



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

Northern Hi Lights

Al-Anon News from New York North Area

Thoughts From Our Area Chair:

Hello NYN,

Summer has gone really fast. It seems like we were just in Niagara Falls and now it's almost time for the Fall Assembly. In my last article I wrote about the two new service documents created in preparation for the Fall Elections:

“The Service Position Descriptions” @ <http://nynafg.com/pdf/jobDesc.pdf> and the
“Service Resumé” @ http://nynafg.com/pdf/NYN_Resume.pdf

Service Resumé: A tool to help you see your Service experience; for you to be able to compare your skills and experience to the necessary skills and qualifications (listed in the “Service Position Descriptions”) that are needed for the various Service positions in New York North (NYN). Completing the Service Resumé will prepare you to share your Service experience and skills, and why you are interested in a particular position with the voting members at the Election Assembly.

As stated on the Service Resumé form, **“The purpose of this resumé is to give members and Officers an indication of your Service experience. The information is provided with the expectation that the contents will be treated as confidential and used exclusively for NYN Al-Anon purposes only.”**

Area Chair continued on 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 *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

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I hope you have reviewed these documents and started those discussions with your Higher Power and Service Sponsor. If you don't have a Service Sponsor, now's a great time to ask someone who's active in Service to be your Service Sponsor. In NYN you never need to feel alone in Service. There are so many people who remain active in Service and are willing to offer their experience, strength and hope to help you serve NYN.

Area Inventory: Don't forget to review the results of the Area Inventory and be prepared for discussion at the Fall Assembly. They can be found on the NYN Web site @ <http://www.nynafg.com/pdf/2014/P52-invRes.pdf>. The purpose of the Area Inventory is to provide a clear understanding of what the NYN area is doing successfully and what, as an area, we could improve on.

Fall Assembly: Check the web site in September for the *Assembly Agenda* and materials we will be discussing. Hope to see you then.

On to the topic of the month: Forgiveness

To me, forgiveness is a decision to let go of a resentment. The dictionary defines forgive as a verb that means to stop feeling anger toward someone who has done something wrong – to stop blaming – to stop feeling anger about something or to stop requiring payment of a debt.

I've often heard it said that forgiveness is a gift you give to yourself. What does that mean? Think about it. If I continue to harbor ill thoughts and resentments because I feel someone wronged me or hurt me, am I really hurting them by not forgiving them? Yes and no; however, the person that gets hurt the most is me. For me, forgiveness is a process, and depending on what needs to be forgiven, that process can be a short one or long and drawn out. In order to process forgiveness, I feel the hurt, then the anger and then usually have to analyze it. At that point I can begin the letting go process. For me the first step in the letting go process is to become willing to forgive. Just like in the Steps, I can pray and ask my Higher Power for the willingness, the willingness to forgive.

I had a friend who used to say, "Pam, forgive them - for they know not what they do." When I think about that statement, I see things from a different perspective and I can have compassion for them. Maybe they don't know what they did or how they hurt me. After all, we're all human and make mistakes. I know I have said or done things to others that have hurt them and I know how sorry I was /am for those things (probably some things I

don't even realize) and how I hoped/hope others would be able to forgive me.

When I get to the point of true forgiveness it doesn't have to mean I like what happened or condone what happened. It also doesn't necessarily mean I have forgotten; it just means that I need to let it go in order to preserve my sanity. I found the following saved on my computer and thought it very fitting to share in this article:

"Forgiving is not forgetting. Forgiving is remembering without pain."

I also need to remember to forgive myself, because I can be very hard on myself. I need to treat ME the same way I treat YOU. If I can offer someone else forgiveness, I can forgive myself as well.

"Participation is The Key to Harmony,"

Pam A.

Syracuse AIS:

Hello NYN,

Syracuse AIS has relocated to our new space. We are renting space in the All's Saints Parish Center on 112 Lancaster Place, Syracuse NY 13210. Our phone number remains the same – 315.471.0191. Currently the Service Center is only open 3 days per week (Monday, Tuesday, & Friday).

When visiting the Service Center, please call first to ensure that a volunteer is on-site. Park on Lancaster Place and use the front door. You will need to ring the doorbell and wait to be let in. Currently, our office space is in the rear of the building. The old school building is under renovation. Once completed the parish office will move into the renovated space. We will then move into our permanent space towards the front of the building.

