



Unity Through the Traditions  
Service Through the Concepts

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Topic: Thankfulness

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# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Delegate

Here's what comes to mind when I think of thankfulness and what I've learned in program and through service.....

**T- Trust** is a key element in relationships, when it is broken there are tools to repair a relationship and take responsibility for my part. I have trust that my Higher Power is guiding me always and helping me learn healthier ways of relating to others.

**H-** In Al-Anon I have learned to reach out for **help**. Our Steps and traditions emphasize We!

**A-** There is **another way**. When conflict arises, when making decisions, or a solution isn't clear at first. I try and remember there is always another way and it will be revealed through the guidance of a Higher Power and practicing the principles of the Al-Anon program.

**N-** With practice, I am able to **notice** the beauty and grace all around me. I can most often find gratitude even in difficult situations.

**K-** When I **keep coming back**, even when I may be feeling less connected to program, I find wisdom to guide me. I try and remember, there may just be a reason I need to be at that particular meeting.

### 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

For more information visit the following websites:

New York North: www.nynafg.com WSO:

www.al-anon.alateen.org

**F-** OMG I can be so serious, but when I remember to have **fun**, my Higher Power can show me so many things. Creative solutions and resources appear when I can let loose and play, dance, sing, and create!

**U-** Sometimes it is helpful for me to know that I may not **understand** because my Higher Power hasn't revealed what I need to know yet.

**L-** I really appreciate that I can **love** people even when we don't agree, when we have conflict, have different values, or that it is a relationship that needs to fall away.

**Emily K.**

## Alateen Coordinator

### Thankfulness

I am such an Autumn person. When sweater weather begins, everything gets a little calmer and more relaxed for me. Give me a quiet, cozy spot with a view of the trees with colorful leaves on a crisp October day, fuzzy socks, a warm cup of mulled cider, and a good book, and I would be happy for hours. While snuggling under my lavender afghan, it seemed like a perfect time for me to make a Fall Bucket List. When I read the items on my list -- go camping, apple picking, carving a pumpkin, and trying a recipe for vegetarian chili. I realized that most of the activities on my list were things I took for granted and I should be thankful for. I live in the great state of New York, a place where there are numerous RV campgrounds. I live close to orchards, pumpkin patches and farmer markets where fresh produce is abundant. As I began to write more items on my list, I noticed a pattern emerging. Most of the activities I wanted to do were outdoors and involved interacting with nature. As I continued to revise my list, I thought I needed a way to celebrate the completion of each activity with an expression of thankfulness. I decided to write each accomplishment on a colorful paper leaf and place it into a plastic pumpkin. With the help of my Higher Power, my Sponsor and the hope I have found in Al-Anon/Alateen I know my Autumn days will be filled with gratitude. Alateen Interest Meetings (AIM) will continue to be held electronically each month. Refer to the Events Calendar on the NYN website for upcoming dates. All are welcome. If you are interested in joining us, to learn more about Alateen and/or an Al-Anon member Involved in Alateen Service (AMIAS) I can be contacted at [alateen@nynafg.com](mailto:alateen@nynafg.com) Together We Can Make It

**Mary S.**

## Group Records

### THANKFULNESS

Words or phrases I used to associate with the word thankfulness, B.A (before Al-Anon)

1. I am thankful I can pay my bills this month.
2. I am thankful I am not a caregiver any longer for my parents and my sister.
3. I am thankful I have a job., though I am not as happy as I used to be. I am very conflicted.
4. I am thankful I can afford groceries.
5. I am thankful I don't have a medical condition requiring me to travel to Buffalo daily.

Words or phrases I NOW use to associate with the word thankfulness, DA(during Al-Anon)

1. I am thankful for my fellowship.
2. I am thankful I possess the tools of the program.
3. I am thankful that I am able to believe in my program.
4. I am thankful my Higher Power guides me, supports me and is with me every single minute of every day!
5. I am thankful that I understand my faults and character defects.
6. I am thankful that I believe in God's plan. I may not always agree with him, but I know his interest and love in me is unconditional.
7. I am thankful that I can share my Experience, Strength and Hope.

Amazing what an attitude change evolves in 7 years. Thankfulness now is synonymous with what Al-Anon does for me.

Peace my friends

**Joan L.**





thanks  
FOR  
your support

## Treasurer's Report

October 2021

This last weekend we had our Fall Assembly, and the Group Representatives were in a generous mood, and voted to donate \$5,000 to World Service, which is \$233,000 below budget, and \$111,000 under expected donations. Stepping up is the name of the game.

