

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

Inside This Issue

Topic: Let Go and Let God

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Northern Hi Lights

Al-Anon News from New York North Area Area Delegate, Panel 55

At the August 8th AWSC Meeting I gave the district representatives and the officers copies of the *2015 World Service Conference Summary*. It is now available on the WSO members' webpage. Under members page [click on Service Structures and then click on District Resources. There you will find a picture of the *Conference Summary*. Click on that and you will find *2015 Conference Summary* listed. You can read it or download portions that you want to refer to (total 128 pages)]. This is a wonderful resource to see what was discussed at the conference.

I would ask that you all look at pages 14-19 which contain the 2014 Auditor's Report, the 2014 Actual Expenses, the 2015 Proposed Budget, and the 2014 Annual Report. There you will find questions that were raised by the delegates as to how we feel about what WSO receives through donations and sales of literature... There was a deficit we need to look at last year and for 2015. Delegates have been asked by the trustees to canvass our areas for ideas as to what to do other than just going to our Reserve Fund each year to cover things.
(Delegate continued on page 2)

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

(Delegate, continued from page 1)

Here is a portion of a July 2015 Board of Trustee Letter asking this question:

Dear Al-Anon and Alateen Members,

The 2015 World Service Conference received and passed a deficit budget. Conference members believed that there are services needed from the World Service Office (WSO) that require additional personnel, one year's operating expense is necessary in the Reserve Fund, and recognition that the cost of services has increased while the budget has essentially remained flat for the last ten years (adjusted according to inflation). Conference members discussed the spiritual principles of abundance and trust. There were many suggestions offered to offset the deficit. These included identifying the services groups receive from the WSO, clarifying that the quarterly appeal letter is an appeal to individual members, and making it easier for members to contribute. By now I'm sure you have seen the "Contribute Now" button on the members' website.

Therefore, the question for the quarterly Delegate/Trustee call comes from the Finance Committee:

What strategies did your area identify to close the budget deficit?

We would like to gather those ideas and share them with all World Service Delegates.

(by the Board of Trustees at the quarterly Board meeting in October.)

Paula B., Chairperson, Board of Trustees Al-Anon Family Group Headquarters, Inc.

As your delegate, I would ask that you discuss this with your districts and groups and be prepared to give me your ideas at the Fall Assembly on September 19, 2015. I will be collecting the ideas at that time in order to send them into WSO by September 30th.

I will also be discussing other things at the Assembly so please be prepared to come and represent your group.

Diane C.

Secretary

Hello NYN,

The AWSC meeting was held on Aug 8th and the agenda was planned for the 2015 Fall Assembly. As a result, the Group Representatives will be voting on the following items at the Fall Assembly:

- Host for 2017 NYN Fall Election Assembly
- Host for 2018 NYN Spring Convention and Assembly
- Approve the 2016 Budget

Please check the website @ <http://nynafg.com> for more information on what will be discussed at the Fall Assembly.

Below are my thoughts on the topic of the month, "Let Go and Let God."

I remember early on in the program I heard someone equate "Let Go and Let God" to "Let go or be dragged." I'm a very visual person and every time I think of this slogan I visualize me holding onto the back bumper of a 1940's car for dear life.

I see myself being dragged through the dirt in a cloud of dust. During this visualization I know that if I don't let go I will be seriously injured. So what makes sense? – LET GO. So easy to see when you compare it to being dragged. So hard to do when you know what the best outcome of every situation is and that your job is to continue to manipulate the outcome.

To me "Let Go and Let God" means trusting my Higher Power to show me the way. It means staying in the moment and doing the next right thing for the next right reason. It means that I am not always planning ahead for the outcome of a situation and that I'm not trying to figure out ways to change everything. I feel so much better when I just come to the conclusion that I need to, "Let Go and Let God." Once I can do that, my Higher Power always reveals the right plan to me. It's the plan he always had in the works for me and that I

couldn't see because I was busy focusing on MY plan. Trusting in my Higher Power is the best option for me. I have to continually think thoughts of Trust, Faith and of humbling myself to my Higher Power's knowledge of what is best for me.

"Together We Can Make It"

Pam A.

Alternate Delegate

Hello NYN,

I have welcomed one new group since my last report at the Spring Assembly, an Alateen group in Cohocton, NY (D#20).

