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#### Topics:

Sept: "The Benefits of Being Kind to Oneself"

Oct: "Managing Difficult
Emotions"

#### Calendar:

\*\*See reports and flyers for more info.\*\*

#### October 21, 2023

Day of Sharing, District 29 Victor, NY

#### October 21, 2023

Day of Sharing Circle of Hope AFG Syracuse, NY

#### October 28, 2023

Alateen – AMIAS "Al-Anon Member in Alateen Service" Informational Meeting On ZOOM

#### November 11, 2023

Day of Sharing District 23 Lockport, NY

#### November 14, 2023

67<sup>th</sup> Anniversary Amherst Al-Anon Grateful Hearts Giving Thanks Williamsville, NY

### CHAIRPERSON'S REPORT – Carol C. News from the Fall Assembly – "Together Again"

**First, I want to thank everyone** on the Fall Assembly Host Committee, Ruth S, Kathy M, Salt S, Jackie T, Carla K, Arlene K, Helen H, Patti M, Nancy P, and Diane C for making the event possible and bringing us all back "Together Again". It was a great weekend and a wonderful event!

**2024 Budget** --The Assembly passed a budget and voted to increase the line item for web design from \$200 to \$2000 to give the Web Coordinator and the Web Committee enough funds to overhaul the website. A motion to send a contribution from the NYN to the WSO in the amount of \$1,000 passed.

**Future Assemblies** -- The Assembly also passed, on a trial basis, a plan to hold assemblies on the following schedule and format:

#### NYN Area Fall Assembly 2023 - (Approved at Fall Assembly) Task Force for Conventions and Assemblies Proposal

	Year	Spring	Fall
4	2024	Electronic Assembly	Hybrid Assembly
Panel 64	2025	Assembly/Convention	Electronic Assembly
8	2026	Electronic Assembly	Election Assembly Convention
	2027	Electronic Assembly	Hybrid Assembly
Panel 67	2028	Assembly/Convention	Electronic Assembly
Pa	2029	Electronic Assembly	Election Assembly Convention

#### NOTES:

- "Hybrid Assemblies" will be a 1 day in-person & hybrid event held in Syracuse at a church hall or similar space.
- District 29 offered to coordinate a spiritual speakers panel for the 2024 Fall Assembly.

**ELECTIONS FOR NYN SERVICE POSTIONS:** – It is with deep gratitude that I announce the results of the elections to fill the NYN service positions for Panel 64, 2024–2025:

- Delegate Carol C from District 14
- Alternate Delegate Betty GM from District 23
- Chairperson Ellen V from District 2
- Treasurer Cindy E from District 1
- Secretary Kathy M from District 21
- Alateen Coordinator Kellie Z from District 22
- AAPP Vicky D from District 22
- Archives Coordinator Janet GR from District 15
- Electronic Meetings Coordinator Maggie G from District 25
- Convention Coordinator Jim M from District 18

- Group Records Coordinator Connie C from District 19
- Literature Coordinator Reneé S from District 10
- Newsletter Editor Wendy L from District 19
- NYNAC Mary S from District 12
- Presentation Coordinator Michael R from District 26
- Public Outreach Coordinator Maria S from District 8
- Web Coordinator Laura L from District
   29

Thank you to everyone who participated! Carol C.

#### 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:** See last page for the subscription form & information. A copy will automatically be sent to each Group Representative on record.

For more information: Visit the following websites: New York North: <a href="www.nynafg.com">www.nynafg.com</a> WSO: <a href="www.al-anon.alateen.org">www.al-anon.alateen.org</a>

#### September Topic: "The Benefits of Being Kind to Oneself"

Long ago when I was a child, I completed all the duties I was assigned. Often, I got into trouble when I didn't do them correctly. The issue was that I didn't know how to do them until they were explained to me. It seemed I was expected to know how to perform chores without being instructed. But instruction wasn't something that happened in our house. To avoid any conflict, I pretended to know how to do things and take the chance of being corrected.

