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**Topic for March:** "New Growth"

**Topic for April:** "Acceptance"

## Calendar: \*= new date!!

**March 1-3, 2024:**

**Flower City Fellowship  
Convention  
"Strength in Unity"**  
Rochester, NY

**March 15-17, 2024:**

**"Tradition One: Unity"**  
**Cataract City Convention**  
Niagara Falls, NY

**Saturday, March 23<sup>rd</sup>, 9 AM**  
**Winter AWSC / Zoom only.**

**April 26-28, 2024:**

**Conference of the Lakes**  
**"The Joy of Living"**  
Penn Yan, New York

**April 12-14, 2024:**

**Salt City Roundup**  
Syracuse NY

**May 3-5, 2024:**

**Fellowship of the Spirit N.Y.**  
Stony Point, NY

**Friday, May 10<sup>th</sup>, 7 PM:**  
**Spring AWSC / Zoom only.**

**\*Saturday, May 18, 10 AM:**  
**Spring Assembly / Zoom**

**Fall, 2024 TBD:**  
**Fall Assembly / Hybrid**

**Spring, 2025 TBD:**  
**Convention & Assembly.**  
**In-Person!**

**Fall, 2025 TBD:**  
**Fall Assembly / Virtual**

**Spring, 2026 TBD:**  
**Spring Assembly / Hybrid**

**Fall, 2026 TBD:**  
**Convention & Election**  
**Assembly. In-Person!**

New York North Area Events are  
also posted at our calendar:  
[nynafg.com/calendar.html](http://nynafg.com/calendar.html)

## Planting for Growth



## Message from the Chair: Growth Opportunities

Hello Al-Anon Family!

The new NYN Officers and Coordinators are getting settled in and we held our first monthly officers and coordinator meeting. It was part "getting to know you," and part business. I am enjoying getting to know the new trusted servants.

Here are three important items I would like you to be aware of:

1. The date of the Spring Assembly has changed to Saturday, May 18th. The AWSC will remain on Friday, May 10th.
2. If your District does not have a DR, or your group does not have a GR, might you consider sending a representative to act "as if" at the upcoming NYN AWSC or Assembly meetings? That would allow for better communication of helpful information to and from your groups.
3. The New York North Area is looking for a Treasurer and a Web Coordinator. We need to fill these positions to continue to serve the Area efficiently and not overburden those who are already in a service position. Training is provided as well as ongoing mentorship.
4. If you, or someone you know is interested, or has some questions, please feel free to reach out to me, Ellen V at [Chairperson@nynafg.com](mailto:Chairperson@nynafg.com).

I invite you to visit the NYN website: <https://nynafg.com/index.html> and to peruse the position descriptions:

<https://nynafg.com/pdf/NYNJobDesc2023.pdf>.

Yours in service,  
Ellen V. NYN Chairperson

\*\*\*\*\*

## CONTACT INFO for Officers & Coordinators

Officer:	Name:	Email
Chairperson	Ellen V.	<a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
Treasurer	OPEN	<a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>
Secretary	Kathleen M.	<a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>
Delegate	Carol C.	<a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>
Alt. Delegate	Betty G.M.	<a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>
Immediate Past Delegate	Kathi D.	<a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>
Alateen	Kellie Z.	<a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>
Alateen AMIAS Process Person (AAPP)	Vicky D.	<a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
NYN Alateen Conference (NYNAC)	Mary S.	<a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>
Conventions	Jim M.	<a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
Group Records	Connie C.	<a href="mailto:records@nynafg.com">records@nynafg.com</a>
Archives	Janet G-R.	<a href="mailto:archives@nynafg.com">archives@nynafg.com</a>
Literature	Renee S.	<a href="mailto:lit@nynafg.com">lit@nynafg.com</a>
Newsletter	Wendy L.	<a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>
Web Coordinator	OPEN	<a href="mailto:web@nynafg.com">web@nynafg.com</a>
Business E-Meeting Host	Maggie G.	<a href="mailto:emeetinghost@nynafg.com">emeetinghost@nynafg.com</a>
Public Outreach	Maria S.	<a href="mailto:po@nynafg.com">po@nynafg.com</a>
Presentation	Michael R.	<a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>



## News from Our Delegate and the Board of Trustees

On Feb 17<sup>th</sup> I attended an electronic meeting to hear a presentation from the Chairperson of the Board of Trustees. Here are the highlights:

