

Topics: ...Nov: "Guilt"
...Dec: "JOY!"

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Calendar:

- **May 19 - 21, 2023,
NYN AWSC &
Spring Assembly**
- **June 29 - July 2, 2023
AL-ANON INTERNATIONAL
CONVENTION
Albuquerque, NM**



NEW HOPES, NEW FRIENDS, RENEWED RECOVERY
2023 AL-ANON INTERNATIONAL CONVENTION
**2022 INTERNAT'L
CONVENTION, PAGE 2**



Garnet Sugar Maple Ladybug
Wild Rose Bluebird
**CALLING ALL AL-ANON
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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

A Warm Fall Weekend in Fayetteville, NY!

– Carol C, Chairperson

I'm so grateful to everyone who participated in the September 16-17 Fall Assembly in Fayetteville, NY, with a special shout out to the Assembly Committee & Technical Team, who put it all together quickly. Participants' feedback is welcome (email: chairperson@nynafg.com).

Special Guest "Virtual" Presentation: on the "Global Electronic Area" (GEA), by Vali F., WSO Executive Director. We learned that NYN needs to decide if we will accept electronic groups in our Area service structure. A work group was formed.

Budget: Every fall we review & approve the budget. We increased the equipment line item from \$500/yr to \$1500/yr (for sufficient funds to purchase technical equipment for future hybrid meetings). We authorized the officers & coordinators to approve equipment purchases. We approved a \$5000 donation to WSO, & we made changes to the Treasurer's Job Description to allow electronic payments with an email approval from the Chairperson as a second

The cool air-conditioning felt great in the cars home. – Done! – Al-Anon NYN representatives had met to keep NYN Al-Anon organized, its groups running smoothly, & connected with worldwide Al-Anon.
– (newsletter editor)

signature on the payment.

The Spring Assembly/Convention: will be hybrid, with the in-person location in Syracuse. We need volunteers to help with hospitality & set up/clean up. Any GRs who are willing to help, please send me an email at chairperson@nynafg.com. The 2023 FALL Assembly will be an IN-PERSON, election assembly, which Ruth S graciously volunteered to chair. Thank you, Ruth!!!! Please volunteer to serve on the planning committee. A hybrid component for the Spring Assembly will be considered.

Newsletter Revisions: The newsletter editor is forming a committee to provide guidance & feedback to improve the newsletter. If you are interested in serving on this committee, please contact Dave N at newsletter@nynafg.com.

A special thank you to Connie W & the speakers who shared at our Spiritual Speakers Panel on Sunday following the Assembly, a perfect example of how we never do this alone. We all come together & share the responsibility for this program. When we all step in & do our small part, it works out better than we can image possible. ▲▲▲

WSO Road Trip! October 29, 2022

– Ellen V, Web Coordinator

Prepared. Punctual. Professional!!!

I heard a local speaker say - that one of the ways she recovered was to "get in the middle of Al-Anon". I started to picture in my head what that would look like for me. For my personal recovery I envisioned meetings, talking to my sponsor, fellowship, phone calls & reading CAL.

Two days later I found myself at the WSO Road Trip! YOU & YOUR Board Connect. It was an 8 hour Board of Trustees meeting in Cleveland Ohio, Saturday Oct 29th, 2022. The day was filled with a fellowship icebreaker, interactive workshops, committee report presentations, Q&A's & my favorite, personal sharings. I was truly in the middle of the "How It Works" of Al-Anon.



I learned about the 4 areas of leadership in Al-Anon: Board of Trustees, Executive Committee, WSO Staff, & Delegates/Fellowship. As the duties & obligations of each section are clear, there are many reviews & approvals that cross over between the areas. Someone said we are in a circle, not on a ladder. I felt this to be true. I felt the strong & consistent presence of many spiritual principles including: mutual respect, balance, courtesy, kindness, accountability, responsibility, equality, abundant thinking, honesty, trust & unanimity.