As an adult I continued to take care of things often by total chance. Yes, I was a good worker and could anticipate things to be done. When I was a student, I had myself to care for and didn't really know how to do that. But I was quick to learn procedures and how to care for other people since that was taught in my educational program.

Then meeting my wonderful husband, I listened to his mother and was attentive to how she did things thinking that was the way he liked them. Then I found out that was her perception, not his.

For me there was no mad passionate love. There was a feeling of trust, and he didn't abuse me. To me that was reason to marry. Besides as far as I knew that's what us country bumpkins basically did in our early 20's in the early 60's.

Well, I still have a wonderful husband but I didn't think much of him during his heavy drinking years.

Thank goodness for Al-Anon. When I was sick and tired of being sick and tired, I dropped in on an Al-Anon meeting. How grateful I was! To hear about the 3 C's and alcoholism as a disease relieved me of the weight on my chest. Then I learned how to care for myself and provide better care for our children.

Initially it was hard to hear that self-care was not selfish. But putting the tools of the program to use I was eventually able to put 'first things first', or at least do that better than I did prior to program. The Serenity Prayer was often in my mind as a general guide to allow me to think about what might come next and 'how important was it' at the time. It truly took time for me to prioritize anything beyond work, but eventually it fell into place. Being aware of HALT ("hungry, angry, lonely, and tired") was an early aid because sleep was at a minimum and still today, when tired, I have 'the uglies'. Once aware of the triggers that got me into trouble, I could reinforce the tools I needed to help me be a better person to myself. Interestingly it wasn't money or material that was needed to learn how to be good to myself. It was basically being courteous, kind and considerate to myself, like I was to As I gained awareness of myself and realized 'I was somebody,' the children picked up on the changes and made some too. Being honest and using the steps and tools in my daily life made things a lot easier for me, and I learned to be a better parent after learning to care for myself. Compassion can be had for self as well as for others.

Early in the program the book "One Day at a Time" (ODAT) sat on my dresser and I did the daily reading before I left my room. In time, even the children seemed to realize I needed that time to do the readings. As more daily readers were produced, I attempted to read all of them in the morning but that didn't work for me so I would concentrate on ODAT. Being honest and realistic allows me to enjoy and appreciate myself and not have to "do everything." That is definitely a positive change in myself.

-- Mary D

**During the course of my recovery** in Al-Anon, I needed to take the time for some individual self-care. During the trials and tribulations of my loved one's addiction, my focus was solely on them, and as a result of that, taking care of myself was delegated to the proverbial back burner.

It is appropriate that the new daily reader is now available for purchase. The title, "A Little Time for Myself," is a perfect representation of what self-care is all about. The new submissions are reminders of what it means to be kind to ourselves. The inclusive variety of contributors also gives a universal representation of many racial groups and LBGQT members. The daily reader gives everyone a voice, and that inner message is telling us what we need to hear in

this article, "be kind to others and to yourself."

Tim McGraw produced a hit song a few years ago entitled "Humble and Kind". I used the song in the last slide show I produced for the high school I taught at for 34 years when I retired in 2019. The lyrics fit perfectly for the students who were the focus of the presentation, and that message translates as well in this newsletter article. We need to always be "humble and kind," and we also need to always be "humble and kind" to ourselves.

Have a safe and productive fall. I was glad to see so many members at the Fall Assembly in Syracuse. Remember...be kind to yourself!

- Mike R

#### October Topic: "Managing Difficult Emotions"

"Managing Difficult Emotions" is definitely a hard one to ponder and reflect on for anyone in recovery. Our emotions are the hardest things to control, and negative emotions are the worst obstacle to serenity. Believe me, I know.

When I first entered the rooms of Al-Anon thirteen years ago, I was a proverbial basket case. My negativity and feelings of resentment, anger, and frustration were totally in control of my mindset and approach to my son's addictions. There were times when I refused to associate with him in any shape or manner; I couldn't stand to even

be in his presence. It was no way to live for either of us.