I would like to thank everyone who helped us with this move. Without each of your contributions Syracuse AIS would not have been able to maintain a physical location.

Yours in Service,

Kathi D.

SCAVENGER HUNT

CHALLENGE #16: What one theme "welds the three Legacies together?"

ANSWER: See pg. 179 in your *AI-Anon/Alateen Service Manual 2014 - 2017*.

Area Delegate, Panel 52:

Dear NYN Friends,

There were a number of questions in the Ask-it Basket at the Spring Assembly. We were not able to get to these questions during the Assembly so I said I would answer them in the *Hi Lights*. In the July/August edition I did answer 4 questions and I will answer the remaining ones this month.

1. **Is the “Detachment” pamphlet now part of the Newcomer’s Packet? If not, how do we get it in there?**

I knew that this pamphlet was not part of the Newcomer’s Packets but was not sure how the decision was made or who to contact. After I returned home from the Assembly I contacted the World Service Office (WSO). I first spoke with Tom C., Associate Director of Communications – Literature. He was able to let me know that the responsibility for content of the Newcomer’s Packet falls under the Executive Committee. Every few years the committee reviews the packets to see if the content is relevant. Recently a Task Force was formed by the Executive Committee to review the packets and make any recommendations to the committee. This Task Force was chaired by Bob S., of the WSO. Bob did get back to me about this question. They had looked at the “Detachment” Pamphlet but felt it was too advanced for newcomers. This is a skill that takes time in AI-Anon to develop; they felt that the packets should stick with basic principles for newcomers. Bob did say that if a group felt the pamphlet was important they could always add it to the packet. He also talked about the paperback version of *How AI-Anon Works* that groups are encouraged to give to newcomers. You can always contact the WSO with your suggestions.

2. **What is the average amount groups give to the WSO?**

In New York North (NYN) the average was \$77.86. Throughout the World Service Structure, the U.S., Canada, Bermuda and Puerto Rico the amount was \$112.78. At the time of my report I spoke about the positive effect on the budget for the WSO if each registered group would increase their contributions by just \$8 per year. In the July Chairman of the Board’s letter it was indicated that donations are up by \$73,135 for the period ending 6/30/14.

3. **Meetings are finding that churches are asking for insurance proof or extra money for insurance fees for Days of Sharing, Anniversaries, etc. How is this being dealt with on the local level as well as at the WSO level?**

In the *2014-2017 AI-Anon/Alateen Service Manual* on page 59, this question is addressed. Basically, the WSO is not able to provide insurance coverage for groups or service arms. Some Areas or Districts have insurance, and groups may contact them about the possibility of coverage. If a number of groups meet in the same location they may pool resources to obtain insurance. Paying for insurance should not jeopardize a group’s ability to fulfill Traditions. This may mean that groups will have to look at alternative locations.

I hope these questions and those from last month have been answered. Please feel free to contact me if you have more questions.

This month’s theme is forgiveness. Over the years I have thought a lot about this. There have been times when it has been very difficult for me to forgive. One thing that I have come to realize, people don’t do things just to get me, to hurt me or make me mad. They are just doing what they feel is best for them. They are not saying I’m going to do x, y or z just to get Ruth. **When I take myself out of the equation things are a lot better.** I can look at what happens and with time, forgive.

Gratefully in Service,

Ruth S.

Immediate Past Delegate:

The dictionary defines "forgiveness" as the act of forgiving: a disposition or willingness to forgive. So now I need to take it a step further and look at the definition of "forgive." There are two explanations of "forgive:" to cease to feel resentment against another and to pardon an offender. As the focus for this month's newsletter sharing, "forgiveness" is an important element in the AI - Anon program of recovery.

The first place where I become aware of my need for forgiveness is in the study and the working of the Steps. As I undertake my Fourth Step inventory I slowly become aware of the harm I have done to myself and to others as I have tried to deal with the disease of alcoholism. I make a list so that as I move forward I will be able to address these offenses with the persons involved. It is in Step Five where I am able to begin to admit to these offenses and share them first with myself, then with the God of my understanding and finally, with another person who I trust, such as my sponsor.