(continued on next page)

(Road Trip, Cont'd) –

I learned that the Trustees operate with 7-21 members. 19 spots are trustees at large, sustaining trustees & regional trustees & can be filled by current members. 2 spots are considered lifetime for Lois & Ann (our founders). I felt the presence of Lois & Ann throughout the day. I saw the trustees working hard to be the voice of the members always using care & consideration. I heard that Trustees are just people who hide their wings...

We talked about the difference between a work group, a thought force, & a task force. A work group is a unit of people to meet an ongoing need, & can be

permanent. A thought force is temporary, it is the thinkers, they brainstorm ideas. They lay the foundation for the task force, their task is not to provide answers or solutions. A task force is a temporary unit, & they are the doers. Their objective is to complete a task, to present it to the originating body to move forward.

I learned that the answers to most Al-Anon questions have already been addressed & can be found in our policies, guidelines, service manual, steps, traditions, concepts, CAL or on the website. I just need to look for them. For me, I learn by listening & doing, which is what happened at the road trip.

At the end of the day - I felt more "a part of Al-Anon" than ever. The experience showed me that you are never alone in service & that service is God centered. The welcoming, loving compassion that was in the room was infectious & I hope to carry that back to my fellow Al-Anon members. ▲▲▲



Registration is Open!

- **Registration for the 2023 Al-Anon International Convention with A.A. participation, in Albuquerque, New Mexico, USA, June 29-July 02, IS OPEN!**

- For best results, **WE RECOMMEND USING A LAPTOP/DESKTOP COMPUTER TO REGISTER!!!**

Registration fees:

Prior to **January 11, 2023** - \$175
 Prior to **May 10, 2023** - \$200
 After **May 10, 2023** - \$225

Register Now!

Housing is available, group rates \$124 US to \$189 US a night. Info will be provided with registration.

Registration includes access to most events, Thursday thru Saturday.

AVAILABLE ADD-ONS, FOR A FEE:

- **Day of Connecting** (Thurs), workshops & speakers celebrating service, \$55 w/lunch.
- **Trailblazers Breakfast on Route 66!** (Sat. am), celebrating Al-Anon's Trailblazers - \$75 -- includes breakfast.

Contact: events@al-anon.org or call 757-563-1600. ▲▲▲

Service Opportunities

Conventions: Spring & Fall 2023:

-- Jim M, Convention Coordinator

▲ **The 2023 NYN Spring Assembly** will be held May, 19, 20, & 21, 2023 & will once again be held in person at Dwyer Hall at the Immaculate Conception

Church, 400 Salt Springs St., **Fayetteville, NY 13066** as well on Zoom As of now, there is still a need to put together a committee to work on the Spring Assembly, or for Districts to volunteer to host the event. More information to follow soon. - **▲ Needed: District(s) to Host this! -- It's FUN, Not Difficult! -- Please volunteer your district(s) !!!**

▲ **The 2023 NYN Fall Election Assembly** will be held September 29, 30 & October

1, 2023 at the Embassy Suites Hotel on Carrier Circle in **East Syracuse**. Chairperson Ruth S. & her committee are already hard at work. More information to follow soon. - **▲ Needed: District(s) to Host! -- It's FUN, Not Difficult! Please volunteer your district(s) !!!**

Host coaching is always available in Al-Anon. ▲▲▲

November - Topic of the Month - "Guilt"

I carried around the burden of **GUILT** ...ever since I was a caretaker for my ill parents at the age of 16. So, when I married at the age of 25 to an alcoholic in a relationship lasting 40 years, I was a perfectionist at this emotion. I assumed everything that went wrong in everyone's lives was my fault. It wasn't until I joined Al-Anon & learned all the wonderful, useful tools, that I relieved myself of an enormous self-inflicted responsibility. I live each day facing my own life & what I have control over. It's an empowering way to start the day. I pray I can continue this attitude for the rest of my life!

