



Table of Contents:

Calendar ...Pg. 1
 Reports ...Pg. 1-5
 Topics ...Pg. 2
 Treasurer ...Pg. 4
 Events ...Pg. 1
 Subscriptions ...Pg. 6

Topics:

- June: **“Calming Oneself Down”**
 July: **“Tools and Support for Crises”**

Calendar:

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

- **June 29 - July 15, 2023,**
Al-Anon International Convention
Albuquerque, NM
- **July 15, 2023,**
Serenity on Saturday Anniversary Picnic
Rochester, NY
- **September 19 - 21, 2023,**
NYN AWSC & Fall Assembly
Syracuse, NY



Fall Elections Will Be Held for All NYN Officer & Coordinator Positions

All NYN Officer and Coordinator positions expire this year. – NYN is seeking Al-Anon members to volunteer or nominate others for these positions, for which members will be elected at the Fall Assembly, 9/19-21, 2023, for 3-year terms.

Officers are required to be a current District Representative (DR) or former DR who has served a 3-year term as DR & has remained active at the Area level.

Coordinators & Others can be held by any member at large as long as they meet the qualifications of the position for which they are standing.

To volunteer yourself as a candidate, or nominate another member, email the information to: chairperson@nynafg.com

If you would like to find out more about a position, please contact the present office holder at the email address shown in the directory later in this newsletter,

Web Committee Report

Happy June! There’s so much information on our webpage! Here’s a couple of highlights:

- Interested in finding out what the officers and coordinators do to keep our NYN Area running smoothly? The reports from the Spring AWSC and Assembly can be found here: <https://nynafg.com/news.html>
- Looking for your District boundaries spelled out or in map form? They are the first listing under the NYN Policies and Guidelines area of our Area

and/or review the service position descriptions on the website:

<https://www.nynafg.com/pdf/jobDesc.pdf>

Officer Positions Include:

- Chairperson
- Treasurer
- Secretary
- Delegate (&Forum)
- Alternate Delegate

Coordinators & Other Positions Include:

- Alateen
- Area Alateen Process Person (AAPP)
- New York North Alateen Conference (NYNAC)
- Conventions
- Group Records
- Archives
- Literature
- Newsletter Editor
- Web
- E-Meeting Host
- Public Outreach
- Presentation

Information page:

https://nynafg.com/area_info.html

- What if you are looking for a new idea for a meeting or workshop? Past activities and presentations can be found at the bottom section of the [Area Information](#) page.
- One of my favorites is the 12 Steps in 15 Minutes Workshop: <https://nynafg.com/pdf/alanon12stepsWksp.pdf>

Hope you have a peaceful month!

- Submitted by Ellen V, NYN Area Web Coordinator

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: www.nynafg.com WSO: www.al-anon.alateen.org

Newsletter Committee Report

The newsletter committee met on 4/10/23 to discuss preliminary ideas. We will meet again to continue the discussions. We reviewed recent newsletters, the newsletter mission statement, and the WSO document number G-12, "Guidelines for Newsletters" which we found very informative. No decisions were made. However, the following ideas came up.

- In general, the purpose of the newsletter is to inform and communicate. Examples of useful information to be conveyed are:
 - Issues to be discussed at upcoming assemblies, including special notice of "hot items,"
 - The election of officers every three years, including descriptions of each position,
 - Officer and coordinator reports and news,
 - Encourage attendance at service events,

- Attract members into service positions,
- Local, Area, AIS, and WSO news.
- We reviewed the "sharing" articles on the topic of the month, which we regularly publish, which have no news or information content. We believe they would be more appropriate to be published elsewhere, such as in the "Forum", which is dedicated to "sharings", rather than in the NYN newsletter. In lieu of several "sharing articles," there could be a single monthly "column", dedicated to a different topic each issue, written by a different author each issue.
- We anticipate proposing changes to the newsletter editor job description, and the newsletter mission statement, for consideration by NYN.

- Submitted by David N, NYN Area
Newsletter Editor

Topic: "Calming Oneself Down"

Calming oneself down.... is easier said than done! I know that the years I spent wallowing in the frustration, anger, and resentment of my son's addictions were not easy to digest. I had built up so much negativity that calming techniques were the farthest thing from my mind.

