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**June Topic:** "Keep Coming Back"

**July/August Topic:** "It Works If You Work It!"

## Calendar:

**NYN GR/DR Monthly Meetup**  
**Sunday June 9<sup>th</sup> 5:30-6:30**  
Zoom (see p.4)

**Hybrid 2024 New York North Area Fall Assembly**

September 28<sup>th</sup> 2024  
Syracuse (see p.4)

New York North Area  
**Spring 2025 Assembly & Convention**

"Stepping into the Light of Gratitude"  
May 30<sup>th</sup> to June 1<sup>st</sup>, 2025  
See Flyer on Page 5

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



## Fresh Recovery



### Chair's Letter: Grateful for YOU!

I would like to thank each and every NYN Officer, Coordinator, DR, GR, and Past Delegate, along with several trusted servants who attended the Spring Assembly for their patience and participation. I was very unsure I could run the all-day electronic meeting. Apparently my Higher Power thought I could do the job. As the day went on, and only making a few mistakes which other members kindly nudged me about, I became more comfortable. Yes, it's true, God doesn't call the qualified, God qualifies the called. And asking for help and listening to others makes the day run smoothly.

We heard perspectives from many of you; thank you for speaking up! Below is some of what we accomplished together:

- We made a new policy to not read the minutes from the previous AWSC or Assembly at the beginning of the meeting. We discussed that since they are available on the website, there is plenty of time to read them before the meeting. We will only have to entertain questions, changes or corrections during the next AWSC or Assembly.
- We formed a new Technology Thought Force to look into what technology might be needed in the future.
- The Electronic Meeting Task Force will meet Saturday, June 1st to work on whether or not we want to accept electronic meetings into our Area service structure. Please see our calendar on the website for more information. *(If you are interested in helping out with either of these committees, please contact me by email at [chairperson@nynafg.com](mailto:chairperson@nynafg.com).)*
- We now have a treasurer—thank you Kathi D for stepping up! And we have a new web coordinator—Amanda B! Thank you!

In other news, we are starting a new monthly GR/DR meet up, a casual place to ask questions and to share experience, strength and hope with fellow officers. You should also feel free to attend if you are interested in finding out what a GR or DR does! The first meeting will be Sunday, June 9th 5:30 pm, held electronically on zoom.

Gratefully in service,  
Ellen V, NYN Chairperson, Panel 64

#### 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:  
NYNorth: [www.nynafg.com](http://www.nynafg.com) WSO: [www.alanon.alateen.org](http://www.alanon.alateen.org)

## Our Delegate Reports from WSO

As Delegate, it was an honor to attend and participate in the World Service Conference (WSC) which was held April 18<sup>th</sup>–21<sup>st</sup> in Virginia Beach, VA. I want to start by expressing my gratitude for all the support I received from the groups through your cards and well wishes during the World Service Conference. The days were long and packed with so much information. It was hard work, but I enjoyed taking part in doing the business of a spiritual program. When I returned home, I had fun learning how to put a slide show presentation together and giving my Delegate's Report at the Spring Assembly. That report is available on the NYN Website on the Newsflash /AWSC and Assembly Meeting Information page ([Area Events](#)). If you have any questions about my report, please contact me at [delegate@nynafg.com](mailto:delegate@nynafg.com).

One important piece of information to share with your groups is that the WSO cannot operate without our continued financial support. We do this through our group and individual voluntary contributions and by purchasing literature through the WSO directly, from our Al-Anon distribution centers (AIS offices & book depots), or at meetings. Each year the WSO spends \$331/group. In 2023, only 61% of groups contributed, and those groups sent in an average of \$196/year. Please share this information with your Group Treasurer and ask how much your group contributed last year. The appeal letter that is mailed to the group CMA's every quarter is a way for members to contribute directly to the WSO. Does your group share the appeal letter and give your members an opportunity to contribute?

