



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

Inside This Issue

Topic Forgiveness

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Newsletter Editor Pat H.  
Proofreaders: Jack H., John O

# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*



**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 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](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

## Alternate Delegate

There was one new meeting last month that I welcomed. They had a flyer in last month's *Northern Hi Lights*, so I hope if you live near there you will be able to support the meeting.

Don't forget to subscribe, and read a sharing of the Forum in your meetings when it's possible. They can be used as topics if you're lacking one for your meeting. Last month my home group didn't do the Tenth Step, because we had a newcomer and many of the "regulars" were not there. Therefore, I read the sharing from the Forum the following week.

The topic for this month is forgiveness. Last month I shared about my step-mother, whom I forgave. This month, I remembered what happened when I finally found out that my husband had cancer and was going to die shortly. The doctors had been constantly telling us that they did not know what was wrong with him. It seemed like cancer, but they could not find anything. As a favor to the doctors, he had taken chemo drugs as a part of a research project to see if his kidney cancer might return. After 3 weeks of hospitalization, and lots more testing, they were going to release him to a nursing home. I felt that they should find out why he was sick, especially since he had taken those drugs for them. They did one more test and found out he indeed had cancer. The doctor told me, then they told him. I said that I hoped he would forgive me for the way I had treated him during the summer before they told him that he had cancer. He said that he would not. I, quickly, said I knew God would. The matter was dropped and never discussed again because of his weakness. After his death, I was in a meeting and we were discussing forgiveness and I left the meeting in tears because the matter had not been resolved. A friend of mine from the meeting called me the next day and we talked about it and decided that hopefully he was joking and I needed to forgive myself. After all, I did the best I could with what I knew.

In reading about forgiveness in my many Al-Anon books, they covered both forgiving yourself and forgiving others. I heard one day that once I decide to forgive someone, it means that I will not seek retaliation against that person. Also, when I decide to forgive, I forgive the person, but not the act against me. We do forgiveness for ourselves, because we pay a very high price when we refuse to forgive someone.

**Helen H.**

## Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

Spring 2020 Districts 22 & 8  
May 29-31, 2020  
Hilton Garden Inn  
Troy, NY

Fall 2020 Districts 10 & 18  
September 25-27, 2020  
Comfort Inn and Suites,  
North Syracuse

Spring 2021 [Could this be your District?? Please think about it. You don't have to do it alone, you have the Experience, Strength and Hope of NYN.](#)

Looking for host for 2021. Please ask your district if they are willing to host a Convention/Assembly. Time seems to be flying by and 2021 will be here in no time.

Yours in Service,

**Kevin M.** convention@nynafg.com



## Group Records

I recently called a GR to investigate why someone had reported their meeting as “No One Home”.

The GR shared that the group had previously had 2 meetings but one was closed due to low attendance. However, the GR was quite sure that all the correct people had been contacted and that their meeting was listed correctly with WSO and in their AIS online schedule.

I checked...neither site was correct and their inactive second meeting was listed in both places.

My first impulse was to try and figure out how I could possibly match up the listings for every meeting in NYN with WSO records and printed schedules to verify that there were no mistakes. (I still think I can sometimes achieve perfection!)

But I quickly realized that would be a massive task. However, if each group took a few minutes to check that their meeting(s) were listed correctly the task was easily manageable.

So I am asking each group to check their group’s listing on the Find A Meeting tool on the WSO website (Al-Anon.org) **and** through the Find A Meeting link on our NYN site (NYNAFG.COM).

If you do find any errors please contact me at [RECORDS@NYNAFG.COM](mailto:RECORDS@NYNAFG.COM).

Reminder: I need your WSO ID # to correct you meeting information.

Thank you everyone for your help.

***Patti M.***

## Literature Coordinator

I hope that everyone has had a prosperous fall and that life is treating you exceptionally well. Having the experience, strength, and hope of the Al-Anon family behind you is the greatest gift one can ever receive.

Since the Fall Assembly in Syracuse, I have followed a similar routine as I mentioned in previous articles. The Zoom meetings continue to be a source of connection between the various members of the Alateen Interest group. I have been enjoying a series of online meetings through AFG Connects as I give my two cents’ worth on a number of forum topics. My district continues to look for ways to reach out and touch the afflicted members of our area through public outreach and a Day of Sharing we held on October 5<sup>th</sup>.