In the many meetings I attended, I found solace and comfort in the experience, strength, and hope of others who had entered the rooms prior to my arrival. I drew upon their wisdom and words of encouragement one day at a time, and eventually I got the gumption to put my difficult emotions aside so I could reconnect with my son and we could experience the happiness and love of each other being together.

- Mike R

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

Officer:	Name:	<u>Email</u>		
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.	ipd@nynafg.com		
Alateen	Mary S.	alateen@nynafg.com		
AAPP	Mary D.	amias@nynafg.com		
NYNAC	Leslie C.	nynac@nynafg.com		

Officer:	Name:	<u>Email</u>
Conventions	Jim M.	convention@nynafg.com
Group Records	Joan L.	records@nynafg.com
Archives	Maria S.	archives@nynafg.com
Literature	Diane C.	<u>lit@nynafg.com</u>
Newsletter	David N.	newsletter@nynafg.com
Web Coordinator	Ellen V.	web@nynafg.com
E-Meeting Host	Michael R.	emeetinghost@nynafg.com
Public Outreach		OPEN
Presentation		OPEN

#### SEPTEMBER TREASURER'S REPORT -- Betty G.M., Treasurer

Deposits -- I made the following deposits through August 9, 2023

Check Date	Group No.	Group	Check No.	Donation	NHI	Total Deposit
6/29/2023	9640	Task AFG	1600	\$ 200.00		
6/21/2023	30669070	Wednesday Night AFG Crescent	1035	\$ 50.00		
6/21/2023	30702163	Sunday Clifton Park	1036	\$ 25.00		
6/21/2023	30567258	Happy Steps to Recovery	5553	\$ 25.00		
6/24/2023	9679	Faith AFG	1162	\$ 35.00		
6/24/2023	30529340	Monday Night Fly Rd AFG	1675	\$ 20.00		
6/27/2023	42113	Legacy Study AFG	1197	\$ 25.00		
6/28/2023	9765	Queensbury AFG	59442745494	\$ 30.00		
7/13/2023	10187	Penn Yan AFG	1212	\$ 25.00		
7/20/2023	66096	Keep it Simple	995004	\$ 90.00		
7/14/2023	66230	Tuesday Group AFG	501	\$ 50.00		
8/9/2023				\$ 575.00	\$	\$ 575.00

• Bills and reimbursements through August 12, 2023: We had no expenses this month.

Account Totals on July Statements, generated 7-31-23 and released 2<sup>nd</sup> week of August.

Primary Checking Account Balance June 30, 2023	\$15,220.38
Reserve Account Balance June 30, 2023	\$16,941.64
NYNAC Balance June 30, 2023	\$509.40
Total Funds	\$32,671.42

Sage Rutty Mutual Funds Balance for Period Ending May 31, 2023, Statement: \$2,581.78

#### OCTOBER TREASURER'S REPORT -- Betty G.M., Treasurer

**Deposits:** I deposited the following checks in August 2023

Check Date	Group #	Group Name	Check #	Amount	NHL	Total
6/29/2023	9640	Task AFG	1600	\$ 200.00		
6/21/2023	30669070	Wednesday Night AFG Crescent	1035	\$ 50.00		
6/21/2023	30702163	Sunday Clifton Park	1036	\$ 25.00		
6/21/2023	30567258	Happy Steps to Recovery	5553	\$ 25.00		
6/24/2023	9679	Faith AFG	1162	\$ 35.00		
6/24/2023	30529340	Monday Night Fly Rd AFG	1675	\$ 20.00		
6/27/2023	42113	Legacy Study AFG	1197	\$ 25.00		
6/28/2023	9765	Queensbury AFG	59442745494	\$ 30.00		
7/13/2023	10187	Penn Yan AFG	1212	\$ 25.00		
7/20/2023	66096	Keep it Simple	995004	\$ 90.00		
7/14/2023	66230	Tuesday Group AFG	501	\$ 50.00		
7/19/2023	768804	Oran AFG Step And Tradition	3701	\$ 4.20		
7/24/2023	9612	Joanne P	3739		\$7.50	
7/24/2023	9612	Wednesday Morning Step	3738	\$ 30.00		
7/24/2023	9612	Wednesday Morning Step	3742	\$ 189.62		
7/24/2023	10139	Tuesday Night Syracuse	4661	\$ 50.00		
8/5/2023	10167	Oswego Monday Night Serenity	2339	\$ 50.00		
7/3/2023	30763523	Healthier Days Ahead	322	\$ 25.00		
7/25/2023	30691441	Courage to Change AFG	244	\$ 40.77		
				\$ 964.59	\$7.50	\$ 972.09

