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Topics:

- Series: Service
- March: Honesty
- April: Responsibility
- May: Driving Tips to Promote Serenity

Calendar: * * *

*** See reports and flyers for details ***

- **May 19 - 21, 2023,**
NYN AWSC & Spring Assembly
- **▲▲▲ June 29 - July 2, 2023**
AL-ANON INTERNATIONAL CONVENTION
Albuquerque, NM ▲▲▲
- **July 15, 2023,**
Serenity on Saturday
Anniversary Picnic
Rochester, NY



Alateen Coordinator

Mary S, Alateen Coordinator

All Al-Anon members are welcome to join myself and other AMIAS (Al-Anon Members Involved in Alateen Service) at our monthly virtual meeting to learn about Alateen in the New York North Area. Meeting details can be found on the Events Calendar on the nynafg.com website or by contacting alateen@nynafg.com.

Fellowship Activity

Cathleen B.

A huge THANK YOU to Serenity on Saturdays for hosting our Rochester Fun and Fellowship activity on Saturday March 25th! A special note of acknowledgement and gratitude to Chuck A for his work on the event's committee, providing the AV equipment, set up, and serving as MC for the evening. We appreciate Diane M's service on the committee and all her assistance with coordination. Thank you to all the members who helped with set up, clean up, or both, AND to all the area members who turned out to make this event a big success.

The evening took place at the beautifully renovated all-purpose room in the basement at Immanuel Baptist Church on Park Ave in Rochester. It is a great space; it lent itself perfectly to this sort of party. We really ate well. Members brought a wide array of delicious dishes for the potluck. We enjoyed a scrumptious bounty, the meeting of friends, both new and old, the casual camaraderie, and maybe most importantly the fun and laughter! There was a lot of informal sharing before and during dinner, and then the main event--the Karaoke & open mic. Karaoke is hard! And we discovered in our area we have a talented bunch. The night finished up with spontaneous dancing and just about everyone was on the floor!

It was wonderful to gather and enjoy each other's company. This was the first event with the sole purpose of AFG socializing in years. After covering the costs of the event we raised \$157 for AIS Rochester. Hurray!

Stay tuned for more activities. Coming soon to a town near you!

Archives

Maria S., Archives Coordinator

The Archives Task Force continues to scan and upload documents to the public New York North website. Check it out, if you haven't been there yet--the Archives collection is under "Area Information and Forms".

"Series on Service"

For me Service is an action word that directly correlates to my feeling of Gratitude for Al-Anon. Anything I can do to help a relative or friend of an alcoholic is service. Opening up, setting up, or chairing a meeting, sponsoring an Alateen group, volunteering at the local Al-Anon Service Center, serving in my District or Area level service, in short, anything that I can do to ensure that Al-Anon is here for newcomers as well as long-time members in the same way that Al-Anon was here for me, is service. The best thing about Al-Anon service though is that you don't have to do it all alone. In Al-Anon you can always ask for help, and help has always been available to me when I needed it. When I got busy with Al-Anon Service, I got better. - Jim M, Conventions

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.

For more information visit the following websites: New York North: www.nynafg.com WSO: www.al-anon.alateen.org

Topic: Honesty

I decided to combine March's topic, Honesty with April's topic, Responsibility, ... because for me to progress in my program I had to admit one to assume the other.

I believe the first step that I took in 2015 upon entering Al-Anon was looking at MYSELF in the mirror and admitting my insanity, my dysfunction and my desperate need for a program. I refer to that as Honesty. Once I realized that though I was not an alcoholic, I still played just as a significant role as the alcoholic in my family's illness. It was so easy to blame all our problems on the alcoholic. It was much easier at that time to be dishonest rather than honest with myself. Once I entered the safety of my Al-Anon surroundings, I matured into a student who practiced what I preached... accepting RESPONSIBILITY for my actions and doing something about them. This included studying the Steps, daily readings, and attending many meetings.

I can honestly say, I have accepted with full understanding how sick I was when I entered Al-Anon. But no matter how many years I have been in the program, how many pages have I read, and how many meetings I have attended, it is the action of RESPONSIBILITY, the relief from being burdened with guilt, and the love of the program that have motivated me to KEEP COMING BACK FOR MYSELF! I AM WORTH IT!

— Joan L, Group Records Coordinator

I have two thoughts on the topic "Honesty as a Tool for Growth". After working Step 4 with my sponsor and then making my amends in Step 9, I have found that in many more aspects of my life I now pause before I speak and then try to be clear and honest in whatever statement I am making. This, in turn, has made my life much simpler. The times I have had to say "I'm sorry" or "I lied" have been reduced dramatically. There is a t-shirt I have seen that says, "Sorry I'm Late-I Really Didn't Want to Come At All". I like it because it kind of reflects an older, passive-aggressive version of myself that would become resentful, angry or depressed when I made the choice not to be honest. Also, I believe my increased honesty has helped me lead a healthier life and feel better physically, mentally and emotionally.