I decided to look at my job description and expand my service in one new way a month.

One of my duties as *Forum* Coordinator is to increase writership for *The Forum*. Stories are needed from all types of Al-Anon members, including men, women and children. If you have a funny story it may be accepted for "The Lighter Side" section. Generally the stories are about 600 words (see attached *Forum* Writing Guidelines). Who knows, you may become a published author and help spread the Experience, Strength and Hope of the Al-Anon program beyond your group! Some groups have Days of Sharing where they focus on writing a story for *The Forum*, or perhaps at your District Meeting.

Letting Go and Letting God: So, I am just putting that idea out there and letting the outcome go. I will, however, consider writing an article myself and suggest a writing day for my own district. In my past I would often think that if I had an idea I had to follow it through by controlling the outcome. Often that would negatively affect the outcome because no one likes to be managed. We all like to use our own free will and guidance from our Higher Power to determine our actions. I am so glad that I have the tool of "Letting Go and Letting God," because often the outcome is so much better than I could have imagined on my own.

Gwenne R.

Immediate Past Delegate

Dear NYN Friends,

As I write this article the New York State Fair is less than 3 weeks away. We are less than 3 weeks away from NYN's biggest Public Outreach project. I am so excited, I think others are too. Whether I am at a meeting or an Al-Anon function, there is a lot of talk about being at the fair.

When this newsletter is published the fair will be well under way if not already over (fair runs 8/27-9/7). Right now of the 96 volunteer spots that needed to be filled, 92 have been filled. There is no shift that does not have at least one person working. Hopefully by the fair they will all be filled.

At the Fall Assembly I will have a final report of the fair, all the numbers, the final expenses and comments from some of the volunteers. In the next *Hi Lights*, I will include parts of that report.

This month's theme is "Let go and let God," I have been looking through a number of pieces of CAL for readings about that theme. One that I found particularly touching to me was on page 107 of *One Day at a Time*. The thought that struck me was that if I could "Let go and Let God" I could find some peace of mind.

This has been so true for me. Before Al-Anon, I never thought that I could let go of anything happening in my life. If I couldn't let go I certainly couldn't turn it over to God. Because I held on to all those problems I was in constant turmoil and there was no peace.

As I began to work my program I did begin to try and practice "Let Go and Let God." In the beginning it wasn't easy and I often fell into old behaviors. The more I practiced the easier it became. The reinforcement for me was that I did begin to find that when I did let go and did place the problem in my Higher Power's hands I did find peace of mind. This helped me to obtain the happiness I was looking for when I first came to Al-Anon. It's what keeps me coming back.

Gratefully in Service,

Ruth S.

Treasurer's Report

Hello, NYN Family!!

By the time this article appears, the NYS Fair will have taken place, and I want to take this opportunity to thank the groups, districts, and individuals who so unselfishly contributed to the Area Treasury to make this happen!!
THANK YOU ALL!!

Since the last newsletter, I will list the donations through July, because there are a lot!!

District 3		\$250.09
Serenity Circle	Gr #30521550	25.00
Canandaigua Mon	Gr #24271	30.00
District 15		100.00
W Seneca Caring & Sharing	Gr #10404	25.00
Free To Be Me	Gr #30588130	20.00
Tues Queensbury	Gr #9765	30.00
Caring & Sharing	Gr #9763	45.00
Healing Circle	Gr #500370	93.50
Serenity Circle	Gr #30521550	100.00
Angola Awakenings	Gr #30615135	15.00
Surrender for Serenity	Gr #30590994	60.00
Wed Morn Step	Gr #9612	15.00
Faith & Hope	Gr #30375	13.72
District 10		100.00
Syracuse AIS		200.00
Fayetteville	Gr #9742	25.00
Brenda S	Individual	20.00
Peterboro	Gr #10188	53.00
Circle of Grace	Gr #30590270	100.00
Chili 7/11	Gr #9676	15.00
Serenity Seekers	Gr #501783	10.00
Oswego Serenity	Gr #49865	50.00
Wed Morn Step	Gr #9612	20.00

Additionally, there were 8 paid subscriptions for NHL!
 Thank you!

