



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

Inside This Issue

Topic: Sponsorship

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Northern Hi Lights

Al-Anon News from New York North Area

Delegates Report

Hello NYN,

As I write this, it is one week before the Fall Election Assembly.

Who will be elected our new New York North Delegate? Have I shown them what a delegate does? Have I shown them what a privilege it is to represent New York North at NERD and The World Service Conference? Have I shown them how to bring back what they learned from attending these conferences, so they can carry the message to their groups? I do hope so. When you read this newsletter, you will learn who was elected to be our New Panel 58 officers and coordinators. Reach out to them, give them your prayers and support, and offer to help them in any way you can. Step up to service in your local groups or District, so these people will have someone to contact when they have information to share with you, and when they need to help your group to grow, and to carry the message to your locality.

(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)

Thanks to all of you for joining me on this journey of self-discovery and fun. I remember saying; "I can do anything with the help of my Higher Power and my friends in Al-Anon." That has been true so many times. Please think about being involved in service and using this saying too.

Love in service,

Diane C.

Area Chairperson

Hello NYN,

Thank you for your supporting Panel 55. These three years have flown by, and I am grateful that I had this opportunity to serve NYN. At the Fall Assembly we elected new officers and coordinators for Panel 58. One thing I learned from my experience was that it is easy to judge and criticize, and much more difficult to give encouragement and appreciation. Please support our new officers and coordinators with encouragement and appreciation. Their jobs will be much easier if they hear positive words from you. A transition meeting for the new officers and coordinators will be coming up soon. Look for an announcement of the date and time.

On the topic of sponsorship, it was difficult for me at first to ask someone to be my sponsor, because I needed to learn trust. My first sponsor was the first person I met who invited me to my first meeting. She was our GR, then became DR, and soon was the Chairperson of NYN! A good friend, she welcomed me into her home the first time I met her and always shared her abundant wisdom with me. When I wasn't sure what to do in a given situation, I would picture me sitting next to her and listening to her experience, strength and hope. She also was my service sponsor once I took a turn serving our group as the GR. Today, I try to ask someone to sponsor me who will listen to me without criticism or judgment. That solves the trust issue. On one occasion when I felt betrayed by other members, I wrote them an angry letter. I decided to read it to my sponsor first before sending it. She listened to me read it and encouraged me to send it. All I

needed was the listening part. I didn't need to send it after I felt that someone had heard me.

Susan A.

Public Outreach Coordinator

Hi Everyone,

Thank you to Districts 3 & 18 for hosting our Fall Assembly. Seeing old friends, making new friends, partaking in the election of our new delegate, officers, coordinators, and celebrating New York North's 50 years in Al-Anon, made for a full and exciting weekend.

A few reminders:

- WSO is now accepting orders online or from downloadable order forms for the AFA 2018 second printing. **The deadline to order is February 7th, 2018, 5 pm ET.**
- Mark your calendars. **The 2018 Al-Anon Membership Survey** will take place online from **January 10th to February 27th, 2018.** This survey is Conference Approved and has been conducted once every three years since 1984.

The purpose of the survey is to provide information to professionals about the effectiveness of our program, and data that shows how members' physical, emotional, mental and spiritual well-being improves by attending Al-Anon. The survey will be posted on the WSO website and therefore requires access to the internet on a computer, tablet, or mobile phone. Members without access to the internet are encouraged to plan ahead by asking a member to be your ebuddy or finding a public location with a computer so they can participate in the survey.

Watch *The Forum* magazine, "In the Loop", for this announcement.

Our topic for this month is "Sponsorship." I can't imagine not having a sponsor. I have always had a loving caring sponsor to guide me, teach me, answer questions, and to show me just how this program works. In return, I have been able to give to other women what has been so freely given to me. A spiritual experience for sure.

Together we can make a difference.

Pat H. (po@nynafg.com)

Immediate Past Delegate

Dear NYN Friends,

The 2017 New York State Fair is now part of history. It was a great fair with beautiful weather for most of the 13 days. I was there 4 times myself and very happy to be there.

