

Topic: Responsibility

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Calendar:

- **Sat, Oct 29, 2022**
CLEVELAND 2022 WSO Road Trip.... Come and Meet the WSO Board of Trustees & Executive Committee!!!
- **November 5, 2022**
Lockport, NY
Day of Sharing, \$5,
Step Our Way to Serenity
District 23
9am-2pm, Dale Center,
33 Ontario St., Lockport.
HYBRID. Zoom ID:
834 4943 3524,
Passcode: 118267
- **Spring, 2023,**
AWSC &
Spring Assembly
- **June 29 - July 2, 2023**
AL-ANON
INTERNATIONAL
CONVENTION
Albuquerque, NM

Mission Statement*

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area, & is not conference approved literature (CAL). CAL quotes must have prior written permission from WSO (re: *Service Manual*). Submissions by 15th of the month to: newsletter@nynafg.com. *Announcements submitted 6 weeks prior.* Subscriptions on back page.

* **For the full newsletter mission statement and more info, refer to past issues, and.**
New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

WSO Comes to Town! ...

Bring your sponsor, those you sponsor, and members from your group! ... **TO MEET, CONNECT** and **CHAT** with the **WSO Board of Trustees, and Executive Committee, ALL DAY, at the 2022 "Road Trip,"** Saturday, October 29th, **Cleveland-Independence, OH,** Double-tree by Hilton Hotel. Cost is only \$30. Click here, on the [Road Trip Connection](#) for information and the registration link or form.

Registration is open. This is a rare and unique opportunity to meet and interact with the members of the Board of Trustees and the Executive Committee. They are infrequently gathered together in an open forum for Al-Anon members.

Our Delegate – Link to WSO

– Kathi D, Delegate

As your "Delegate", I connect us to the World Service Office (WSO) in Virginia, AND the annual WSO Assembly - which next year is in Albuquerque, NM. -- **CLICK ON THIS LINK** to the NYN Website [Area Information](#) page for my reports and presentations.

And **SPEAK WITH** me. Express your WSO related concerns and questions **DIRECTLY** to me, at the **VIRTUAL DELEGATE CHATS** on the 1st Sunday of the month, 1-1:30 pm AND, the 1st Thursday of the month, 7-7:30 pm. Dates & meeting links are posted on the Area's [Event calendar](#).

Topic of the Month – "Responsibility"

"Responsibility" is a multi-pronged approach to the program, since we wonder whose responsibility is in question: ours or the person who is our qualifier for the program. When I first entered the rooms of Al-Anon, I was more than willing to heap the responsibility for failure on the shoulders of my son, the person who was continually screwing up and failing to do the right thing to get clean and sober. It was all his fault and he needed to clean up his act before I would be willing to give him my love and attention. Boy, was I wrong about that!

Now after twelve years of retrospection and program under my belt, I can easily acknowledge my own

Quick Link to Our Archives:

– Maria S, Archives Coordinator

There is now a quick link to the Archives collection on the NYN website. -- **CLICK ON THE LINK** for "NYN Archives" (black text, middle of page) on the NYN website, "Area Information" page. (Email any questions or corrections to: archives@nynafg.com.) **LINK** to Archives: https://drive.google.com/drive/folders/1wvLiOb2ALZX2nydVgD_dYLLdVEki4CIa.

OUR TASK FORCE meets the 1st Thursday of each month, on Zoom, 6:30-7:30pm to make recommendations on content for the website, add to the online collection, & handle disposition of various literature items to individual Al-Anon members who have a history in an area relevant to that literature.

Fall Assembly Held In-Person!

– Mike R, E-Meeting Host

And it was simultaneously held online, as a hybrid meeting, in Fayetteville, NY, a charming suburb of Syracuse, on 9/17/22. It was definitely good to see people in person and share a hug and a smile face to face... rather than on a computer screen!

Al-Anon does wonders -- living one day at a time. And with the benefits of the fellowship, we enrich our daily lives.

It was good to see people in person and share a hug. ▲

responsibility for the missteps and mistakes I made in the process. I had to look myself in the mirror and see that part of the solution would lie in facing the person whose reflection was staring back at me. I could have, should have, and would have done things differently if I zigged instead of zagged in making the choices I did over the years. Responsibility is a heavy burden to bear, but by sharing the load with the loving members of our fellowship, we carry the message of Al-Anon & distribute the love & acceptance we have learned to everyone we meet in the program.

– Mike R.

Topic of the Month – “Responsibility,” cont’d....

On the topic of "Responsibility," I have found that my recovery has lessened my responsibilities. I always took on too much and felt that I had to be responsible for myself *as well as* others. Al-Anon taught me I am responsible for me alone. I also do my best to meet my commitments, but I must remind myself that I do not have to take on more than what is comfortable for me, just because no one else has stepped up. I do what I can and leave the rest up to my Higher Power.
 – Maria S.

Before composing for this topic, I referenced it in *Courage to Change*. The whole page from March 25th was highlighted with my personal notes and comments of the page being an excellent reading! I read the page several more times and remembered that this was one of the first topics we discussed at my home meeting when I first joined Al-Anon in 2015. I was empowered by each word...what WAS my responsibility and what WAS NOT! What was my responsibility was ME, what wasn't was my alcoholic. For the past 40 years, I had meshed these roles, assuming that everyone's lives and happiness were con-

tingent upon my involvement, later defined as my "control." What began to unfold with each meeting I attended was the realization that assuming responsibility to the extreme I was, was insanity! I repeated & repeated with the assumption that the more I could control, the quicker I could free my alcoholic of this addiction and our family would live happily. I was very mistaken! It has taken me this long & every day to realize the meaning of the three c's....I didn't cause it, I can't control it and I can't cure it. By reciting this slogan, I back off controlling others & focus on my own recovery. – Joan L.

