



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

**Inside This Issue**

Topic: Keeping An Open Mind

Table of Contents:

- 1 Area Delegate
- 2 Area Delegate cont'd  
Alternate Delegate
- 3 Public Outreach  
Group Records Coordinator
- 4 Hats For Service  
Literature Coordinator
- 5 NYN Alateen Coordinator  
Convention Coordinator
- 6 Newsletter Editor  
AIS Rochester
- 7 Flyers
- 8 Flyers
- 9 Contacts
- 10 Mailing/Subscription

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# Northern Hi Lights

*Al-Anon News from New York North Area*

## Area Delegate Panel 58

The 2019 NY North Assembly was held the weekend of May 17, 18 and 19. Kudos to Pat H. and Sally S. who chaired and to all their committees and volunteers. What a wonderful assembly. It always amazes me how our fellowship is so loving and creative.

The new PSAs “Champion” and “Challenger” were shown at the Assembly. The instructions for contacting TV and radio broadcasters to air the new PSAs are in the Delegate report available on the NY North web site. Requests to WSO for the files to be sent to the stations cannot start until August. So if a member gets a verbal agreement from a station manager, simply capture all the information and then in August, they can complete the short form on [al-anon.org](http://al-anon.org) and WSO will send the broadcast company a link to download the broadcast quality version.

A meeting titled New DR Meeting was held Friday night at Assembly. Current District Representatives appeared. I have been trying to gather information and ideas of holding a New DR Meeting similar to

*(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](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)

(cont'd from page 1)

the New GR Meeting held the hour before the business meeting by the Immediate Past Delegate at each NY North Assembly.

We had 7 DRs attend who shared their strengths and experiences of things they do or tried to reach out to the groups and representatives in their districts. This may become more than an orientation but a forum for our DRs to network to better serve our groups.

Al-Anon's newest piece of Conference Approved Literature, ***Just for Tonight Bookmark (M-81)*** is available in English, French, and Spanish.

Check out our NY North website for assembly reports and upcoming events. The WSO website is constantly updated and is filled with information for areas of service.

Thanks for letting me serve.

**Molly C.**

Delegate, Panel 58

# Soaring with Joy



## Save the Date

### NYN Area Fall Assembly

### September 20-22, 2019

Hosted by Districts 4 & 21

Location: Comfort Inn & Suites  
6701 Buckley Road, North Syracuse

## Alternate Delegate

Since last month, I have welcomed another new Al-Anon group. This one is located in Granville. For those of you who do not go to evening meetings, because driving is difficult, this one is at 10 a.m. If you are in the area, stop by and give it some support.

The editor of the Forum needs sharings for the *Forum* about your journey through recovery from the effects of the disease of alcoholism. These sharings referred to as "My Story" focus on what brought you to Al-Anon and what keeps you coming back. Some things to consider when writing are:

What was your life like before coming to Al-Anon?

In what ways were you affected by someone's drinking?

How did you hear about Al-Anon?

What were your first meetings like?

What kept you coming back?

What is your life like now?

In what ways has the program benefitted you?

Submissions should range from about 700 – 1300 words. Don't worry about spelling or punctuation. The sharings are edited before publication. You can inspire readers by sharing you own experience, strength and hope. Please send your sharings to [marks@al-anon.org](mailto:marks@al-anon.org).

**Helen H.**

# Public Outreach

Hello NYN Family,

Just having returned from the Spring Assembly & Convention in Rochester, I think this is a fitting topic...“Keeping an open mind”. We had a wealth of information from our Delegate about what was happening in the business of Al-Anon. We also had much information from all our officers and coordinators. The discussion of the Alateen Guidelines raised several questions. Through the years, I have learned the importance of listening. As with many things, I have strong opinions, as do others. Putting principles above personalities is important to me in keeping an open mind. It is a lot about responding rather than reacting to a situation. To keep an open mind, it may mean that I sit quietly, listen and sort out what I understand and what I question. There are times when I don't know what to ask for clarification. I remember that there is a Higher Power in the room helping us to learn and grow. If our decisions are not best for the whole, we will learn, grow and move on. Nothing is written in stone and none of us are perfect.

So we saw the new PSAs that WSO will be releasing soon. With a show of hands, it seemed that the “Challenger” PSA was favored by those attending the Assembly. I will be posting in the next month's article some instructions on how to ask a radio or tv station to carry this message.

I also shared a little of my job description. I wandered around the room and asked members to help carry the message by taking a paper with the picture of an open hand with a key, Our 4<sup>th</sup> Concept is “Participation is the key to harmony.” My contact info was on the back of the paper **PO@ nynafig.com**

I had a member help me by handing out a bookmark. I asked that you give the bookmark to someone still in need of our program. A “little” act of reaching out. It may not seem like much, but “little” can make a difference. Let me know how it works out. Feel free to share this with others and spread the word.