The booth was great. The new banner looked good; it was patterned after a past WSO Public Outreach bookmark. We had 899 people come to the booth. There were a lot of pamphlets taken along with meeting schedules from various part of NYN. The most popular item was the 2017 Al-Anon Faces Alcoholism. We ran out a couple days before the fair ended.

I want to thank each person who volunteered to man the booth. It was you that made this year at the fair a success. We were short a few shifts, my hope is that those who might have hesitated this year will be the first to volunteer next year. This is a great way to reach out to those who are suffering from the affects of the disease of Alcoholism.

I gave a more in-depth report at the Fall Election Assembly. If you want more information talk with someone who went to the Assembly, or you can find my report on the NYN website. Gratefully in Service,

Ruth S.

Group Records Coordinator

By the time you read this we will have elected a complete new panel of Officers and Coordinators for New York North for the years 2018-2020. I will work with the new Group Records Coordinator to have a smooth transition so that all the information that needs to be out there is correct and available to the people who need it. Our topic this month is Sponsorship. For me this is one of the most valuable tools available to us in the Al-Anon program. Recently a situation occurred at work and my anger became so prominent that I was blinded to the reality of the situation. I called my sponsor and asked her to be honest and help me see the situation in a clearer light. The root of the issue was both my inability to get to my meetings due to my work schedule and forgetting the principle of Al-Anon which reminds me to mind my own business unless asked. I want dignity of choice and I have to give everyone else that opportunity. Love & Hugs,

Lynda S.

Literature Coordinator

I will be participating in my first Conference Call with WSO on either October 18 or 21st.

Limited Time Only! The WSO is putting some very special literature on sale. Beginning September 15th, 2017 and concluding on December 31st, the World Service Office will offer a trial period sale on the following pieces: The Al-Anon Family Groups—Classic Edition (B5), Discovering Choices (B-30), and Many Voices, One Journey (B-31). All pieces will be sold for \$5.99 each. The Spanish and French versions of B-30 and B-31 will also be sold for this reduced price during this period, however the B-5 will not. If the sale is effective, similar incentives may be offered in the future. Carry the message with some classic literature or enhance your own library!

- "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 October articles

will be about Hope for Today (B-27) and November's feature The Dilemma of the Alcoholic Marriage (B-4). The December articles cover Opening Our Hearts, Transforming Our Losses (B-29)

Sharings needed for "CAL Corner": We always need more sharings about how CAL has helped members with their recovery. Please urge members to write. We could especially use articles about Discovering Choices (B-30), Lois Remembers (B-7) One Day at a Time in Al-Anon (B-6), and the Paths to Recovery Workbook (P-93). Please see the writing guideline for "CAL Corner" in the Guidelines & Procedures folder under the "Library" folders in the Literature Coordinator community.

Love in service,

Gwenne R.

Archives Coordinator

Hey NYN members,

Hope everyone had a good time at the Fall Assembly. I know I did. Thanks to all that helped make it happen. And congratulation to the new Officers and Coordinators. I wish you much joy in your new service journey.

I have been working on consolidating the archives and getting items in appropriate boxes. I have reduced the 27 boxes to 21 boxes. Small victory! Maybe by the time I hand them over to the new Archives Coordinator, it will be condensed even more 😊

I have heard the question asked at meetings, "How do you work the program?" For me that means, sharing at meetings, doing service, and regular contact with my Sponsor working on growth. That third part has been a huge part of my recovery. My Sponsor is a guide on my recovery journey. She just shares her ESH and reflects back what she is hearing me say, regarding whatever it is we are working on (Steps, Traditions, crisis, etc.). When I stall at working on my growth, she was there to give me a nudge. With her guidance, I was

able to find my connection with my true HP (turns out my ex was not my true HP, who knew 😊). And now when situations arise, she is there for me to bounce my thoughts off of and to help make sure it is HP's will and self-will.