- Save the date. The 2024 Road Trip! The **You and Your Board Connect** event will be held in Columbia, SC on Oct 26<sup>th</sup>. This is an opportunity to join the Board of Trustees and the Executive Committee members in fellowship and to learn more about our links of service. I will pass on details when they become available.
- Literature sales were the highest ever last year due to the release of the new daily reader *A Little Time for Myself*. Sales for that book were \$908,567 which resulted in a net increase for the WSO Balance Sheet. Funds that were taken from the reserve account to cover short falls in recent years were returned.
- Al-Anon continues to grow worldwide and our CAL will now be translated into the Latvian and Mongolian languages.
- The Service Manual has been updated. Version 3 is now available on-line. The printed 2022-2025 Service Manual is Version 2 and will be updated in 2025. Red vertical lines in the outer margins indicate where changes were made to the content in the newest version 3. They indicate where the on-line version (3) differs from the printed version (2).
- Our WSO Conference theme this year is: "Our Path toward Grace, Unity, an Understanding." The Conference will be April 18<sup>th</sup>– 21<sup>st</sup>, in Virginia Beach, Virginia. In March Kathi and I will be traveling together to attend the Northeast Regional Delegates (NERD) meeting. I look forward to bringing you reports from these meetings at our next Area Assembly in May.

Yours in Service,  
Carol C.

## Upcoming Assemblies & Convention Plus Hosting Options

**Hello all! NOTE This Change:** The 2024 New York North Area Spring Assembly date has changed. It will now be held **Saturday May 18, 2024** starting at 9:00 a.m., completely virtually on Zoom. Our Delegate, Carol C., will give her report from the 2024 World Service Conference. We will hear reports from the Area Officers and Coordinators and hold discussion and voting on any items on the agenda. Group Representatives and interested Al-Anon members are invited to attend and ask questions. (The Spring Convention planning AWSC meeting will still be held Friday, May 10, on Zoom.)

Workshops for New Group Representatives (GRs) and New District Representative (DRs) are generally held to prepare for their decision-making role at any Assembly. Watch for them.

The 2024 New York North Area Fall Assembly will be held in a hybrid format, date to be determined. Fayetteville is being considered for the in-person portion of the one-day Assembly. The Friday Pre-Assembly AWSC Meeting will be held on Zoom, and might be followed by a virtual Ice Breaker event for all members. District 29 will coordinate a virtual Spiritual Panel of speakers for Sunday morning (there will be no other panels or workshops). For those who attend in person, there will be a Hospitality Area as well as Al-Anon and Alateen Conference Approved Literature available for sale.

**Consider Hosting!** If your District is considering hosting the in-person-only 2025 Spring Convention, presenting a program for a Virtual Assembly, or hosting the in-person 2026 New York North Area Fall Election Assembly, please remember that you need not do it all alone. As Convention Coordinator I have guidelines, past convention notes and other documents that I can share with you, in addition to my own experience, strength and hope and that of others who have worked on Conventions and Assemblies in the past. You are never alone in Al-Anon service.

Love in Al-Anon Service,  
Jim M., Convention Coordinator

**There is no Budget Report...Consider Stepping up as Treasurer :)**

## Alateen Report

Every year in January New York North is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name. The first part of this process in our Area is for one Group Sponsor/CMA for each Alateen group to complete a form sent to them by WSO to verify their information and then send it to the AAPP. If you are a Group Sponsor and did not receive a form please contact Vicky at [amias@nynafg.com](mailto:amias@nynafg.com)

The second part is for the currently certified AMIAS in our Area to complete the [Yearly Recertification Form](#), review the [Alateen Training Modules](#) and complete the [Acknowledgement of Training form](#). Al-Anon Members Involved in Alateen Service (AMIAS) also need to review the Area Alateen Guidelines (on the NYN website) and additional Guidelines from WSO (including an Alateen Service e-manual). If you are an AMIAS, and have not completed these steps, please do so as soon as possible to allow the Area Alateen Process Person (AAPP) ample time to input all the updates to WSO. If you have questions or need help contact Vicky [amias@nynafg.com](mailto:amias@nynafg.com) or Kellie, the Alateen Coordinator [alateen@nynafg.com](mailto:alateen@nynafg.com).

Meanwhile, the NYNAC Coordinator and Group Sponsors, along with the Alateens, have been busy discussing possible dates and securing a site for the 2024 New York North Alateen Conference.

Many of the districts in our Area are in need of registered AMIAS. More members are also needed to step into service as substitute Alateen Group Sponsors to support our current Group Sponsors when conflicts arise and they are unavailable to go to their weekly meeting. Alateen service is for anyone at least 21 years old who has at least two years of consistent Al-Anon participation. Active members of Al-Anon who are also AA members may serve as Alateen Group Sponsors, providing they fulfill the minimum requirements as an AMIAS. At all times emphasis shall be placed on the Al-Anon interpretation of the program. Contact your District Rep (DR), the Area Alateen Process Person (AAPP) or the Alateen Coordinator for assistance.