Send me your ideas for outreach. I love to hear from

members that try new ideas or continue in any way to carry the message. **I want to know: What you did.;** **What happened.;** **What people liked about doing the project.;** **What they liked the least. This can help all of us when we are searching for projects.**

*Al-Anon Faces Alcoholism* can now be ordered at any time during the year. This is a wonderful outreach tool to give to anyone including professionals. With any information you give out, please try to include a local information service number or contact information.

**Connie D.**

## Group Records Coordinator

Keeping An Open Mind

When I first came into Al-Anon I heard that a sign of insanity was doing the same thing over and over and expecting different results. I was insane. My desperation forced me to realize that I needed to close my mouth and open my ears to the experience, strength and hope of those who were there before me. I needed to be open to a different way of living.

If I refuse to examine opinions and ideas that are new to me I will cease to grow.

I hope to always remain open to new ideas and to remain teachable.

**Patti M.**





## Hats For Service Public Outreach

Last month, in my NHL article, I mentioned the importance of "Little".

Projects don't need to be huge or expensive. I am offering each person here an opportunity to grow outside your comfort zone. Concept 4 - "Participation is the key to harmony." Reach out and take my "Hand", take a bookmark (free from WSO) and offer it to someone in need. Provide local meeting info and follow up. Let me know results.

Coordinators coordinate! We don't have to do it all alone.

- Communicate verbally and electronically in a timely manner/ use computer to send and receive emails and use AFG Connects
- Attend AWSC and Assembly meetings for 3 year term and present 2 minute "Hot Topic" reports
- Send monthly articles to Northern HiLights
- Suggest opportunities and project ideas to Area
- Encourage members to participate in Public Outreach at all levels - Group/District/Area
- Refer all correspondence from WSO to appropriate districts
- Maintain open communication and cooperation with Districts and AISs to consolidate PO (Public Outreach) activities
- Liaison to media and professional community

**Connie D.**

## Literature Coordinator

Spring is in the air, and recovery is blooming! It is a wonderful time to be alive, and I thank everybody in the program for his or her prayers and well wishes for my ailing father. He is doing well, and we are hopeful that he will be fully recovered and in good health by the time, you read this submission.

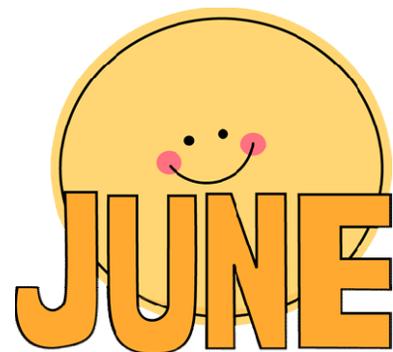
I am looking forward to seeing everyone at the Spring Assembly in Rochester this weekend. It will be a great opportunity to reconnect with everyone and see how life is treating them. If you cannot be there, I wish you the best in your days to come.

This month's article relates to "Keeping an Open Mind." Prior to my entering the doors of Al-Anon, I had a problem with maintaining an open mind. My son's addictions and inability to find recovery left me with a bad taste in my mouth and a narrow view of acceptance. Our encounters were often filled with harsh words, resentful glares, and closed minds. It continued like that for years.

With eight years of recovery under my belt as of this past April, I can attest to the healing power of the program. My son and I are experiencing the closest relationship we have had in years, and that is because of Al-Anon. Even though he will be where he is for years to come, I can reach out to him with letters of encouragement and an open mind willing to let in the love and warmth of serenity.

I hope you have a glorious spring, and I will see you when I see you.

With love,  
**Mike R.**



# NYN Alateen Coordinator

We did have our April 30 Alateen Interest Meeting (AIM) via Zoom. Because of a scheduling problem, it started a half an hour late, so we lost several of the attendees. Molly reported on use of Zoom by her panel of Delegates. Susan shared that there is now one teen attending District 9 Alateen.

Recently I have been listening to a recording of a WSO webinar for Alateen Coordinators. The video part of the PowerPoint was not working, so I didn't get "the whole picture." I am hoping that the next webinar they hold will have enough room for all who try to join.

I am looking forward to seeing many of you at the Spring Convention or on Zoom for the AIM on May 19. By the time you read this, they will be a done deal.

The next scheduled AIM via Zoom will be on a Saturday morning in June. If you would like to join us, and you are not on our contact list, please call me at 585-331-1235 for the date, time, and numbers.

## KEEPING AN OPEN MIND

To me, an open mind is the opposite of thinking I know all of the "right" answers. I grew up in a home affected by one person's abuse of alcohol. I was taught the "right" way to do things, and to become independent. I prided myself in learning to do things the correct way. To be independent meant, to me, not needing anyone's help. Where did this get me? If I always do what I always did, I will always get what I always got! FINE! (The answer is Insanity). Picture a closed mind with old thinking racing in circles. Thanks to all of you who shared your ESH, and helped me work my program so I could get out of my crazy head.

Progress Not Perfection,

**Sandy A.**

## 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*

## Convention Coordinator

Greetings NYN members,

Thanks to Districts 14, 29 & 25 for hosting the NYN Spring Assembly. It was a wonderful time.

Here are the upcoming conventions and host Districts.

