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Jan-Feb Topic "Evergreens Are Patient with Winter"

Topic for March "New Growth"

Calendar:

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 23rd, 9 AM
Winter AWSC / Virtual 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**

Friday, May 10th, 7 PM:

Spring AWSC / Virtual only.

Saturday, May 11, 10 AM:

Spring Assembly / Virtual

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



2024 = A Year to Grow ♥ ♥ ♥

WITH A BRAND-NEW panel of officers NYN is opening the chapter on Panel 64, which will serve from 2024-2026. They have a great foundation from past panels, and more work to do!

Among the tasks:

- ▶ **Decide the approach to ELECTRONIC MEETINGS** that want to join NYN.
- ▶ **Continue the WEBSITE overhaul**
- ▶ **Finish digitizing the ARCHIVES**
- ▶ **INCREASE the ATTENDANCE** of GR's & DR's at assemblies
- ▶ **Revitalize the SPRING CONVENTION**
- ▶ **Support YOUR GROUP!!!** ... NYN is here to support every Al-Anon group in the NYN Area. Please bring your group's suggestions or issues to NYN through your Group Rep (GR) or District Rep (DR).

Warm Winter Greetings to the NYN Family and Friends!

I am feeling very new to my role as Chairperson of New York North. I am excited and ready to learn what the position entails. So far I have been reading our policies, bylaws, job descriptions, Area World Service Committee (AWSC) and Assembly guidelines, insurance information and much more.

As the incoming trusted servants, we are considered to be "Panel 64," which corresponds to the year we start our 3-year term. (The World Service Conference first met in April 1961. The officers, coordinators and delegates elected in 1961 were Panel 1.) A panel is one third of the Area delegates. The elections in the various Assembly Areas are staggered so that each year's World Service Conference always includes one panel of delegates with two years' experience. NYN also chooses to elect all officer and coordinator positions in the same starting year as our delegate, for a three-year term. (Some Areas also stagger their election of service positions.) For more clarification, see our service manual! <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

IMPORTANT! We are actively looking for someone to fill our treasurer position. Someone comfortable using a computer for online communications and a willingness to learn is all you need! Please consider asking a trusted NYN Al-Anon member to help us in this role.

Gratefully in service,

Ellen V

NYN Chairperson, Panel 64



NOTES ON THE ASSEMBLY & CONVENTION CALENDAR:

- This schedule was voted on at the Fall Assembly.
- **The 60th Anniversary** of the split of New York State Al-Anon into New York North and New York South will be in 2027.
- We will re-evaluate the plan at the 2028 Fall Election Assembly.
- Conventions & Conferences are program gatherings with workshops, speakers, and panels. AWSC (Area World Service Committee) meetings & Area Assemblies are business meetings that allow for information distribution and decision making in service of our fellowship. More info in "Convention" article on page 3.

World Service Conference Delegate Message & Request for Feedback

Happy New Year to all and Happy New Panel to all of our Officers and Coordinators.

I remember at the start of Panel 61 feeling overwhelmed by all the responsibilities that were now mine as the new Chairperson. I wasn't sure what to do first and I felt a bit intimidated. Now as I look back, I understand how the process works. I know now, as a new Delegate to the World Service Conference (WSC), that I just need to have faith and be patient with myself; I am learning and I have the support and guidance of the Al-Anon program and the people who have come before me. I just need to remember to "assume good will" and "ask for help" when I need it.

Thank you to everyone who participated in the Service Manual Review. Having others with whom I could discuss the material and ask and answer questions helped prepare me for my new position as Delegate. It was especially useful when the first thing I had to do as Delegate was to indicate my preferences for committee and task force assignments. I have been assigned to the Conference Committee on Trustees (CCT). See pages 174 and 210 of the service manual for more information: [Al-Anon Alateen Service Manual \(P-24/27\) - Al-Anon Family Groups](#). I plan to read Concept 9 in more depth to get ready for this assignment.

My first order of business is to ask for **feedback** from the groups about the WSC visiting Stepping Stones. Stepping Stones is the historic home of Bill and Lois Wilson and an archive for the 12 Step Program. Here is link to the website: [Landing Page - Stepping Stones Foundation - The Historic Home of Bill and Lois Wilson](#). The World Service Conference (WSC) is held near Stepping Stones once every three years so that delegates have the chance to visit once in their service tenure. The other 2 years the WSC is held in Virginia Beach, VA near the World Service Office (WSO). The cost of holding the WSC near Stepping Stones is considerably more than VA. The task force working on this issue would like us (the Delegates) to get feedback from our groups. Please consider taking these questions back to your

groups and having a group conscience discussion in order to provide me with feedback. Answers can be emailed to me at: Delegate@nynafg.com. Here are the questions:

- *Do the groups in your Area believe it is important for their Delegate to visit Stepping Stones?*
- *If yes, how do they see it helping their Area?*

As your Delegate I will be attending the Northeast Region Delegates (NERD) meeting in Massachusetts March 8-9, and the World Service Conference (WSC) in Virginia April 18-21. I look forward to presenting a report to you at the Spring Assembly in May.