The following expenses have been paid since the last newsletter:

John O	\$63.00
Lynda S	17.46
NYS Fair (tickets)	293.00
Gwenne R	118.94
Diane C	75.55
NHL print & mail	46.36
AFG (NYS Fair lit)	1206.16
NYS Fair signage	141.60
NYNAC (Walt S reg)	120.00
NYS Fair (tables, etc)	236.60
Ruth S	52.00

AFG (NYS Fair lit) 34.94

Current Balances:

Checking Acct	\$ 9991.49
Reserve Acct	\$ 8822.90
Sage Ruddy Mut Fund	\$ 2762.23

This month's topic is "Let Go and Let God."
 When I first came into the rooms, I thought I was reeeeeeeally good at Letting Go and Letting God.
 Operative word: THOUGHT! Unbeknownst to me, I was putting MY will and MY timeframe on this letting go...snatching things back when they were not timely resolved or in the manner in which I thought they should be. It wasn't until I saw a writing that allowed me to see the visual of what I was doing, that I finally GOT it!! It suggested that I was "hanging around" and trying to "help" God (imagine THAT!!) in my own way. And when MY timeframe wasn't met, I asked God WHY?? And I was told that I never did let go.... Pretty darn good food for thought. It still takes me by surprise sometimes that I am not really Letting Go.
 Looking forward to seeing many of you at the Fall Assembly!!

Hugs,

Linda A.

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 and Group's ID Number (Very Important)

Group Records

Hello NYN,

I continue to work on updating your group changes as I receive them. If you have a specific question about what is listed about your group with the World Service Office, (WSO) you can contact me by email at grouprecords@nynafg.com. My other information is listed on the last page of the *Northern Hi Lights* Newsletter. If you have any questions about your personal or group subscription to *NHL* please let me know at the same addresses as above.

District Representatives (DRs) did you know that you can obtain a listing of the groups in your district? See Instruction below which I copied and pasted from a memo from WSO.

WSO Online Group Records is a Web based service tool available to the District Representatives (DRs) to help them keep the groups' information up-to-date in their district. The URL to access the application is:

<http://www.al-anon.info/OnlineGroupRecords>

You can view your district Al-Anon and Alateen group, and Al-Anon Involved in Alateen Service (AMIAS) records in the WSO database. The access information is the same one used for e-Communities.

It allows you to:

- Compare Area records with the WSO records.
- Check when a new group has been registered or a change has been processed.
- Run reports for your district "on demand" that can be e-mailed to groups if needed.

The Area Group Records Coordinator should be notified of any discrepancy between the Area and WSO records so records can be updated accordingly in a timely manner.

Detailed instructions can be found within the site or on e-Communities in the "WSO Online Group Records" subfolder. Please don't hesitate to contact the WSO Group Records Department if you need further assistance to access or navigate the WSO Online Group Records application.

This application will give you the same information that I had printed out for the District Representatives at the Spring Assembly. Please check this out and if you have any questions please let me know.

Our topic this month is Letting Go and Letting God. This has taken me a long time to understand but since I saw it in one example, I am able to see it in many other situations and it works every time I get

out of HP's way. I will share that example with you, my family of choice.

I was a District Representative and we were planning a Day of Sharing. We had set up small committees of who was going to be in charge of each segment of the day. I arrived early before anyone else did and I immediately went to the negative. Then I remembered that I can only do my part. I got busy with the things that I personally needed to do. Everyone began to show up and also do the things they had said they would do. When I let go of my need to have it go perfectly and have trust in both the committees and my HP, the Day of sharing turned out the way it was meant to. We all got what we needed even if some of us did not get exactly what we "wanted." Thanks for allowing me to share. Love in Service,

Lynda S.

Area Chairperson

Hello NYN,

As I write each article for the newsletter, I find that I often get stuck worrying about how others will respond to my writing. When I brought my frustrations up at my regular meeting, what I took away from the members' sharing was the slogan "How important is it?" If I'm writing from my experience, strength, and hope, I have to be true to myself and not worry if anyone else approves. So with that said, I'm going to take a chance on Al-Anon members' acceptance, and talk about a slogan that does not resonate with me.