Fall 2019 District 21  
September 20-22, 2019  
Comfort Inn and Suites, North Syracuse

Spring 2020 Districts 22 & 8  
May 29-31, 2020  
Hilton Garden Inn  
Troy, NY

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

Spring 2021 [Could this be your District??](#)  
[Please think about it. You don't have to do it alone, you have the Experience, Strength and Hope of NYN.](#)

Yours in Service,

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

# Newsletter Editor

Thank you all for a wonderful Spring Assembly/Convention. It is always fun to get together with other members of Al-Anon and share ideas and stories.

Keeping an open mind feeds right into this when we sit in rooms and share thoughts and ideas to make an even better Al-Anon. We need to be open to the ideas of others to help us grow and see beyond ourselves and our own situations.

Keep the information coming so this newsletter will be the best that it can and something that we all enjoy reading.

Someone at the Convention mentioned wanting to get their own copy/email of the newsletter. It's very simple, just email Group Records at [records@nynafg.com](mailto:records@nynafg.com) and your email will be placed on the list for future distribution.

PLEASE HELP - if your are sending me information to be included in the newsletter, if possible, please send it as a Word document. I cannot copy pdf's and therefore have to search for similar fonts and pictures. Thank you.

In Service,

**Pat H.**



## Greater Rochester Area AIS Service Center May 2019

### OFFICE HOURS

- Monday 2:00pm to 4:00pm
- Tuesday 12:30pm to 2:30pm
- Wednesday Noon to 2:00pm  
2:30pm to 4:30pm
- Thursday 9:00am to Noon
- Friday 4:00pm to 6:00pm

***Please call first: 585-288-0540***

### EVENTS

<http://aisrochester.org/anniversaries.html>

#### **AIS Monthly Meeting**

Faith Lutheran Church

Upcoming Meetings: June 8

July 13

September 14

October 12

#### **Hamlin Sunday Neters**

36th Anniversary June 2, 2019

United Methodist Church, Hamlin, NY

#### **Penn Yan AFG 16th Anniversary**

June 11

St. Paul's Lutheran Church

136 Hamilton Street, Penn Yan, NY

#### **East Side 55th Anniversary**

June 14, 2019

First Baptist Church of East Rochester

#### **Evening Serenity 36th Anniversary**

June 14, 2019

First Presbyterian Church of Chili



**District 15  
AFG  
Annual  
Picnic**

**Saturday, July 13, 2019  
12:00PM to 5:00 PM**

**Veterans Memorial Park at Gillie Lake  
Camillus, Pavilion #2**

*Gillie Lake is formally listed as the Veteran's Memorial Park at Gillie Lake on Sands Road and Gillie Brook Road in Camillus.*

**Bring a dish to pass for approximately  
20 people**

**Grilling time 12:30PM to 1:30 PM**

**Hamburgers, Hotdogs, Rolls, Condiments,  
Water and Iced Tea provided**

Enjoy swimming (small cost per person), volleyball, playground, fishing, hiking, good food, and fellowship.

Bring your own lawn chairs, picnic blanket and outdoor games!

**All are Welcome**

**Save the Date**

**NYN AFG 2020 Spring  
Convention & Assembly**

**May 29-31, 2020**

*"Embracing Change"*



*"Discovering Choices"*

**Hilton Garden Inn  
235 Hoosick Street  
Troy, NY 12180**





*Penn Yan AFG  
is celebrating their  
16th Anniversary*

*When:*

*June 11th @7p.m.*

*Where:*

*St. Paul's Lutheran  
Church  
135 Hamilton Street  
Penn Yan, NY*

*Come join the celebration:  
an evening of fellowship,  
AA and Al-Anon  
speakers, desserts and  
refreshments. It's a  
beautiful time of year,  
here, in Penn Yan on  
Keuka Lake.*

**There's Always Tomorrow**  
**Alateen Ice Cream Social**  
**and Fundraiser**

**June 8, 2019**  
**7 - 9 PM**

"Lactose intolerant" No problem - we will  
have sherbet!

**St. Michaels Lutheran Church**  
**5108 W. Genesee Street**  
**Camillus, NY**

**Speakers, Raffle Baskets**  
**50/50 Drawing**

**Advance Sale or at the door**  
**Tickets for the Ice Cream Social -**  
**\$5.00**  
Contact Leslie C.

**Fundraiser**

**Serenity Prayer Throw**

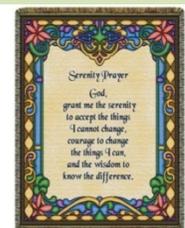
**\*\*Note\*\*** Only one afghan is being  
raffled

**DO NOT NEED TO BE PRESENT TO WIN**  
- put first name and contact # on back  
of ticket

**Tickets 1 for \$1 or 6 for \$5**



or



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. <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 Sohl



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**Make checks payable and mail to:**

NYN Area Assembly, PO Box 2183, Syracuse, NY 13220

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If you need a hard copy, please check type of subscription: ( ) group or ( ) individual;  
( ) renewal or ( ) new

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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](mailto:records@nynafg.com)

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