

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

Inside This Issue

Topic Listen & Learn

Table of Contents:

- 1 Mission Statement
Alternate Delegate
- 2 Chairperson
- 3 Electronic Meetings
Web Coordinator
Literature Coordinator
- 4. Group Records
Convention Coordinator
Alateen Coordinator
District 18
- 5. Public Outreach
Newsletter Coordinator
- 6. Subscription Form
- 7. Contacts
- 8. Mail page

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Alternate Delegate

“Listen and Learn”, I thought was a skill at which I excelled. When someone calls me on the phone, I turn off the T.V. or radio and listen attentively in a place where I will not be distracted. I often sit in a meeting and wait patiently for my turn. In my professional life, I have had workshops on listening, so I thought I had it mastered and I knew that I often learned something new daily. I used to attend different Al-Anon meetings in order to learn new things from different persons. Today, I read some of the Al-Anon books that I have accumulated in order to share on this topic. An article in Forum Favorites- Volume 4 helped me to realize I have much work to do.

It suggested: 1) Don't get involved physically, mentally, or verbally in the sharing. Detach. Be quiet and just listen. 2.) Don't plan in your mind about a chance to respond to the speaker, so that you can give them your opinion with the first break in the conversation or how you would solve their dilemma. Don't think, just listen. 3.) Try to understand what the person is feeling as they talk. In A.A. a newcomer is told to take the cotton out of their ears and put it in their mouth. If all you do is *(cont'd 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. 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

(cont'd from page 1)

talk, no information is coming into your consciousness. If you are a "yes, but" person it means that you are unwilling to listen. Early in the program, I heard what comes after the but is (BS). Remember there is a time to listen and a time to share. No one has all the answers, so we all need to continue to listen to learn. I saw this quote in the same Forum Favorites, "I devour my FORUM as soon as it arrives. The second time through, I do more chewing."

Helen H.

Chairperson

On September 26th NYN held its first virtual Election Assembly. Thanks to many helping hands it was a wonderful success. At one point there were more than 85 people who took part in the assembly.

The agenda was a packed one. The 2021 budget was passed. Due to the careful husbandry of NYN resources and the generosity of members the Area has an abundance of financial resources. With this in mind the assembly voted to make a donation to WSO of \$5000. Along with that donation the assembly voted that the refund of \$1782.88 from the 2020 WSC would be donated to the WSO.

After much discussion it was decided that NYN would not take part in the 2021 NY State Fair. Had the fair not been cancelled it would have run for 18 days. That would have meant staffing the booth with 216 members during the run of the fair. It was getting harder and harder to have full coverage let alone try for 18 days. Hopefully at some point in the future this can be a public outreach project we can embrace again.

Of course, the biggest agenda items was the election of officers and coordinators for Panel 61 which will begin on 1/1/2021. I am very grateful for all who stood for a position. One of Al-Anon's greatest gifts is that of service. The following are those elected.

- | | |
|------------------|----------|
| 1. Delegate | Emily K. |
| 2. Alt. Delegate | Kathi D. |
| 3. Chairperson | Carol C. |
| 4. Secretary | Carla C. |
| 5. Treasurer | John O. |
| 6. Alateen | Mary S. |
| 7. AAPP | Mary D. |
| 8. Archives | Maria S. |

- | | |
|--------------------------------------|-----------------|
| 9. Conventions | Danae K. |
| 10. Group Records | Joan L. |
| 11. Literature | Cathleen B. |
| 12. Newsletter | Beth S. |
| 13. NYNAC | Leslie C. |
| 14. Presentation | Patti M. |
| 15. Public Outreach | Lynda (Lynn) S. |
| 16. Website | Ellen Z. |
| 17. NYN Area Business e-meeting host | Michael R. |

The transition meeting will be held on Saturday, November 14th from noon until 2:00. It will be held at the NSEA Building, 210 S. Main St., N. Syracuse, NY 13212. If you are unable to attend you will need to make arrangements with your corresponding person to meet and exchange position materials.

I want to thank all members of Panel 58 for all your hard work during the past 3 years. It has been a pleasure to work with all of you. Each of you has made my job so much easier.

Gratefully in Service,
Ruth S.

\$15

Delivery and mail order options available!

Al-Anon 2021

Coming soon!!