• Bills and reimbursements through September 16, 2023 -- We had no expenses this month.

Account Totals on August Statements, generated 8-31-23 and released 2<sup>nd</sup> week of September.

	Total Funds	\$33,643.51
NYNAC Balance August 31, 2023		\$509.40
Reserve Account Balance August 31, 2023	\$16,941.64	
Primary Checking Account Balance August 31, 2023	\$16,192.47	

Sage Rutty Mutual Funds Balance for Period Ending May 31, 2023, Statement: \$2,581.78

#### PayPal:

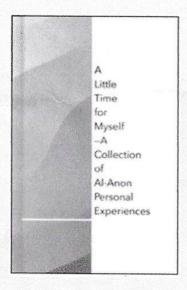
As many of you know, PayPal is set up and has been used for the Fall Assembly for paying registration and food fees. We successfully received many payments. We are looking forward to creating a "donate" button on the website in the near future so that members and groups can contribute by check or electronically through PayPal.

Please email the Treasurer with any questions at: <a href="mailto:Treasurer@nynafg.com">Treasurer@nynafg.com</a>

<sup>\*\*\*</sup> See Page 9 for donation instructions and donation address. \*\*\*

## DISTRICT 29 DAY OF SHARING SATURDAY, OCTOBER 21, 2023

"A Little Time For Ourselves"



#### St. Patrick's Church 115 Maple Ave., Victor, NY 14564

Registration: 11:45 a.m. – 12:30 p.m.

Time: 12:30 p.m. – 2:30 p.m. Fellowship time 2:30 p.m. – 3:00 p.m.

> AA and Al-Anon Speakers Alateen speaker (tenative)

Pizza, Snacks, Coffee, Tea and Dessert Provided Donation of Desserts Welcome

Basket Rame!

Suggested Donation of \$5.00 For more information call Laura L. 585-857-0763 Literature!
50/50 Raffle!

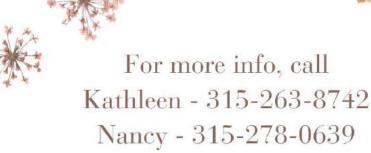


Keep it Simple

October 21, 2023 ~ 9:30am - 12:00pm 2200 Valley Dr, Syracuse (St. Paul's UMC)

Panel ~ Speakers Raffle Baskets ~ 50/50 ~ Refreshments

\$3 suggested donation



AMIAS-Workshop-001-scaled.jpg 1,978×2,560 pixels

9/28/23, 12:51 PM

# Interested in Al-Anon service? Interested in working with teens? Then becoming an AMIAS might be right for you! (Al-Anon Member Involved In Alateen Service)

Join us for an informational meeting to learn more and start the process of becoming an AMIAS.