One of the more meaningful aspects of the WSC was the manner in which we conducted business and how I was able to work my program through the process. The World Service Conference is Al-Anon's largest group conscience, guided by Tradition 2, where we invite our Higher Power to guide us in decision making. We were there to consider issues and make decisions related to finances, service roles and our operations. I noticed that when the discussion was contentious, I could feel myself becoming guarded and getting pulled into self-righteousness and closed-minded thinking. I was reminded how Tradition 6 says "lest money, property and prestige divert us from our primary spiritual aim" and I could feel it like an energy that was slowly creeping over me. My ego was showing up and I was having a hard time

shaking it. I was powerless over that feeling and no matter how much I tried, I couldn't make it go away. It took the powerful, loving kindness of my fellow delegates, during a spiritual workshop, to melt it away. I was reminded that this is a WE program; I can't do it alone. I am so grateful for this opportunity to serve Al-Anon and continue my spiritual growth. Please keep coming back.

With love and gratitude,  
Carol C.



## Assembly This Fall; Convention Next Spring!

The **2024 New York North Area Fall Assembly** will be held in a Hybrid format on September 28<sup>th</sup> at the North Syracuse Education Association (NSEA) Office, 210 S. Main St., (corner of Rt. 11 & Palmer Drive) N. Syracuse, NY 13212. The entrance and parking are on Palmer Drive. This will be a one-day Assembly with an AWSC Meeting and Spiritual Panel held via Zoom. District 29 has offered to coordinate the virtual Spiritual Panel. There may also be an in-person Hospitality Area as well as Raffle Items and Baskets to be won, and Al-Anon and Alateen Conference-Approved Literature available for sale if we have enough volunteers to help with this on the day of the event.

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### Have you been hoping for a full Convention?

The 2025 New York North Area Spring Convention will be held May 30<sup>th</sup> to June 1<sup>st</sup>, 2025 at the RIT Inn and Conference Center in Henrietta, NY, just off Thruway Exit #46 for Rochester. Our theme of "Stepping into the Light of Gratitude" will inspire 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 where our Delegate, Carol C. will give her report from the 2025 World Service Conference.

Multiple members from the Area have stepped up to host. Pat H. will be the Chairperson and Janet R. will be the Co-Chair. More details to come. Many thanks to Pat and Janet and their committee for stepping up to serve!

Remaining Assemblies for Panel 64 will be the 2025 Fall Assembly, to be held virtually on Zoom, the 2026 Spring Assembly also virtual on Zoom, and finally the 2026 NYN Fall Election Assembly which will be held in person in Syracuse with a shortened Assembly meeting.

Love in Al-Anon Service,  
Jim M., Convention Coordinator NYN Panel 64

## Please Share in Writing on Sponsorship and Service Sponsorship

The 2023 World Service Conference gave conceptual approval “to develop a comprehensive piece on sponsorship and service sponsorship using personal stories from Al-Anon members.” Please share your experiences with sponsorship—the benefits as well as the challenges—so we can all learn from each other how to effectively use these important recovery tools.

### Please consider answering any of the following questions:

- How soon did I get a Sponsor? Become a Sponsor?
- What, if anything, has kept me from finding or becoming a Sponsor?
- What qualities do I look for in a Sponsor?
- What impact has having or being a Sponsor had on my recovery?
- Were the parameters of my sponsorship relationship a good fit for both of us?
- Have I studied the Steps, Traditions, or Concepts of Service with a Sponsor or someone I sponsor?
- What have I learned from having or being a Sponsor?
- What did I do if my needs were not being met by having or being a Sponsor?
- Which of Al-Anon’s spiritual principles apply to having or being a Sponsor?

- Why do (or don’t) I have a Service Sponsor? Why am (or aren’t) I a Service Sponsor?
- How is my Service Sponsor different from my personal Sponsor?
- How am I different as a Service Sponsor than as a personal Sponsor?
- Which of Al-Anon’s spiritual principles apply to having or being a Service Sponsor?

### Please keep the following guidelines in mind:

- Share personal experience from the heart, focusing on yourself, not the alcoholic or others.
- Write in the first person singular—“I.” Please avoid the use of the pronoun “you.”
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- Kindly observe Al-Anon’s Twelve Traditions when sharing.

If printed, your sharing will remain anonymous, but please include your name and postal or email address so that we can acknowledge receipt.

If not used, your sharing will be forwarded to the *Forum* Editorial Advisory Committee for review. If published in *The Forum*, you will be notified by letter and receive a complimentary copy of the issue in which your article appears.