—Joan L, Group Records ▲▲▲

Guilt. This is a difficult concept ...

... to wrap your head around when you are in recovery. I know I spent a great deal of time feeling guilty for my son's problems, thinking that I had played a significant role in his failure to find the solution to his alcoholism & drug addiction. What I did or didn't do consumed a great part of my negative feelings & attitude prior to finding the rooms of Al-Anon.

Now I know that guilt is something that I can manage with the help of my program. The Three C's made me realize that I did not

cause my son's problems, I could not control the situation, & I had no way to cure his addictions to drugs & alcohol. Once I found solace in this basic concept, I knew I had taken an important step toward serenity & peace in my recovery.

Gain

Understanding

In

Learning the

Truth Through Recovery

— Mike R, E-Meeting Host ▲▲▲

December - Topic of the Month - "Joy!"

Joy has been redefined ...

for me since I entered the Al-Anon program in 2015. Joy used to be defined for me by others' happiness, their successes, their satisfaction. I blended their joy with my responsibility, & my control. When I joined Al-Anon, the program taught me to experience what I had control over. My OWN joy, my own accomplishments & successes. These were the things that I only had control over, not anyone else. It is a great feeling!

- Joan L, Group Records ▲▲▲

Joy. Finding peace &...

HAPPINESS ... is a long & arduous journey. How long it took me to find joy in my life! It can be attributed to the program of Al-Anon & its members who gave me what I needed to get through the tough times & arrive at this point in my recovery.

I want to pay homage to one individual as she celebrated her 90th birthday this year. This poem embodies the spirit of the program as exemplified by her life & commitment to Al-Anon.

To Anna Jean with Love on Her 90th Birthday

- We pay homage today to Anna Jean, a lady we all know & love
- She has blessed us all with her gifts, like our Higher Power from above
- Anna Jean has reminded us to take life one day at a time
- Following our own paths to serenity with our own rhythm & rhyme
- She knows what it means to let go & let God
- We all know the trials & tribulations she has shared but for the grace of God
- Anna Jean has been our rock, our strength, & our reason to live

- Telling us all to forgive, forget, & to live & let live
- She knows what it means to cherish things & see how bubbles sometimes burst
- Anna Jean has been a living example of showing first things first
- She has demonstrated her many skills & talents
- Telling us all at one time or another to look for what we need the most - balance
- We know Anna Jean loves her garden & flowers that sometimes make her blink
- She is a loving mother & friend who reminds us to ponder life & just think
- Anna Jean has shared our sorrows & our joys in many a thoughtful way
- Showing us that we can all have the courage to change & hope for today
- This is a faithful & trusted servant who reminds us of her humor & wit
- Knowing when to know how important it is?
- In her ups & downs, Anna Jean has maintained a glowing complexion
- Telling the world around us it is progress not perfection
- Anna Jean has a special skill of grace & tact
- Never forgetting to remind us to keep coming back
- Anna Jean has given us all so much love & for that we often yearn
- That is her way of demonstrating how we all can listen & learn
- All of us have been hungry, angry, lonely or tired & we want to scream HALT!
- Anna Jean has soothed our soul like frosty & delicious chocolate malt
- Her skills with cooking have made our stomachs churn with joy & flip over
- Anna Jean has set the bar high & explained when it is time to turn it over
- All of us should take to time to say Happy Birthday & in our own special way, thank Anna Jean for everything she has done for us, & not just for today

- Use this wonderful woman as an example of how to seek & to find
- She knows how to keep it simple & how to keep an open mind
- Anna Jean has shown us all how together we can make it
- By letting it begin with me & remembering that easy does it
- Thanks to Anna Jean, she has always given us what we need, a symbolic bone
- The sustenance that gives us life, & tells us that we are not alone.
- Anna Jean is like the flower that feeds the soul
- It is her love of Al-Anon & the program that makes us whole
- We now realize that when we plant a seed, love makes it grow
- That is because Anna Jean, through her life & example, has taught us so.

