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**October Topic:** "Fear"  
**November Topic:** "Gratitude"

**Calendar:**

October 8. 7:30 PM  
**Just for Tonight Anniversary**  
on Zoom (Flyer, p.4)

October 19, 8:30 AM-4PM  
**District 17 Day of Sharing**  
Randolph, NY (Flyer, p.4)

October 20, 1PM-4PM  
**Rochester AIS Board Games & S'mores Spectacular**  
Mendon Ponds Park (Flyer, p.4)

October 19-21  
**Buffalo Fall AA Convention**  
(Flyer, p.4)

November 2, 9:30AM-3PM  
**District 21 Day of Sharing**  
Fulton, NY (Flyer, p.5)

October 20. 4-5 PM  
**NYN New GR Meeting**  
on Zoom

November 19-21  
**NENY Fall AA Convention**  
Albany, NY(Flyer, p.5)

May 30<sup>th</sup> to June 1<sup>st</sup>, 2025  
New York North Area  
**Spring 2025 Assembly & Convention**  
**Rochester, NY**  
"Stepping into the Light of Gratitude"  
(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)

\*

**Find the LINK to register**  
for any or all events here:  
[nynafg.com/area\\_events.html](http://nynafg.com/area_events.html)



**Chair's Letter:  
A Harvest of Gratitude**



Hello NYN,

I want to thank each and every one of the attendees at the Assembly for a fun, productive day. It was an honor and a pleasure to work with you.

Please help us welcome our newly voted in coordinators:

Maria S - Web Coordinator

Molly C - Secretary

Jenna E - Public Outreach

Thank you for stepping up for service!

We are still looking for an **Alateen Coordinator...**

Some key decisions we made:

- 1 - We passed the budget!
- 2 - We accepted Electronic meetings into our service structure! Electronic groups can now choose to be in the NYN area, affiliated with a district or to join the GEA (Global Electronic Area).
- 3 - We created a **policy task force** to review, update and organize the policies together and possibly change them for clarity of understanding and alignment with WSO. And now we need members to serve on the task force—Please contact me at [Chairperson@nynafg.com](mailto:Chairperson@nynafg.com).

(A recap with more details is on page 3.)

Our Delegate Carol's presentation included a workshop survey for the 2025 Spring Convention. (If you hope to come to Rochester for that, we would like to know what kind of workshops you would be interested in attending—if you did not have a chance to respond and would like to [click here](#). We value your input.)

We are looking for members to be on the 2026 Fall Election Assembly and Convention committee. It seems far away - but if you start planning now, it won't be so overwhelming later! AND you have the opportunity to shadow the current 2025 Spring Assembly and Convention committee! **Please let me know if you would be interested in helping out!**

I look forward to many good things to come for NYN! Thank you again for your participation at the Fall Assembly,

—Gratefully in Service, Ellen V., NYN Chairperson

NOTE: Version 4 of the **Service Manual** is now available on line: [Al-Anon Alateen Service Manual \(P-24/27\) - Al-Anon Family Groups](#). For those with Printed Version 2 Manuals, replacement pages of the updates are also available: [P2427-v4-replacement-pages.pdf \(al-anon.org\)](#). Members with physical manuals can download the replacement pages, print them and post them into their physical books so their books will be up to date.

The Printed Version is the 2022 - 2025 Edition. They only make updates and publish a new physical copy every 4 years. So, the printed version is Version 2, but the most up-to-date version is Version 4, available on line only.

## News from the WSO from the Area Delegate – Carrying the Guidance from the Widest Perspective

Here are the highlights of the Chairperson of the Board Letter from the July Board of Trustees (BOT) meeting (the letter and finance committee and policy committee updates are available in my report on the area website at <https://nynafg.com/news.html>):

Glossary: AFG= Al-Anon Family Groups

BOT=Board of Trustees

WSC=World Service Conference (made up of delegates)