In our group where there are a few nonbelievers, one of the members suggested an old Polish expression that refers to monkeys and a circus. I like that expression because I feel safe using it to diffuse situations that only affect me if I let them. The philosophy I follow enables me to let go of situations outside my control because I believe that the universe follows an order that needs no intervention by a god. Sometimes good things happen, sometimes not so good things happen. I believe that my higher power resides within me rather than being a power outside myself allowing me to see the inherent dignity within each person, place or thing. When I find myself in a situation where I would like to control or fix something, detachment leads me to serenity. The expression that involves monkeys and a circus helps me remember to keep my hands off other people's

business and not interfere so that the universe can unfold as it should. Then I keep my serenity and maintain peaceful relationships with others because I'm focusing on their highest nature and not on their shortcomings.

I hope everyone is enjoying the last gasps of summer. Mine has been delightful as I write this sitting by a lake in Wisconsin. At the August 8th AWSC meeting we set the agenda for the Fall Assembly. There we will be voting on approving host districts for the Fall 2016 Assembly and the Spring 2017 Convention as well as the budget for 2016. You will also learn about WSO Podcasts, progress on a new NYN website design, new literature, opportunities to sponsor Alateen meetings, and play a game created by the presentation committee. Remember the service monsters from the Spring Convention? Well, this game show format sounds like it's even more fun! Let's work toward every district and group being represented at the assembly. Without representation, groups have no voice or vote in AI-Anon decisions that will not only affect the NYN area, but AI-Anon worldwide as well. This is our very own circus and we need to manage the monkeys in the healthiest way possible.

Love in Service,

Susan A.

Alateen Coordinator

Hi Everyone,

It has been a very busy summer and I can't believe that it is half over already. My favorite time of year will soon be here, FALL. This summer AI-Anon & Alateen are going to the NY State Fair. I am hoping that we will have some of our teens step up to work the booth and help promote Alateen. I designed a Parental Permission form that must be signed by a parent and notarized. I forwarded the form to all of the State Fair Committee Members for approval. The form was then sent along with a cover letter to each active Alateen group sponsor to read and discuss with the group.

Finally I am at the tail end of re-certifying 243 Alateen AMIASs in NYN. I currently have 67 AMIASs who have not replied. I recently sent an email to any District Representatives who had AMIASs in their district who have not yet complied,

and attached a list of the AMIASs names. I am asking them to contact the AMIASs and determine if they wish to continue serving or wish to resign. If they wish to continue serving they must complete the NYN Re-certification form. If you are an AMIAS and not sure if you have submitted your re-certification form please contact your District Representative or send me an email at alateen@nynafg.com to confirm.

The overall goal is:

1. To confirm that each sponsor still wishes to serve as an AMIAS
2. To ensure we have the most updated demographic information for each AMIAS and that they still reside in NYN.

I have made a recommendation to the NYN Panel that any AMIAS who fails to comply be inactivated; making them ineligible to serve.

Out of the 176 who replied we have:

- 38 Group Sponsors
- 14 In Service Positions that require them to be certified. (Not Sponsors)
- 49 Serving as an AMIAS Only
- 75 Inactivated at the request of the AMIAS
- All Alateen Groups have been updated.
- 2 Groups inactivated: Jamestown & Cap City Alateen.
- 1 New group registered - Cohocton Alateen Group.

Thank you to all the AMIAS's who responded to the yearly recertification and Alateen Group Update process.

This month's topic "Let Go & Let God" reminds me that I am not responsible for the outcome of events or challenges. This does not mean that I can just sit back and do nothing. My Higher Power expects me to do the footwork and he will take care of the results. After years of fighting and trying to change the alcoholic in my life, I came to understand that I had no control over his disease. I finally realized that I needed to let God take over because my efforts led to anger, resentment, and frustration on my part. When I let go and turned him over to God, my life became so much calmer, and my relationship with the alcoholic improved. I was able

to love him for who he was, a child of God and my Dad.

Walt S.

Presentations Coordinator

Have you looked at the *Service Manual* lately? It may surprise you!

Can dual members serve at the group level? What is the WSO position on program jewelry or trinkets? Can members from other groups vote in a business meeting? Can AA events with Al-Anon participation be announced in Al-Anon meetings? What's an appropriate topic for an Al-Anon meeting?

We all think we know the answers to these questions. Maybe a longtime member told us an answer so we just assumed it was right. Or maybe the group, confronted with a scary new issue, forgot to "Let Go & Let God" and came up with an answer that may or may not have anything to do with the Traditions or Concepts.

