



**Unity Through the Traditions
Service Through the Concepts**

Inside This Issue

Topic: Gratitude

Table of Contents:

- 1 Delegate
Mission Statement
- 2 Alternate Delegate
Newsletter Editor
- 3 Alateen Coordinator
Public Outreach
- 4. AAPP
Convention Coordinator
- 5. E Meeting Host
Presentation Coordinator
Group Records
- 6. Treasurer Report
- 7. Day of Sharing - District 9
- 8. Subscription Form
- 9. Contacts
- 10. Mail Page

Newsletter Editor Pat H.
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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

When I came into program gratitude was a “should” for me. I knew there were things to be grateful for, but I was very numb and couldn’t muster up the feelings to actually feel grateful. I heard the recommendation to start a gratitude list and act as if I did. So I wrote that I was grateful for a roof over my head and food to eat. The more time I spent in program the feelings of gratitude really did manifest.

As my soul began to come back to life, not only was I able to give details of things I was grateful for, I was even being shown hidden talents and creativity I didn’t realize were buried in me. As I looked around my house for example, I wanted to purchase artwork. Funds were low at the time. I heard a voice that said try painting something. When I let myself be guided I was amazed what ended up on the canvas! Gratitude and the creativity of the Gifts of the universe hold hands.

Today I feel grateful for so many things. The tiniest creatures that grace my presence, to the growth opportunities my Higher Power provides. When I am struggling, I know it’s time to break out my gratitude journal again. My energy shifts to feelings of abundance and connection. I’m grateful for those who shared the wisdom about the power of gratitude. Thank you!

Emily K.

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

Alternate Delegate

Yesterday was the Spring Assembly and one lucky group, Ogdensburg AFG, won a subscription to *The Forum*. Another group subscription raffle will be held during the Fall Assembly. I'd like to see our Area increase the number of groups with current subscriptions. Unfortunately, WSO only tracks subscriptions by state - not Area. As of April 2021, only 68 groups in NYS were receiving *The Forum*. If your group is receiving *The Forum*, please send an email to altdelegate@nynafg.com to let me know. Remember to include your group information.

Gratitude was a foreign concept when I first arrived in Al-Anon. In fact I continued to struggle with it until my sponsor finally suggested that I make an attitude list instead of the gratitude list she had asked for. An attitude list, now that was something I could completely get behind. After quickly jotting down my top three 'tudes, I realized that they were really blessings. I was gobsmacked. I'm grateful that you allowed me to be of service long before I believed that I had anything to give. I was encouraged to set up the meeting room, then to chair a meeting. Before I knew it I was a GR and attending District meetings. That same sponsor suggested that I spend the day with other members who were planning an upcoming Spring Convention/Assembly. I'd be out of the house, away from my active husband, and spend the day with program friends getting lots of loving encouragement. I came home that night with a new service position, alternate Alateen Co-Chair, wondering how the heck that had happened. Also, concerned that I was in over my head! The convention was held at Paul Smith's College, deep in the Adirondacks, and one of the most spiritual events in my life. The Alateen program was held outside, surrounded by the glorious sounds of birds, water, rustling leaves and warm sunshine. I left that Sunday believing that just maybe I wasn't a complete screw-up. That perhaps I did have something positive to give. What a wonderful feeling! Service work and gratitude go hand-in-hand.

Yours in Service,

Kathi D

To help promote *The Forum*, NYN will be giving you the opportunity to win a subscription with each issue of the Northern HiLights. Go to the WSO website(al-anon.org), locate *The Forum's* page and read at least one of the member sharings from May 2021. Send an email to altdelegate@nynafg.com with the article's title and the author's name. On June 30th, one of the correct entries will be randomly selected. The winner will be sent an email and announced in the next issue of the Northern HiLights.

May 2021 *The Forum* Subscription Winners
Carla K., Mary S.

Kathi D.



Newsletter Editor

I hope you are all enjoying each newsletter that comes along as much as I enjoy getting it together.

There have been a number of questions regarding each month's topic. For those who like to plan ahead, upcoming topics are as follows: July - Patience, August - no issue, September - Meditation and October - Thankfulness. I hope this helps.

Gratitude, I feel, is something that needs to be practiced mainly because we get so busy and caught up in our day to day activities. One way I learned to be grateful and positive is to change my thinking about situations. Rather than saying "I have to . . .", I say to myself "I get to . . .". This can work in so many ways, going grocery shopping, visiting someone, completing a task, etc. Give it a try and see if it can help.

In service,

Pat H.