Note: All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

**Please photocopy and distribute locally.**

**Please mail, fax, email or submit your completed sharing to:**

Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
Attn: Sponsorship Piece

Fax: 757-563-1656  
Email: [wso@al-anon.org](mailto:wso@al-anon.org) (Please put “Sponsorship Piece” in the subject line.)  
Online: [al-anon.org/sharing](http://al-anon.org/sharing)

# This Month's Topic

## KEEP COMING BACK!

Our theme for this month is "Keep Coming Back." I had heard that slogan at my very first Al-Anon meeting and, encouraged by the fact that I felt welcomed in that group, I did come back the next week to my second meeting. Gradually I went to 2, 3, 4 and more meetings a week in my first year of recovery, and I felt welcomed at each one.

Over the time that I have been in Al-Anon I have noticed that some members start attending Al-Anon and come for a while and then stop coming. I always wondered why, since Al-Anon had saved my life. I had felt the program was working for me.

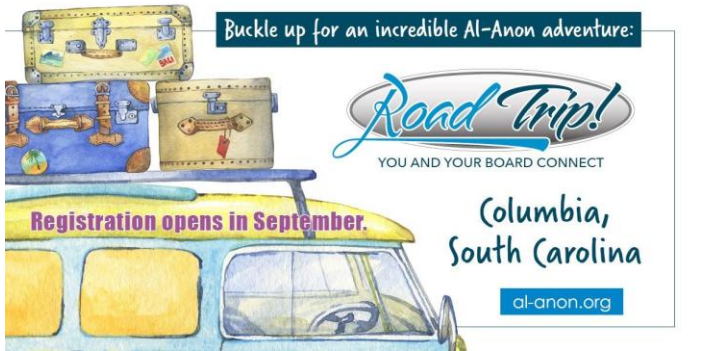
Well, after I had been in Al-Anon for about 16 years, many of those in Al-Anon and Alateen service, I had a midlife crisis of sorts due to some local personality issues in Al-Anon service, and I did not feel safe in these rooms anymore. I contemplated quitting Al-Anon, but I was hesitant to do so because I had seen so many members leave Al-Anon over the years and most of those members never came back.

I did not want to be one of them so I kept going to meetings and doubled down on working with my sponsor, and gradually my fear faded away and now after 34 years of active membership I am very glad that I stayed.

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

### CONTACT INFO for Officers & Coordinators

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Buckle up for an incredible Al-Anon adventure:

*Road Trip!*  
YOU AND YOUR BOARD CONNECT

Registration opens in September.

Columbia,  
South Carolina

[al-anon.org](http://al-anon.org)

2024 Road Trip! You and Your Board Connect will be held **Saturday, October 26, 2024, 9-5**

## NYN Area 39

**GR/DR**

# Monthly Meet up

## Sunday June 9, 5:30-6:30 pm

Zoom Meeting ID: 829 5131 1512  
Passcode: 341891

Casual and friendly  
A place to share experience, strength and hope

Stop in for 5 min or for the whole hour


\*Days and times subject to change as needed

Questions? please email [chairperson@nynafg.com](mailto:chairperson@nynafg.com)

## 2024 NEW YORK NORTH HYBRID FALL ASSEMBLY

**DATE: 9/28/2024**

NSEA (North Syracuse Education Association) Office,  
210 S. Main St., North Syracuse, NY 13212  
(Corner of South Main St. [Route 11] & Palmer Dr.  
Entrance and parking are on Palmer Drive.)



**HAVE QUESTIONS?**  
[convention@nynafg.com](mailto:convention@nynafg.com)



# NYN AFG Spring Assembly

and Al-Anon Convention with AA participation

RIT Inn and Conference Center  
5257 W Henrietta Road  
Henrietta, NY 14467

Save the Dates!

**2025**

Friday, May 30th  
Saturday, May 31st  
Sunday, June 1st

Stepping  
into the  
Light of

Room rates:  
\$148/night  
(inc. tax)

Gratitude



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Group WSO # \_\_\_\_\_ District # \_\_\_\_\_

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

E-mail: [newsletter@nynafg.com](mailto:newsletter@nynafg.com)

**Submissions for  
July/August  
Northern Hi Lights**  
Due by:  
**June 15**  
Topic:  
**"It Works If You Work It"**

**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.**

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**TO CONTACT THE TREASURER:**  
Please email treasurer with any questions at:  
[Treasurer@nynafg.com](mailto:Treasurer@nynafg.com)

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

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