At Assembly this September we'll be busting some Al-Anon myths by playing...

SERVICE MANUAL? OR BALONEY?

Fabulous (edible) prizes! Strange revelations! Audience participation! Did I mention edible prizes?

DON'T FORGET TO BRING YOUR *SERVICE MANUAL* TO ASSEMBLY!

Sarah R.

Public Outreach Coordinator

Happy September Everyone!

Our topic for this month is "Let Go and Let God." Right away I ask the question, "Who is God?" In our program we talk about a power greater than ourselves and the God of our understanding. Thank goodness we can each have our own understanding of this power—even no understanding. For me this slogan is a mystery, I'm not sure how it works, but I know the feeling of letting go and turning things over. "What will be,

will be," I say to myself, and try to accept my limits and the situation. All of this, of course, is a practice.

The "Let Go" slogan also applies to my service position as Public Outreach Coordinator for NYN. At our recent AWSC meeting in Syracuse on August 8th I was disappointed to see less than half of our District Reps present. I wondered how our information would be passed on to GRs and groups without district representation. Would the DRs read the reports online? I know, I can and do send out emails to all District Reps regarding our latest outreach information. This is where I have to "Let Go and Let God." I do my job, do the footwork, hope for help, and what will be, will be.

- If you ordered the new *Al-Anon Faces Alcoholism 2016*, it will be arriving before September 1st.
- September is National Recovery Month. This is an annual event sponsored by the U.S. Government's Substance Abuse and Mental Health Administration Services. It calls attention to recovery from addiction for individuals and their families. I received information from WSO about a couple of events in the NYN area and was asked to make contact. One such event is in the Albany area. This event is the 12th Annual N.Y. State Recovery Arts Festival being held at the Empire State Plaza, from September 1st through September 26th. Thanks to Districts 8 and 7 we will be having Al-Anon literature available.
- In our August *Forum* magazine, the 2015 membership survey results are mentioned. ***Forty-six percent of members were referred to Al-Anon by a professional and 64% of them actually decided to join Al-Anon because of this referral.*** Let's reach out to professionals this month with our ***Al-Anon Faces Alcoholism*** magazine along with a meeting list or our pamphlet, ***Fact Sheet for Professionals (S-37)***. We can provide this material to the medical, mental health, and substance abuse agencies right in our own communities.
- A new series of Public Outreach podcasts began in July. The newest podcast topic is "PSA Campaign Questions." Please visit the Members' Web site at:

<http://www.al-anon.org/members/MembersAndGroups/category/public-outreach> The password to enter the site is the name of any AI-Anon group, followed by the letters afg.

I have put together a guideline to follow for all of us in NYN who are willing to contact the TV and Radio stations. Let me know if you are willing.

So far TV stations in the Syracuse and Albany area are willing to show these PSAs. We are learning that some radio stations no longer do PSAs. If you see or hear one of these PSAs please contact your local outreach coordinator or me or the station so we can say thank you; please note the station and time of day. I am reviewing my role as an area public outreach coordinator and I would like to mention a couple of my responsibilities.

- To serve as a communication link between the WSO and the Area.
- To encourage the Area, Districts, AISs, and GRs to carry projects and information to the groups.
- To request reports of public outreach activities from the Districts and AIS's to share them with the assembly and the WSO.

I need your help; I can't do this by myself or with just a few people.

This has to be, truly, a team effort.

Please pass on this information.

See you at the Fall Assembly!

Together we can make a difference.

Pat H.

Convention Coordinator

School is starting. Summer is saying good bye. Vacations are over. The garden is just about all picked over, and with September brings NYN AI-Anon Fall Assembly. **September 18-20!** I expect you have already registered, right? But if you haven't it's not too late. Registration form is in this and previous 3 issues of *Northern Hi Lights*. So go ahead.... do it today. But if you can't commit until the last minute, come and register at the door. It's

going to be a good weekend just seeing friends and getting all the hugs. District 2 and 29 have been working hard all year to make to it a memorable weekend for us all.

I expect one of the exciting reports will be how we did at the **New York State Fair**. Everyone involved will probably have an exciting story to share. I also heard the Presentation Coordinator has some fun creative activity planned.

So clear your calendar. Send in your registration. Invite friends to join you. The ride coming and going is always a bonus for me.