Alateen Coordinator

Gratitude

My Sponsor and trusted Al-Anon friends showed me how to focus on the joyful parts of my life by occasionally pausing and thinking of three gratitudes. Having an "attitude of gratitude is a tool that can quickly change negative thoughts to positive ones. As a service member of Alateen, I have many gratitudes. I am grateful for the Group Sponsors who transitioned their meeting onto an electronic format. I am grateful I was given the opportunity to meet and work with each of the AMIAS across our Area. I am grateful for the members who worked alongside me on the Alateen Training Modules and to revise the attachments to our NYN Alateen Guidelines. I am also grateful for the connections I have made with Alateen Coordinators across the United States and Canada by attending monthly electronic meetings. Finally, I try to remember that things will happen in my life that are out of my control but, with the unconditional love and support of my Sponsor and members in the Al-Anon/Alateen fellowship, I will get through the toughest of times with gratitude.

Together We Can Make It,

Mary S.

Public Outreach

Hello My NYN Family,

I have lots of supplies now that I have picked up the leftovers from the State Fair brochures. Here is a list if it might help you in your Public Outreach projects you might be planning, if you need anything please let me know.

The list is as follows:

- Information for the Educator
- Fact sheets for the Professionals
- Spanish *Al-Anon Faces Alcoholism 2019*
- Al-Anon is and is not bookmark
- Al-Anon Public Outreach bookmarks (Two ladies talking)
- English *Al-Anon Faces Alcoholism 2019*
- Alateen 20 Questions
- Are you troubled by someone's drinking?
- Undated English *Al-Anon Faces Alcoholism*
- Wallet sized Are you concerned about someone's drinking?

LOTS of Al-Anon Fans with a small 7.5 X 7.5-inch sign that reads: When you don't know where to turn...because someone drinks too much. Al-Anon Family Groups can help.

Also there are still lots of *2020 Al-Anon Faces Alcoholism* left over from the convention that did not happen.

Now that things are opening up a bit maybe there will be a Health Fair or other Public Outreach project your group, district, or Area Information Service might get involved in, that could use some of these supplies. I am here to serve you in your desire to get the message out to those who are still sick and suffering.

As for our topic this month, Gratitude, I could not even say the word when I first came into the rooms. Everything in my life was a mess and I felt like a total failure,

Fortunately, this program works even for tough cases like myself. It took me 5 years to truly accept that there was a possibility of a Higher Power, never mind trusting that my life my life could get better if I could stop resisting and learn to turn my will and my life over to God.

Fast forward to the last year 2020, a year that was difficult for everyone, each in their own way. I discovered more about myself. I learned that if I wanted to live, I had to get on my knees and pray every morning to let go and turn my will and my life over to God. What a relief that has been. I don't need to know the outcome, I just need to do my part and let God have the rest. I feel pure gratitude for being shown this wonderful way of life which allows me to live in today, enjoy today and be grateful for all the blessings in just this one day.

Yours in Service,

Lynn S.



Do the best you can until you know better. Then when you know better, do better.
-- Maya Angelou

AAPP

Prior to arriving at the doors of Al-Anon my life was barely an existence. Walking into the room of my first Al-Anon meeting changed my life. I didn't know anyone there but by the time I left I felt something I'd never experienced before.

If that wasn't a God moment or gratitude I don't know what else I'd call it.

When I got home that evening the children and house were all the same but I had experienced a difference in myself. The heaviness in my chest was gone. The days continued with activities, school, work and home caretaking. Life went on.

Then came Thursday night Al-Anon! I felt comfort not being judged. What a wonderment. camaraderie and fellowship. I still couldn't talk but I felt relief and hope.

Now, decades later with so many wonderful Al-Anon friends and experiences, I remain grateful for all in my life and marvel at the wonders that happen in these God moments.

Mary D.

Convention Coordinator

The New York North Area 2021 NYN Spring Assembly was hosted by District 22 On Saturday, May 15, 2021, there was a virtual NYN Assembly Meeting held over Zoom. At the Assembly Meeting on May 16, 2021, 51 members including 31 voting members, attended the Assembly meeting over Zoom. On Sunday morning, May 16, 2021, I attended a very powerful panel of spiritual speakers along with 30 other members as part of the 2021 Virtual NYN Spring Assembly.

Louise F. from District 18 and myself will be meeting with Sales Manager Paula D. from the Embassy Suites on Carrier Circle in East Syracuse, NY on Saturday, June 5, 2021 at 10:30 am in order to talk about using their facilities for the 2022 and 2023 Fall Assemblies for in-person conventions.