Another way having a Sponsor has really helped my recovery is, I believe this program demands rigorous honesty (I am only as sick as my secrets). But that doesn't mean I open up to everyone. My Sponsor is who I am 100% honest with. There are times I have thought about doing something, but if I did it, I would have to tell my Sponsor. I did not want to have to tell my Sponsor, so I just didn't do it. It keeps me from doing stupid stuff and my disease wants me to do stupid stuff sometimes. 😊

I am now currently blessed with being able to be a Sponsor. This has been an incredible boost in my recovery program. It is amazing the amount of recovery I get when meeting with a Sponsee. I get to practice not rescuing or taking on someone's feeling. I get to practice just being there for support and not to fix. All I do is share my experience, hope, and strength. Sometimes when I do, I see areas of my recovery I need to work on or revisit.

For me, having a Sponsor and being a Sponsor is a crucial a part of me working my recovery program.

Yours in Service,

Kevin M.

Treasurer's Report,

Hello, NYN!

When this article appears, the Fall Assembly will have been held....The Assembly will have elected a whole new slate of officers and coordinators! CONGRATULATIONS to the new panel!

Since the last newsletter, the following donations were received during the month of August:

<u>Gr Name</u>	<u>Gr #</u>	<u>Amt</u>
Chng'g What I Can	27835	25.00
Thursday	49865	50.00
Spring Proceeds	n/a	6248.94
Homer	UNK	60.00
Waddington	38657	25.00
Chittenango	9677	15.00
UNK	9763	45.00
UNK	30567260	25.00
Sunday Serenity	502623	25.00
Sunday Serenity	502623	75.00
Thurs Eastwood	UNK	35.00
Path to Recovery	UNK	100.00
We Are Not Alone	UNK	89.00
Search'g for Seren	60736	25.00
7 th Trad AWSC	n/a	97.25

Thank you for your financial support!!

The following expenses were paid since the last report:

Gwenne R	\$ 44.96
John O	48.00

There was **ONE** paid subscription to our newsletter since last month's report.

This month's topic is **SPONSORSHIP**. This is a topic that is one of the best tools Al-Anon has offered to me...and to everyone who wishes to use it! Having a sponsor who knows me well (sometimes better than I know myself!!) that I can confide in is such an awesome experience!! It took

me quite a while to come to terms with the trust I needed to do that. You see, early on in my program, I had confided to one of the members "the exact nature of [ALL] my wrongs," which were promptly reported to numerous "friends" of hers and which came back to me from neighboring counties! Oooooooh nooooooo!! How in the world could I show my face at a meeting???? But I did, vowing to NEVER let that happen again!! It took me 20+ years to be able to do another Fourth Step, this time, WITH a Sponsor who worked WITH ME, answering any questions I might have, all the while, reminding me of some of my ASSETS, which I was unable to see in myself until they were pointed out. That Sponsor gently guided me through that harrowing experience of trusting.... Today, in my role of Sponsor, I share with my Sponsees that story to let them know that I would NEVER allow them to feel that type of betrayal! Their story is THEIRS to tell....NOT MINE!! I have never disclosed a Sponsee's story because I know what it feels like to have someone do that to me! Thank you, Al-Anon, for this important, necessary (for ME!) tool of this great program!!
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)

Alateen Coordinator

As I write this article I am preparing to attend the Fall Assembly here in Syracuse. I must say that I am curious as to who will be standing up to be the next Alateen Coordinator. I would like them to know that I am willing to assist them in any way possible to make the transition as smooth as possible. I would also be willing to work with them and the guidelines committee to finish updating the guidelines and submit them to the assembly for approval.

As part of the requirements to become an Al-Anon Member Involved in Alateen Service (AMIAS), many areas require new AMIAS's to take part in a training program. The program gives a full account of their responsibilities and tips on how to keep Alateen safe. They also require that for an AMIAS to keep their certification they must complete the training course once every two to three years. Over the past year I have worked to update the WSO Alateen Training Module with the requirements and guidelines set forth by NYN. Just like in other areas I will be submitting as part of our updated guidelines the same requirement for all new and currently certified AMIAS's in NYN. Once approved this module would be added to our NYN Al-Anon website.

As of today the Alateen Sponsorship recertification process is complete. We now have 86 active Al-Anon Members Involved in Alateen Service (AMIAS) in NYN. These active AMIAS's are the only people qualified to enter the rooms of Alateen. We now have 17 active Alateen Groups in NYN.