HAPPY BIRTHDAY ANNA JEAN!

- Mike R, E-Meeting Host ▲▲▲

When I think of joy ...

I am reminded of the times when I was a little boy experiencing great happiness & joy spending time with my Grandmother & Great Aunt & spending time with them going on walks & going to the local playground & taking rides on the Staten Island Ferry with them. While there were tensions at home, that I could sense, even as a 3- or 4-year-old, my time with my Grandmother and Great Aunt was always pleasant & loving. I still get the same feeling of joy when I am with the 4-year-old son of a friend of mine & her new one month old daughter. Before coming to Al-Anon as an adult, I had very little joy in my life. Al-Anon has helped find that joy again.

- Jim M, Convention Coordinator ▲▲▲

I arrived at the door of Al-Anon joyless. ...

The family disease of alcoholism had "hoovered" all of the joy out of my life. As I recovered, joyful experiences slowly returned. What really turbo-charged the return of joy was Al-Anon Service. I quickly learned that service work gave me more than I gave "it".

I will never forget my first NYN Spring Assembly/Convention. As a newly minted group representative (GR), the whole experience was surreal. On the drive to the conference, we needed to stop for dinner. When asked where, no one could voice a specific location. The driver joked that this outcome was only possible in a car filled

with "Al-Anoners". While paying my registration fee, the volunteer guessed that I was a new GR. How did they know? I paid in one-dollar bills. It never occurred to me that I could exchange all of those ones for larger denominations! The Assembly meeting was filled with acronyms that left me clueless. My sponsor lovingly told me their meanings & not to worry in time this would all make sense. The whole weekend was filled with joyful fellowship. I laughed more that weekend than I had in years. The "Al-Anon high" filled my world for days upon returning home. It was like walking on clouds!

In our Area, there are groups without GRs, districts without DRs, AISs without a

full panel of officers & coordinators, & the same is true for NYN. People are remaining in positions long past their end-of-term - just to keep that arm of our service structure functioning. This is not healthy for the individual as well as for Al-Anon. From my experience, staying in a service position long after my term has expired "hoovers" all of the joy that position once provided. In that void, negative emotions seep in. Service work becomes joyless WORK.

The issue of unfilled service positions pre-dates the pandemic & is a world-wide concern. The pandemic certainly accelerated this trend. It is just my

(continued on next page)

(December, Continued, - Topic of the Month - "Joy!")

opinion, but perhaps the root cause is that service is equated with work - &we already have way too much work in our lives. What seems to have been forgotten is the JOY that serving Al-Anon brings. The joy in meeting new people. The joy in having extended fellowship time. Even the joy &laughter that occurs during business meetings.

At the 2023 Fall Assembly, NYN will elect a new panel of Officers & Coordinators. It's not too early to start

thinking which of your talents could be shared at the "Area" level. If you are not in the position to hold an Area service position, there are opportunities within your District &Group. Finally, I encourage you to think of Al-Anon service as JOY instead of work.

Reminder: on the first Sunday &Thursday of the month I host two half-hour virtual Delegate chats. The times &the meeting link are on the [NYN Events Calendar](#). These chats are an opportunity

for any Area Al-Anon member to ask questions or voice concerns. I'm also available anytime via email at delegate@nynafg.com.

- Kathi D, Delegate ▲▲▲

Start thinking which of your talents could be shared at the Group or Area level ... & Think of Al-Anon service as a JOY!

What greater joy than seeing a baby born or to hold a baby. Joy for me is feeling good about a special event or moment.

Prior to Al-Anon I received pleasure but it was temporary. There was always a concern or fear that would overtake any pleasure. The record playing in my head consumed much of my time &energy. Life was not being lived prior to Al-Anon it was simply a function.