The dictionary definition of responsibility is the state or fact of having a duty to deal with something or of having control over someone; a true leader takes responsibility for their team and helps them achieve goals.

Prior to Al-Anon I was overly responsible. For me responsibility meant take it on and do it all. Being the oldest of 8 living children it was expected that I watch the younger siblings and do other duties while I was at home.

My mother married young & did not like being, or want to be, a mother. She did eventually admit she had been molested by her father. My father was a dairy farmer who really wanted to be a veterinarian but chose to help with and take over the small dairy farm when his father died. So two unhappy people with their roles in life. They were adult children of alcoholics and fought awful when they drank.

In the attempt to keep things reasonable at home and minimize punishment I became an overly responsible child and a miss goody two shoes in school. My word for it was do, do, do. No one ever had to make a decision

because I made them all, nor did anyone learn from me because I didn't share anything. Then when I finished school and moved on I eventually married a wonderful young man who was on his way to becoming a full blown alcoholic.

Well through the years my 'perfect life' of being married to an alcoholic took my soul and spirit. I was so sick and tired of being sick and tired that I ended up in Al-Anon. Oh what a relief when I found that alcoholism was a disease and I hadn't caused it, couldn't control it or cure it. The serenity prayer was my only tool for a while since I could only say the first word of it over and over again. But that was good because it helped reinforce the prayer. Then I found that A-Anon shows you that you aren't responsible for the world, you are only responsible for yourself. That was a big ouch since I thought so many depended upon me. Such a change. It didn't happen overnight! Others grow too when I respect their choices and allow them to be their own persons.

So now I am responsible to stay on my side of the street in my hula hoop and I am the only one in that hoop. Mind my own

business and learn to make decisions for me rather than be so involved with others that I avoid making decisions for myself. What freedom.

I am so grateful for all I have received as a result of applying the Al-Anon program to my life. I have learned about and enjoy my serenity. Members sharing their experience, strength, and hope make it possible for me to make changes in my life. I am grateful to be available to share my experience, strength and hope but I am not responsible for what another takes. You can take what you want and leave the rest. For sure I need to be responsible for the information I share about Al-anon and Alateen and be available for the newcomer as were the members when I walked into my first meeting.

Being fortunate to have the Al-Anon program in my life I do feel responsible to show up at my home group and be available to share my experience strength and hope. As the main portion of the Al-Anon Declaration says "When anyone anywhere reaches out for help let the hand of Al-Anon and Alateen always be there and let it begin with me." – Mary D.

Treasurer's Report – Betty G.M

Six deposits totaling \$935 = donations to NYN, subscriptions, and Registrations. -- No bills or reimbursm'ts in July or August.

DATE	ID	NAME	NYN
6/25/2022	80503839	Calm in the storm	\$ 65.00
6/20/2022	24271	Canandaigua Mon Noon	\$ 50.00
6/23/2022	80669070	Wednesday Night AFG	\$ 40.00
6/23/2022	80702163	Let it begin with me AFG	\$ 25.00
6/17/2022	80516146	Live and Let Live	\$ 10.00
6/21/2022	8577	Amherst Family Group	\$ 25.00
6/21/2022	84623	Monday Serenity AFG	\$ 25.00
6/21/2022	80662245	Stepping Into Recovery	\$ 30.00
	81509	Courage to Change AFG	\$ 30.00
6/21/2022	8763	Caring and Sharing AFG	\$ 45.00
5/24/2022	80606210	Progress not perfection	\$ 10.00
6/18/2022	80296	Sherrill Hope Group	\$ 50.00
6/11/2022	800955	Saturday Serenity Seekers	\$ 46.25
6/28/2022	80786	Days of Healing AFG	\$ 30.00

6/29/2022	8765	Queensbury AFG	\$ 30.00
7/1/2022	80326	Westenders	\$ 6.00
7/1/2022	86096	Keep it simple	\$ 45.00
7/13/2022	80517	Paths to Recovery AFG	\$ 30.00
7/7/2022	80302	District 9	\$ 10.00
7/5/2022	80576552	Serenity Seekers	\$ 25.00
7/28/2022	80163	Oneonta AFG	\$ 10.00 (registration)
8/1/2022	87943	Thurs Morning Fayetteville	\$ 30.00
7/28/2022	80516146	Live and Let Live	\$ 10.00
7/30/2022		Bernadette D	\$ 20.00
8/10/2022		M.R.	
8/3/2022		L.H.	
8/3/2022		M.D.	
8/3/2022		L.D.	
8/9/2022		B.	
7/31/2022	8679	Faith Group of Al-Anon Cicero	\$ 100.00
8/2/2022	86096	Keep It Simple	\$ 45.00
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		Nancy B	
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8/31/2022	84623	Sunday Serenity	
9/1/2022	802778	Steps to Serenity	\$ 25.00
8/30/2022	80606210	Progress not perfection	\$ 25.00
8/30/2022	80623245	Parkside Steps	\$ 50.00
8/28/2022	8R 19	Connie C	
9/1/2022	8R 14	Ruth F	
8/8/2022	80706	The Beginning Today	\$ 50.00
9/4/2022	8ub GR	Ruth S	
9/6/2022	8R District 3	John C	
			\$ 450.00



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**Officers and Coordinators of NYN -
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Due by: October 15
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"Guilt"(!)**

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