Saturday, Oct 28th 1 - 2:30 pm

On zoom: 811 1269 8096

Passcode: Alateen

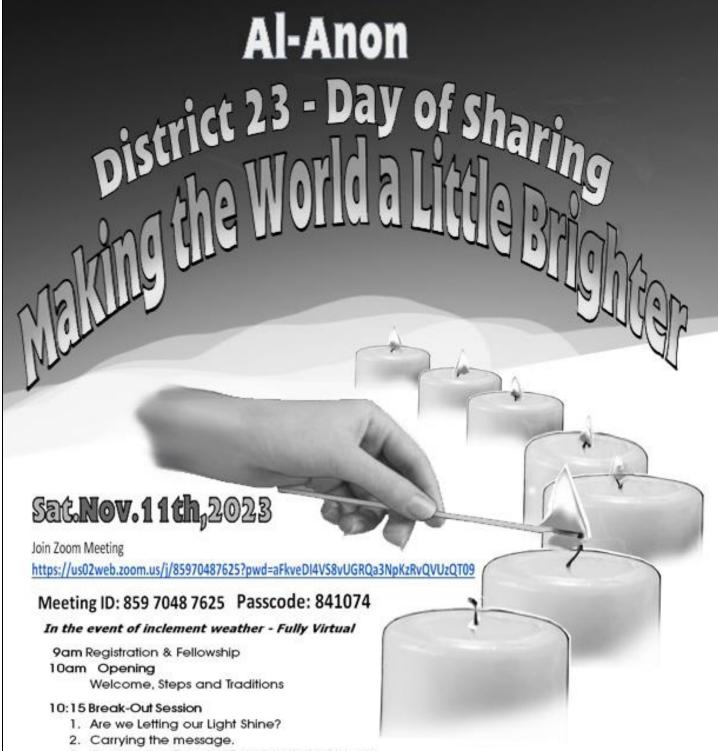
Questions? Please contact: alateen@nynafg.com or chairperson@aisrochester.org

#### Qualifications:

- Be an Al-Anon member regularly attending Al-Anon meetings.
- 2 Be at least 21 years of age
- 3 Have at least two years in Al-Anon
- 4 Have an Al-Anon Personal Sponsor and/or Al-Anon Service Sponsor
- 5 You may be a dual member

\*\*\*Although any Al-Anon member may attend the workshop, we can only certify residents of the Al-Anon New York North Area.

https://www.aisrochester.org/storage/2023/08/AMIAS-Workshop-001-scaled.jpg



3. Overcoming Personal Roadblocks to Change.

#### 11:30 Panel

The We Program: Discovering I'm not the only one.

12:15 LUNCH - Subs, Salad & desserts

1:15 Speakers - AA / Al-Anon / Alateen

2:45 Closing

#### **Dale Association**

33 Ontario St. Lockport, NY 14094

For More Information or Contributions: bagm1962@gmail.com

## Amherst Al-Anon 67<sup>th</sup> Anniversary



# Grateful Hearts Giving Thanks

Tuesday, November 14th - 7:30 pm

St. Paul's Ev. Lutheran Church 68 Eagle St. at N. Ellicott, Williamsville

Speakers - Food - Basket Raffle - 50/50



#### **NORTHERN HI LIGHTS** SUBSCRIPTION FORM

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

<b>DELIVERY</b> : ☐ Email, or ☐ *Snail-M	ail <u>TYPE</u> : ☐ New, or ☐ Renewal			
Amount Enclosed: \$				
Name:				
Address:				
City:	State:Zip:			
Email:				
( <u>If applicable)</u> : Group Name				
Group WSO #	District #			
Mail Subscription Forms and Donations to				

NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624-6576

For Email Subscriptions, Address Changes or Updates:

E-mail: newsletter@nynafg.com

#### Submissions for

**November - December** 

#### **Northern Hi Lights**

Due by: November 15 Topics:

November: "What am I Doing for Fun?"

**December: "The Value of Connection**"

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 Number.

#### TO CONTACT THE TREASURER:

Please email treasurer with any questions at:

Treasurer@nynafg.com

\*\*\* Newsletter Proofreaders: Pat H., Jack H., John O.\*\*\*

NYN AREA ASSEMBLY PO BOX 64176 ROCHESTER, NY 14624-6576