- The October Board of Trustees meeting – **Road Trip! You and Your Board Connect**, will be held in Columbia, SC on Oct 26<sup>th</sup>, 9-5. This meeting is open to all Al-Anon members. Registration is required and costs \$30. This is an opportunity to: meet the WSO Volunteers who have oversight of AFG, Inc. (Board of Trustees, the Executive Committee, and several WSO Staff members) understand the committees on which they serve and how the WSC Structure works. There will be personal shares, panels, interactive sessions, lunch, and snacks. For details and to register go the [www.al-anon.org](http://www.al-anon.org) click on Calendar then WSO Events and Road Trip 2024 South Carolina.
- The Executive Director shared important guidance regarding **Artificial Intelligence (AI)**. WSO Staff and Volunteers were asked not to use any AI tools unless licensed by AFG, Inc. This includes transcription features for web conference meetings. This approach is designed to protect personally identifiable information and the confidential nature of our meetings. The WSO staff will continue its investigation into how to safely utilize the technology to improve efficiency while protecting our fellowship from harm.
- The 2024 World Service Conference (WSC) approved a motion from the Policy Committee to update the Service Manual with **new language regarding group names**. As a result of this new policy, the WSO will now only register new groups and update existing group names when their name does not contain community-identifying designations (such as Women, Men, Parents, Adult Children, LGTBQ+, People of Color). *Groups who currently have names containing community-identifying designations are asked to consider removing the designations from their names and using the “participants/attendees” field for community identification.*
- The BOT approved a revised **budget** that is projecting a \$197,860 surplus.
- The BOT approved the amounts for the Equalized Expense and the Full **Cost for Delegates** to attend the 2025 WSC in NYN (these amounts are included in the Treasurer’s Report).
- The BOT voted to **end the four-day WSC** week trial and return to hosting the WSC across five days beginning with the 2026 WSC.
- The BOT approved a six-year trial starting after the 2025 WSC to hold **the WSC in the NY area** once every three years to allow for the Conference members to attend **Stepping Stones** once during their panel.
- The BOT confirmed that the **2025 WSC** will be held Thurs April 24<sup>th</sup> – Sunday, April 27<sup>th</sup> at the Marriott Hartford/Windsor Airport Hotel, Windsor, CT. The Stepping Stones visit will occur Monday, April 28<sup>th</sup>.
- Open Position at the WSO for an **International Specialist**: to be eligible you must be an Active member of Al-Anon for the last five or more years, have service experience beyond the group level and be passionate about Al-Anon service and carrying the message. **Are you that member?** See the position description for a summary of the job duties and position requirements - posted with my report on the area website ([www.nynafg.com](http://www.nynafg.com)). Send a cover letter accompanied by a service and professional resume to: [HumanRes@al-anon.org](mailto:HumanRes@al-anon.org).



—Carol C., NYN Area Delegate

## A Recap of Decisions That Were Made at the Fall Assembly:

1. The 2025 Budget of \$25,950 was approved. (For details please go to the NYN Area website [www.nynafg.com](http://www.nynafg.com) under the **NYN NewsFlash / AWSC and Assembly Meeting Information** page and click on the Proposed Budget under the Treasurer’s Report).
2. A motion to pay the “Total Cost” of \$3,617.71 for the Delegate to attend the 2025 WSC was approved.
3. The Area was not able to reach a consensus on a donation to the WSO.
4. A motion to accept Electronic Groups into the NYN Service Structure was approved.
5. A motion to add to the NYN Policies a Procedure to Accept Electronic Groups was approved. (Insert Policy here or where to find it)
6. It was recommended by the Technology Thought Force to create a new area service position for a Technology Coordinator. A task force was approved to draft a Position Description for a Technology Coordinator. **If you are interested in serving on this task force**, please contact Ellen V, the Area Chairperson by emailing [Chairperson@nynafg.com](mailto:Chairperson@nynafg.com).
7. Molly C. was voted in to serve as Area Secretary for the remainder of Panel 64 (term ends Dec 31, 2026).
8. Maria S. was voted in to serve as Web Coordinator for the remainder of Panel 64 (ends Dec 31, 2026).
9. Jenna E. was voted in to serve as Public Outreach Coordinator for the remainder of Panel 64 (term ends Dec 31, 2026).
10. The Alateen Coordinator position remains vacant. Please consider serving in this position (must be a certified AMIAS).
11. A consensus was reached to establish a NYN Area Policy Task Force to review, update and organize the policies together in a single document and possibly change them for better understanding and alignment with WSO.
12. If you would like to serve on the committee to plan the Fall Election Assembly and Convention (Fall 2026) please email Ellen: [Chairperson@nynafg.com](mailto:Chairperson@nynafg.com).