Over the years since I entered the rooms of Al-Anon, I have found solace and serenity in my program. That journey of finding the ways of calming me down was not an easy path to follow, and there were quite a few speed bumps on this road of life.

I do acknowledge that a major source of calm is found in the *daily readers*. It always seems to come to fruition that the message or direction I needed on that particular day was located right in the pages of that missive for the day. Call it coincidence or your Higher Power, but it is true!

Another way to calm yourself down is to seek out the wisdom of your *fellow members* in Al-Anon. They often can find a soothing word or a calming presence to alleviate the negative aura that surrounds you on that particular day, and most of my closest friends in my Al-Anon family have been there and done that, so you can trust in their words of experience, strength, and hope.

Several of my friends point out the calm they find in *distraction*. Instead of focusing on the bad thing that is flitting around in your head, look for calm and diversion in doing the things you love to do: working in your garden, riding a bike, watching your favorite movie (again), or reading a book. That last distraction has served me well over the years. A fun thing I enjoy doing is keeping track of the pages I read in a particular year, just for the pleasure of knowing what I have done instead of worrying about or fixating on my son's

problems. I started doing that back in 2002, and I have hit over 100,000 pages a few times. This year, I counted up the total pages read over the last twenty some years, and realized that I have surpassed a milestone of one million pages!

Whatever works best for you, look for what calms you down and use it to your advantage. Remember to take what you like and leave the rest!

- Mike R., Electronic Meeting Host

Calming oneself down.... A most obvious warning sign that something is awry is when my heart beats out of control! That's my cue to calm myself down, or else! ... Trying to figure out how to do that is key.

BA (before Al-Anon) I used to avoid as much confrontation as possible, not only with my loved one, but at work, with my children, my sister and parents. I almost always dreaded the processes of a problematic situation. Why? Because chances are I didn't have control. I would always be the one to compromise. And that made me angry. In Al-Anon, I have tools, techniques, that come into play when my heart rate accelerates.

Most of the underlying stress causing my anxiety has been drastically reduced, thankfully. But when it does happen, I take a deep breath, recite the Serenity Prayer, remember the 4 C's, and try to regain what I do have control over....ME!

Music influences my quick recovery. Pounding soil in my garden and talking to myself really helps. In the winter, I shovel snow. Fresh air, cold or warm, makes me feel alive and thankful. I am able to calm down,

- Joan L, Group Records NYN

Practicing the Seventh Tradition

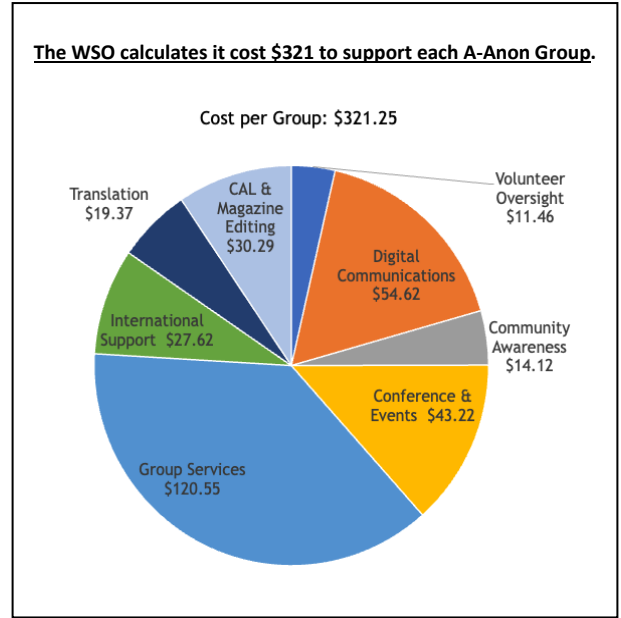
- By Kathi D. – Delegate’s Report from the World Service Conference (WSC)

Cindy M, WSO Treasurer, delivered a presentation at the WSO Conference, on the Seventh Tradition – “Every group ought to be fully self-supporting, declining outside contributions.” Her presentation started with quotes from Lois, “It’s all spiritual”, “Let it begin with me” ... *by making individual contributions*. Keep in mind, the WSO needs to be fully self-supporting, just as our own groups are, through the combined contributions of all AI-Anon groups that are supported by the WSO.