Yours in Service,
Carol C.

A long time friend and Al-Anon member, **Elaine R.** from Canandaigua, died on Thursday, January 18th. Elaine was very active in New York North. She held many service positions in NY North, including Delegate on panel 49. We will miss her.

You Can Easily Help Public Outreach

2024 Greetings to my fellow Al-Anon Trusted Servants and Members,

Maria S. here, transitioning from Archives Coordinator to Public Outreach Coordinator. I look forward to assisting our NYN groups and districts in helping our alcoholics and their families by "getting the word out" to professionals, to the media, to treatment facilities, hospitals, psychiatric wards, crisis/abuse shelters, as well as the general public.

One simple but powerful action that groups or individuals can take is purchase a pamphlet holder (under \$5), add 20 pamphlets (such as "A Guide for the Family of the Alcoholic" (P-7) (\$.35 ea.) and request permission to leave it in a doctor's office, library, hospital, etc. When the last pamphlet is gone, it is helpful to have a small index card with the local Al-Anon information taped to the holder so that people in need can still get information until the holder is stocked again.

Al-Anon's Co-founder, Lois W., was born on 3/4/1891—consider honoring her with Outreach action during her birthday month of March.

Please do not hesitate to reach out to me at PO@nynafg.com

Sincerely
Maria S.

Convention Coordinator Explains Upcoming Gatherings

Happy New Year to the Al-Anon and Alateen members of New York North and to the incoming Panel 64 Officers and Coordinators!

The **2024 New York North Area Spring Assembly Meeting**, will be held on Saturday, May 11th, starting at 9 AM, and running (with breaks and an hour off for lunch into the afternoon) no later than 4 p.m. It will be held completely virtually, on Zoom. During this meeting our Delegate, Carol C. will give her report from the 2024 World Service Conference and Group Representatives will hear reports from the Area Officers and Coordinators and hold discussion and voting on any items on the agenda. The Assembly will be preceded by an AWSC meeting at 7 p.m. the evening of May 10th, on Zoom.

The **2024 New York North Area Fall Assembly** will be held in a Hybrid format with an in-person Assembly (one day, possibly in Fayetteville, NY), with other attendees joining on Zoom. District 29 has offered to coordinate a virtual Sunday Morning Spiritual Panel of speakers for this 2024 Hybrid Fall Assembly. Since 2020, some of our virtual assemblies on Zoom have had both a virtual AWSC Meeting on Friday evening, followed by a virtual Ice Breaker event for all members and a virtual Spiritual panel on Sunday morning.

Looking forward to **2025**, the **2025 New York North Area Spring Convention** will be held as an in-person-only event which will include a program of workshops and panels for all Al-Anon, Alateen, and AA members attending. There will also be a short **NYN Assembly Meeting** for part of the day on Saturday and our Delegate, Carol C. will give her report from the 2025 World Service Conference. As presented at the 2023 NYN Fall Election Assembly, the 2025 Spring Convention would be planned to be heavy on Al-Anon program events and light on Al-Anon business. This type of event is normally held at a hotel which has banquet, rooming, and meeting facilities. **There will be a need for a Host District, or Districts** to work on putting on the 2025 NYN Spring Convention and Assembly. We will need to select a host District or Districts for the 2025 Spring Convention at the upcoming May 2024 NYN Virtual Spring Assembly in order for the Host Districts to have enough time to locate and book a hotel and plan and execute their program and other in-person events.

At any in-person Assembly or Convention, there is usually a New Group Representative (GR)

workshop and a New District Representative (DR) workshop and there will be panels and workshops for Al-Anon, Alateen and AA members on Friday and during the day on Saturday. There will also be a Hospitality Room as well as Raffle Items and Baskets to be won, and Al-Anon and Alateen Conference Approved Literature available for sale.

At our Spring Conventions, the NYN Area Delegate gives their report from the Annual Al-Anon World Service Conference at some point on Saturday. There will be no other workshops during the Delegate's Report. A small Al-Anon business meeting of 2 hours maximum duration may also be held along with tabling displays for the Coordinators of NYN, such as Alateen, Area Alateen Process Person, Archives, Convention, E-Meeting Host, Group Records, Literature Coordinator, Newsletter Editor, NYNAC Coordinator, Presentation Coordinator, Public Outreach Coordinator, and Webpage Coordinator.