So fortunate I have been to be able to live this program &see &feel so much

joy in my life. Our beautiful children are now parents &grandparents. Again, pleasure in seeing them experience joy in their lives. Being able to see them mature &grow into independent responsible adults. Life is not perfect for any of us but knowing you have choices &being able to make decisions is freeing. I have learned so much from watching our children grow. Joy is transmitted through their joy.

I can remember the release I felt when finding out you are not judged in Al-Anon &we are equals. No ladder climbing.

Just sharing experience, strength &hope. That feeling of relief was actually joy for me.

In Al-Anon I have experienced joy in my days by simply doing my readings, going to meetings &sharing experience, strength &hope. Hearing &seeing a newcomer grow or hearing an Alateen learn to read is true pleasure. It is not necessary to have Christmas or to see a new born to experience joy. Today there is joy in my heart. Thank you, Al-Anon.,

- Mary D, AAPP ▲▲▲

Treasurer's Report

- Betty G.M, Treasurer

Total of five deposits.

- 3 donation deposits totaling \$973.67.
- 2 deposits for Fall Assembly, (registrations & donations) totaling \$718.50.
- No bills or reimbursements in Sept.

----- (We are still waiting on registration payments from ten people.) -----

Check Date	Group	Group Name	Check	Amount
9/15/2022	62668	Experience Strength & Hope Adult Children	5036	\$25.00
9/12/2022	39872	New Beginnings Jamestown	268	\$20.00
9/8/2022	63806	Courage to Change	MO	\$25.00
9/8/2022	3050-3839	Calm in the storm	1079	\$65.00
9/10/2022	49964	Simple Beginnings	153	\$30.00
9/6/2022	9828	Friday 10 am	1972-59495	\$30.00
9/20/2022	▲ ?	▲ ?	2928-6988-03	\$100.00
9/22/2022	40786	Days of Healing AFG	103	\$30.00

9/17/2022	501783	Serenity Seekers	1558	\$20.00
9/23/2022	District 22	District 22	111	\$200.00
9/30/2022	66032	Women's 12@12	1314	\$50.00
9/29/2022	▲ ?	Thursdays Hope	455	\$25.00
9/25/2022	24271	Canandaigua Mon Noon	1273	\$50.00
9/25/2022	38151	We are not alone Al-Anon Group	300	\$123.67
10/4/2022	9765	Queensbury AFG	MO	\$30.00
10/3/2022	Dist 10	District 10	1101	\$100.00
9/28/2022	3070-2163	Let it begin with me AFG	9838	\$25.00
9/28/2022	3066-9070	Wednesday Night AFG	9840	\$25.00
Total Donation Deposits				973.67
Total Deposits for Fall Assembly				718.50

▲ Treasurer's QUESTIONS:

(1.) The "bank generated" check #292868803 for \$100.00 -

▲ **What group is this?**

(2.) Check #455 for Thursdays Hope -

▲ **What group No. is this?**

Please email me with any information at: Treasurer@nynafg.com

Officers & Coordinators of NYN - Contact with any questions or concerns you have.

Officer:	Name:	Email
Chairperson	Carol C.	chairperson@nynafg.com
Treasurer	Betty GM.	treasurer@nynafg.com
Secretary	Cathy W.	secretary@nynafg.com
Delegate (&Forum)	Kathi D.	delegate@nynafg.com
Alt. Delegate	Emily K.	altdelegate@nynafg.com
Immediate Past Delegate	Molly C.	mpd@nynafg.com
Alateen	Mary S.	alateen@nynafg.com
AAPP	Mary D.	amias@nynafg.com
NYNAC	Leslie C.	nynac@nynafg.com
Conventions	Jim M.	convention@nynafg.com
Group Records	Joan L.	records@nynafg.com
Archives	Maria S.	archives@nynafg.com
Literature	Diane C.	lit@nynafg.com
Newsletter	David N.	newsletter@nynafg.com
Web Coordinator	Ellen V.	web@nynafg.com
E-Meeting Host	Michael R.	emeetingghost@nynafg.com
Public Outreach		OPEN
Presentation		OPEN

PANEL 61 2021-2023

NEW LOCATION!
 DoubleTree by Hilton
 1111 Johnson Rd Rochester, NY 14623

AA and Al-Anon Meetings
 Speakers Panels and more!