She addressed some myths concerning how groups should contribute the WSO. -- For example, ONE MYTH is: “Give close to home the most.” She suggested a better way is to distribute excess funds based on the cost per group of each service arm. -- This is done by dividing the current annual budget by the number of groups, see explanations and examples below.

This leads to the following questions & answers. (These answers are explained in the charts that follow. Each group will have its own variations.)

Question:	Answer:
▶ Individual Group: <i>What should each group contribute to the WSO per year?</i>	● \$321.25 (minimum)
▶ Funds Distribution: <i>What are the percentages to be distributed to each “service wing”?</i>	<ul style="list-style-type: none"> ● WSO = 54% ● NYN = 14% ● AIS = 18% ● District = 14%
▶ Each Member: <i>How much should each member contribute to home group?</i>	● \$3.15 per week (*) (per example below)



Funds Distribution Example: (*) (each group is different).

The percentages to contribute to each service arm are calculated below. When distributing excess funds, the computed percentages should be used to determine the amount given.

Example - Funds Distribution to Service Arms (*)				
Service Arm	2023 Budget	Number of Active Groups	Cost per Group (per year)	Percentage of Group Budget
WSO	\$5.76 M	17,500	\$321	● 54%
NYN	\$20,000	236	\$ 85	● 14%
AIS (*)	\$ 5,000	45	\$110	● 18%
District (*)	\$ 500	6	\$ 84	● 14%
(Total costs)			\$600	100%

(*) (each group is different)

Contributions to the WSO can be made directly through the AI-Anon.org website, by mail, or through automatic withdrawals.

AI-Anon Group Example: (*) (each group is different).

To take this one step further, here is a “sample” budget:

Example – AI-Anon Group “Sample” Annual Budget (*)		
Category (*)	Amount (*)	Subtotals (*)
○ Rent	\$200	
○ Literature	\$100	
○ GR- Fall Assembly	\$250	
Subtotal - Direct group expenses		\$550
○ WSO	\$321	
○ NYN	\$ 85	
○ AIS	\$110	
○ District	\$ 84	
Subtotal - Service arm expenses		\$600
Annual Group Expenses (*)	▶	\$1150

With this group’s 7 active members, ... to be fully self-supporting, each member’s annual contribution needs to be \$164 or \$3.15 per week. () (each group is different).*

June Treasurer's Report -- Betty G.M., Treasurer

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

Check Date	Group Number	Group	Check No.	NYN Donation
4/22/2023	43410	Cadyville NY Work in Progress	924	\$ 100.00
4/16/2023	10328	Bayberry Friday am	1361	\$ 60.00
4/22/2023	30524821	Tuesday Night AFG of Bemus Point	501	\$ 45.00
4/22/2023	503275	Thursdays Hope	498	\$ 25.00
4/10/2023	District 9	District 9 Annual Contribution	513	\$ 40.00
4/4/2023	37943	Fayetteville Thursday Morning AFG	4823	\$ 38.40
7/7/2023	9679	Faith Group of Al-Anon Cicero	1156	\$ 110.00
4/3/2023	30529340	Monday Night Fly Rd AFG	1666	\$ 30.00
4/13/2023	(***)	(***)	1137	\$ 10.00
4/10/2023	N/A	Daniel O	1208	\$ 10.00(*)
5/1/2023	9724	Monday Sunshine AFG	117	\$ 50.00
4/29/2023	District 21	District 21	2320	\$ 225.00
4/16/2023	500955	Serenity Seekers AFG	3141	\$ 10.00(*)
4/1/2023	32895	Weekend 9 am AFG	329	\$ 500.00
4/25/2023	40786	Days of Healing AFG	114	\$ 30.00
Total Deposits				\$ 1,263.40

(*) – Indicates newsletter subscription.

(**) -- I made a typo last month and the reserve account balance was listed as \$16,941.94

(***) - Rita H, please call. I have no group number and I can't figure it out.

Bills and reimbursements through March 31, 2023

– Three payments made in April through May 9th.