Together We Can Make It,  
Vicky D AAPP  
Kellie Z Alateen Coordinator  
Mary S NYNAC Coordinator

## Public Outreach

Greetings to my fellow Al-Anon Trusted Servants and Members.

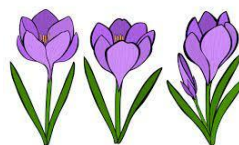
I like dates. Not the kinds with seeds, but numeric dates. I think they are good nudges for us to plan our Public Outreach projects. Last month I mentioned March being a special month with Al-Anon's Co-founder Lois W.'s birthdate of 3/4/1891, but there are other dates to consider for your District and Group Public Outreach projects: My District is participating in a "Neighbor Fair" at a local college in conjunction with **April** being **National Alcoholism Awareness Month**; **May** is the **Anniversary Month of Al-Anon** because that is when the first Al-Anon letter was sent; **September** is **National Recovery Month**; **October** is **Al-Anon Institutions Month**; and the birthdate of Al-Anon's other Co-Founder, **Anne B. is November 9, 1899**. Could your District or Group pick one of these months to get some literature out to the public, either at a community event, health fair or through deliveries to libraries, jails, supermarkets, laundromats, schools (with permission, of course!)?

Regarding this month's topic of "New Growth," I have a Christmas cactus that just will not grow. An old friend gave it to me when I reconnected with her a few years back. Interestingly, she had gotten her cactus from my mother back in the 1980's. Anyway, I have not been able to get it to do anything until just now...I saw one new leaf. Sometimes we see progress right away and sometimes it takes a bit of time. The important thing is to keep working at it, one day at a time.

Please do not hesitate to reach out to me at [PO@nynafg.com](mailto:PO@nynafg.com)

Respectfully submitted,

Maria S.  
NYNPublic Outreach Coordinator



## ~ March Topic: "New Growth"

### New Growth in Service, New Growth in Electronic Groups

Three former NYN Delegates have left this sphere within the past six months - Connie D. (P-43), Elaine R. (P-49), and Bob C. (P-46). Each of them brought their unique talents to the Area and left a piece of their service with us. I am grateful to have known each on both a service and personal level. They each help me grow in my Al-Anon journey.

We all came here broken and experienced 'new growth'. For some, growth was quick - like that of a bamboo plant. For others, growth plodded along and was difficult to see. Like a cactus it took years before you noticed your growth. However, all at once it appeared like a time-lapsed video.

Without new growth an organism decays. The same is true for an organization. Al-Anon needs to continue to grow to remain healthy. One of the ways that Al-Anon is growing is by expanding its definition of a group to include electronic meetings. It was exciting to be part of the historical moment at the 2022 World Service Conference (WSC) when the Al-Anon circle grew to include the Global Electronic Area (GEA).

This change also opened up the possibility of Areas deciding to accept electronic meetings into their service structure. NYN has sat on the sidelines while other Areas have grappled with this decision. This offers us the opportunity to grow from their experiences.

At the Spring Assembly interested Al-Anon members will be asked to join the previously approved task force: Incorporating Electronic Groups into the Area Service Structure. Its purpose is to research how other Areas have handled this question, bring information to the Assembly for their input, then craft a proposed motion for the Assembly's consideration.

In the meantime, my monthly articles will include background information. May this be part of your opportunity for 'new growth'!

Yours in Service,

Kathi D., Immediate Past Delegate

### Focusing on New Growth

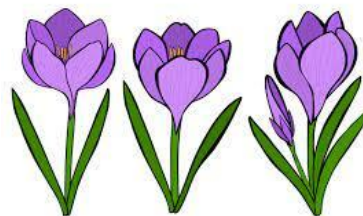
Now that a new panel has commenced in New York North, it is a perfect opportunity to address the newsletter topic of "New Growth." I have served as a DR and GR in my home district (26) for over ten years, and I have also been the Literature Coordinator and E-Meeting Host Coordinator for New York North. Now that I have chosen to stand for Presentation Coordinator for the next three year term in New York North, I can focus on the idea of new growth.

Even though I have been in the program for quite a while, I am always looking for new insight in order to grow in my recovery. My son has found solace in his own program, and together we have moved on in terms of own personal relationship and commitment to one another. This growth was not an overnight process, but a gradual day by day program that has culminated in our current connection. Our ability to let go and let God take care of the details has been founded on the principles of Al-Anon and the experience, strength, and hope that both of us have garnered through attendance at meetings, our reading of the daily readers, and the total immersion in the tenets of the Serenity Prayer.

New growth is an ongoing development in Al-Anon, and I look forward to reaping further benefits in my own recovery process. I am confident that this can help me, and I encourage everyone to look for new growth in his or her individual journey to serenity.