— Maria S, NYN Archives Coordinator

'Honestly speaking' is a common expression. -- As a child our family religion had a "sacrament" called confession. Today it is called reconciliation. Well, sometimes I had to make up something to confess! So, was that honesty? I thought of that as conflict.

Others said to me, just confess to something small, such as not making my bed, because I was expected to confess to "something!" Today, the term reconciliation makes more sense. I don't have to "make up a story" in order to receive the "sacrament."

Black and white, or "cash register", honesty consists of a question to which I give a yes or no answer. When I count out change, I need to be specific, and check that I have given out the correct change. If I am not returning the correct change, or if I am altering the numbers in a ledger, that is being dishonest. However, my considerations of someone's personal appearance, clothing, or hair color are my opinions, rather than true or false statements, since my perceptions may naturally be different than someone else's.

In Al-Anon, honesty is part of my self-care, such as for me to consider the expression "I can't, he can, so let him" (steps 1,2 & 3), self-inventory and admitting my wrongs (steps 4 & 5), allowing removal of actual defects of character (not something made up), and humbly asking him to remove my shortcomings (steps 6 and 7). Honesty lives through the steps. Taking steps 8 and 9 allows me to identify anyone I have harmed and make amends to that person. Step 10 inventory is taken by me nightly to be able to sleep peacefully, and step 11 brings me conscious contact with my higher power, which helps me live these principles through step 12.

It is no longer necessary for me to justify or condemn others as part of honesty. In Al-Anon kindness & courtesy make honesty much easier to practice and live.

— Mary D, AAPP

Topic: Responsibility

To me, being responsible ... means to fulfill the requirements of a defined document or need. Responsibility is an 'I' not a 'you' action. I have the responsibility to take care of myself before caring for others.

In Al-Anon, I am responsible to give information about the program to anyone who reaches out for help. The Al-Anon declaration makes that statement. It does not mean to preach to others or coerce people to come to
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an Al-Anon meeting. Explaining the basic principles of the program suffices. Depending upon the person's interest one may choose to share their experience, strength and hope. It is important to remember that you can lead a horse to water, but you can't make it drink.

When I was a youngster, I was often told to watch the younger children. I had no idea what that meant. But I eventually found out what must have been expected of me, which was to fulfill my mother's expectations or requirements.

In Al-Anon I have been shown how one becomes responsible or fulfills the Al-Anon declaration. The examples of the way others live show me the way. It is a beautiful experience for me to watch and participate in the learning experiences we share in a meeting, and at the same time show respect for each of the people speaking and listening.

Al-Anon's toolbox always has a tool that will help with a solution. In fact, there is no limit to the number of tools that can be used. The serenity prayer is my first choice and then I usually go to a slogan and then a daily reader. In "One Day at a Time" (ODAT), March 31st, the unnamed quote says:

"I pray for help to fulfill my responsibility to myself; only then can I help others."

And that's how it works for me.

– Mary D, AAPP

Topic: Driving Tips

Driving Tips to Promote Serenity ...

Keep your eyes on the road. When working your program, remember to stay focused on your goals. I found that looking backward could only lead to disaster, so I remain in the present and remain fixed on the present task at hand.

Stay in your own lane. The main objective in Al-Anon is to focus on myself, so as soon as I start straying into someone's recovery lane, I know I am going to hurt everyone in the vicinity. Be aware of your fellow travelers and yield the right of way when needed.

Pump the brakes and slow things down. Too much and too fast are two ways to screw up the recovery itinerary. I need to take things at a slow and steady pace, because, as most of us know, good things come to those who wait.

Check your blind spot. The road to serenity can be fraught with speed bumps and treacherous conditions that you might not see along the way. Sometimes, the difficulties are just out of range of our peripheral vision, so we must always look around us and read the signs. I

had tunnel vision in the early days of my recovery, until I used the tools of the program to widen my horizon and see the panoramic landscape I could utilize along the way.

Read the manual before you take the test. Our daily readers are excellent resources, along with the tips we pick up from our fellow attendees in an Al-Anon meeting. The insight that we have access to, through our "Conference Approved Literature" (CAL) literature, and the experience, strength, and hope of our "Al-Anon Family Groups" (AFG) family, gives us the means to prepare for the test ahead of us and study for the final exam that will certify us ready for recovery, and eligible to navigate the road to serenity.