Thankfulness is not a word I use, but I am thankful for many things, starting with this program, which restarted my life. I am thankful for the positive changes in my life, the people I've met in Al-Anon, including my wife, who was an Alateen Sponsor when we met. Being treasurer for NY North was never in my thoughts, but when no one volunteered, I did something I'd learned to do in Al-Anon, and took a risk. I had fear of failing at the Assembly, but it was a positive experience that made me feel great. I have some learning to do, but no doubts about the outcome.

### Donations:

Sherrill AFG #10296	\$50
Keep It Simple #66096	\$50
Monday Serenity #64623	\$25
Progress not Perf #30606210	\$20
Queensbury #9765	\$30
Spiritual Awakening#27134	\$ 175
Faith Group Cicero #9679	\$90
Cortland AFG #09696	\$ 50
Serenity on Saturday #64625	\$30
Courage to Change #63506	\$25
Oneonta #10163	\$10
Cloverleaf #??????	\$25
Monday Serenity #????	\$50
Sat. Morning Dist. 1 #??????	\$50
Westenders #10326	\$ 6
Mattydale #66548	\$ 40
??????? #30582963?	\$40
Victor Parents #10365	\$ 25
<b>Total Donations</b>	<b>\$791.00</b>

### Expenses:

Carla K. Secretary	\$47.50
John O. Newsletter	\$96
<b>Total Expenses:</b>	<b>\$143.50</b>

**John O.**

## Presentation Coordinator

Thankful, content, pleased, satisfied, grateful...  
Al-Anon has rolled all these words into one word—  
GRATITUDE

I think that of all that I have learned in Al-Anon this one word – gratitude - has had the most impact on my outlook on life. My past was filled with never being satisfied with anything or anyone. Al-Anon taught me to take an honest look at my life and helped me to realize that (just like Dorothy in the Wizard of Oz) I always had the tools to find joy in life. I just didn't know where to look. All the things I used to complain about are still in my life, but I now see that they are the things I am most thankful for.

**Patti M.**

Al-Anon Healing Hearts  
Beginners Meeting

Saturdays

Zoom meeting

11:30 am- 12:30 pm

Meeting ID

New #

9140 8458 854

PC 036707

Questions? Call

AIS Rochester

585-288-0540



## ***Some Acronyms that may help***

EGO - Edging God Out

FEAR - Future Events Aren't Real/ Face Everything And Recover

YANA - Your Are Not Alone

HOPE - Help/Heal Ourselves/Others Purge Emptiness

MYOB - Mind My Own Business

FAITH - Finding Answers In The Heart

HALT(S) - Hungry, Anxious/Angry Lonely Tired, Sick or Honestly Actively Loving Tolerant

ANGER - A Negative Grudge Endangers Recovery

QTIP - Quit Taking It Personally

PUSH - Pray Until Something Happens

FINE - Frustrated Insecure Neurotic Emotional

THINK - Thoughtful Honest Intelligent Necessary Kind or Thank Heaven I Now Know Gifts

ASK - Ask Seek Knock

HEART - Healing Enjoying And Recovering Together

HOPE - Happy Our Program Exists

GOD - Good Orderly Direction

JADE - (don't) Justify, Argue, Defend, Explain

COOL - Creative Opportunities Offer Love

FROG - Fully Rely on God

DETACH - Don't Ever Think About Changing Him/Her

FEAR - Future Events Aren't Real

NUTS - Not Using The Steps

DENIAL - Don't Even Notice I Am Lying

HOW - Honesty, Open-mindedness, Willingness

SPONSOR - Sober Person Offering Newcomers Suggestions On Recovery

BIG BOOK - Believing In God Beats Our Old Knowledge

SLIP - Sobriety Losing Its Priority

ACTION - Any Change To Improve Our Nature

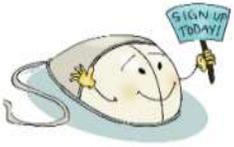
PROGRAM - People Relying On God Relaying A Message

STEPS - Solutions To Every Problem Sober

KISS - Keep It Simple, Sweetheart

### **Slogans in Action**

*Just for Today,  
I will Let it Begin With Me  
and Think, How Important Is It.  
Before I lost my serenity  
and if I Keep It Simple  
When my mind wants to burst  
I will remember Easy Does It  
and place First Things First  
And isn't it kind of funny  
When I feel I've bottomed out  
I find hope and courage when  
I finally Let Go and Let God  
But For The Grace of God  
I can Keep An Open Mind  
And learn to Live and Let Live  
One Day At A Time.*



## 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.

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<u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S.	<u>Panel 4 Past Delegate</u> Helen S.

PANEL 61 2021-2023

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

**Submissions for  
December  
Northern Hi Lights**  
Due by: November 15  
Topic: **Acceptance**

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