NYN AI-Anons plan ahead... so which Districts are stepping up to host 2018 Spring Convention/Assembly and 2018 Fall Assembly? And now my assignment from mighty John O., (Mr. *Northern Hi Lights* Editor):

“Letting Go and Letting God”

For me this is an ongoing daily assignment in progress. When it's one of those “mountain climbing catastrophes,” I am begging my God to take control, and thankfully my God does. But I am grateful these days (thanks to my God & AI-Anon). I rarely have those ‘mountain climbing moments.’ It's the little every day ‘hills’ that can put me down backwards. If I just remember who is right beside me, every step of the way, I can let go and reach out. My God's hand comes in all sizes... and shades. And if I need extra reminders I read August 7 in our *One Day at a Time* (ODAT) reader. Never fails me. Let Go & Let God!

Nancy H.

Archives Coordinator

I received an inquiry from WSO as to whether any Archive Coordinators had used the AR-1 Longtime Member Questionnaire. I had not, and actually had never heard of it. It is meant to be given to members that have been in the program 25 years or more. It has questions regarding early years in the program, their experience with twelve step work, sponsorship, and how things have changed for them. If you have been in AI-Anon for 25+years, I would love to hear from you. The AR-1 form is available on our website, www.nynafg.com,

under Forms. If you email me your answers to the questions, that would be great.

(archives@nynafg.com) This will enable the Archives to hear and retain some of the history of NYN AI-Anon, directly from its members. In future articles I will pass some of that history along. How this ties into this month's topic of Let Go and Let God is, now that I have put the information and request out there, I will Let Go of it and Let my HP and members' HP do with it as they see fit, in their time frame, not mine.

Kevin M.

NYNAC Coordinator

Hello Friends!

I cannot believe how fast this summer has gone by! It doesn't seem real that NYNAC is only a few months away! NYNAC forms have been mailed out to all active groups and sponsors. If anyone did not receive them please email me at

nynac@nynafg.com and I will email you a copy.

Reminder: please have all forms and money sent in by the due date of September 9th, 2015. NYNAC cost \$120.00 per person this year. I will be kind of a stickler with late fees and late registration to help keep NYNAC running smoothly!

I hope we have a great turn out this year, and I really encourage everyone to talk about NYNAC in your meetings and how important this event is to your local Alateens.

Love and Peace,

Bridget C.

Newsletter Editor

Word processors don't come easy for me. Luckily. I've had lots of help with the newsletter, and there does appear to be light at the end of the tunnel. While working on this issue, I've learned good things.

Hardcopy wise, with this issue we are up to 39 copies mailed, from 30 in January of 2014.

Besides the newsletter, I've been preoccupied with the upcoming Assembly, since my district (2), and District 29, are the co-hosts. District 2 was going it alone, but we are grateful that District 29 stepped up to help us.

Being involved in AI-Anon service has been a major part of my recovery. Another aspect is that when I am busy doing service, it gives me less time to think about negative things, or in plain words, to be depressed. It gave me a great carryover sense of satisfaction to represent AI-Anon at the NY State Fair.

This newsletter job was a goal from early in my AI-Anon days, because it was so beyond my grasp, a dream of what recovery would allow me to accomplish.

Letting Go and Letting God is where my serenity comes from. When I don't take on others' problems that they brought on themselves, I know I'm giving them the opportunity to learn. Learning early on in AI-Anon that we each have a higher power, and to respect others right to make their own decisions, had an early and profound effect on me, and my sons. It made a big change in me that they noticed and appreciated.

However, being human, I still forget to let go at times, and have to make amends, as I did this week to my best friend, who I want to have around for a long time, although his lifestyle makes that unlikely.

I've heard that people who belong to a faith community are not necessarily happy all the time, but they are more content. I believe I belong to two faith communities, and that AI-Anon is the source of most of my contentment. (I'd like it even better if we sang a few hymns!)

John O.

Save The Date

Districts 7 and 8 are raring to go, since they'll be hosting our Spring Convention at The Desmond in Albany, May 13th through 15th, 2016.

Being Westerners, from Rochester, it is nice to get to the Eastern part of the state. There is a lot to see in Albany, so it will be a temptation to come early, and stay longer.