Always watch your gauges and have a Plan B (or C or D). None of us can run on fumes and expect to get to our destination safely or on time. The basic needs that are part of our routine prevent us from being hungry, angry, lonely, or tired (HALT!). When we ignore the warning signs that tell us to eat, sleep, rest, or go to a meeting, we all know what the end result will be – an accident waiting to happen. Know that you have options and alternate routes available to you, and always be willing to look to someone for help when you need it – we are not in this alone.

I hope these driving tips prove to be helpful as we all journey together to achieve the road sign at the end of our journey: WELCOME TO SERENITY!

– Mike R, E-Meeting Host

Regarding driving tips ... to promote serenity, I am much less in a hurry now and am working on learning to allow myself enough time to get where I'm going, so that I arrive there calm, cool and collected.

In retirement, I relaxed my time management principles a little too much and found myself being late too often. I don't get angry at traffic jams anymore, I just let them be, the same as in our readings where it suggests to let whirling dervishes whirl around us and not get caught up in them. In the past, many of my drives, whether short or long, were stressful.

Now, I try to plan for them, when I can, so that they are pleasant or, at least, stress free. I also find just sitting in my new used car in a parking lot pretty relaxing.

– Maria S, Archives Coordinator



Business Section

March Treasurer's Report

– Getty G.M., Treasurer, 3/29/23

From my perspective as our treasurer, I hope that we can continue to give in the beautiful way that we have since I started. Based on last year's giving, our budget goal for this year in donations from area groups and districts is \$8,000. We can do it! This money is an essential part of our \$20,000 budget.

Upcoming Treasurer's Position OPEN: 2024 – 2026:

I hope that people step up to become treasurer starting January 2024. We vote at our upcoming Fall Assembly, September 2023. It's a pleasure to have a service position that I can do from my home. It is an honor to receive and deposit our donations, and pay our bills. Consider service, it feeds my hope to contribute to making New York North work for all of us & friends & family to come. I'm happy to provide transition support to whoever steps forward. It is a lovely job that is done primarily from your home.

Deposits: I made two deposits in February.

Check Date	Group #	Group Name	Check #	Donation
1/13/ 2023	24271	Canandaigua Monday Noon Group	1284	\$50
1/14/ 2023	503275	Thursday's Hope	480	\$25
1/11/ 2023	9765	Queensbury AFG	MO	\$30
1/10/ 2023	10188	Step Study AFG Petersboro	2583	\$75
1/21/ 2023	10328	Bayberry Friday am	1334	\$75
2/18/ 2023		From Fall Ass'by waiting for group # & name	2014	\$20
1/4/ 2023	30768804	Orange AFG Step And Tradition	3710	\$8.60
1/24/2023	District 6	Al-Anon NYN District 6	14	\$50
2/1/2023	9783	Hamlin Sunday	5922-7693	\$20
1/26/2023	9696	Cortland AFG	1287	\$50
1/20/2023	30704763	A Power greater than ourselves	994317	\$50
1/18/2023	32379	Sunday Night Parents	1750	\$100
2/23/2023		Total Deposit		\$553.60

There were no bills or reimbursements through February 28, 2023

Electronic statements are sent to NYN Officers and Finance Committee members monthly.

Account Totals on March Statements, Generated 2-28-23.

Primary Checking Account Balance February 28, 2023	\$13,841.60
Reserve Account Balance February 28, 2023	\$16,941.64
NYNAC Balance February 28, 2023	\$ 1,009.40
Total Funds	\$31,792.64

Sage Ruttly Mutual Funds Balance February 28, 2023, Statement: \$2,545.21

Please email me with any questions at:

Treasurer@nynafg.com

Donations can be mailed to: Make checks payable to:

NYN Area Assembly

NYN Area Assembly

P.O. Box 64176

Rochester, NY 14624

**Please include your WSO group # and your group name.*

April Treasurer's Report

– Getty G.M., Treasurer, 4/16/23

Deposits

I made four deposits during March and the beginning of April: 3-10, 3-22, 3-30, and 4-3

Check Date	Group #	Group Name	Check #	NYN Donation
2/27/2023	10163	Oneonta AFG	1248	\$20
2/17/2023	64623	Monday Serenity AFG	592	\$50
2/19/2023	49964	Simple Beginnings	159	\$25
2/17/2023	10185	Penfield AFG	565803	\$55.95

