



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

**Inside This Issue**

Topic: *Using Meditation*

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Newsletter Editor Pat H.  
Proofreaders: Jack H., John O.

# Northern Hi Lights

*Al-Anon News from New York North Area*

## Area Delegate Panel 58

My report from the World Service Conference is on the books since May. Part of my responsibility is to bring new information and updates to our Area and follow-up on the WSC report and see if you or your groups have further questions or concerns.

The results of the 2018 Membership survey are in and the report will be posted on the WSO website [al-anon.org/surveyresults](http://al-anon.org/surveyresults). Remember the purpose of the survey is to provide professionals with evidence-based demographics and data about Al-Anon members. This information can increase their awareness of the effectiveness of our program and encourage them to refer clients and patients to us. Thank you to all who participated. This is service work helping to spread the word.

I have some questions for you, members of the New York North Area 39.

- September was Recovery Month. Did you or your group or district do anything to celebrate and “increase the visibility of Al-Anon so that it is recognized as the number one resource throughout the world for helping friends and families of alcoholics?”

*(cont'd 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](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 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](http://www.nynafg.com)

**WSO:** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

(Area Delegate cont'd)

- *In the Loop*, the email list to receive news directly from the WSO replaced *Group eNews* and AFG Announcements in Sept. 2017. Typically sent the first week of each month, from time to time WSO may send additional emails as the need arises. Anyone can sign up by visiting [al-anon.org/emailme](http://al-anon.org/emailme). Do you subscribe to *In the Loop*? Do you encourage other AI-Anon members to subscribe and use *In the Loop*?
- Do you, your group or your district have any questions or concerns to bring to the World Service Conference?
- The 2019 World Service Conference (WSC) will be held in Virginia Beach. The Conference Leadership Team chose the theme- "**Action is Attraction – There is No Growth in the Comfort Zone**" Do you have any ideas for actions we can take?

Please contact me and let me know so I can pass this information on to the World Service Organization. My contact information is on the NY North website:

[http://www.nynafg.com/area\\_officers.html](http://www.nynafg.com/area_officers.html)  
Delegate, Molly C. [delegate@nynafg.com](mailto:delegate@nynafg.com)

**The delegate from Massachusetts signs off this way**  
–“Thank you for honoring me with this work.”. And that’s exactly how I feel.

**NYN - Thank you for your help!**

Peace ...

NYNorth Delegate

Panel 58 – We Participate!

**Molly C.**

**Submissions for  
November  
Northern Hi Lights**  
Due by: October 15  
Topic: Thankfulness



## Newsletter Editor

What a wonderful Assembly we had in Syracuse last month. I was so happy to have met so many people so that I can now put faces with the names. Being my first Assembly, I learned so much about how the NYN Area works.

My question to everyone is:

### How are we doing with the newsletter??

Do you receive the newsletter directly or through your group? You can receive it directly by contacting [records@nynafg.com](mailto:records@nynafg.com).

Is there something you'd like to see in the newsletter? Is there something you'd like to see omitted in the future? This is your newsletter and we'd love to be sure that it is being read, not just received!!

Please give this some thought and email me at [newsletter@nynafg.com](mailto:newsletter@nynafg.com). I'd love to hear from you all.

Also, when possible please submit articles/flyers in Word format. Thank you.

Meditation - I've heard it said that praying is talking to God (or your Higher Power) and meditation is listening to God (or your Higher Power). How often do I need to take this advice and do some serious listening rather than being caught up in the "busyness" of daily life.

**Pat H.**

## SENDING DONATIONS TO NYN

Please send by check or money order.  
DO NOT SEND CASH!!

Make payable to: NYN Area Assembly  
P.O. Box 2183 Syracuse, NY 13220

Please include group's registered name and  
Group's ID Number

## Immediate Past Delegate

It has been a busy summer as I have been working on preparing and carrying out the duties of the Al-Anon's Public Outreach Booth at the New York State Fair.