NOTE: Banquet Registration NOT accepted after 2/3/2023

Register before 1/20/2023 for discounted pricing!

FREE Parking!

FLOWER CITY FELLOWSHIP CONVENTION
 March 3-5, 2023

For more Al-Anon information:
 email: FCFCAlanon@gmail.com
 or go to AISRochester.org

Register here: <https://www.rochesteraa.org/2023-convention-information>

Calling all Al-Anon Artists

- New York North (NYN) is seeking artwork to be used to create unique World Service Conference Love Gifts.
- Areas provide their Delegate with a small token of gratitude to share with other Area Delegates during the World Service Conference.
- Selected artwork will be used to create three unique gifts – bookmark, magnet, and book plate with an area for member contact information.
- Artwork must use at least one of the following Official NYS symbols – Garnet, Sugar Maple, Wild Rose, Bluebird, or Ladybug.
- Artwork can be a photograph, painting, or drawing – no larger than 8"x10".
- Submission can be either mailed or emailed to the NYN Delegate.
- For more information, contact Kathi – delegate@nynafg.com.

• Deadline Tuesday, January 31, 2023

Garnet

Year adopted: 1969

Sugar Maple

Ladybug

Wild Rose

Bluebird

2023 Al-Anon Calendar

Fundraiser to benefit the Al-Anon portion of the Flower City Fellowship Convention
 March 3-4-5, 2023
 Rochester, NY

\$15 each

Paypal, Venmo, credit cards accepted

<https://tinyurl.com/2023AlAnonCalendar>
<https://tinyurl.com/AlAnonCalendar2023>

For more information: fcfcalanon@gmail.com

SAVE THE DATE!!!

2023 NEW YORK NORTH AREA HYBRID SPRING ASSEMBLY

May 19, 20, and 21, 2023

IN PERSON DATE: May 20, 2023

Immaculate Conception Church
 Dwyer Hall
 400 Salt Springs Street
 Fayetteville, New York 13066

(Entrance and parking are in the back of the church, off Sheffield Ln.)

HELP WANTED!

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)

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

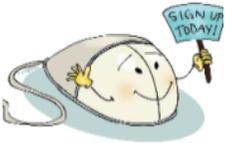
Registration—Help register people Saturday and meet you fellow Al-Anon members

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

Greeters—welcome and help orient members when they arrive on Saturday at Dwyer Hall

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

NO EXPERIENCE NECESSARY!
 TO VOLUNTEER OR FOR MORE INFORMATION, CONTACT Jim M. at convention@nynafg.com



NORTHERN HI LIGHTS SUBSCRIPTION FORM

- **NO COST for an ELECTRONIC COPY**
- **(*) Please consider \$10/yr. donation for mailed copies.**

DELIVERY: Email, or *Snail-Mail **TYPE:** New, or Renewal

Name (or Group Name): _____

Email: _____

Address: _____

If applicable: Group WSO # _____ District # _____

➤ **Mail Subscription donations to:**

NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624

➤ **For subscriptions, address changes or updates:**

➤ **Mail:** Group Records, 135 Berry Road, Fredonia, NY 14063

➤ **Or e-mail:** records@nynafg.com

Northern Hi Lights
135 Berry Road
Fredonia, NY 14063

**Submissions for
February
Northern Hi Lights
Due by: January 15
Topic:
"Awareness, Acceptance,
Action"**

**SENDING DONATIONS TO
NYN**

*Please send by check or money order.
DO NOT SEND CASH!!
- Make payable TO: -*

**NYN Area Assembly
PO Box 64176, Rochester, NY 14624**

*- Please include **Group's** registered
Name and Group's ID Number -*