

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

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Topic Service

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area



Alternate Delegate

Service has been a big boost to my Al-Anon recovery. I got involved in service immediately. I was attending a meeting weekly while I waited for my ODAT (*One Day at a Time*) to come from the W.S.O. in New York City. A member elected me secretary so I could attend the Intergroup meeting. Six months later a friend, myself, and her Sponsor started a group at the Rescue Mission in Syracuse, and I was the Group Representative and she was Secretary/ Treasurer. When Syracuse decided to start an Al-Anon Information Service, I was the first Chairperson. Service gave me a reason to attend meetings when my husband would object to my attendance. Later in my life, I was at a friend's house, who had gone to an A.A meeting and I was feeling lonely. I called my Sponsor to ask her what the sentence in the Purpose and Suggestion meant that said,
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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. 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

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“When the alcoholic is busy with A.A., you can cure the lonely left-out feeling by becoming active in Al-Anon.” She said it was referring to doing service work. In the nineties, I co-chaired an Election Assembly, with the theme “Service Heals Too.” We talked about all the ways to do service in Al-Anon, including a T.P.C. The only one I refused to do was empty the ashtrays. Although not all levels of service require the same level of commitment, everyone is necessary and valuable for the smooth running of an Al-Anon meeting. Service helped me to feel needed, wanted and appreciated. Sadly, I had one service position that I decided to own. My friends decided it was time for rotation of service for me. So, I left that position with “scratch marks” all over it.

Remember to subscribe to and use The Forum in your meetings. It is a meeting in your pocket. You can also subscribe to it on the internet, so you can read it wherever you have your phone. You can find that information on the W.S.O. website.

Helen H.

Web Coordinator

Web Address: <http://www.nynafg.com/>

The Fall Election Assembly is over, and this fall was my last NYN Assembly as Web Coordinator. I am looking forward to working with another member of Al-Anon to help transition that person into the New York North Web Coordinator position. I remember how I felt when I started this position completely lost and wondering if I could do the work (perfectly of course). As with the Al-Anon triangle, to be complete my program has always included service. I have maintained a service sponsor that has been there for me through my successes and failures in service. She is always encouraging me and sharing her experiences. She is my guide on the side giving me the courage to start and finish a task to the best of my ability. More importantly, she is in service and I have an ongoing sharing of our actions working together.

It is time to begin to let go of one service position and to begin another, probably at our Syracuse AIS. Service means opportunity and growth for me. It has been an honor to serve you as your New York North Web Coordinator

Nancy P.

Literature Coordinator

As we move forward in the fall season, it is the time to remember that we got where we are today thanks to the program of Al-Anon. I am extremely thankful for all that I have gained since I first entered the rooms, and my attitude of gratitude enables me to pay it forward and share the message with everyone.

This month's topic is Service. As we know from the Twelve Steps, Step 12 encourages us to carry the message to others. By being of service to our meetings and to Al-Anon as a whole, this action enables us to do just that. Many of us have found that service work enhances and supports our own recovery.

For me, Service has been an invaluable and rewarding part of my journey in Al-Anon. In the ten years I have spent in Al-Anon, I have stepped up and served in a variety of service positions in the organization. I became a Group Representative in my first year in Al-Anon, and have served in that role off and on for the past decade. My choice to become District Representative came about in my second year, and I served for six years in that capacity. When our current DR chose to step down, I offered to take up the mantle once again in 2019. For the past three years, I have been the Literature Coordinator for New York North; this position gave me the chance to study in great detail the various pieces of Conference Approved Literature (CAL) that Al-Anon offers to its members. This responsibility has also required me to attend AWSC meetings and Assemblies in the Fall and Spring of each year. All of that has expanded my vision of service, and I am a better person for it.

I encourage all members to “pay it forward” with service within your group, within the local district, and outwards. What may look like a chore in the beginning will soon become a reward for everyone.

Thank you once again for the love and support everyone has given me over the years. I appreciate your faith in me, and I remain your faithful servant in the service of Al-Anon and its members.

With love and gratitude,

Mike R.

Newsletter Editor

Welcome to all the new members for Panel 61. If you would like to say something in either of the next two newsletters before you officially "take over", just send it along. **Pat H.**

Group Records

I recall one of the first pieces of Al-Anon Literature that caught my eye was "When I Got Busy I Got Better". I wanted to get better but I surely was way too busy to fit any more activities into my life. I worked a full time job, had 3 kids to parent, cooking, cleaning, washing. I was busy and wouldn't hesitate to tell you so. I was busy because the alcoholic in my life wouldn't help, he took no responsibility and my list of martyrdom went on and on.

What I learned when I read that book was that I was very busy wrapping myself up in running someone else's life. I was so busy doing for people what they could have been doing for themselves that I forgot to take care of myself.

Part of taking care of myself was volunteering for Al-Anon Service. Just 6 months into the program I stepped up to be GR. I went to my first Assembly confused and overwhelmed – but I was so busy learning new ideas and meeting new people that I forgot about running someone else's life and began to grow a life of my own.

Al-Anon Service will always be an important part of my life. In Service I am always busy, I am always learning and I am always among friends.

Patti M.

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

- Spring 2021: District 22– May 14 – 16, 2021, Hilton Garden Inn, Troy, NY
- Fall 2021: District 18 & 10 – Sept 17 – 19, 2021, Comfort Inn and Suites, North Syracuse

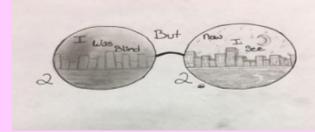
Still looking for hosts for 2022 and beyond. Without you there can be no conventions/assembly. Please discuss this within your district. Hosting is vital to the health of Al-Anon in our area. It helps to carry the message to others, and to practice these principles in all our affairs.

Yours in Service

Kevin M., convention@nynafg.com



NYNAC



Virtual Event During
COVID – 19 Pandemic
October 10th and 12th, 2020

Leslie C.

NYNAC Coordinator

Alateen Coordinator

As I write this article the NYN Fall Election Assembly is less than two weeks away. By the time you read this we will have elected the next panel of NYN officers and coordinators.

On Wednesday, September 16, Mary D. and I will be speaking to a district 6 meeting about our NYN area positions and how we serve Alateen.

Thursday, September 17, is our next Zoom AIM. We will be talking about the plans for a virtual NYNAC. The Alateen conference will be on October 10 and 11th using the Zoom video conferencing platform. T-shirts have been ordered and the Alateens are working on the program.

Service in Al-Anon

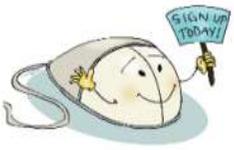
I was ushered into service beyond my group by my sponsor. She had become DR, and later New York North treasurer. When our group needed a GR, she told me I could do the job and that she would be supportive. We traveled to assemblies together. Back then we packed five people into a hotel room to save money. I got to meet many new Al-Anon members from all over NYN. Due to working nights I changed my home group over the years.

I've had the honor of serving three different groups as treasurer and I am serving as GR for the third time now. Currently I am also DR.

Being present at my home group and two other meetings each week is the foundation of my service. Helping keep meetings running is important to me. That might mean volunteering to chair our 12:30 PM meeting on most Thanksgiving days or arranging to have meetings by free conference calls during coronavirus restrictions.

Service in Al-Anon is now part of my new way of life.

Together We Can Make It, **Sandy A.**



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 Unless this is a personal subscription, this copy belongs to your group.
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**Submissions for
November
Northern Hi Lights**

Due by: October 15
Topic: **Listen &
Learn**

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