



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

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*Topic: Keeping It Simple*

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# Northern Hi Lights

[nynafg.com](http://nynafg.com)

*Al-Anon News from New York North Area*

SEPTEMBER 2022

Volume 50 Issue 7

## Alateen Coordinator

Mary S.

### *“Keeping it Simple”*

I will simply say Alateen is Al-Anon. It is for young people who have been affected by alcoholism.

**Stepping into Alateen service is a simple process because you don't have to do it alone.** You have the support of myself, the Alateen Coordinator, an AAPP (Area Alateen Process Person), Area Officers and Coordinators, your District Representative and other AMIAS (Al-Anon Members Involved in Alateen Service) with their experience, strength and hope.

Almost all of the districts in our Area are in need of registered AMIAS (Al-Anon Members Involved in Alateen Service). More members are also needed to step into service as substitute Alateen Group Sponsors for our current Group Sponsors.

**If you are trying to decide if this service role is right for you, ... Consider joining myself and other AMIAS at the Alateen Interest**

**Meeting (AIM) on Thursday, September 15, 2022 at 7:30pm.**

Please note the change of day and time from previous assemblies. All participants need to register for this meeting on the [New York North website](#) to receive the Zoom code.

Alateen Interest Meetings were started for members to gather information on Alateen in the NY North Area at the two assemblies. It has evolved into a Group Sponsor and AMIAS networking group that meets virtually each month. Please refer to the Events Calendar on the NYN website for details or contact [alateen@nynafg.com](mailto:alateen@nynafg.com) for additional information.

## Area Alateen Process Person, AAPP

Mary D.

### *“Keeping it Simple”*

Keep it simple isn't always that simple. Recently a conversation came up about the three obstacles to success in Al-Anon.

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### Calendar:

- **2022 Fall Ass'ly.....Fri - Sun, Sept, 16, 17, and 18. -- (Hybrid.)**
- **2022 WSO Road Trip.....Sat, Oct 29, CLEVELAND...Meet WSO Board of Trustees & Executive Committee !!!**



**ROAD TRIP!**  
YOU AND YOUR BOARD CONNECT

**CLEVELAND**

The WSO Board of Trustees and Executive Committee are coming to Cleveland, Ohio!  
Bring your Sponsor, those you sponsor, and members from your group!

The "Road Trip! You and Your Board Connect" event is an opportunity for local Al-Anon members to meet and interact with the 14 Trustees and three At-Large Executive Committee members as they share their experience as World Service Volunteers serving the fellowship and worldwide Al-Anon Family Groups.

**When:** Saturday, October 29, 2022  
**Where:** DoubleTree by Hilton Cleveland - Independence, 6200 Quarry Lane, Independence, OH 44131  
**Registration:** \$30 (includes registration, lunch, and an afternoon snack)  
 Both online and mailed-in registrations must be received by Friday, October 17, 2022.  
**Onsite Registration:** Onsite registration will be available from 8:00 am to 12:00 pm on Saturday, October 29, but includes only registration and an afternoon snack.  
 Pick up your name badge at the registration table between 8:00 am - 9:00 am.  
 Programming will start at 9:00 am and conclude at 4:30 pm.

**Registration Form (Please print)**

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
 \_\_\_\_\_  
**E-mail:** \_\_\_\_\_  
**Phone number with area code:** ( ) \_\_\_\_\_  
**Amount enclosed:** \_\_\_\_\_  
*Please make checks payable to: AFG, Inc.*

**Credit card number:** \_\_\_\_\_  
**Expiration date:** \_\_\_\_\_ **CVC number:** \_\_\_\_\_  
**Billing zip code:** \_\_\_\_\_

*\*Cancellations may be made until Friday, October 21, 2022.  
 After that date, no refunds will be given.*