4/18/2023	1760	Alateen Area Process Person Mary D	\$ 66.00
4/18/2023	1761	Group Records Joan L	\$ 302.09
5/9/2023		PayPal for Zoom – Carol approved by sending	\$ 149.90

Account Totals on May Statements, Generated 4-30-23.

Primary Checking Account Balance April 30, 2023	\$14,043.31
Reserve Account Balance April 30, 2023 (**)	\$16,941.64
NYNAC Balance April 30, 2023	\$1,009.40
Total Funds	\$31,953.89

Sage Ruddy Mutual Funds Balance April 30, 2023, Statement: \$2,604.27

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

Please email me with any questions at:

Treasurer@nynafg.com

Submitted by: Betty G.M. May 15, 2023

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.	ipd@nynafg.com
Alateen	Mary S.	alateen@nynafg.com
AAPP	Mary D.	amias@nynafg.com
NYNAC	Leslie C.	nynac@nynafg.com

Officer:	Name:	Email
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.	emeetinghost@nynafg.com
Public Outreach		OPEN
Presentation		OPEN

The Changing Spaces of Al-Anon Groups – The new Global Electronic Area, “GEA” – (Article from the WSO.)

Since the spring of 2020 and the onset of the COVID-19 pandemic, the continuous and sometimes tumultuous changes in our world have directly impacted our Al-Anon groups.

The 2022 World Service Conference (WSC) made history by voting to accept the Global Electronic Area (GEA) as the 68th Area connected to the WSC Structure.

New choices are now part of the discussion, for instance, whether to meet in person, online, or include an electronic component with an in-person meeting (hybrid). Important considerations:

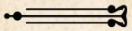
- If your Area does not yet have a process in place to accept electronic Al-Anon groups, please consider participating in District and Area discussions about establishing one.
- If your in-person group moved temporarily online during the pandemic and some members now wish to remain online, these members simply need to register a new electronic group.
- If all the members wish to remain online, you can update your group information to change your location from physical to electronic.

- Electronic groups can either register as connected to a geographic Area to attract a local audience (provided the geographic Area has a process in place to do so) or register with the new GEA to attract a global audience.
- Groups that are already registered with the GEA can now request a transfer to a geographic Area (and vice versa) by using the appropriate “Group Area Transfer Form.” Go to al-anon.org/egroup-transfer to get the forms.

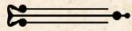
The goal of completing updates is to ensure the WSO and service arms are able to provide accurate meeting information. Newcomers seeking help and hope should be able to look at a meeting display and know when, where, and how to attend.

Every member participating in an Al-Anon group is responsible for the accuracy of their group display on al-anon.org. Consider taking a moment to check it now, and if anything is inaccurate, please update the group meeting information by going to al-anon.org/groupupdate and selecting the appropriate Al-Anon Group Change Form. If you need assistance, please don’t hesitate to contact us at groupservices@al-anon.org.

By Sue P., Associate Director-Group Services, WSO. (Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)



UPDATING GROUP RECORDS



Keeping group information up-to-date is vital to assuring that the most accurate meeting information is provided to persons seeking help in the Al-Anon and Alateen fellowship.

–From “2022-2025 Al-Anon/Alateen Service Manual,” p. 46

The TWO most important ways to keep your meeting’s information up-to-date is by sending updates and additions to:

1. NYN Area – Group Records – records@nynafg.com

2. WSO website - www.al-anon.org

- Go to: www.al-anon.org/for-members/group-resources/group-records
- Click on “Al-Anon Group Change”
- Click on “Update Online” OR download the “Printed Form” and email it to: AFGrecords@al-anon.org

When submitting meeting updates for any of the above, be sure to include:

- The official name of your group
- Your meeting’s ID number
- The description of changes (for GR or CMA, please include the person’s name, home address, and email address)

Also, periodically check that your meeting’s information is accurate on the following:

- AIS (Al-Anon Information Service) newsletter – Contact your own AIS.
- NYN Area website – www.nynafg.com
- WSO website – www.al-anon.org



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
July
Northern Hi Lights
Due by: **July 15**
Topic:
"Tools and Support for Crises"

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**

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