AIS ROCHESTER 2021 FUNDRAISER CALENDAR

All art work was created by our members

Keep checking aisrochester.org for details

Electronic Meetings

We are still adjusting to the pandemic. Many meetings are still being held electronically, while many are back to face to face.

As time goes on I keep learning more about how Al-Anon works. Group conscience is the way things are decided. Its great to have a voice! The WSO website has many tools to share what has been decided for the program of Al-Anon. I go to the service manual and the guidelines for answers to my many program related questions. Both can be found for free on the WSO website <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/>. Guideline G-39 is for Electronic meetings. I refer to this often so I know I am keeping within the principles of our program.

I'm grateful for electronic meetings and the ability to keep connection with fellow members!

Ellen V.

Web Coordinator

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

This month I have received one NYN Contact Us message from a NYN member. I have changed a few District Schedules on NYN Website's Find a Meeting page. I attended the Virtual AWSC Meeting and the Fall Election Assembly.

I want to congratulate Ellen V. for standing for the NYN Web Coordinator Position. Ellen and her team led the training of NYN members on the Zoom Application and hosted both AWSC meetings and the Fall Election Assembly. I had a good chance to listen and learn from Ellen and her team. I did learn how to use Zoom but as I was learning what I heard was Al-Anon. I felt the peace and patience of the program. All her team members were full of grace as we learned to communicate and vote using the Zoom Application. Ellen has led NYN into new communications technology and we know that the NYN Website is in capable hands. Ellen, welcome to this position. We will be meeting to transition soon and both of us will listen and learn from each other as we transition paperwork and job duties.

Nancy P.



Literature Coordinator

We are fast approaching the time of year when we have much for which we can give thanks. The program of Al-Anon has provided many of us with blessings and hopes for the future. The precepts of the program give us the lessons we need to grow and to flourish in our personal lives.

This month's topic is "Listen and Learn." This simple tenet is a basic rule that we follow as we attend meetings and work on our personal recovery. I came to realize that I was broken, hurting, and at my wit's end. I needed encouragement, affirmation, understanding, and practical help. Anyone who enters the rooms of Al-Anon is welcome, and as long as we are willing to listen and to learn, we will reap the benefits of what we see and hear in every meeting.

Once I came to understand how the program works, I started to heal and to grow. I learned that privacy is crucial, and that respect, honor, and perspective are the foundation of Al-Anon. By being physically present in the meeting, I learned through listening to others' testimonies. Since ninety percent of my time in the meeting is spent listening, I had to hone my auditory skills so as to better grasp what was shared in this anonymous fellowship.

I learned that a tissue box is one of the most important resources in the room. It is passed around regularly, because tears are essential for healing. I cried myself when I shared, and I cried for others when they peeled away the layers of their pain like an onion.

By listening and learning, each of us fights our three main battles against hopelessness, self-pity, and resentment. Advice is not given, because what works for you may not work for me. Our common bond enables each of us to journey toward life instead of destruction.

I have received the invaluable gifts of personal growth, recovery, and support. I know that I am never alone in my journey, and someone is only a phone call or email away from lending a hand in love and fellowship. While I learned a great deal from reading CAL literature, I found that I gained so much more from listening to the group members' personal stories of experience, strength, and hope.

Thank you for your constant love and support. I know I can listen, learn, and continue to grow in my personal recovery as long as I have your thoughts and prayers to sustain me.

With love and appreciation,

Mike R.

Group Records

“Listen and Learn” has been an important part of my Al-Anon recovery. I had to learn how to listen to other’s sharing. If I don’t listen I won’t learn. I need to learn to listen without judgment. I need to learn to listen without planning what I am going to say. I need to learn from the experience of others.

If I listen I can learn how others work their program. If I listen I can learn how to appreciate others. If I listen I can heal and grow.

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



Alateen Coordinator

In September NYN Fall assembly convened via Zoom and conducted the business for our area. Now we have a complete slate of NYN officers and coordinators for the next panel. Mary S. from district 12 will be the NYN Alateen Coordinator starting January 2020.

The October Alateen interest meeting (AIM) was on the 3rd at 9 AM. Leslie shared the plans for a virtual NYNAC. Questions were asked and answered. It was decided to close the registration at 10 PM Thursday, October 8th. NYNAC took place on Zoom October 10 and 11th. The parts of a physical NYNAC that I missed the most were: hugs, eating meals together and having roommates.