In Step Six, I continue to build my relationship with the God of my understanding so that He can aid me in my continued recovery. Then, in Step Seven I am able to ask for His help in removing my shortcomings and asking for forgiveness. Now, in Step Eight I return to that list of the people I have harmed which I uncovered in Steps Four and Five. Now I need to become willing to make amends to those I have injured along the way. It is suggested that I may need to divide my list into several columns; those I will make amends to, those I might make amends to and those I am not willing to make amends to. This gives me a starting point; and as I progress in this process of seeking forgiveness, I will gradually be able to move most, if not all, into the column of those I am willing to make amends to.

Step Nine suggests that I make direct amends, except when to do so would cause further injury. And then, in Step Ten I am encouraged to continue this practice of taking a daily inventory to help keep the slate clean; and when I have done a wrong I promptly admit it and make my amends for

my wrong. This helps to keep the slate clean and allows me to have peace of mind. **As you can see, more than half of the Twelve Steps are involved in my efforts to move me, with the help of my Higher Power, through this process of seeking forgiveness for what I have done to others and to myself.**

So why is this important that I seek forgiveness for the wrongs that I have done to others and most importantly to myself? One of the things that I most desired when I reached the rooms of AI-Anon was a little serenity, and that is one of the rewards you said I would get if I were willing to do the things you suggested. So my journey began by working the Twelves Steps. As I did so I began to get some serenity in my life and I wanted more. By changing the things I could and seeking forgiveness for the wrongs I had caused, things began to improve. And we all know what that leads to. I kept coming back and doing the things you told me to do and slowly, oh so slowly, I began to get better and to have more serenity in my life. And that is why I will continue to come back and do what I am asked to do. For me, there is a direct link between forgiveness and having serenity in my life: **When there is a need to forgive myself or another, for a harm that I have caused, I limit the space to have serenity in my life.** How much space do you have for serenity in your life? Do you need to ask for forgiveness?

Grateful to be in service,

Elaine R.

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order.
DO NOT SEND CASH!!

Make payable to:

**NYN Area Assembly
PO Box 398**

Morrisonville, NY 12962

**Add Group's registered name &
the Group's ID Number (Very Important)**

*Deadline for submissions to the October, 2014 issue of NHL is
September 15, 2014
Topic: "Obsession"*

Area Treasurer

Since our last Newsletter, I am happy to report the following Group/District Donations. THANK YOU one and all!

Small Steps Gr #32360	40.00
Thurs Oswego Gr #49865	40.00
Cour to Be Me Gr #30562795	5.00
Exp Strength & Hope Gr #62668	50.00
Fri Night 5:00 Gr #30589463	10.00
Acceptance AAC Gr #503803	40.00
Wed Morn Step Gr #9612	10.00
Caring & Sharing Gr #9763	45.00
Fayetteville Gr #9742	25.00
Cour to Change Gr #43327	100.00
Wed Morn Step Gr #9612	15.00
Legacy Study Gr #42113	50.00
Fri Morn Ithaca Gr #9828	30.00
Temple of Concord Gr #62569	44.49
Circle of Grace Gr #30590270	25.00
Penn Yan Gr #10187	20.00
Sunday Serenity Gr #502623	20.00
Fulton Gr #9752	10.00
Serenity Seekers Gr #501783	20.00
Madison Irving Gr #45551	33.75
Springville Fri Night Gr #67287	10.00
District 24	100.00
Homer Gr #40863	30.00
Serenity Circle Gr #30521550	20.00
Canan Mon Noon Gr #24271	30.00
Days of Healing Gr #40786	60.00
Mark Twigg's Gr #62001	10.00
Tues Noon at ICR Gr #66230	15.00
Spiritual Awakenings Gr #27134	20.00
Ithaca Thurs Night Gr #500601	30.00

Expenses:

Lynda S	109.59
Pam A	356.09
Ruth S	144.03
Connie D	103.00
Marge R	162.41
George S	17.18
Gwenne R	191.16
Linda A	105.74
Kathi D	115.60
Elaine R	100.28
H & R Block	250.00
John O	33.00
Sherry S	71.58

Current Balances:

Checking Acct:	7844.83
Reserve Acct:	8237.90
Sage Ruffy Acct:	2752.71

Area Treasurer on Topic:

Greetings to my NYN Family!

I trust each and every one of you has had an enjoyable summer. It will be wonderful to see a lot of you at the upcoming Election Assembly in Syracuse in September.