The 2021 New York North Virtual Fall Assembly which is being Hosted by Districts 10 and 18 will be held on Zoom September 17, 18, and 19, 2021. The Virtual Assembly meeting will be streaming on Zoom Saturday, September 18, 2021, most likely from 9:00 am to 4:00 pm. There most likely will be a Virtual Spiritual Panel on Sunday Morning September 19, 2021 also to be held on

Zoom. There may also be other non-business-related virtual Al-Anon meetings or panels on Friday, September 17, 2021 as well as the AWSC meeting. The year 2021 is Al-Anon's 70th Anniversary.

As of right now, no District or Districts have volunteered to host the 2022 NYN Spring Convention and Assembly or the 2022 NYN Fall Assembly. We will also need hosts for the 2023 Spring Convention and Assembly and the 2023 Fall election Assembly. Would your District, along with other Districts, be willing to volunteer to host one of these conventions?

When I first became involved in Al-Anon service, my service sponsor would always tell me that I don't have to do everything myself, and that I can reach out and ask for help from others. Most of what I have learned in Al-Anon is from listening to other members and sharing our experience, strength and hope together. That has always been a very valuable part of my recovery in Al-Anon.

One of the things I feel most grateful for is for all the Al-Anon and Alateen members I have shared with at meetings who I have worked with in service to Al-Anon. Whether it was doing service with the Alateens, working on numerous NYN Fall Assemblies, working on the Salt City Mid-Winter Roundup Al-Anon Committee, or representing my Group or District at Area Assemblies, the more I learned that gratitude, forgiveness, and letting go were the keys to my recovery through the 12 Steps of Al-Anon. Over the years I have become more and more grateful for the gifts of recovery that Al-Anon has given to me and the growth I have seen among other's in recovery as well as in myself.

I am hoping that by next Spring of 2022 that we can return to all in person meetings and conventions and share our fellowship with each other in person.

Love in Al-Anon Service,

Jim M.



E-Meeting Host

I hope everyone is finding solace in the days that bring us warmer temperatures and good fortune in our lives. The program of Al-Anon continues to enrich our days, and we find the means by which we not only survive, but oftentimes thrive, thanks to the people in the rooms and the love and advice they give us one day at a time. Whether you are getting your experience, strength, and hope in a virtual meeting or face to face, Al-Anon works if you work it.

This month's topic is Gratitude. The opportunity to embrace an attitude of gratitude was not always within a realm of possibility for me. I struggled with the issues of my son's alcoholism and drug addiction; for what in the world could I be grateful? I had nothing to thank my Higher Power for, until I entered the rooms of Al-Anon eleven years ago.

Now, my life is filled with hope and gratitude. Someone in the program once said HOPE stands for "Hold On...Pain Ends." Once I got off my pity pot and started to see what was worth living for, I began to understand what it was all about. Al-Anon is about looking for the silver lining, finding out that my glass is half full instead of half empty, and there is nothing that stands in the way of my serenity except me. I can look at each day as another means of expressing my hope and gratitude to the people I love.

I look forward to seeing everyone sometime soon. It may be in an actual meeting room, on Zoom, or in an social encounter of our choosing where we can exchange a hug and a loving embrace in vaccinated arms and mask-less expressions of hope and gratitude for the program of Al-Anon.

With love and gratitude,
Mike R.

Presentation Coordinator

By the time you read this our Spring 2021 Assembly will be over. This year's Assembly will be a totally new experience on Zoom. I continue to struggle to become familiar with new technology. I am not in the mood to deal with so much change! Change is hard.

But while I complain and grumble and moan I am growing and learning. And for that I am grateful. In Al-Anon I have learned to take a negative and turn it into a positive. I may not get a chance to hug old friends

but with new technology I can see them and talk to them...for that I am grateful. I don't have to wait weeks for a letter from our Chairperson, she is just a text away! I volunteered to become Presentation Chair, planning on in-person fun and games. That was not to be. However, I am learning to use Zoom, I am learning that there are Al-Anon members who are willing to reach out and help me through this confusion. I will always be grateful for the kindness and understanding that is Al-Anon.

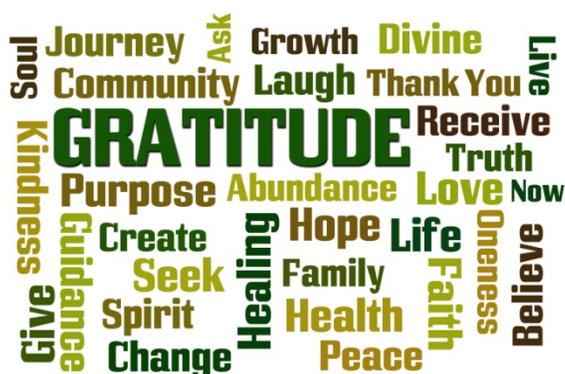
Patti M.

