



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

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Topic: Stepping up

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# Northern Hi Lights

Al-Anon News from New York North Area

## Area Chairperson

Hello NYN,

We had a very productive Fall Assembly, and as usual, the organizing committee did a fantastic job of making us feel welcome, and meeting our needs. The Assembly meeting opened with a clearing the air session to discuss the missing NYNAC funds. All of our higher powers were in attendance as we deliberated whether or not to take legal action. The final vote determined that legal action would not be taken. A contract has been sent to the former NYNAC coordinator for her to sign and return as she begins to make payments to repay the debt. Officers and coordinators were elected and we have a great group of people who will lead NYN for the next three years. Congratulations to them all.

At the end of a panel's term of office, the outgoing panel shares their files, experiences, strength and hope to the incoming panel. On Saturday, November 11 from 11-4 Panel 55 will turn over their materials to Panel 58.(Chair, 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](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 2014Service 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)

1984. The survey will be posted on the WSO website.

Together we can make a difference.

**Pat H.** ([po@nynafg.com](mailto:po@nynafg.com))

## Group Records Coordinator

Wow! Who ever thought these three years would go by so quickly? Certainly not I. One of the things that has impressed me is how our new panel was chosen with such a variety of personalities, all willing to work for the good of Al-Anon as a whole. The Al-Anon Principles and Concepts all helped to make it flow as our Higher Power would dictate. I know when I have been involved in service it has been very good for me, as it gave me a focus when my mind wanted to go places it didn't belong. There is a sadness in me as I realize that I won't have a new position on the next panel, but also that an adventure awaits as I make the next journey in my own personal recovery.

I continue to do the things that need to be done to keep all the information as current and available as possible. I participated in a Group Records and Public Outreach Telephone Conference where we were discussing the different service arms working together to help facilitate any weak or broken links in the lines of communication between service groups. It was very interesting and informative. I will be talking to my replacement, Patti M., about all this in our Transition Meeting on Nov 11th.

I would like to thank the fellowship for allowing me to serve, and grow, through the past three years. I often forget to say it, but I am grateful for the opportunity to step up and serve. It has made a major difference in my life.

With love and gratitude in Service,

**Lynda S.**

Panel 55 will continue to serve NYN until December 31<sup>st</sup>. Then on January 1<sup>st</sup>, Panel 58 will begin their duties. This insures a smooth transition from one panel to the next. Depending on the wishes of the incoming chairperson, Ruth S., committees may change their membership or remain the same as they have been during Panel 55. The theme for this month, Stepping Up, relates to service in my opinion. Any member who takes some action to benefit Al-Anon or Alateen is stepping up to service. Like our new Panel 58 members or new Al-Anon Members Involved in Service (AMIAS) or the nearly-new member who shares at a newcomers' meeting, all are doing service and stepping up to keep our program alive and healthy. We give back what we have received.

**Susan A.**

## Public Outreach Coordinator

Happy Fall Everyone,

Our theme for this month is "Stepping Up." Connie D., from district 22, has stepped up to be our NYN's public outreach coordinator. We will meet in Syracuse this month to pass along information that I have gathered over these past 3 years. Connie brings years of experience and I am thrilled! Let us all support Connie by stepping up in our own little way throughout NYN.

Just a few reminders:

- The deadline to order the second printing of **Al-Anon Faces Alcoholism 2018 is February 7<sup>th</sup>, 2018, 5 pm ET.**
- **The 2018 Al-Anon Membership Survey will take place online from January 10<sup>th</sup> to February 27<sup>th</sup>, 2018.** This survey is Conference Approved and has been conducted once every three years since

# Treasurer's Report,

Hello NYN Family!

It's hard to believe with this beautiful weather we have been experiencing that the snow (YIKES!!! Did I REALLY write that??) will be flying before we know it!!

Since my last report, the following donations have been received:

<u>Gr Name</u>	<u>Gr #</u>	<u>Amt</u>
Fri Night Alive	37324	25.00
Serenity Circle	30521550	25.00
Chng'g What I Can	27835	15.00
Westenders	10326	5.25
New Beginnings	39872	70.00
Good Old Gang	303546	20.00
Tues Courage	48141	20.00
Chittenango	9677	15.00
Sodus	10307	10.00
Webster	UNK	25.00
UNK	32150	15.00
TASK	9640	25.00
Simple Beginnings	44964	25.00
District 12	n/a	200.00
Serenity on Sat	64625	100.00
Circle of Hope	54280	39.57
Syracuse AIS	n/a	150.00
Healing Circle	UNK	134.37
UNK	63806	25.00
Delhi	9704	75.00
Dianne R	Individual	33.00
7 <sup>th</sup> Tradition	n/a	151.01
UNK	9612	15.00

There was **ONE** paid subscription to NHL since the previous newsletter.

The following expenses have been paid:

Ruth S.	\$ 30.51
2017 Fall Ass'y	49.00
Kevin M.	35.00

US Postal Svc	27.40
Walt S.	16.40
Leslie C.	\$ 24.60
Gwenne R.	108.74
John O.	49.00
AFG, Inc (dona)	1000.00
AFG, Inc (Eq Exp)	2150.00

Current Balances are as follows:

Regular Checking	\$20,333.99
Reserve Checking	\$10,375.20
Sage Ruddy Mut Fnd	\$ 2,977.23

This month's topic is "**Stepping Up.**" And seeing that in action at the Fall Election Assembly was truly a sight to behold!! And the part that our personal, as well as our collective, Higher Power played in this "stepping up" was so awesome!! A very special Thank You to those of you who stood for a position on Panel 58!! I hope your experience as an Area Officer or Coordinator is as fulfilling as my term as your Treasurer has been for me!! Best wishes on your journey over the next 3 years!! Love and Hugs In Service,

**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)

## Newsletter Editor

Stepping up is our topic, and I chose it because it doesn't seem popular, but was essential for my recovery.