I want to thank all 84 Al-Anon members who participated in covering 104 hours that the Fair buildings were open. Many members covered it twice. I have learned that all the fretting in the world cannot make something happen unless it's in our Higher Power's time. This was a hard lesson for me to learn and I pray that I will remember it again when we plan the 2019 State Fair project. I also learned that this is a way for us to reach out to families who have either not heard of Al-Anon, whose family members are AA, people in areas whom we do not have schedules for, or that the personal sharing is one-on-one with people and is both a help to them and us also. Some of the heartwarming stories of people we met were a soldier stationed in the North Area who wanted to attend meetings because of a family member who needed it, a social worker working with teens who could use Alateen but there was not one in their area, Al-Anon members who were grateful for the program and stopped by to say hello, speaking with medical professionals and other groups who work with alcoholics wanting to get more information about Al-Anon. Young children were interested in our booth and it was an opportunity for us to share what Al-Alateen was about. Many parents and grandparents shared their stories with us and wished they could get help for themselves.

I hope that next year when you are asked to volunteer you will think about this and these wonderful opportunities to carry the message and will volunteer. It will be a rewarding experience and not too much of an inconvenience.

I am so grateful also to have met the new GR's at the fall assembly and I hope they will reach out to the officers and coordinators for our experience, strength and hope. We are only a phone call or email away.

The topic for this *Northern Hi Lights* is using meditation. Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of his will for us and the power to carry it out. I've always had an aversion to formalized meditation practices, but I know that for me meditation means just taking a moment of time to be quiet and listen for guidance from my higher power before I embark on the day or situation. This helps me to calm myself and to look for the guidance I need. My mom always said "the hurrier I go the behinder I get", and when I do not take the time to quiet myself the behinder I get and that's when I get in trouble.

I am looking forward to a quieter fall season and an opportunity to attend some of the wonderful days of sharing that New York North groups have planned.

***Diane C.***

## AIS Rochester News

On Friday, September 14th, Al-Anon was well represented at Park Ridge Chemical Dependency's Community Resources Wellness Fair. From 10-2 PM, vendors were at tables outside under one large tent to give information on various organizations in our area. AA speakers also briefly shared their stories of recovery and how the twelve step programs have helped them stay sober. Al-Anon had 3-4 volunteers that shared a table with Nar-Anon, speaking with those needing information on self-help programs in the Rochester area.

Other recovery organizations, such as ROCovery Fitness, Coffee Connection, Helio Health, Unity Health, also had staff available to talk with those attending.

A good day and a way to do outreach within our community for our Al-Anon Family Groups.



## Literature Coordinator

With the arrival of the new school year, life has gotten quite busy. Of course, there is a saying we hear in the program: "When I got busy, I got better." That must be why I am feeling so good!

I have continued to explore the world of CAL selections, and have developed a humorous CAL quiz to share with attendees at the Fall Assembly. The pamphlets and books that I have read recently have made me grasp the tenets of Al-Anon and apply them to my personal recovery.

Even though I missed the opportunity to participate in the recent conference call for Literature Coordinators, I am marking my calendar to make myself available for the next one. My posts on AFG Connects help me continue to correspond with my fellow coordinators and to share in each other's experience, strength and hope.

This month's topic is Meditation. What a wonderful tool it is! I had used meditation before entering Al-Anon, but the insight I gained from it after I entered the rooms has been much deeper and more rewarding. With the traveling I do on a daily basis for work and for church (ninety-two miles a day), I have the perfect opportunity to be by myself in a quiet and reflective atmosphere. I can listen to songs on Sirius Radio, or I can pop in a CD featuring speakers from Al-Anon or AA. Having complete silence at times can be such a blessing, and I take advantage of that situation by communing with my Higher Power and indulging in an intimate and soothing dialogue.

Meditation is just one of the many tools I have found and included in my metaphorical Al-Anon toolbox. Now I can pull one of them from my carrier and apply it to anything that prevents my achievement of serenity.

Thank you to everyone for his or her love and support, and I look forward to seeing you soon!

**Mike R.**

## NYN Group Records

Things are once again quiet in the world of Group Records. There were a few problems during June and July regarding who was supposed to do what but that has been settled and a new protocol is being tested. These changes are all behind the scenes and all Group Changes or New Group Registrations should be entered on the WSO website as before.

One of my favorite things about Al-Anon is "Take what you like and leave the rest". Our topic of meditation falls into that category for me. I have tried meditation and it just doesn't seem right for me. However, I have found that a nice walk through nature puts me in touch with my Higher Power and nourishes my body and soul.

