



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

Inside This Issue

Topic: Believe in Yourself

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Northern Hi Lights

Al-Anon News from New York North Area

Area Delegate Panel 58

Hello NYN,

Communication – I’m trying to be a much better communicator in service and my personal life.

I got responses to my questions in the October *Northern Hi Lights*. September was Recovery Month. One member reported spending several days taking literature to her doctors’ in upstate NY. It is posted on the bulletin board in the waiting room. She also gave her primary care doctor several copies of Al-Anon literature including the new professional pamphlets - great reading.

There is now a **Slogans page** on the WSO al-anon.org website; it is available in three languages. You can find it by going to Literature under the Members’ page. It’s a welcome addition to our already wonderful site!

The final WSO Chairman of the Board letter for 2018 was received November 14th. It contained the updated Al-Anon Family Group Headquarters, Inc. **Core Purpose**: “Helping families and friends of alcoholics find hope and encouragement to live joyful, serene lives.”

(cont'd next page)

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

(Area Delegate cont'd)

and it's **Goals:**

- **For Members:** AFG, Inc. provides universal access to tools for recovery from the family disease of alcoholism.
- **For the Public:** Both the public and professionals recognize alcoholism as a family disease, and Al-Anon as the universally available, effective, and sustainable resource for those affected.
- **And for the Organization:** AFG, Inc. has one global structure, increasing access to knowledge, resources, and the program.

The **Just for Tonight** bookmark is ready for print and the WSO Finance Committee, during the October meeting, approved pricing at \$0.10 each. Sizing is in keeping with our other current bookmarks. Look for announcements of availability on AFG Connects and *In the Loop*.

The WSO has conducted a membership survey every three years since 1984. The 2018 Membership Survey is the WSO's twelfth study. The findings will serve as an aid to professionals, researchers, students, the media, and anyone seeking information about Al-Anon Family Groups. Results of the 2018 Membership Survey have been compiled by Staff and placed in an easy-to-comprehend PowerPoint presentation. Members involved in public outreach efforts are encouraged to use the 2018 Membership Survey PowerPoint as a means of cooperating with the professional communities that are seeking information about Al-Anon Family Groups. On behalf of the Staff, thank you to all who participated in taking the survey and being a part of the results that show Al-Anon works.

Peace NYN - Thank you for your help!

Molly C.

**Submissions for
January/February
Northern Hi Lights**

Due by: January 15

Topic: Count Your Blessings



Alternate Delegate

Since last month, with Molly's input, I have revised the Welcome letter that I will be sending out by the end of this month for the eight groups that have started since the beginning of the year. If you are reading this, you have not been overlooked, the letter will be in the mail soon.

With Christmas fast approaching, The Forum makes a wonderful gift for an Al-Anon friend/Sponsee. My first Forum subscription was given to me by the friend who introduced me to the Al-Anon program a few twenty-four hours ago. I truly enjoyed reading it every month.

The theme for this month was, "Believe in Yourself". I have pondered that all month. If I believe in myself, then I will feel content with my surrounding, since I will realize that I have no control over other people, places and things. I will feel confident in whatever I attempt to do. I will remember, "Let it begin with me" and do the best I am able in all circumstances, and not expect others to do for me what I can do for myself. I will be myself and put my trust in a Higher Power to help me with whatever may happen to me that I am not able to accomplish alone. If I have done that, then I can rest assured that I have done the best I was able to do. So, with God's help, I will seek help from others. The more often I do this, the more I will believe in myself.

After I wrote this in the afternoon, I went out in the snowstorm in the evening. My windshield wiper broke in a hospital parking lot. Out of desperation, I went into the hospital for help and was rejected. I asked a few others to no avail. Finally, I squeezed it, and it went into place. I now believe more in myself. Have a Merry Christmas everyone!

Helen H.

Immediate Past Delegate

It's hard to believe that it is mid- November here and that the Holiday Season is soon upon us. The last couple of years have been a struggle for me but I am grateful for all the memories of my Al-Anon friends that have carried me through. Thanksgiving this year reminds me to remember to have an Attitude of Gratitude.