This issue’s topic is Forgiveness. I had a tough time wrapping my head and ego around this concept in the early days of my program. The litany of offenses that my son had committed against me and our family was too long and too extreme to merit any iota of forgiveness on my part. I just wanted to push him as far away from me as possible so I could stew in my juices of anger, bitterness, and regret.

Al-Anon gave me the strength to reach out and seek forgiveness on a number of fronts. I was able to reconnect with my son and forgive him for the things he had done in the past. An invaluable member in my district told me this simple fact: “you can look at the past – just don’t stare at it.” That helped me tear down the barriers I had erected between my son and our family. Today, he writes letters to everyone and continues to thank all of us for allowing him to come back into our lives. Forgiveness is a powerful tool in the repertoire of our Higher Power’s plan for us.

I continue to thank all of you for your love and support. I hope you have a blessed holiday season, and I will see you when I see you.

With love,  
**Mike R.**



## **NYN Alateen Coordinator**

On Thursday, November 21, we plan to use our Zoom Alateen Interest Meeting (AIM) for planning AMIAS training sessions. I hope to have several AMIAS and Alateen Sponsors in attendance to share their thoughts on the WSO Educational Modules and what venues would be most effective for training.

There are several new AMIAS that need training and a few who will be registering in the next two years. Also, decisions need to be made about what specific Modules should be used for recertification's in the Spring.

If any of you have experience to share or suggestions about these actions, please call, write, text, or email me. See back page of this newsletter for my contact info. I appreciate any and all input. Thank you for your support.

If I don't work on forgiving someone else, I get sicker. Often, I need to forgive myself. That is sometimes more difficult than forgiving others.

In service to Alateen,  
**Sandy A.**

## **Newsletter Editor**

I certainly hope everyone had a peaceful Thanksgiving. I will try to keep peace and thankfulness in my heart as I get caught up in the Christmas preparations.

Forgiveness, the theme of this month, can be very challenging when we are hurting. By forgiving, it doesn't have to mean that you agree with what was done. Forgiving means that you have chosen not to dwell on the matter anymore. One of my favorite sayings is "Forgive others, not because they deserve forgiveness but because you deserve peace" - *Jonathan Lockwood Huie*.

I wish everyone a wonderful holiday season.

In Service,  
**Pat H.**

## **Attention**

It has been brought to our attention that some yahoo emails have not been going through for the newsletter. If you know of someone who has not been receiving their Northern Hi Lights newsletter, please contact Patti at [records@nynafg.com](mailto:records@nynafg.com).





# **12 Step Workshop for** **Members of Al-Anon**

*December 13<sup>th</sup> – 15<sup>th</sup>, 2019*

Garrison NY

Step Study is an essential part of recovery for persons in Al-Anon. During this weekend you will complete an intensive study of the 12 Steps in fellowship and a wonderful spiritual environment while sharing our experience, strength & hope.

\$175per person, Double Room

\$250per person Single Room

Sponsored by Al-Anon Diversity and Openness Group  
Sunday, Stroudsburg, PA

Graymoor Spiritual Life Center, Garrison NY

To register: online [www.GraymoorCenter.org](http://www.GraymoorCenter.org)

Bring a Copy of “Paths to Recovery”

# Treasurers Report

NYN AREA ASSEMBLY – August 2019

Receipts	Group #	Amount
Return of Seed Money Spring 2019		\$1,000.00
Proceeds Spring 2019		\$5,055.30
Men In Al-Anon		\$80.00
Clifton Park Let it Begin with Me		\$15.00
Webster		\$10.00
????????	040786	\$50.00
Tuesday Noon Courage - Plattsburgh Area		\$15.00
Rochester Area	27134	\$75.00
Faith & Hope	30375	\$32.68
Pittsford Area		\$20.00
????????	9677	\$11.09
We Are Not Alone	38151	\$102.00
Williamsville Area	30582959	\$30.00
Niskayuna	38472	\$15.00
Hudson Falls		\$25.00
Williamsville - Tues Adult Children	31686	\$25.00
Sidney AFG		\$10.00
Fayetteville AFG	9742	\$30.00
Springville Friday	067287	\$20.00
East Aurora Changing What I Can	27835	\$15.00
Northern Highlights		\$10.00
		<b>\$6,646.07</b>