The next AIM will be via Zoom on Monday, November 2 from 6:30-7:30 PM.

Respectfully submitted,

Gratitude-

With Thanksgiving coming up in November, I have been thinking of the many gifts from service that the program brings. I am grateful for all the help and encouragement I’ve received these past three years. I am grateful for getting to know so many Alateens and being impressed by their sharing of experience, strength and hope. I also have gratitude for: growth in learning new things; deepening relationships while traveling and rooming with different friends in the fellowship; a closer view and appreciation of the world wide fellowship of Al-Anon.

Thank you everyone,

Sandy A.

District 18

Meeting will be held on Sunday, November 1, 2020 at 6:00 pm at Fellowship Hall, 135 Walter’s Drive, in Eastwood just prior to the 7:00 pm Fellowship Sunday Al-Anon meeting. For members still cautious about meeting in person the meeting will also be held virtually via conference call at [425-436-6323](tel:425-436-6323) | [access code: 277011](#).

Public Outreach

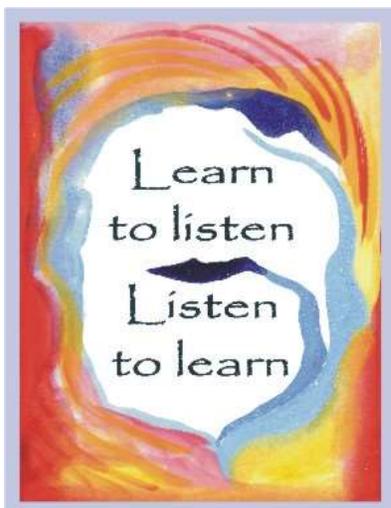
Our Election Assembly is over. As our first virtual NYN Area meeting, I have to send a huge thank you to everyone. It was a long day, but we worked through the glitches and now have a new Panel 61 to start in 2021. Together we can make it.

Listen and learn is the topic of this month's NHL. I have often been questioned about times I remain silent. I need to listen to other points of view (KBDM) before I decide if a situation needs a response from me. Sometimes, my response is not to respond. I may not need to take immediate action. The situation may resolve itself or more will be revealed. Thank you to Al-Anon for helping me to understand those three simple words.

I am excited to be handing over this position to Lynn S. She will find her own approach to Public Outreach in a challenging time. Service has been a gift to my recovery. It has helped me to overcome many shortcomings such as fear of speaking in front of a large group of people (Assemblies/Conventions), asking for help when I needed it (service sponsors), stepping up for positions that I feared (Alateen, Delegate, Chairperson) and learning when it was time to let go (Area positions). I can continue to participate as a member of Al-Anon and support those who have stepped up. Thank you all for allowing me to serve. One more article to go as NYN PO Coordinator.

Love in Service,

Connie D.



Newsletter Editor



As the year winds down and changes are coming, I think of all I have learned over the last few years as the newsletter editor. It's not hard to be thankful for all the people who have helped me along the way, especially my editors, Jack H. and John O. They have kept me on track. Thanks guys.

I will be editor one more time after this for the December newsletter and then Beth S. will take over. Next month I will include the contact listing of both the outgoing and incoming panels. I look forward to continuing my service in some other capacity.

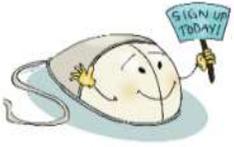
Listen and Learn - it is said that God gave us two ears and one mouth so we should listen twice the amount we talk. I think this is such good advice. We need to truly listen in order to learn what the other person is trying to tell us and not just listen so we can immediately respond. If we listen well we will truly understand what may be behind the comments another is making and start to learn what it is like to be in their shoes.

I hope you all have a wonderful Thanksgiving and remain healthy.

In service,
Pat H.

*If you must look back,
do so forgivingly.
If you must look forward,
do so prayerfully.
However, the wisest thing you can do
is be present in the present . . . Gratefully.*

- Maya Angelou



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 Unless this is a personal subscription, this copy belongs to your group.
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 To insure anonymity, tear off this part before leaving it with your group.

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| <u>Panel 28 Past Delegate</u> Mary G. mgregory@roadrunner.com | <u>Panel 25 Past Delegate</u> Marcia J. | <u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com | <u>Panel 4 Past Delegate</u> Helen S. |

**Submissions for
December
Northern Hi Lights**

Due by: November 15
Topic: **Just for Today**

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