I am always thankful to know that in Al-Anon I have choices.

Yours in Service

**Patti M.**

### *From Fear To Trust*

NYNAFG District 17  
48th Annual  
One Day of Al-Anon

October 13, 2018

United Presbyterian Church  
186 Main Street, Randolph, NY

Registration 8:30am - 8:55am

9:00am - 10:00am. . . . .Newcomer Panel  
10:00am - 11:00am. . . . . Longtimer Panel  
11:00am - 12 noon. . . . .AA Panel  
Lunch. . . . . Bring a dish to pass  
1:00pm - 2:00pm. . . . . Double Winner Panel

Main Speaker. . . . . 2:00pm



Suggested Donation \$4.00  
Group Basket Raffle  
50/50 Raffle

## Convention Coordinator

Hey NYN members,  
Thank you District 15 for the wonderful Fall Assembly.  
Great job!

Here are the upcoming conventions and host  
Districts.

Spring 2019 Districts 29 & 25 -

May 17-19, 2019,  
Rochester, New York

Fall 2019 District 21 - Comfort Inn and  
Suites, North Syracuse

Spring 2020 Districts 22 & 8

Fall 2020 District 18 volunteered

Spring Convention/Assembly is typically held in  
the host District or nearby. Fall Assembly is held in the  
Syracuse area. If you are interested in hosting a Spring  
or Fall Convention or have any questions about it, just  
send an email and I will be happy to share my ESH  
(experience, strength and hope) on it. Hope NYN  
Districts will meditate on hosting a  
convention/assembly.

This month's topic is "Using Meditation."

Before I found recovery, meditation required a special  
room, special pillow, and special music. And you did it  
for a long time. I did not have that time nor all those  
special things (and honestly meditation was just hokey).  
Once I started hearing the message of recovery, I  
understood prayer was just asking HP (Higher Power)  
and mediation was taking time to listen. Meditation  
was just PAUSE to me. In working Step 11, I would lay  
down on my bed with an App that played chimes to  
help clear my head. I would just repeat my 3rd Step  
prayer over and over (HP already knows my issues).  
And to my surprise, answers came. Solutions to issues  
that I never thought of. Today, when I meditate, I do  
not necessarily lay down in the bed, just close my eyes  
and say my 3<sup>rd</sup> Step prayer for a short period of time to  
pause and listen.

Yours in Service,

**Kevin M.**

convention@nynafg.com



### AL-ANON

**District 21's Annual Day of Sharing**  
**Oswego, Fulton, Mexico, Oswego County**

**Hand in Hand, Heart to Heart**



**Saturday, November 3, 2018**  
**9:00 AM - 3:00 PM**

**All Saints Episcopal Church**  
**149 South 1st & Academy Streets,**  
**Fulton**  
**(Enter the side of the building)**

**Program includes: Guest Speakers,**  
**Raffles and Literature**

**Suggested Donation \$5.00**  
**Teens free**

**Includes morning snack and lunch**

District #23  
AFG Day of Sharing  
**November 10, 2018**

Happy .....Joyous..... & Free



Speakers

Fellowship

Raffles

Fun

Tea Luncheon

@the Dale Association

33 Ontario Street

Lockport, NY

Parking in Rear

Use Alley Door for entrance

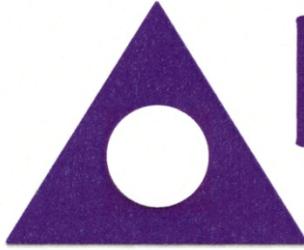
Registration @ 9:30am

Program starts @ 10:00 am

Donation \$5.00 US

Bring a dish if you wish

A basket with a theme would be a dream



# Recovery

## ROOM TO BLOOM



**NYN AFG Spring Assembly/Convention**

**Hosted by Districts 25 & 29**

Al-Anon & Alateen Convention with AA Participation

**May 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 2019**

**Room Reservation Deadline is Friday, April 26<sup>th</sup>, 2019 - Room Rate:** \$109 + \$15.26 (tax) per night.

**For reservations call (585) 359-1800** (mention NYN AFG for rate) **Check in:** 3:00 p.m. **Check out:** Noon

**RIT Inn & Conference Center**, 5257 West Henrietta Rd., Rochester, N. Y. 14602, [www.ritinn.com](http://www.ritinn.com)