Mike R.

Presentation Coordinator





## Rochester Flower City Fellowship Convention. Walk Ins Welcome!



**CROWNE PLAZA SYRACUSE**  
701 EAST GENESEE STREET  
SYRACUSE, NEW YORK 13210

Due to limited space—same location as 2023, registration will be limited and will be required of all attendees including those attending only on Sunday. If the Roundup sells out, same-day registration will be unavailable. Limited free, covered parking is available in the garage adjacent to the hotel. Early registration and carpooling are strongly suggested.

**April 12-14, 2024** Registration opens December 15th, 2023

Register Online at [roundup2024.eventbrite.com](https://roundup2024.eventbrite.com)

To pay with a credit card\* go to: [roundup2024.eventbrite.com](https://roundup2024.eventbrite.com)  
OR scan the QR code with your phone's camera app  
\*All online registrations will have a credit card convenience fee added.



To pay with a check:  
Print a registration form from [www.saltcityroundup.com/registration](https://www.saltcityroundup.com/registration) or use the one found on the back of this flyer and mail it to:  
Salt City Roundup  
PO Box /  
Manlius, NY 13104  
For assistance with registration, contact Derek at [registernyr@gmail.com](mailto:registernyr@gmail.com) or (724) 272-7565

**FRIDAY**

- Kick-off, Early Bird & Guest Speaker
- Talent Show
- Live Music—Ponytail James Band

**SATURDAY**

- AA & Al-Anon Workshops & Panels
- Banquet Buffet
- AA & Al-Anon Guest Speakers
- Sobriety Countdown
- Movie—Bill W.
- Evening Meditation
- Dance—DJ Digital Sound DJ's

**SUNDAY**

- Morning Meditation
- Spirituality Panel & Guest Speaker

For hotel reservation details, see the registration form on the back side of this flyer or go to <https://saltcityroundup.com/hotel> OR scan the QR code.



Fellowship of the Spirit New York is a conference with both Al-Anon and AA participation that is held May 3-5, 2024 in Stony Point, NY at the Stony Point Center retreat. There will be Al-Anon speakers on every step panel. The main Al-Anon speaker Saturday night is Ellen C from Texas. There will be Al-Anon activities and a big Al-Anon meeting, as well as lots of fellowship & service opportunities. Anyone interested may scan the QR code on the flyer at right or visit <https://fotsnewyork.com/>

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



**strength in unity**

**flower city fellowship convention**  
march 1-3, 2024  
doubletree by hilton rochester, new york

**SPEAKERS - PANELS  
FELLOWSHIP  
FREE PARKING  
DISCOUNT ROOM RATES**

For more information and registration:  
[rochesteraa.org/2024-convention-info](https://rochesteraa.org/2024-convention-info)  
Register before Jan 12, 2024 for early bird rates  
Online registration ends Feb 9, 2024  
You will be able to register at the door

**Saturday Night Banquet Information:**  
Group seating available (max 10 per table)  
please submit registrations together  
Banquet Registration ends Feb 3rd, 2024



Al-Anon Main Speaker:  
Larcine G,  
Hawthorne, CA

Al-Anon Friday Night Speaker:  
Domenic M  
Rochester, NY

**FOTSNY**  
FELLOWSHIP OF THE SPIRIT NEW YORK  
ANNUAL CONFERENCE - AA & AFG PARTICIPATION  
MAY 3-5, 2024

**CONFERENCE SPEAKERS**

Ana H - Brooklyn, NY (AA)  
Chad P - Belmar, NJ (AA)  
Ellen C - Addison, TX (AFG)  
Calvin S - New Brunswick, NJ (AA)  
Sarah I - Philadelphia, PA (AA)



**STONY POINT CENTER**

**AA & AFG STEP PANELS**

Meditation, Yoga, Campfires,  
Game Night, Raffles & More!

**REGISTER TODAY**



**FOTSNEWYORK.COM**

Fellowship of the Spirit New York's mission is to bring a message of hope and recovery through a weekend of workshops, speakers, fellowship and fun centered around the book *Alcoholics Anonymous*.



## NORTHERN HI LIGHTS SUBSCRIPTION FORM

**NO COST for an EMAILED COPY!**

**Also posted on the website!**

**(\*) Please consider a \$10/yr. donation for mailed copies.**

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**TYPE:** ☐ New or ☐ Renewal

**Amount Enclosed:**

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Email: \_\_\_\_\_

(If applicable): 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](mailto:newsletter@nynafg.com)

## Submissions for April Northern Hi Lights

Due by:

**March 15**

Topic:

**"Acceptance"**

**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](mailto:Treasurer@nynafg.com)

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

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