This month's topic is FORGIVENESS. Boy! Can I ever say that Al-Anon has certainly helped me with THAT! When I first came into the program, I thought that if I was to forgive someone, it meant that THEY had WON, which made it very difficult for me to forgive. Little did I know that hanging on to the "wrong" done to me and my inability to forgive, was robbing me of Al-Anon's most precious gift of SERENITY! *It took me a lot of 24 hours and meetings to realize that I could forgive MYSELF, and that forgiving others was not for THEIR benefit, but for my own, because I deserved the peace and serenity that comes with FORGIVENESS.* Thank you, Al-Anon Family, for this priceless gift!

In Love & Service,

Linda A.



Web Coordinator:

The main news is about adding Alateen meetings to our website. We are in the process of getting permission from the District Representatives who have Alateen meetings. I wrote about this in our last *Northern Hi Lights* and attempted to contact them by email this week. So far, I have permission granted by Districts 5, 10, and 21. No one has said "no."

We have had about six contacts a month who ask for meeting information, plus requests to add out-of-state events, such as the New Hampshire Al-Anon Family Groups (AFG) Convention, to our calendar. We also get requests from "downstaters" for meeting information, and I do check it out and pass it on, gladly. It makes my day to receive a request from someone who wants to try our program. It's nice to man the front door.

Forgiveness is a two-way street, of course. A lot of our meetings end with The Prayer, and I'm especially mindful of "Forgive us, as we forgive." I think forgiving others is probably more important to me, because it takes a load off my head.

John O.

Literature Coordinator:



Hi Everyone,

Our Fall Assembly is just around the corner and it will be an exciting one since it is an Election Assembly. If you are thinking of standing for the position of Literature Coordinator and have any questions please email me at lit@nynafg.com.

Below is the latest information that I have received from WSO:

- **How AI-Anon Works e-book (eB-22):** The Electronic Literature Fact Sheet has been updated to indicate that this e-book is now widely available from all the same vendors as the **Having Had a Spiritual Awakening (e-B-25)** e-book, the cost is \$9.99.
- The updated **Electronic Cal Fact Sheet** is posted on the NYN website under Area Information and Forms, WSO Policies and Communication. It has the date 7/23/14 at the bottom of the page.
- **New Daily Reader:** The Literature Committee is currently reviewing the draft for an initial guideline to encourage members to write for the new daily reader approved by this year's World Service Conference. In the meantime, please initiate discussion in your Area regarding new, diverse ways to seek sharings from members that would encourage a wider spectrum of our fellowship to participate.
- **CAL Sample Chapter:** Each quarter we post a sample chapter of Conference Approved Literature on both the Public Outreach site, www.al-anon.org and the Members' site, www.al-anon.org/members. Through September, the chapter is from **Alateen—Hope for Children of Alcoholics (B-3)**. From October through December, you can read a chapter of **From Survival to Recovery (B-21)**.
- **"CAL Corner":** Each month, the "CAL Corner" feature in **The Forum** includes members' sharings on how a particular piece of our literature has enhanced their recovery. The September article will focus on the **"To Parents of Alcoholics (P-16)"** pamphlet and the **"Parents of Alcoholics (R-18)"** timely reprint. These pamphlets will be available at the Literature table at the Fall Assembly.
- **Sharings Needed for "CAL Corner":** If this feature of **The Forum** is to continue, we need more sharings on how CAL has helped members with their recovery. Please urge members to write. We could especially use articles about **Opening Our Hearts, Transforming Our Losses (B-29)**, **Having Had a Spiritual Awakening (eB-25)**, **Many Voices, One Journey (B-31)**, and **Living Today in Alateen (B-26)**.

Our topic this month is "forgiveness." The dictionary's definition says "to give up resentment against or the desire to punish; stop being angry with; pardon." In **How AI-Anon Works (B-32)**, on page 85, there is a wonderful section on forgiveness. When I harbor a grudge or hang on to a hurt, I am only hurting myself. Time does heal, and learning to let go gives me the peace and serenity I long for.

Gratefully,

Pat H.

Alternate Delegate:

Does your group use *The Forum* as a meeting topic? If not, why not?