Recently I had the opportunity to take part in a conference call with a couple of Al-Anon members from the Lake George area. We shared our thoughts on why we think the Albany area does not have a viable Alateen Group. One thought was the lack of transportation for teens. Secondly, Al-Anon groups do not talk about Alateen in their newcomer meetings. I shared that Al-Anon has a table card that states "Has the Al-Anon Program helped you? Then why wouldn't you want to give that gift to your

child?" I go to many Al-Anon groups in the Syracuse area and never see this card displayed. I would like to suggest all NYN Al-Anon groups consider doing the following:

- Order the Alateen tent card for the WSO and place the card on your meeting table, indicating the address of the nearest Alateen Group.
- If there is no Alateen Group in your area make any teen coming into your meeting feel welcomed and safe. Keep in mind Alateen is a part of Al-Anon. Teens coming from alcoholic homes hurt just the same as we did coming into the program
- Display Alateen Literature on your meeting table
- At least once a month read from one of the Alateen Daily readers and make it the topic for your meeting. You will find that Alateen literature has a lot to offer.
- Have a discussion group about Alateen at your next District Workshop.
- Invite an Alateen Group to come and chair your meeting.

When I read that the topic this month was on sponsorship, I immediately thought of my opportunity to sponsor Alateen. I can say truly from the heart that sponsoring Alateen has been one of the greatest gifts that my Higher Power has ever given me. They allowed me to be a teen again. They gave me the permission to let that young man inside of me to share the fears and insecurities I felt when I was their age. They opened up their hearts and allowed me to be a part of their recovery. I can never repay them for all that they have given me. As we say in Alateen "**Together We Can Make It.**" Love in service

Walt S.

District 25 Day of Sharing *Humor and Fun in Al-Anon*

Please come see how humor can be a helpful tool.

Featuring:

AA and Al-Anon guest speakers

Small group discussions

- A fun game adapted for Al-Anon
- 50/50 raffle
- Basket raffle
- Literature table
- Lunch

Date: October 14, 2017

Time: 10 a.m. to 4 p.m.

Place: Fairport United Methodist Church
Basement, 31 W. Church Stre Fairport, NY 14450

Suggested donation: \$5

Soup, salad, bread and beverages will be provided.

Please bring a dessert to share if you wish.

Newsletter Editor

There is a new Service Flyer included in this issue, which was made by a member, and it looked good to me, so I forwarded it to NYN officers, coordinators, and district representatives. Diane forwarded it to World Service, which quickly gave us permission to use it. All group representatives are encouraged to make copies for their groups, in the hope that more members will be inspired to get involved.

Sponsorship is our topic, and it is so beneficial to every member, including myself. I've heard we are only as sick as our secrets, and that was certainly my case. Having someone who I feel safe with to talk about anything and everything is a blessing. We meet weekly, spending a couple of hours together, and it is such a healthy relationship for both of us, we make sure to not miss meeting. It was hard for me, as a male with low self-esteem, to ask someone to be my sponsor. Calling him was also hard, and I didn't for quite awhile. Now, it is such a large part of my ongoing recovery, just like attending meetings and being involved in service, that I can't imagine life without a sponsor. I still need this program to be the sane, happy, person I desire to be. It has been working for me, so I don't want to rock the boat.

John O.

News on *The Forum*

"*The Forum* is Al-Anon's monthly magazine written for and by Al-Anon members. Within it you will find the experience, strength and hope of others in writing. May you experience the peace and serenity of the worldwide Al-Anon fellowship as you read each issue." WSO

Tammie H. was our winner of The Forum drawing at the Spring Assembly and will be receiving a subscription to The Forum for 1 year. Be sure to enter your name in the drawing at The Forum table in this room. The winner will be drawn at the Banquet Dinner.

Here's the latest news about The Forum from Mark Summerall, magazine Coordinator at WSO:

- Beginning with the August and September issues, The Forum will have a new, more contemporary look that we hope you will find interesting, fun and inviting.
- We remain very short on Forum sharings about the three Legacies-especially about Steps Five through Twelve, and all Twelve

Traditions and Concepts of Service. We also need sharings from Canadian and Alateen members.