## SENDING DONATIONS TO NYN

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

Make payable to: NYN Area Assembly  
P.O. Box 2183 Syracuse, NY 13220

*Please include group's registered name and  
Group's ID Number*

**Treasurer's Report cont'd**

**NYN Financial Statement Sept 2019**

<b>Receipts</b>	<b>Group #</b>	<b>Amount</b>
Hamlin Sunday Night	9783	\$30.00
Beginning Today Sat AM	60706	\$60.00
East Amherst AFG	9711	\$50.00
Thrus Night AI-Anon Survivors	50293	\$100.00
East Amherst AFG	63806	\$25.00
Clifton Park Let it Begin With Me	30702163	\$15.00
Serenity at Noon	502088	\$20.00
Power Greater Than Ourselves AFG	30704763	\$30.00
Cortland AFG	9696	\$60.00
Serenity Seekers - Rotterdam area	??????	\$25.00
Living Today AFG Baldwinsville	32150	\$35.00
Wed AM Step Meeting	9612	\$30.00
Niskayuna AFG	38472	\$15.00
Saturday Morning AFG	500955	\$25.00
Penn Yan AFG	10187	\$50.00
Northern Highlights		\$17.50
<b>Total Incoming</b>		<b>\$587.50</b>

<b>Expenses</b>	<b>Ck#</b>	<b>Amount</b>
Legal Review - NYNAC Guidelines	1442	\$150.00
Comfort Inn	1446	\$2,099.00
Public Outreach Literature	1443	\$115.44
Public Outreach Coordinator	1443	\$28.00
August AWSC Meeting	1681	\$50.00
<b>Total Expenses</b>		<b>\$2,442.44</b>





## District 15

# “Beat the Winter Blues” Brunch

January 25, 2020

11:30AM – 12:15PM – brunch

12:15PM – 1:15PM – speakers

1:15PM – 1:30PM – raffles and 50/50

- ❖ St. Paul's United Methodist Church basement, 2200 Valley Drive in Syracuse, parking and entry in the back of the church.
- ❖ It's FREE TO ATTEND!
- ❖ AA, Al-Anon, and Alateen members are welcome to attend!
- ❖ A dish to pass is suggested. Please call Leslie.

# Save the Date

**NYN AFG 2020  
Spring Convention & Assembly**

**May 29-31, 2020**

"Embracing Change"



"Discovering Choices"

**Hilton Garden Inn  
235 Hoosick Street  
Troy, NY 12180**

# HELP WANTED!

*FOR THE 2020 NEW YORK NORTH  
FALL ELECTION ASSEMBLY IN SYRACUSE*

*September 25-27, 2020*

*At the Comfort Inn and Suites on Buckley Road in Liverpool*

*Hosted by Districts 10 & 18*

*"Service Helps Me See 20/20"*

Would you be interested in helping us out?  
You and your group can help make a difference  
And, you get back much more than you give.

**Volunteer for an hour or two for the following areas (no registration required)**

Make a Theme Basket or donate an item for the raffle which raises funds to help pay for the event

Hospitality Room Volunteer to help with the ongoing refreshments or donations of food

Registration Help register people Friday & Saturday and meet your fellow Al-Anon members

Literature Help see Al-Anon and Alateen literature and meet your fellow Al-Anon members

Greeters welcome and help orient members when they arrive on Friday & Saturday

Are you unsure of what you'd like to do but are willing to help out? Ask any Committee Member!

**NO EXPERIENCE NECESSARY!!**

**FOR MORE INFORMATION, CONTACT Jim M.**

# NYN AFG Convention & Assembly 2020

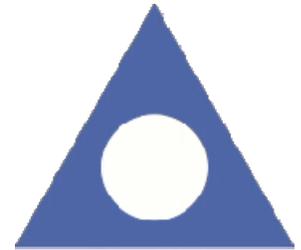
"Embracing Change" - "Discovering Choices"



May 29-31, 2020

Hosted by Districts 22/7/8

Hilton Garden Inn 235 Hoosick St.,  
Troy, NY 12180  
Hotel Reservations



**\*\*\*Room Reservation Deadline: April 29, 2020\*\*\***

To make room reservations call (877) 782-9444 troy.hgi.com  
Ask for New York North Area Convention Assembly 2020 for courtesy rate.  
Room rate: \$129 plus 11% tax - - \$143.19/per night tax included  
Check in: 3pm Check out: 12 noon