**Dietary Restrictions:**  Vegetarian  Gluten Free  
 Other (please list): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>Registration Questions to:</b> Chris B. 757-689-4081	<b>Other Questions to:</b> Theresa M. theresabm44@gmail.com
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**To register online:** [www.al-anon.org/roadtrip](http://www.al-anon.org/roadtrip) OR  
**To register via postal mail:** Mail completed form with payment to: Road Trip! c/o Chris B.  
 1600 Corporate Landing Pkwy  
 Virginia Beach, VA 23454

*\*Mailed Registrations must be received by Monday, October 17, 2022*

rooms of Al-Anon twelve years ago, my life was anything but simple. The complications and repercussions relating to my son’s addictions made my daily existence a whirlwind of anger, resentment, and hopelessness. The idea of keeping it simple was the furthest thing from my mind.

Since that time, I have found the answer in my program. I realize that difficulties and uncertainties in life can be boiled down to the basic, most universal message that Al-Anon gives freely in its tenets: keep it simple. Find the solution to your problems by stripping away all of the extraneous, unnecessary elements that you are coping with and make the answer the easiest and yet wisest result – keep it simple.

## Delegate Update

Kathi D.

(1) The 2022 WSO Road Trip at the DoubleTree by Hilton Hotel Cleveland-Independence, Cleveland, OH on Saturday, October 29th registration is open. Click on the [Road Trip image](#) for information and the registration link or form. This is a great opportunity to meet and interact with the members of the Board of Trustees and the Executive Committee.

(2) eBook update: over the next several months all remaining CAL printed books will be sold as eBooks. This does not include booklets. I have requested the list to provide clarity to our Area Members. **When purchasing eBooks, do so through the WSO online store. If you go to**

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**The three obstacles are:**

1. Discussion of religion
2. Gossip
3. Dominance.

Allowing any of the three obstacles at Al-Anon meetings or even home or work can cause unnecessary conflict and weaken relationships. We come to Al-Anon to learn about and better ourselves in everyday living. If we use the tools of the Al-Anon program and keep it as given we will have much

peace and serenity. Using any or a the tools and remembering the three obstacles to success will keep it simple.

## E-Meeting Host

Mike R.

I am wishing everyone the best and look forward to seeing you in person or virtually at our Fall Assembly in September.

### ***“Keeping it Simple”***

This month’s article topic is Keep It Simple. Prior to my entering the

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**the vendor's website directly, like Amazon, WSO is removed from the transaction chain and literature sales for eBooks are negatively impacted.**

(3) The [2021 Annual Report](#) is now available on the WSO website. (Members --> WSO --> Annual Report).

(4) The special appeal was a success. Please keep the donations to the WSO coming as increases in operating costs continue to rise.

## Convention Coord'r

Jim M.

### NEEDED: .....

- A host District (or Districts) – **2023 NYN Spring Convention and Assembly**, ..... now only nine months away.
- A host District (or Districts) -- **2023 Fall Election Assembly**, ..... next September.
- Hybrid form or totally in person.
- **Would your District please consider hosting the 2023 Spring Convention or the 2023 Fall Assembly?**

If your District is considering either of these events, ..... you do not have to do it all alone !!!

### RESOURCES AVAILABLE:

- Past convention notes
- Past participants' experience strength and hope.

### For more information contact:

▪ Jim M., [convention@nynafg.com](mailto:convention@nynafg.com)  
.....  
Regarding "Keeping It Simple", I tend to be an over-thinker, especially when it comes to problem solving and planning for both program and non-program events. My tendency has been to project about and plan for any possible problems and possibilities that might occur. Since becoming a member of Al-Anon, I have learned to focus on the immediate task at hand and to do the best that I can and then let God take care of the rest.

## Chairperson

Carol C.

**Our first hybrid AWSC was held on Aug 17<sup>th</sup>.** The Fall Assembly will be at the same venue, Sept 16<sup>th</sup>-18<sup>th</sup>. In addition to the AWSC reports on the website, here are some highlights:

- **NYN is designing a love gift for the WSC. Please submit artwork** incorporating an official NYS symbol (garnet, Sugar Maple tree, Bluebird, Wild Rose, Ladybug). Winning designs will be made into a bookmark, book plate or similar. See Website for more info & contact me with questions.

