY State Fair. Please consider volunteering to

help staff our Al-Anon table for a 3-hour time slot. Signup online beginning in June.

Order your 2019 **Al-Anon Faces Alcoholism** magazines (AFAs) by July 11, 2018. Orders will be shipped by September 1, 2018. Check with your District Rep for an order form. A great project for individuals, groups or districts.

Together we can make it,

Connie D.

Area Records Coordinator

Thank you Districts 5 & 26 for the beautiful job you did hosting the 2018 Spring assembly in Lake Placid. How lucky you are to live in such a picturesque area...HP and Serenity everywhere you look.

The more Al-Anon Service I do, the more I realize that attempting to attain perfection gets in my way.

I cannot move forward if I am always aiming for perfection. I have to accept that's my humanity and just do the best I can.

Love in Service,

Patti M.



Presentation Coordinator

I had a lot of fun filling in for Danae K. as Presentation Coordinator at the NYN Area Assembly/Convention in Lake Placid on May 4-6, 2018. When Danae found that she was going to be out of the country at the time of the Assembly, she asked me to fill in for her. We talked about an idea for the Presentation before she left, and she kept in touch, emailing from Puerto Rico, to make sure I had someone to help me and answer any questions I might have. I felt she set a good example of how to be accountable and still take care of herself.

Our Presentation was titled, "KBDM (Knowledge Based Decision Making) and Ice Cream." Connie D. was my right hand person, helping me with all the details and giving me encouragement. Lynda S. rounded up 3 others to help her with a KBDM cheer; Anne H. and Claudette G. read the KBDM skit; and Paula D. shuttled me to buy ice cream at lunch time and helped me scoop. Thank you to everyone who helped and who was willing to participate and not be perfect!

While most of us did end up laughing, and hopefully had fun while getting a better feel for how KBDM can work for almost any topic, I have mixed feelings about how the Presentation went over. It takes a bit of experience to put together a presentation that will run smoothly and take everyone's needs into consideration. I feel ours was a bit rough around the edges and did not bring everyone into the process easily, and even made some people angry, perhaps because they felt overwhelmed by not understanding what was expected of them. It is a learning process. I had a lot of fun putting it together and need to learn how to make it just as much fun for the participants. It's a learning process for sure!

The Presentation is posted on the www.nynafg.com website, along with the answers for the totally arbitrary topics involving KBDM and ice cream. Please feel free to copy and use the worksheets or

information sheets about KBDM in your Group and District meetings, and/or for personal use.

Thank you,

Gwenne R.



Convention Coordinator

Hey NYN members,

I had a blast at the 2018 Spring Assembly. Thanks to Districts 6 and 26 for hosting. You did a wonderful job.

Here are the upcoming conventions and host Districts.

- Fall 2018 District 15 - September 21-23, 2018, Comfort Inn and Suites, North Syracuse
- Spring 2019 Districts 29 & 26 - May 17-19, 2019, Rochester, New York
- Fall 2019 District 21 - Comfort Inn and Suites, North Syracuse
- Spring 2020 Districts 22&8

Always looking for host Districts. You don't have to do it alone, can pair up with another District and have the ESH (Experience, Strength and Hope) of NYN. There are some guidelines on the NYN website that lay out some of the basics. We are all here to support each other.

Spring Convention/Assembly is typically held in the host District or nearby. Fall Assembly is held in the

Syracuse area. If you are interested in hosting a Spring or Fall Convention or have any questions about it, just send an email and I will be happy to share my ESH on it.

Part of my recovery is the slogan, "Progress not Perfection". When I was Co-Chair for the Spring Assembly/Convention in our District, I can say I did not act perfectly. Our District is going to help out with another Spring Assembly/Convention. I am excited about that. I know there will be progress for me. I can take what I learned from my past experience and what I have learned about myself/my recovery/the Traditions and apply that to this Convention. I am trying to apply that to all aspects of my life. I don't do things at work perfectly (to my manager's chagrin), but I learn and apply that to the next thing. I have heard it said, I am perfectly, imperfect. I continue to grow a little everyday and that is enough. Yours in Service

Kevin M.

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





**Fellowship!
WELCOME!**

ALL ARE

District 18 Annual Picnic!

Join us on Sunday, August 5, 2018

\$3 person/\$5 family Donation appreciated

Proceeds to benefit the District 18 Treasury

9:00 AM – 2:00 PM

At Cedar Bay Park, Dewitt, NY

Fellowship found here!