## Meeting Schedule and Events

### Friday

3pm-9pm Registration  
Dinner on your own  
7pm New District Rep Meeting  
8pm AWSC Meeting  
8p Icebreaker - Open to all  
9:15pm Al-Anon/Alateen Meeting  
9:15pm AA Meeting

### Saturday

8am New Group Rep Meeting  
9:15am - noon/1:15pm-5pm  
Assembly Meeting  
9:30am-11:45am/1:15pm-3:30pm  
Al-Anon/Alateen Panels  
Noon - 1:15pm Lunch on your own  
6:30pm Banquet  
8pm Speakers

9:15pm Serenity Walk  
9:30pm Al-Anon/Alateen Meeting  
9:30pm AA Meeting

### Sunday

8am Alateen Interest Meeting  
9:15am Summary of weekend Spirituality Panel

Raffle Tickets may be purchased throughout the day. Assembly members should purchase at lunch break. You must have tickets in baskets by 4pm. Winning numbers will be posted by 4:30pm.

## Convention & Assembly Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Questions: Call District 22 Hotline 518-744-9231  
Al-Anon Registration before April 29 \$20 \_\_\_\_\_  
After April 29 and at the door \$25 \_\_\_\_\_  
AA Registration before April 29 \$20 \_\_\_\_\_  
After April 29 and at the door \$25 \_\_\_\_\_  
Alateen Registration \*\*\* \$12 \_\_\_\_\_  
Saturday Banquet Reservation by 4/29 \$36 \_\_\_\_\_  
Hospitality Donation \_\_\_\_\_  
Total Enclosed \_\_\_\_\_

Please make checks payable to:

**NYN Spring Convention & Assembly 2020**

Mail Registration Form and Payment to:  
NYN 2020 Spring Assembly  
PO Box 1162  
Clifton Park, NY 12065

\*\*\* Alateens must have adult supervision, notarized parental permission slips and medical release forms.\*\*\*

Is this your first Al-Anon Convention? Assembly? \_\_\_\_\_  
Are you a new Group Rep? \_\_\_\_\_ District Rep? \_\_\_\_\_



# NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Highlights 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 AI-Anon members are encouraged to subscribe to the Northern Highlights electronically.

There is no cost for an electronic copy.

Is this  a new subscription  
 renewal

I would like  a paper copy mailed to me (please consider a \$10 donation)  
 NHL e-mailed to me (no cost)

Name of person receiving NHL \_\_\_\_\_

E-mail address \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### If Group Subscription

Group Name \_\_\_\_\_

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

### Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 2183, SYRACUSE, NY 13220

### For address changes or updates

Mail to: Group Records, 5082 Clifton Dr., N. Syracuse, NY 13212

Or e-mail: [records@nynafg.com](mailto:records@nynafg.com)

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> Molly C. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> Helen H. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Diane C. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Ruth S. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
<u>Treasurer</u> Pam A. <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>	<u>Alateen</u> Sandy A. <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>	<u>Secretary</u> Kathleen M. <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>	<u>Convention</u> Kevin M. <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
<u>Group Records</u> Patti M. <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Literature</u> Michael 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> Connie D. <a href="mailto:po@nynafg.com">po@nynafg.com</a>
<u>Presentation</u> Danae K. <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>Web Coordinator</u> Nancy P. <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> Pat H. <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>Alateen AMIAS</u> Mary D. <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
<u>Archives</u> Susan J. <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Panel 52 Past Delegate</u> Ruth S. <a href="mailto:Delegate52@nynafg.com">Delegate52@nynafg.com</a>	<u>Panel 49 Past Delegate</u> Elaine R. <a href="mailto:Delegate49@nynafg.com">Delegate49@nynafg.com</a>	<u>Panel 46 Past Delegate</u> Robert M. C. <a href="mailto:Delegate46@nynafg.com">Delegate46@nynafg.com</a>
<u>Panel 43 Past Delegate</u> Connie D. <a href="mailto:Delegate43@nynafg.com">Delegate43@nynafg.com</a>	<u>Panel 40 Past Delegate</u> Anne F. <a href="mailto:Delegate40@nynafg.com">Delegate40@nynafg.com</a>	<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. <a href="mailto:mgregory@roadrunner.com">mgregory@roadrunner.com</a>	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. <a href="mailto:Wrsill533@aol.com">Wrsill533@aol.com</a>	<u>Panel 4 Past Delegate</u> Helen S.