Come early & visit the lilac festival [www.rochesterevents.com/lilac.festival/](http://www.rochesterevents.com/lilac.festival/) (Same rates apply)

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

### NYN AFG 2019 SPRING ASSEMBLY/CONVENTION REGISTRATION FORM

Name: \_\_\_\_\_ Street: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Early Registration (before 4/15/19) .....	\$25 _____
Late Registration (after 4/15/19) .....	\$30 _____
Alateen Registration: .....	\$12 _____
Banquet Buffet: (Deadline 5/1/19) .....	\$35 _____
Donation for Hospitality (optional): .....	\$ _____
Total Enclosed:	\$ _____

- Are you a Group Representative? \_\_\_\_\_
- Are you a District Representative? \_\_\_\_\_
- Are you registering as Al-Anon \_\_\_ Alateen \_\_\_ AA \_\_\_
- Are you here to attend the Convention? \_\_\_\_\_
- Are you here to attend the Assembly? (GR's, DR's, Officers, Coordinators) \_\_\_\_\_

**Make Checks Payable to: NYN AFG 2019 Spring Assembly/Convention**

**Mail to: NYN AFG 2019 Spring Assembly/Convention**  
35 Orchard Park  
Phelps, NY 14532

**Questions:** [seneca1671@gmail.com](mailto:seneca1671@gmail.com)

Do you know whom to contact with an AI-Anon issue?  
 Unless this is a personal subscription, this copy belongs to your group.  
 Please share it with them, and make each issue available at your meeting.  
 To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Molly C <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Diane C <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Ruth S <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
<u>Treasurer</u> Pam A <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>	<u>Alateen</u> Sandy A <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>	<u>Secretary</u> Kathleen M <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>	<u>Convention</u> Kevin M <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
<u>Group Records</u> Patti M <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Literature</u> Michael R <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>	<u>NYNAC</u> Leslie C <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>	<u>Public Outreach</u> Connie D <a href="mailto:po@nynafg.com">po@nynafg.com</a>
<u>Presentation</u> Danae K <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>Web Coordinator</u> Nancy P <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> Pat H <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>Alateen AMIAS</u> Mary Beth G <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
<u>Archives</u> Susan J <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Panel 52 Past Delegate</u> Ruth S <a href="mailto:Delegate52@nynafg.com">Delegate52@nynafg.com</a>	<u>Panel 49 Past Delegate</u> Elaine R <a href="mailto:Delegate49@nynafg.com">Delegate49@nynafg.com</a>	<u>Panel 46 Past Delegate</u> Robert M. C <a href="mailto:Delegate46@nynafg.com">Delegate46@nynafg.com</a>
<u>Panel 43 Past Delegate</u> Connie D <a href="mailto:Delegate43@nynafg.com">Delegate43@nynafg.com</a>	<u>Panel 40 Past Delegate</u> Anne F <a href="mailto:Delegate40@nynafg.com">Delegate40@nynafg.com</a>	<u>Panel 37 Past Delegate</u> LaVaughn R <a href="mailto:Delegate37@nynafg.com">Delegate37@nynafg.com</a>  <u>Panel 34 Past Delegate</u> Sherry B  <u>Panel 31 Past Delegate</u> Arlene M (Deceased)	<u>Panel 28 Past Delegate</u> Mary G <a href="mailto:mgregory@roadrunner.com">mgregory@roadrunner.com</a>  <u>Panel 25 Past Delegate</u> Marcia J  <u>Panel 22 Past Delegate</u> William S <a href="mailto:Wrsill533@aol.com">Wrsill533@aol.com</a>  <u>Panel 4 Past Delegate</u> Helen S



### 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 2183, Syracuse, NY 13220

**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](mailto: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.) \_\_\_\_\_

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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, 5082 Clifton Dr., N Syracuse, NY 13212

or Email: [records@nynafg.com](mailto:records@nynafg.com)

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5082 Clifton Dr  
N Syracuse, NY 13212