Al-Anon Acronyms

SERVICE IN AL-ANON

- AAPP** - Area Alateen Process Person
- AFG** - Al-Anon/ Alateen Family Groups
- AIS** - Al-Anon Information Service
- AMIAS** - Al-Anon Member Involved in Alateen Service
- AWSC** - Area World Service Committee
- CAL** - Conference Approved Literature
- CMA** - Current Mailing Address
- DR** - District Representative
- GR** - Group Representative **ISR** - Information Service Rep.
- KBDM** - Knowledge Based Decision Making
- LDC** - Literature Distribution Center
- NORTHERN HI-LIGHTS** - NYN Newsletter
- NYN AREA** - New York North Area
- NYNAC** - New York North Alateen Conference

PO/CPC - Public Outreach/ Cooperating with the Professional Community

TEAM - Together Empowering Al-Anon Members

WSC - World Service Conference **WSO** - World Service Office

AREA OFFICERS - Alternate Delegate, Chairperson; Delegate; Immediate Past Delegate; Secretary; Treasurer

AREA COORDINATORS - Alateen/AAPP; Archives; Convention; Group Records; Web; Literature; Newsletter; NYNAC; Presentation; PO/ CPC;
▲ www.al-anon.org

Articles for October 2015
Northern Hi Lights are due September 15th. Topic for October is: The way I decided to change, after getting the focus on myself.



JOIN US

**At the 2015 NEW YORK NORTH
AFG AREA FALL ASSEMBLY**

2015 NEW YORK NORTH AFG AREA FALL ASSEMBLY

Friday – Sunday, September 18, 19, and 20, 2015

Comfort Inn and Suites

6701 Buckley Road, North Syracuse, NY 13212

JOIN US for “SPIRITUAL ABUNDANCE”

Hosted by District 2 & District 29





2015 NYN AFG FALL ASSEMBLY
Hosted by District 2 & District 29
“SPIRITUAL ABUNDANCE”
Friday – Sunday
SEPTEMBER 18, 19 & 20, 2015



For more information
 visit: www.nynafg.com

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 the exit, 7th North Street, (Exit 25). Take a right at the light at the end of the exit then another right at the light at Buckley Road. Hotel is about ¼ mile down on the left.

Reserve your room directly with the Comfort Inn: Room Reservation Deadline: AUGUST 18, 2015

Phone 1-315-457-4000 or 1-800-4CHOICE or <http://www.syrhotel.com> or email CIS@Tramzhotels.com

Tell the Hotel you are with the New York North Fall Assembly, EVENT #E05489-E05491 to get the Convention Room Rate. Room Rate will be \$99.00 (plus tax \$12.87 tax) = **\$111.87 per night.**

Check in 3:00pm / Check out 11:00 am. Make checks payable and mail to: Comfort Inn and Suites.

Room reservations required for Free Continental Breakfast.

Assembly Registration begins Friday, September 18, 2015 at 4:00 pm

Pre-Registration is encouraged but walk-in Registrations are welcome. Banquet reservations may not be available.

2015 NYN AFG FALL ASSEMBLY REGISTRATION FORM
(Please submit a separate registration form for each person attending)

Make checks payable to NYN AFG 2015 FALL ASSEMBLY

Alateens must have adult supervision, notarized parental permission slips and medical release forms.

MAIL completed form to: NYN AFG 2015 FALL ASSEMBLY, P.O. BOX 26771, Rochester, NY 14626

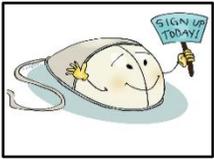
NAME and ADDRESS	REGISTRATION and BUFFET DINNER	COST
Name:	Early Registration by: 08/21/2015 \$15 Full Registration by: _____ \$20 Alateen Registration: _____ \$12 Are you registering as? Al-Anon _____ / Alateen _____ / or AA _____	\$ _____
Address:	Buffet Dinner Saturday, September 19, 2015 Reservation Deadline: _____ \$27	\$ _____
Phone with area code:	District Rep (DR) Luncheon \$10	\$ _____
Email:	Donation to the Hospitality Room	\$ _____
Are you a: New Group Rep (GR)? _____ New District Rep (DR)? _____	TOTAL COST ENCLOSED:	\$ _____

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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PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



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Northern Hi Lights
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