In the August 2014 *Forum*, in the report from the 2014 World Service Conference, there were several interesting ideas regarding *The Forum*:

- Many members are hesitant to use *The Forum* as a meeting topic because it is not Conference Approved Literature (CAL). Looking at the 2014 *"Policy Digest"* portion of the *Service Manual* (page 104-105) *The Forum* can be use in meetings because as a Concept it is "Conference Approved."
- *The Forum* has lost 20% or 4000 personal subscriptions in the past four years.
- Only 12% of all AI-Anon Members read *The Forum* regularly (based on copies distributed in Groups in the U.S. & Canada).
- The *Forum Readership Survey* showed 94% of members who read it think it is quite useful and it provides the information not found anywhere else.

This is such a great tool that we have, and our Groups receive it FREE (you can however send a contribution of \$11.00 per year to defray the cost). Why not use it?

As Group Representatives, you can set the example by picking a topic from *The Forum* to lead a meeting. It will be amazing to see what interesting shares will come out of the meeting. Also, continue to encourage your members to get their personal copies.

I am also VERY happy to let you know that there are TWO NEW GROUPS in District 18. One is an AI-Anon meeting and one is an Alateen meeting. Welcome to New York North!

Diane C.

Archives:

Greetings from The NYN Archives,

As I write this report, Syracuse AIS has moved from its location on Court Street in Syracuse to its new home on Lancaster Place in the SU section of the city.

The new facility is not quite ready for us so the NYN Archives, yes...all 27 boxes, are currently resting safely in my garage.

I am happy to report that my spouse has had many years of practicing acceptance and is open and willing to house them until the first snow flake falls in Oswego.

That being said, they are not currently accessible for me to do any sort of work with them. Unfortunately, we are not sure that there will be a place anytime soon for a fully operational Archives at the new AIS location.

I ask your patience and indulgence as we work with the Pastor and Parish to have our needs meet.

In giving, I receive...

Kathy M.

Alateen Coordinator:

I finished the re-certification of our AI-Anon Members Involved in Alateen Service (AMIAS) for New York North (NYN) ahead of time, thanks to the work being able to be accomplished on the computer. It took a bit of tries to get used to it, as this was the first year it was totally on-line. Our committee continues to work on the Alateen Requirements and Guidelines. We are very close, but the World Service Office (WSO) and a local attorney both have to approve it before we can bring it for a vote at the Assembly. It has been an interesting process and there is always more to learn. The history of various aspects of the guidelines, requirements and the whole Alateen Conference has been a learning experience for me.

Our topic this month is Forgiveness. I had struggled with that term a good portion of my life, as before AI-Anon I always thought that I was a victim. I always blamed all my problems on others. It took me awhile to let go of the victim role, even once I started to understand AI-Anon. The thing that has helped me get started on this journey is the fact that forgiving had nothing to do with not remembering. Later, as I started to work the Steps, I realized that I am not perfect and neither is anyone else.

Forgiveness is about being humble and realizing that we all make mistakes.

The forgiveness part, for me, is about letting go of the pain that I felt by someone else's behavior and realizing that as part of being human, I too, have hurt people.

I have a choice about how I react to situations and if I chose to take something in a negative fashion, then I am just causing myself pain. I had to realize that by holding on to the resentment or pain, I was inflicting pain on myself. The other person may not even know I am upset unless I tell them and at that point they have a choice as what to do with the feelings of the situation. All this takes time and is not always easy, but I am learning to trust the process of this program and realize that I am right where I am supposed to be.

Love in Service,

Lynda A.

NYNAC Coordinator:

The New York North Alateen Conference (NYNAC) is in two months (October 10, 11, 12). Please remember that the cut-off date for registrations is September 15th.

I sent out a total of 23 NYNAC registration and medical permission forms, 12 by mail and 11 by email. If you did not get a form please contact me ASAP. If you got forms by email and plan on making copies for your Alateen group, you will also need to print a copy of the Alateen Guidelines and Requirements. They can be found on our New York North (NYN) website, www.nynafg.com. They are part of your completed NYNAC packet to be handed out to each teen.

I get a lot of questions after sending out forms regarding what to bring to Vanderkamp and what the cost includes. Vanderkamp is not a hotel. We will be staying in camp-style lodges. The cost includes all meals and lodging for the three days. The beds have linen, however, it's best to bring sleeping bags and your own pillow. It also makes for easy clean up. Bring warm clothes for late evening and walking shoes or sneakers. Yes you can dress-up for the banquet dinner!