- THE FORUM BOOK (working title): So far, members have sent in over 701 titles and publication dates of Forum articles that they consider the best of recent years. Please keep encouraging members to send in Forum stories they want to see included in this book. And don't forget to send in your own selections!
- The Forum Writing Guideline (F-1) has been revised is also available on the Members site. You can access the link by hovering your cursor over it, pressing the "Ctrl" key and left clicking it at the same time: alanon.org/members/pdf/TheForumWritingGuidelines2017.pdf.
- There is an e-magazine version of The Forum. You can now find direct links for ordering it on the Al-Anon Online Store at al-anon.org/onlinestore under the "Electronic Literature" category

NYN AFG Spring Assembly and Convention
May 4-6, 2018
Hosted by Districts 5 & 26
****Al-Anon & Alateen Convention with AA Participation****

Hotel Reservations
Room Reservation Deadline April 4, 2018
High Peaks Resort
2384 Saranac Avenue
Lake Placid, NY 12946
(518)523-4411

Room Rate: \$145 + \$15.95 (tax) per night
To confirm reservation, one night's deposit by check or credit card is required.
Please list roommates' names.

For reservations call (518)523-4411 (mention NYN North AFG for rate)

Check in: 4 PM and Check out: 11 AM

****Alateens must have notarized permission slips / medical release forms and adult supervision****

NYN AFG 2018
Spring Assembly / Convention Registration Form

Make Checks Payable to: NYN AFG 2018 Spring Assembly / Convention

Name: _____	Early Registration (before 3/30/18) \$15 _____
Address: _____	Full Registration (after 3/30/18) \$20 _____
City / State /Zip _____	Alateen Registration: \$12 _____
Phone Number: () _____	Dinner Banquet: \$35 (Deadline 4/15/18) _____
Email: _____	Donation to Hospitality _____
Cell Phone: () _____	Total Enclosed: _____
	<u>SEE PAYMENT INFO ON BACK OF PAGE</u>

Are you a new Group Representative? _____
 Are you a new District Representative? _____
 Are you registering as Al-Anon _____ Alateen _____ AA _____
 Are you here to attend the Convention? _____
 Are you here to attend the Assembly? (GRs, DRs, Officers, Coordinators) _____
 All are welcome to attend the Assembly meetings.

Mail to: NYN AFG 2018 Spring Assembly and Convention
P.O. Box 5015
Massena, New York 13772

Al-Anon Service

“...let it begin with me.”

(Al-Anon Declaration)

- Meeting Setup & Cleanup
- Meeting Chairperson
- Meeting Secretary
- Meeting Newcomer Welcome
- Step One Meeting Chairperson
- Group Treasurer
- Group Representative (GR)
- Group Information Service Rep. (ISR)
- Individual Sponsor
- AIS Office Volunteer
- And many other forms of service!

**“Service in Al-Anon allows us to stretch ourselves
and to practice the Al-Anon
principles while we connect with others
with whom we can be ourselves.”**

(How Al-Anon Works, p.10)

**Al-Anon Service
It's part of the program!**

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.

<u>Delegate</u> Diane C. delegate@nynafg.com	<u>Alternate Delegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed. Past Delegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> Susan A. chairperson@nynafg.com
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<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. Delegate49@nynafg.com	<u>Panel 46 Past Delegate</u> Robert M. C. Delegate46@nynafg.com	<u>Panel 43 Past Delegate</u> Connie D. Delegate43@nynafg.com
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Northern HiLights 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 AI-Anon members are encouraged to subscribe to the Northern HiLights electronically; just e-mail your request with your name to: records@nynafg.com

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

Name _____

Title (GR, Sponsor, Individual, DR, etc.) _____ E-Mail Address _____

Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group Name _____

WSO# _____ District# _____

If sent to address other than above, please include that name and address, WSO#, in writing on another piece of paper.

Mail address changes and updates to: Group Records, 68 Boulderwood Drive, Queensbury, NY 12804, or Email:

records@nynafg.com

Northern Hi Lights
68 Boulderwood Drive
Queensbury, NY