On Saturday evening of an in-person Convention or an in-person Fall Assembly, there is usually a banquet followed by an Al-Anon Speaker, possibly someone from the speaker's circuit or the WSO. Past Conventions and Assemblies have also held a fun event after the Speaker such as a dance, talent show, slumber party, baby pictures, karaoke, an Al-Anon Skit, Al-Anon films from the WSO such as *Lois W. & the Pioneers* and *Lois' Story*, or a Serenity Walk following the end of the Banquet and speaker.

The 2025 New York North Area Fall Assembly will be held as Virtual, only on Zoom. Depending on what we decide to do for any extra programming, we may need a host district for a Virtual Ice Breaker or a Virtual Sunday Spiritual Panel.

If your District is considering hosting the 2025 Spring Convention, or a program for any of our Virtual Assemblies or Hosting the 2026 New York North Area Fall Election Assembly, please remember that you do not have to 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



~ February Topic: "Evergreens are Patient with Winter" ~

Alateen Continues to Thrive

My name is Mary S. and I will be serving as the NYNAC Coordinator for Area 39. NYNAC is the acronym for **New York North Alateen Conference**. First, I would like to welcome all of the Officers and Coordinators in Panel 64 that I will be working with for the next three years. I would also like to express my gratitude to everyone for allowing me the privilege of serving as the Alateen Coordinator for the past three years. Service will continue to give me numerous opportunities to make connections with Al-Anon and Alateen members beyond my local groups.

This past November, I and other **Al-Anon Members Involved in Alateen Service** (AMIAS) worked together with the Web Coordinator to refine the page on the NYN Area website that informs our members about Alateen and Alateen service. A link to the new page, entitled "Alateen and AMIAS Information" can be found [here](#).

Staying connected with any updates to meeting information during these cold winter months is important so that members and newcomers can find active meetings. Occasionally check the al-anon.org site for the Al-Anon/Alateen groups that you attend to be sure the information listed is accurate. If you find any discrepancies, contact your DR, the Area Group Records Coordinator: records@nynafg.com or the AAPP (Area Alateen Process Person): amias@nynafg.com.

If you need assistance finding an Alateen meeting in your town, please contact the Alateen Coordinator Kellie at alateen@nynafg.com.

Remember that Alateen is part of Al-Anon Family Groups. In accordance with Tradition Three, any person, regardless of age, who is affected by the family disease of alcoholism may attend an Al-Anon meeting. Certified AMIAS are not required to be in attendance when young people attend an Al-Anon meeting.

Together We Can Make It,

Mary S, NYNAC Coordinator nynac@nynafg.com

Al-Anon Through All Seasons

Greetings from the new records coordinator for NY North. Evergreens are not only patient with winter, but they also retain their green beauty. They inspire me to think about Al-Anon and keeping it healthy and thriving through all the seasons.

My attendance at the NY North Assembly as a new group representative transformed my understanding of Al-Anon. It became clear to me that all of the service positions are critical to keeping Al-Anon healthy. I truly had no real understanding of the structure of Al-Anon and how all the service positions strengthen each other. One of my goals as group coordinator will be to reach out to the groups in NY North and increase the number of group representatives. When we have assemblies, if groups are well represented, we will have a bigger pool of people to take the next step, filling positions that require group leadership first. This will enable us to better survive and thrive in all seasons. I'm hopeful I can make headway, but I know it will require a lot of patience and help from HP to stay realistic and humble.

I'm excited to begin this journey. Joan, the previous group records coordinator, has been a tremendous help to me so far. If any of you have words of wisdom to share, please contact me, Connie C., at records@nynafg.com.



Regarding this month's topic, "Evergreens Are Patient with Winter," it is a reminder to me that despite the current cloudiness and cold of winter, we can always have hope that spring and better days are around the corner.

—Maria S., Outreach

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

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

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

strength in unity

flower city fellowship convention

march 1-3, 2024

**doubletree by hilton
rochester, new york**

SPEAKERS - PANELS

FELLOWSHIP

FREE PARKING

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**For more information and registration:
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



Growth During Dormancy

I am so happy to be your newsletter editor during this three-year panel! I have been given lots of help from your previous editor, Dave N., and other members in service. I hope to make this newsletter useful to all, while gaining knowledge of our world-wide fellowship, insight into how to work with others in a manner which reflects the principles of the program, and deeper connection with more of my fellow members. I am sure this service will help me grow.

Change is happening as I work the steps with my sponsor, whether I am fully aware of it or not. What feels like a lack of change on the surface can belie unnoticed developments that I become aware of as surprises only when I act and react very differently in familiar situations.