Looking forward to seeing everyone at the Fall Election Assembly,

Lynda C.

Area Secretary:

Hello There,

I am writing this article while enjoying what I call a "me" vacation. This year I am having some R & R at the Jersey shore. I am taking the time to visit relatives, many in this area, attend some meetings, and relax in the sun! I find it very rewarding and even comforting to walk into a meeting and be greeted with warm "hellos" and hugs. Many of the people at these meetings were also on vacation. We had never met, yet we are bound together by this program of recovery. I also take time to read or re-read some Al-Anon literature. My choice this year, *Discovering Choices*. I noticed, in the first pages a listing of, and I quote, "Al-Anon books that may be helpful." I counted 17, WOW! How many have you read?

The topic this month is "forgiveness." My sponsor taught me that I could not begin to forgive anyone in my life, without first forgiving myself. **As I sat on the beach today, I began to think about the sand; what an irritant it can be, yet, an oyster can take a grain and turn it into a beautiful pearl.** I take a lesson from this and turn those little everyday irritants into something of value! I do this by forgiving myself. As I forgive, I learn to love, understand and accept. When I began to forgive me, both myself and my relationships began to heal. And if that forgiveness seems to call for a greater strength than I have, I can call upon the Higher Power within me, even if it is only a little at a time. This willingness to forgive takes some practice, but I can do it, one day at a time.

Gratefully,

Marge R.

Presentation Coordinator:

Since the Spring Assembly in Niagara Falls, I have been a little slow in gathering the materials to post on the web and to make copies for the notebook. Our presentation was to introduce the **new resumé form** and to have officers and coordinators share their fears of stepping up to Area Service and the faith that has carried them through the journey. I hope that you will take time to read some of their sharings.

All presentations are on the website (nynafg.com). It might be good to review the

"Responsibilities" presentation with your Groups at the District level. It covers responsibilities of District Reps and Group Reps.

The upcoming Election Assembly is September 26-28, 2014. The updated job descriptions are on the website. In the past two Area Inventories, members have been concerned that the situation is the "same faces - different positions." Encourage your members to be part of the solution and step up to Service and/or support others who may be willing. Service sponsors are always available to help you succeed.

At the Fall Assembly, we will spend a very brief time talking about how Area Officers and Coordinators' rooms are booked and what is covered in the Expense Guidelines. I am surprised by the many times members question covering their Group Rep's expenses for Assemblies. It was discussed in the Responsibility Presentation and is addressed in our *Service Manual*.

"All levels of service are a commitment to our personal recovery and to the Area, District and Group. Why service? It helps us see the bigger picture of Al-Anon Family Groups worldwide. Most of all, it is an amazing growth experience for each individual."

In *How Al-Anon Works for Families and Friends of Alcoholics* (B-32), it talks about the fact that forgiveness is not a favor and it is something we do for ourselves. I need to remind myself that we are all imperfectly human. In practicing forgiveness, I need to keep the focus on myself. I cannot forgive others unless I have reached a time when I can forgive me. When I struggle with anger or resentments toward other people, it helps me to reach out to my Higher Power (HP) and ask for strength and guidance to see the other person as HP sees him or her. I think of "dignity of choice." That is what I strive for in my own life. The only thing past hurts can do is rob me of my serenity. To forgive and forget is not always possible. To forgive and move forward is a work in progress. I can start each day by thanking my HP for the gift of recovery, one day at a time. I get back what I give out. Let me give sincere forgiveness to myself and to others...unconditionally.

If you have any questions concerning this position, please feel free to call or email me. See you at the Fall Election Assembly.

Love in Service,

Connie D.

Newsletter Coordinator:

Hello NYN,

The Web Committee met right before the Area World Service Committee (AWSC) on August 16, 2014 to talk about the possibility of subscribing to *The Northern Hi Lights* via a web link. This would make it easier for individuals to manage their own subscriptions; it would simplify the Group Records Coordinator's job and also eliminate the need for a separate web version of the newsletter. Kathi D., our Tech Coordinator, is looking into this.

Part of the discussion was how and where to list the full contact information for the Officers and Coordinators so that their anonymity would not be compromised on the web (the contact information in the newsletter would still be an email address using the Coordinator's position @nynafg.com). It was decided that this information could be mailed to all District Representatives and Group Representatives in January of each year.