2/14/2023	501783	Serenity Seekers AFG	1718	\$50
2/15/2023	66230	Tuesday Group AFG	494	\$50
2/10/2023	9577	Amherst Family Group	1098	\$50
2/6/2023	27134	Spiritual Awakenings AFG	301460-1434	\$125
1/31/2023		late Fall assembly deposited as donation	3558	\$20
2/28/2023	66096	Keep it Simple	103	\$90
3/1/2023	66032	Woman's 12@12 AFG	1324	\$50
3/6/2023	39872	New Beginnings AFG	272	\$40

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3/6/2023	10139	Tuesday Night Syracuse	4633	\$75
3/13/2023	38151	We are Not Alone AFG	318	\$120
2/28/2023	30606210	Progress Not Perfection AFG	MO	\$50
3/9/2023	63806	Monday 7:30	MO	\$25
3/9/2023	44775	Experience Strength and Hope AFG	5530	\$30
3/6/2023	503929	Courage for Serenity	103	\$30
3/9/2023	30763523	Healthier Days Ahead	5334	\$25
3/13/2023	502778	From stress to serenity	1853	\$25
3/16/2023	30576552	Serenity Seekers AFG	352	\$25
3/19/2023	9763	Caring and Sharing AFG	173	\$45
3/17/2023	64625	Serenity on Saturday	502	\$50
3/18/2023	500955	Saturday Morning AFG	420	\$25
3/16/2023		Linda D - Newsletter	105	\$10(*)
3/27/2023	62787	Springville Friday Night	MO	\$20
4/1/2023	District 1	District 1	211	\$100
4/3/2023	30768804	Oran AFG Step and Tradition	3736	\$2.85
4/2/2023	District 10	District 10	1104	\$100
3/16/2023	9696	Cortland AFG	1291	\$50
3/29/2023	9765	Queensbury AFG	MO	\$30
3/25/2023	10326	Westenders AFG	323	\$6

3/26/2023	30702163	Let it Begin with me AFG	9926	\$15
3/26/2023	30669070	Wednesday Night AFG Crescent	9928	\$75
3/24/2023		John S.C.	2721	\$10(*)
Total Deposits				\$1,569.80

There were no bills or reimbursements through 3/1/23.

- Deposits shown as: **\$10(*)** are for newsletter subscriptions.

Account Totals on April Statements, Generated 3-31-23.

Primary Checking Account Balance March 31, 2023	\$14,002.55
Reserve Account Balance March 31, 2023	\$16,941.94
NYNAC Balance March 31, 2023	\$1,009.40
Total Funds	\$31,953.89

Electronic statements are sent to NYN Officers and Finance Committee members monthly.

Sage Ruddy Mutual Funds Balance March 31, 2023, Statement: \$2,570.27

Please email me with any questions at:

Treasurer@nynafg.com

Spring Assembly - 5/18-5/20/23

- Jim M, Convention Coordinator

NOTE CHANGE: THE ENTIRE CONVENTION WILL BE VIRTUAL ONLY - NO IN-PERSON ATTENDANCE.

"Spring into Recovery"

2023 NEW YORK NORTH AREA SPRING ASSEMBLY

THURSDAY, MAY 18, 2023

- 7- 8 pm - New GR's (Molly C.)

- 7:30- 8:30 pm - Alateen Interest (A.I.M.) (Mary S.)

FRIDAY, MAY 19, 2023

- 6:30-7:30 pm A.W.S.C. Meeting

SATURDAY, MAY 20, 2023

(ASSEMBLY)

- 9:15am-Noon, AM Session

- 12-1:00 pm Lunch

- 1:15-4:00pm PM Session

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.	altdelgate@nynafg.com
Immediate Past Delegate	Molly C.	pd@nynafg.com
Alateen	Mary S.	alateen@nynafg.com
AAPP	Mary D.	amias@nynafg.com
NYNAC	Leslie C.	aynac@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.	meetinghost@nynafg.com
Public Outreach		OPEN
Presentation		OPEN

PANEL 61 2021-2023

Registration is Open for 2023 AI-Anon International Convention

Albuquerque, New Mexico, USA
June 29-July 02.

- We Recommend Using A Laptop/Desktop Computer To Register.
- ▶ Questions, Contact: events@al-anon.org or call 757-563-1600
- ▶ Housing is available.

Registration fees:

- Prior to May 10, 2023 - \$200
- After May 10, 2023 - \$225





NORTHERN HI LIGHTS SUBSCRIPTION FORM

• **NO COST** for an **ELECTRONIC COPY**

• **(*) Please consider a \$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 14624-6576

➤ **For Subscriptions, Address Changes or Updates:**

E-mail: newsletter@nynafg.com

Submissions for
June
Northern Hi Lights
Due by: **May 15**
Topic:
“Calming Oneself Down”

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**

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