I am working on submitting the Registration Form for our 2019 New York State Fair Public Outreach Booth. I do hope all of you who have served in this way will start putting these dates, August 21- Sept. 2, 2019, on your calendar and plan on giving us a couple of hours to carry this message to the public this way . The Fair Committee has reviewed the comments that many of you shared with us during this time and will do our best to incorporate them.

Please look out and be welcoming to all the newcomers that tend to reach out to us during this time of year and encourage them in any way that you can.

I do hope you and your groups are doing well and that as you share your experience, strength and hope with each other that you will have a safe and serene Holiday.

Diane C.

Public Outreach

Hello NYN Family,

Sorry I missed last month. A viral infection got the best of me and I needed to take care of myself. The season of holidays is fast approaching. Think about how your program has helped you through this time in the past and pass that on to others in your meetings, especially the newcomer. There is help and there is hope.

I have heard from a few members on projects. One group did a mailing to churches with letters and literature. In response, they had a couple of requests for more literature. The group helped to cover postage. They enjoyed the fellowship while doing the project. Next mailing will be to schools and they plan on inviting another group to participate. Hardest part was getting volunteers.

Another district had an individual who chose to set up a table with literature at a community event. She was asked to do a PowerPoint presentation for it. She asked for help in how to do that and had a four-frame presentation. It was simple and to the point and a

wonderful example of reaching out, asking for help and carrying our message of hope. It also gave this person a nudge to step up for a district position for public outreach. We never have to do anything alone.

A member wanted to find a way to get involved in reaching others. He came to a district meeting wanting to start a Beginner's Meeting. He had already located a central place within the district and asked for help and support. The district is providing literature and asking members to volunteer to help chair and share some experience, strength and hope. Working together, we can make it.

Another district is offering subscriptions to the Forum and Alateen Talks to public libraries. Leaving a batch of the M-76 free Outreach Bookmarks with a local hotline number is useful in libraries and an inexpensive way to reach out.

Please keep in mind that the second printing of Al-Anon Faces Alcoholism must be ordered by February 6, 2019. Order forms are online at the WSO website.

The topic of Believing in Myself is possible for each and every one of us. The encouragement given through living our program and giving back through service develops this. Thanks to all of you, I have been willing to step through fear of not being good enough or smart enough and learned so much about the person I am becoming. I will always be a work in progress. When I am in a slump, I know I need to get busy to get better. Thank you all of my family of choice!

Together we can make it,

Connie D.



Chairperson

Last month I wrote that at the Fall Assembly it was approved that the area would purchase liability insurance for the area. This would cover all area activities, assemblies, conventions and AWSC meetings. It would also cover all meetings registered in NYN. I am happy to say that NYN is now covered by this insurance, effective 11/7/18.

At this time details of how the groups will be able to get a certificate of coverage have not been finalized. They will be in the next week or two and will then be posted on the NYN website and will also be in the next edition of the Northern Hi Lights. You can also contact me at chairperson@nynafg.com. Again, give me a couple of weeks to work out the details.

Also last month I wrote about the need for a new AAPP (Area Alateen Process Person) for New York North. Mary Beth G. had to step down due to health reasons. Her resignation was effective 11/1/18.

As of yet I have not heard from anyone who is interested in filling this position. I am really hoping that someone will step forward to fill this vacancy. It is very important for Alateen in NYN to have correct information about sponsors, AMIAS and Alateen meetings and that this information is communicated to the WSO.

You can find details for the position on the NYN website or in last month's Hi Light's article. Please bring this need to your meetings, talk about it with other members and search yourself about stepping up to this service position.

Right now Walt S. has said he will fill in but this is NOT permanent. Walt cannot do this on an extended basis.

To borrow from someone who described the Group Records coordinator's position, "you can do this job in your pajamas". What could be better than combining service and pajamas! Please contact me if you have any questions or interest.

The next AWSC meeting will be held on Saturday, March 30th. Please save the date so you will be able to attend. Meeting will be at NSEA building in N. Syracuse. I will send out a reminder in February.

I hope everyone Holiday's are happy.

Gratefully in Service,

Ruth S.