The newsletter publishing costs continue to run about \$33 per issue, thanks to John O. I am working on developing writing guidelines for submissions to the newsletter. I am very grateful to Kathi D. for making up a new email for me so that I don't have to send the newsletter out from my personal email.

On the topic of "Forgiveness," I like what it says about forgiveness in *How Al-Anon Works for Families and Friends of Alcoholics*, pages 85-86. A couple of things that are helpful for me in thinking about forgiveness are first, that forgiveness is for me and no one else (giving IS receiving), and second, that forgiveness happens when I can separate actions from our common humanity (that place where we are all one). A few years ago, I was able to show my forgiveness for my father by just being in his presence with an open, nonjudgmental mind. There was nothing else I had to do. He felt my forgiveness and he responded in a like manner. Thus began a wonderful year of healing and deep connection in our last year together.

These are my last few months of being your Area Newsletter Editor. It is a wonderful, creative way to be involved at the Area level, and I have truly enjoyed it! I have not heard from anyone at this time who is definitely standing for this position, so if you have newsletter or editing skills this could be a great service experience for you!

Gwenne R.

Public Outreach:

Hi NYN Family,

I hope you have been enjoying your summer. Our theme for this month is forgiveness. I am so grateful for all my many 24 hours of recovery and all the relationships I have been able to forgive and reconcile. I have had a lot of stressful things going on in my life lately but because of the Al-Anon program, I am surviving just fine, if not more than fine. I have been sitting here trying to think of what to write and all that came to mind is that **it is also important to forgive myself**. I need to take care of myself and my fried brain. I am taking a two-week break, one with a dear Al-Anon friend and one with my daughter and grandkids tent-camping at 8th lake. I need to forgive myself for not having more self esteem and courage to try different things. I need to remember to push myself through the fear and do it anyway.

I have been busy forwarding emails from the World Service Office (WSO) to various District Representatives about agencies in their District that are requesting literature or information about Al-Anon. I also "got in the car" with another member and sat in on a committee meeting about the State Fair 2015. We discussed cost, booth set up, and staffing the booth among other things.

Love in Service,

Sherry S.

NYN Calendar of Events

Please check website for more information @ www.nynafg.com

(Please note: be sure to type in the "www." first)

Sept. 13, 2014 @ 9am, Al-Anon Meeting

Interpreted for the Deaf, Second Sat every month.

Immanuel Baptist Church, 815 Park Ave., Rochester, INY, (corner of Park and Culver).

Sept. 26-28, 2014 NYN AFG Fall Election

Assembly, Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Oct. 11, 2014 @ 8:30am-3:30pm, District 17,

One Day, Randolph United Presyterian Church, 186 Main St., Randolph, NY

Oct. 10-12, 2014 New York North Alateen Conference (NYNAC)

Oct. 18, 2014 @ 9am, District 1, One Day,

Brighton Community Church, Brighton & Parker, Tonawanda, NY

2014 NEW YORK NORTH AREA FALL ELECTION ASSEMBLY
September 26, 27, and 28, 2014
Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212
"Service: You get more than you give"
HOSTED BY DISTRICTS 18 & 19

FRIDAY 9/26	SATURDAY 9/27	SUNDAY 9/28
Registration 3:00 pm –9:00 pm	Registration 7:00 am – 3:00 pm	Alateen Interest Meeting (8:00am)
Al-Anon Workshop (7:00 pm)	A.W.S.C. Meeting (8:00 am)	Spiritual Panel (9:30 am)
Open Alateen Meeting (8:30 pm)	New G.R. Meeting (8:30 am)	
	Assembly Morning Session (9:30 am)	
	Lunch Break	
	D.R. Luncheon (Noon)	
	Election Assembly (1:00 pm)	
	Banquet & Gag Gifts (6:00 pm)	
	Main Al-Anon Speaker (7:30 pm)	
	Al-Anon/Alateen Gratitude Meeting (8:30 pm)	