Coffee, Water, Burgers and Hotdogs Provided

Bring a Dish to Pass

Raffles

Open Al-Anon Meeting at 10:00 AM

Spirituality Panel @ 12:30 PM

We'll See You There!





District 18 Meeting notes April 15, 2018

Lucy J. opened the District 18 Meeting with the Serenity Prayer at 6:14 pm. The meeting was chaired by Lucy J. District Representative. In attendance Louise F. GR from Eastwood Thursday night and Former District 18 Treasurer and Secretary, Gail D., GR for Fellowship Sunday, Mary D. Treasurer for Thursday Eastwood, Jerry C., Treasurer for Fellowship Sunday, and Jim M. District 18 Secretary and GR For Building Bridges Al-Anon.

OLD BUSINESS

2018 District 18 Day of Sharing - The 2018 District 18 Day of Sharing will be held on Saturday, April 21, 2018 from 9:30 am – 2:00pm at Immaculate Conception Church Dwyer Hall, 400 Salt Springs Street, Fayetteville, New York 13066. The theme will be “How Important Is It? – The Slogans of Al-Anon” and our workshops will be The Slogans of Al-Anon (Selected readings from Daily Readers) and Al-Anon Scattergories. Our Al-Anon speaker will be Jerry C. from Manlius, NY.

2018 District 18 Picnic - Mary D. will look into getting Cedar Bay, she lives in the Town of Dewitt.

NEW BUSINESS

2018 NYN Spring Convention Assembly Agenda Items

Report from the Insurance Thought Force and possible voting items
Web Subcommittee- presentation and possible vote on a new web page design for NYN
Presentation and vote on Update NYN Alateen Guidelines
Vote for Northern Hi Lights Editor: Patty H. of Rochester, NY (District 2)
A vote on the Finance Committee’s recommendations for NYNAC finances
Team Event Thought Force presentation and discussion

NEXT MEETING:

It was agreed to have the next District 18 meeting on Sunday, June 6, 2018 at 6:00 pm at Fellowship Hall. The meeting closed at 6:43 pm with the Al-Anon Declaration.

Respectfully submitted

Jim M., District 18 Secretary

DISTRICT 18 MEETING AGENDA June 6, 2018

SERENITY PRAYER, 12 CONCEPTS AND GENERAL WARRANTIES OF THE CHARTER

INTRODUCE OURSELVES AND GROUP AFFILIATION

SECRETARY’S REPORT from the 4/15/18 District Meeting

TREASURER’S REPORT

Thank you for group contributions to District 18 Treasury. Keep them coming. Need Donations.

OLD BUSINESS

2018 District 18 Day of Sharing – The 2018 District 18 Day of Sharing was held on Saturday, April 21, 2018 from 9:30 am – 2:00pm at Immaculate Conception School, Multipurpose Room, at 400 Salt Springs Street, Fayetteville, New York 13066. The theme was “How Important Is It? – The Slogans of Al-Anon” and our workshops were The Slogans of Al-Anon (Selected readings from Daily Readers) and Al-Anon Scattergories. Our Al-Anon speaker was Jerry C from Manlius, NY. And the AA Speaker was Jackie. 22 members of Al-Anon and AA attended the day of sharing. \$56.00 was taken in for registrations, \$55.00 for the raffle baskets, and \$28.00 for the 50/50 raffle with the winner, Amanda J. from Binghamton taking home \$14.00. \$26.00 was sold in Al-Anon literature.

2018 District 18 Picnic- See previous flyer.

NEW BUSINESS

**GROUP SHARING, QUESTIONS, PROBLEMS,
AND FEEDBACK**

Where: at Fellowship Hall

CLOSING (AI-Anon Declaration)

ANNOUNCEMENTS

**NEXT MEETING: When: Sunday, June 6, 2018,
6:00 pm**

**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> 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
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<u>Archives</u> Susan J. 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. Delegate43@nynafg.com	<u>Panel 40 Past Delegate</u> Anne F. Delegate40@nynafg.com	<u>Panel 37 Past Delegate</u> LaVaughn R. Delegate37@nynafg.com	<u>Panel 28 Past Delegate</u> Mary G. mgregory@roadrunner.com
		<u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 25 Past Delegate</u> Marcia J.
		<u>Panel 31 Past Delegate</u> Arlene M. (Deceased)	<u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com
			<u>Panel 4 Past Delegate</u> Helen S.



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, 106 Beley Avenue, Mattydale, NY 13211

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Address _____ Phone () _____

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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, 5082 Clifton Dr., N Syracuse, NY 13212

or Email: records@nynafg.com

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