Web Coordinator

Where did the first year of my service as NYN Web Coordinator go? As I write my last Newsletter article for 2018 and reflect on this year activities, I think communication, communication, communication. I thank those who have used "Contact Us" on the website when they have had questions about our program, reported errors on the website, had a flyer to post to the events calendar and those who read the Officer and Coordinator reports before AWSC meetings or Assemblies. I thank the other Officers and Coordinators for helping answer questions or concerns in their areas of service. A great deal of help my first year in this position has been from our Web Technician - thank you Kathi. At the Fall Assembly, I shared the job description for New York North Website Coordinator and hope that anyone interested in serving in this position would contact me with questions or share their interest in serving New York North as a future Website Coordinator.

December's theme is "Believe in Yourself". When I took this position, I worried that my technical skills were a bit rusty, I had not served NYN in a while and there was always the changing technology I had never learned. I did not believe in myself but those sitting at my table - my service sponsor and my sponsor - did believe in me. I have been vocal about my insecurities but with much support I have made it through my first year and I am starting to believe in me. I know I do not have to be perfect and that you all love me in a very special way. Grateful to be in service,

Nancy P.



NYN Alateen Coordinator

We have had two NYN Alateen Interest meetings via Zoom since the Fall Assembly. One was in October and the most recent one on November 12. These Zoom Room meetings are for us to become familiar with how that electronic platform works, and provide a means of interactive communication concerning NYN Alateen between assemblies.

We are in the process of inviting all of the Alateen Sponsors to the next Alateen Interest Meeting (AIM) which will be held via Zoom on December 10. If you are an Alateen Sponsor and you haven't received an email concerning this, please call/text me at: 585-331-1235 or email: sassyhoya3@gmail.com.

After reading the Service Manual about electronic meetings and audio-taping, I contacted WSO for guidance. I learned that the Alaska Area is already testing an electronic audio and video platform to be used in an Alateen meeting. We know that there are many cautions and protective measures when Alateen is involved. If you are interested in any of this, perhaps you would like to join us in an AIM. Let me know if it is so. Thank you for your support.

All 4 teens,
Sandy A.

Convention Coordinator

Hey NYN members,

Here are the upcoming conventions and host Districts.

Spring 2019 Districts 29 & 25
May 17-19, 2019, Rochester, New York

Fall 2019 District 21
Comfort Inn and Suites, North Syracuse

Spring 2020 Districts 22&8
Saratoga/Albany Area

Fall 2020 District 18
Syracuse

Spring 2021 Could this be your District??
Please think about it.

If you are interested in hosting a Spring or Fall Convention or have any questions about it, just send an email and I will be happy to share my ESH (experience, strength and hope) on it.

This month's topic is "Believe in yourself." This is one area where service has helped me. Before recovery, I only did jobs I knew I could easily do. I did not reach for anything. If something felt uncomfortable or gave me fear, I just did not do it. When I got into recovery, I took a service position early on. I learned I didn't have to do it on my own. I also learned there is leeway to do it my way and I don't have to do it "perfectly". Those principles followed me in my service work. I started going toward positions that made me feel a little uncomfortable. I felt I could do the position because I knew I would have help. Today, in service, I have no fear about doing any service position, because I won't be doing it alone and I'll do it to the best of my abilities. I also practice this in my work life. When projects come up at work, I go toward the uncomfortable so I push myself and grow.

Yours in Service,

Kevin M.

convention@nynafg.com

Newsletter Editor

The newsletter seems to be coming along. With each passing month I feel a little more at ease with arranging and publishing your articles. As usual, if there is anything that you would like to see added, deleted, or changed, please let me know. This newsletter is for all of us.

Believing in myself usually takes a bit of talking to myself. Like the little engine, "I think I can, I think I can, I think I can...". Many times I have to step out of my comfort zone to find that I can! Service has given me the opportunity to try this process.

In service,

Pat H.

SENDING DONATIONS TO NYN

Please send by check or money order.
DO NOT SEND CASH!!

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Group's ID Number*

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 Unless this is a personal subscription, this copy belongs to your group.
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Northern Hi Lights Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs.

Make checks payable and mail to: NYN Area Assembly, PO Box 2183, Syracuse, NY 13220

All AI-Anon members are encouraged to subscribe to the *Northern Hi Lights* electronically; just e-mail your request with your name to: records@nynafg.com

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