HOTEL RESERVATIONS - NYN AFG 2014 FALL ELECTION ASSEMBLY
ROOM RESERVATION DEADLINE: August 14, 2014

CALL TO RESERVE A ROOM ON YOUR CREDIT CARD: 315-457-4000 or 1 800-4CHOICE
<http://www.syrhotel.com/> e-mail CIS@Tramzhotels.com **TELL THE HOTEL YOU ARE WITH THE NORTH AREA ASSEMBLY, EVENT # E-04307 TO GET THE CONVENTION ROOM RATE. ROOM RATE WILL BE \$99.00 (plus \$12.87 tax = \$111.87) FOR SINGLE, DOUBLE, TRIPLE, OR QUAD OCCUPANCY, PER NIGHT. ROOM RESERVATION REQUIRED FOR FREE CONTINENTAL BREAKFAST. ROOM RESERVATIONS MUST BE MADE BY August 14, 2014.**
 Check in: 3:00pm / Check out: 11:00 am Make checks payable and mail to: Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Directions:
 From NYS Thruway I-90, take exit 36 and travel south on I-81 to first exit, 7th North street. (Exit 25) Take a right at the light at the end of the exit then and another right at the light at Buckley Road. Hotel is about ¼ mile down on the left.

2014 NEW YORK NORTH FALL ELECTION ASSEMBLY REGISTRATION FORM

NAME: _____ AL-ANON REGISTRATION (\$18): _____
 ADDRESS: _____ ALATEEN REGISTRATION (Free): _____
 CITY/STATE/ZIP: _____ SATURDAY BUFFET (\$27): _____
 (Please Pre-Register if you will be attending Saturday Night Buffet)
 PHONE #: _____ D. R. LUNCHEON (\$10): _____
 (Please Pre-Register if you will be attending DR Luncheon)
 E-mail Address: _____ HOSPITALITY ROOM DONATION: _____

MAIL TO: _____ **TOTAL ENCLOSED:** _____

2014 NYN Fall Assembly Is this your first Al-Anon Assembly? _____
P.O. Box 5695 Are you a New GR? _____
Syracuse, NY 13220 Are you a New DR? _____
 Are you willing to volunteer to help out at the Assembly _____

PLEASE MAKE CHECKS PAYABLE TO :2014 NYN FALL ASSEMBLY. MEAL AND ASSEMBLY REGISTRATION DEADLINE IS September 3, 2014. * ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS. YOU CAN ALSO REGISTER FOR THE ASSEMBLY AT THE DOOR, HOWEVER MEAL REGISTRATIONS ARE NOT ALWAYS AVAILABLE.

More information available at www.nynafg.com

Do you know whom to contact with an AI-Anon related issue?



Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<u>Delegate:</u> Ruth S. delegate@nynafg.com	<u>Immediate Past Delegate:</u> Elaine R. ipd@nynafg.com	<u>Alternate Delegate:</u> Diane C. altdelegate@nynafg.com	<u>Panel 4</u> Helen S. <u>Panel 13</u> Ruth F. <u>Panel 16/19</u> Maxine B.
<u>Chairperson:</u> Pam A. chairperson@nynafg.com	<u>Secretary:</u> Marge R. secretary@nynafg.com	<u>Treasurer:</u> Linda A. treasurer@nynafg.com	<u>Panel 22</u> William S. <u>Panel 25</u> Marcia J.
<u>Alateen:</u> Lynda S. alateen@nynafg.com	<u>Archives:</u> Kathy M. archives@nynafg.com	<u>Conventions:</u> Maureen K. convention@nynafg.com	<u>Panel 28</u> Mary G. <u>Panel 31</u> Arlene M. <u>Panel 34</u> Sherry B.
<u>Group Records:</u> George S. records@nynafg.com	<u>Public Outreach:</u> Sherry S. po@nynafg.com	<u>Literature:</u> Pat H. lit@nynafg.com	<u>Panel 37</u> LaVaughn R. <u>Panel 40</u> Anne F.
<u>Newsletter:</u> Gwenne R. newsletter@nynafg.com	<u>NYNAC:</u> Lynda C. nynac@nynafg.com	<u>Web:</u> John O. web@nynafg.com	<u>Panel 43</u> Connie D. <u>Panel 46</u> Robert C.
<u>Spanish Contact:</u> Cira B. spanish@nynafg.com	<u>Presentation Coordinator:</u> Connie D. presentation@nynafg.com		<u>Panel 49</u> Elaine R.

Please pass this newsletter on to others in your Group

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 Al-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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Mail address changes and updates to: Group Records, 144 Seymour Rd., Rochester, NY 14609, or
Email: records@nynafg.com

NYN Area Assembly
Northern Hi Lights
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