Though I love the seasons in our area, I struggle with the changes in light. Until I was diagnosed with seasonal affective disorder I would think of February as the month when things went wrong. Now I know it as the time of year when I must practice patience with myself and the world around me. The trees look inactive, yet underneath the surface they are preparing for a profound change.

Luckily the evergreens remind us that more green is on the way!

Scientists now estimate that 95% of brain activity is not conscious. I may not see how much I am preparing for change, but like with the dormant trees a lot can happen where I am not fully aware, as I continue to work my Al-Anon program with the help of my sponsor.

I look forward to your submissions for our NYN Hi Lights. Please send submissions, feedback and questions to: newsletter@nynafg.com

With joy in fellowship,
Wendy L.



Subscribe to *The Forum*

The Forum is an international monthly publication of Al-Anon Family Groups that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office.

A Meditation on Evergreens

Greetings everyone. Happy New Year. I am Janet G-R, your Archives Coordinator. This is a position I have never held before; and I am so grateful to Maria S. and her team for the incredible job they have done in organizing everything so well. It certainly will make my job much easier.

There is not really anything going on right now with Archives; however, I expect it will be a job I will have a lot of fun with. The beautiful part of Al-Anon for me is knowing that I am not alone. There are so many resourceful people involved in our NYN service that keep us ticking and all our members informed to the best of our ability about what is happening.

With regard to our theme "Evergreens Are Patient with Winter," for me they are a beautiful sight year round, yet especially so with Winter. Watching the Evergreens with their branches laden with snow, standing so tall; watching the squirrels running up and down to their nests as well as the birds using them as a safe resting place in their journey; these offer a beautiful backdrop for my meditations.

There is a reading in our book "Courage to Change" about meditation on Page 173, June 21st. The quote at the bottom by William Shakespeare: "Go to your bosom: Knock there and ask your heart what it doth know."

The answers are always in my heart for that is where my spirit lives with all the answers, like the Evergreen's strong tall trunk offers so much peace and housing for our birds, squirrels and incredible peace and beauty for us.

Peace and wishing you all a prosperous, Joyous New Year!

Janet G-R
Archives Coordinator
MAKE TODAY COUNT!!!



Connection Nourishes Recovery

The topic of the December newsletter was “The Value of Connection.” I am sure that most of us have heard the quote from John Milton that “no man is an island.” We do not exist in a vacuum, and all of us need someone at some time in our recovery.

In the early days of my son’s addiction, I was willing to isolate myself from my family and friends. I figured I would feel better if I could avoid the stares and questions that plagued me about what was going on with my son. If I was alone in my struggles, I would find the port in the storm where I could seek shelter and refuge in my loneliness and despair. Boy was I so wrong in every way!

When I entered the rooms of Al-Anon over thirteen years ago, I found acceptance, love, and support. I realized I did not have to go through this alone, and the value of connection to my friends and Al-Anon family made my recovery so much more worthwhile and long-lasting.

At our last Fall Assembly before COVID-19 shut us down, the icebreaker involved a ball of yarn. Each of us had to hold on to a string of yarn before passing it on to the next person in the circle. By the time we had reached everyone in the room, there was a web of yarn stretching across the entire group. The web of yarn represented the network that Al-Anon provides—threads of experience, strength, and hope that bind us together in our unity.

That is the value of connection...that is Al-Anon!
– Mike R.



CONTACT INFO for Officers and Coordinators

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Past Delegate - Panel 52	Ruth S.	delegate52@nynafg.com
Past Delegate - Panel 46	Bob C.	delegate46@nynafg.com
Past Delegate - Panel 40	Anne F.	delegate40@nynafg.com
Past Delegate - Panel 37	LaVaughn R.	delegate37@nynafg.com

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

AMIAS Recertification Open; Due by 6/15/2024

If you are an AMIAS (Al-Anon Member Involved in Alateen Service), the window for recertifying has opened up.

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name. This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the [2022-2025 Al-Anon/Alateen Service Manual \(P-24/27\), v3.](#)

The recertification process is two-fold:

- To verify that every registered Alateen group has currently certified Al-Anon Members Involved in Alateen Service (AMIAS):
 - as Group Sponsor(s)
 - as the Current Mailing Address (CMA) for the Alateen group
 - as a Phone Contact for the public for the Alateen group
- To verify the current certification of all AMIAS

We are requesting that all Areas complete the Alateen recertification by **June 15, 2024!** This allows the World Service Office to verify that the Area recertification is complete by June 30.

Contact your Area Alateen Coordinator, Area Alateen Process Person amias@nynafg.com or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!

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NO COST for an EMAILED COPY!

Also posted on the website!

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

E-mail: newsletter@nynafg.com

Submissions for March Northern Hi Lights

Due by:

February 15

Topic:

"New Growth"

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.***

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