- **Molly, Immediate Past Delegate, is updating** the New GR Meeting material & is looking for CAL with reference to group finances.
- WSO has raised literature prices. **Groups and AIS book depots should raise their prices consistent with the WSO.** See Diane C, the Literature Coordinator for *new price sheets*.
- **Please support Al-Anon and PURCHASE LITERATURE FROM AL-ANON book depots and the WSO WEBSITE... & NOT AT AMAZON, or other outside vendors.**

- **"WSO Meet the Board Road Trip" is in Cleveland, Oct 29<sup>th</sup>.**

The international Convention will be next summer, June 29<sup>th</sup> – July 2<sup>nd</sup>, Albuquerque, NM. See NYN website

- **We have 2 opportunities** to serve NYN -- a Presentations Coordinator & a Public Outreach Coordinator.
- **Area Inventory results** are on the website.

### **[No reports this month from:]**

Treasurer (got COVID), Public Outreach, Archives Coordinator, Literature Coordinator, Group Records, Newsletter.

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### Mission Statement

**Northern Hi Lights** is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service-related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. *Northern Hi Lights* is not copyrighted. It is not conference approved literature. Submissions: Email by the 15th of the month prior, to: [newsletter@nynafg.com](mailto:newsletter@nynafg.com). When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 Service Manual). *Announcements should be submitted at least 6 weeks before event.*

Subscriptions: Suggested donation of \$10/year, when possible (see back page): All Al-Anon members are encouraged to subscribe (electronically if possible), to receive an individual copy. A copy will automatically be sent to each Group Representative on record.

For more information visit the following websites: New York North: [www.nynafg.com](http://www.nynafg.com) WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**“Back to Serenity”**



**NEW YORK NORTH  
AL-ANON FAMILY GROUPS  
2022 FALL ASSEMBLY  
HYBRID**



September, 16-18, 2022  
Dwyer Hall at the Immaculate Conception Church,  
400 Salt Springs St., Fayetteville, NY 13066.

**~REGISTER~**

ONLINE: [www.nynafg.com](http://www.nynafg.com) on the Events page. (Printed form available at the door.)  
MAIL: hardcopies to: **NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624.**  
Fee of \$20.00 (virtual and in person).

**Thursday Night Program 9/15/2022 ..... *VIRTUALLY ON ZOOM ONLY***

- 7:00 pm New GR Meeting (Molly C.)
- 7:30 pm Alateen Interest Meeting (Mary S.)

**Friday Night Program 9/16/2022 ..... *VIRTUALLY ON ZOOM ONLY***

- 7:00 pm: Workshop: Icebreaker (District 10) (Joanne N.)
- 8:00 pm: AWSC Meeting (Carol C.)

**Saturday Program 9/17/2022 ..... *HYBRID IN-PERSON AND ON ZOOM***

- 9:15 am: Assembly Meeting Morning Session (Carol C.)
  - Noon: Lunch
- 1:00 pm: Assembly Meeting Afternoon Session (Carol C.)
  - Dinner: On Your Own

**Sunday Morning Program 9/18/2022 ..... *VIRTUALLY ON ZOOM ONLY***

- Sunday Morning 9:00 am - Spiritual Speakers:
  - Tom O. from District 10 -- AA Speaker and
  - Austin from the Ithaca Alateen -- Alateen Speaker.
  - (We are still looking for an Al-Anon speaker !!!)

**~More information -- [www.nynafg.com](http://www.nynafg.com) -- the Events page.~**



## 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~**

**This is:**     \_\_\_ 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:**

Street \_\_\_\_\_

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](mailto:records@nynafg.com)

**Do you know whom to contact with an Al-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 ensure anonymity, tear off this part before leaving it with your group.**

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**Submissions for**  
**SEPTEMBER**  
**Northern Hi Lights**  
Due by: **September 15**  
Topic:  
**Responsibility**

**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  
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Fredonia, NY 14063*