At our local Al-Anon Information Service meetings, part of the opening statement was; "Service is one-third of recovery." For me, it was more like one-half. I discovered early on the benefit of taking risks, which I had avoided for most of my life, because I was always projecting the outcome, and because I had low self-esteem, it was usually rejection I expected. I finally started taking a risk during my second year in Al-Anon, asking members if they would share at our meeting. It was hard for me to do, but the expected "no" didn't happen, and every week when I asked someone, I felt better about myself, and it felt like a miracle happening. It was the turning point for my life. Since then, I have taken many risks in Al-Anon, and my personal life, because I know the benefit I've received.

It is now almost automatic that I take risks, including standing for Delegate when no one else seemed to want it. Looking back, I'm grateful that Molly C. also stood up, and that she is our Delegate for Panel 58. It was never in my thoughts to be Delegate, but my life is so much better than it would be if I hadn't taken risks and gotten involved. There was a time when I was afraid to chair a meeting. I feel good being able to take on new tasks that in the past seemed impossible.

If you are sponsoring someone, I hope you encourage them to step up to service. When I was a newcomer, I was told that when asked to do service, you didn't say "no," especially when asked to share. My experience is that those who get involved in service are the ones with the best recovery.

Speaking personally, I still expect to benefit from service in the future. Being human to me means mistakes are expected, but so is growth through service.

**John O.**

## Panel 58 Members

**Delegate Panel 58;** Molly C.,

**Alt. Delegate;** John O. **Chairperson;** Ruth S.,

**Secretary;** Kathleen M. **Treasurer;** Pam A.

**Alateen Coordinator;** Sandy A.

**AMIAS PROCESS PERSON;** Susan J.

**Convention Coordinator;** Kevin M.

**Group Records Coordinator;** Patti M.

**Literature Coordinator;** Michael R.

**Newsletter Coordinator;** Nancy O.

**NYNAC Coordinator;** Leslie C.

**Presentation Coordinator;** Danae K.-R.,

**Public Outreach Coordinator;** Connie D.,

**Web Coordinator;** Nancy P.

**Immediate Past Delegate;** Diane C.

## NYNAC Coordinator

Hello NYN,

Another NYNAC is in the books. This year we shared the venue (Vanderkamp Center) with another youth group, but we barely saw them. Next year my hopes are to reserve the weekend earlier in the month, wherever we are. Yes, we are looking at other venues in the event Vanderkamp is unable to stay open. We ordered pizza and wings from a local pizzeria, and celebrated 60 years of Alateen with a cake.

We had approximately 38 attendees throughout the weekend. The program that was put together was fantastic. The creative and entertainment groups outdid themselves with a variety of activities. There was more than enough variety on the hospitality table.

Plans for next year's NYNAC are already under way.

By the way, there are four extra NYNAC tee shirts with this year's artwork on them. They are size XL, and \$15 apiece. Let me know if you are interested. First come, first served.

**Leslie C.**

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\*\***

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NYN AFG 2018  
Spring Assembly / Convention Registration Form

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

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City / State /Zip \_\_\_\_\_  
Phone Number: ( ) \_\_\_\_\_  
Email: \_\_\_\_\_  
Cell Phone: ( ) \_\_\_\_\_

Early Registration (before 3/30/18) \$15 \_\_\_\_  
Full Registration (after 3/30/18) \$20 \_\_\_\_  
Alateen Registration: \$12 \_\_\_\_  
Dinner Banquet: \$35 (Deadline 4/15/18) \_\_\_\_  
Donation to Hospitality \_\_\_\_  
Total Enclosed: \_\_\_\_\_

**SEE PAYMENT INFO ON BACK OF PAGE**

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. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> Gwenne R. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Ruth S. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Susan A. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
<u>Treasurer</u> Linda A. <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>	<u>Alateen</u> Walt S. <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>	<u>Secretary</u> Pam A. <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>	<u>Convention</u> Nancy Hi. <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
<u>Group Records</u> Lynda S. <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Literature</u> Gwenne 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> Pat H. <a href="mailto:po@nynafg.com">po@nynafg.com</a>
<u>Presentation</u> Sarah R. <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>Web Coordinator</u> Molly C. <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> John O. <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>Spanish Contact</u> Cira B. <a href="mailto:Spanish@nynafg.com">Spanish@nynafg.com</a>
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<u>Panel 40 Past Delegate</u> Anne F. <a href="mailto:Delegate40@nynafg.com">Delegate40@nynafg.com</a> <u>Panel 16&amp;19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<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.	<u>Panel 25 Past Delegate</u> Marcia J.  <u>Panel 22 Past Delegate</u> William S.  <u>Panel 4 Past Delegate</u> Helen S.



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a donation of \$10 per year is suggested, when possible, to help the Area pay for production costs.

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

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Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_

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WSO# \_\_\_\_\_ District# \_\_\_\_\_

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

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

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