Group Records

My fellowship in Al-Anon began in May 2015. There are several statements I have used and will continue to use as part of my journey in the program. A few I use continually when I share at my meetings. One is "I become a better learner, when I teach another". Another is "I can feel my progression, my change, my betterment as a result of Al-Anon. Al-Anon provides me with the TOOLS to utilize my program not only with my alcoholic, but in everyday life. " And lastly, "I am not perfect, I may slide backwards sometimes, but my HIGHER POWER will pick me up, brush me off and get me going again."

I am grateful to Al-Anon. I never thought I would be in a safer, more manageable place in my life. I am a stronger, more rational woman than previously. I am grateful to Al-Anon. I possess the hammer, nails, screwdriver, glue, and drill to add to my collection of TOOLS! My toolbox was incomplete in 2015, but now in 2021, I am adding to it every day! I am grateful to Al-Anon.

Respectfully,
Joan L.



Treasurers Report

The new address for donations is:
 NYN Area Assembly
 PO Box 64176
 Rochester N.Y. 14624-6576

I understand that by the end of my term as Treasurer, I'll know how to do it. A slight exaggeration, but I am in the learning stage. For the first time, I made entries in Excel, specifically all the donations received thus far in 2021. It was a thrill, and easy. It did make my day. Next to input expenses. There haven't been many. Some people were concerned that their donations were lost, but I think all have made it to our new PO Box 64176 in Rochester. Any sent to the old PO Box in Syracuse will be forwarded to Rochester until April 28, 2022. The former Treasurer, Pam, has been helpful in the transfer. One letter from Syracuse took two weeks to arrive, when it used to be overnight.

My gratitude list is mostly people in my life, but the gift of this program is foremost. Without it, I never would have met my wife, who was an Alateen sponsor when we met, and I was RochesterAIS Alateen Chairperson. Typically, my recovery was a long process, but I felt saved by it, and was totally immersed. It was my life and I am grateful for it.

Donations received since the May issue

Sherrill Hope #10296,	\$50
Friday AFG #9828	\$30
Susan D.	\$50
Andes & Delhi#306613	\$15
Queensbury AFG #9765	\$30
CP Sunday #30702163	\$15
Wed. Halfmoon #30669070	\$25
District 9	\$30
Caring & Sharing#9763	\$ 45
Monday CTC #63806	\$25
Westenders #10326	\$ 6
Thurs Adult Ch. #49865	\$25
Serenity Seekers #501783	\$15
Angola Awakening #30615135	\$25
Days of Healing #40786	\$25
Oneonta Sun. Eve. #10163	\$10
Amherst Tues. Nite #9577	\$50
Homer AFG #40863	\$80
Simple Beginnings #44964	\$50
Fayetteville Thurs. #37943	\$23
Sunday 4PM #30702163	\$15
Wed. Halfmoon #30669070	\$50
Bethlehem Steps #30653264 1	\$50
Thurs. Hope #30519065	\$25
Scottsdale Tues. #?	\$68
Cloverleaf #10330	\$25
District 10	\$100
District 22	\$200
Serenity on Sat. #64625	\$82
St. Edwards #30702163	\$15

Wed. Halfmoon #30669070	\$25
Sun. Clifton Park #30659817	\$15
Wed. Halfmoon #30669070	\$25
Living Today #32150	\$40
Prog. Not Perf. #30606210	\$40
Oneonta AFG #10163	\$25
Total donations listed;	<u>\$1524</u>

Expenses were ;	
for Zoom annual fee	\$149.90
print and mail 48 Northern Hi Lights,	\$48
Total expenses:	<u>\$197.90</u>

John O.



♥ Recipe ♥

for SERENITY

From District 9



Ingredients:

HUMOR

GRATITUDE

MEETINGS

STEPS

SLOGANS

TRADITION 5

Directions:

Join our

DAY OF SHARING

1:00 PM to 3:00 PM ZOOM

June 5, 2021 Saturday

Speaker, games & 3 CUPS of hope,
strength and experience, stirred
with a warm welcome.

Join Zoom Meeting

<https://us02web.zoom.us/j/4139613284>

Meeting ID: 413 961 3284

One tap mobile

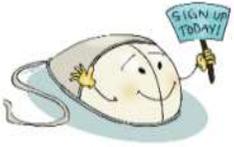
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2021

Happy Anniversary

Al-Anon



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.

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<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.

PANEL 61 2021-2023

**Submissions for
July
Northern Hi Lights**
Due by: June 15
Topic: **Patience**

**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*