—Carol C., NYN Area Delegate

## Update of Contributions through August 2024, per our Treasurer

August 2024 Group and District Donations	
WSO #	Group Name
9612	Wednesday Morning Step AFG
9722	Eastside AFG
9765	Queensbury AFG
9783	Hamlin Sunday Nitters AFG
10139	Tuesday Night Syracuse AFG
10296	Thursday Morning Sherrill AFG
10326	Westenders AFG
24271	Canadaigua AFG
25635	A Better Life AFG
27134	Spiritual Awakenings AFG
38151	We Are Not Alone Adult Children AFG
53134	Hope for Today AFG
64625	Serenity On Saturday (SOS)
66032	Woman's 12@12 AFG
66032	Womens 12 at 12 Step Meeting AFG
66500	Hope for Today AFG
501783	Serenity Seekers AFG
503275	Thursday Hope AFG
30658818	Strength in Numbers AFG
	District 22

Thank you for your continued support,  
Kathi D., Treasurer

## CONTACT INFO for Officers & Coordinators

Officer:	Name:	Email
Chairperson	Ellen V.	<a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
Treasurer	Kathi D.	<a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>
Secretary	Molly C.	<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>
<b>Alateen Coordinator</b>	<b>OPEN</b>	<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	Maria S.	<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	Jenna E.	<a href="mailto:po@nynafg.com">po@nynafg.com</a>
Presentation	Michael R.	<a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>





You're invited to the

# JUST FOR TONIGHT

## 4<sup>TH</sup> ANNIVERSARY CELEBRATION

Tuesday October 8, 2024, 7:30pm ET

Join us in celebrating the 4th anniversary of the Just for Tonight electronic meeting


Zoom: 893 4524 0683  
 Passcode: JFT  
[Zoom Link](#)



New York North District 17

# Al-Anon Day of Sharing

October 19<sup>th</sup>, 2024, 9:00am  
 Participation is the Key




Please Volunteer and Participate  
 Registration: Free Will Donation  
 All are Welcome. No one will be turned away.

<p>October 19<sup>th</sup>, 2024          1<sup>st</sup> Presbyterian Church          186 Main Street, Randolph, NY          8:30am-4:00pm</p>	<p>Schedule:          8:30- Registration          9:00 - Double Winner Panel          10:15 - Adult Child Panel          11:30 - AA Speaker          12:30 - Lunch          1:30 - Old Timers Panel          3:00- Main Speaker</p>
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Literature Table  
 Basket Raffles  
 50/50 Raffle  
 Friends  
 Recovery

Please bring a dish to pass for lunch



## 83RD BUFFALO FALL CONVENTION

With Al-Anon participation



**Our Common Solution**  
 83<sup>rd</sup> Buffalo Fall Convention

<https://buffaloaany.org/fall-convention/>  
 October 18, 19 & 20

M Hotel Buffalo - 2040 Walden Ave.

*"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism."*

-Alcoholics Anonymous P. 17 "There is a Solution"



# BOARD GAME & S'MORES SPECTACULAR

*Bring the family!*



**SUNDAY, 10/20/24 FROM 1-4 PM**  
**EAST LODGE IN MENDON PONDS PARK**

BOARD GAMES & S'MORES PROVIDED  
 SUGGESTED DONATION \$10

Help us plan. Scan this code to RSVP!



East Lodge is at the North End of the park. It's off Canfield Rd, between Douglas Rd and Hopkins Point Rd.



PayPal accepted at the door

**A SOCIAL EVENT SPONSORED BY THE ROCHESTER AL-ANON INFORMATION SERVICE ACTIVITIES COMMITTEE. ALL ARE WELCOME.**



# NENY 2024 CONVENTION REGISTRATION

Albany Marriott | 189 Wolf Road, Albany, NY

*Connecting with Love, Unity, & Service*

panels | workshops | speakers | long-timers | literature | special events  
Grapevine | archives | entertainment | Al-Anon | virtual meetings | & more

## November 1 - 3

Full name \_\_\_\_\_

How would you like your name to appear on your name tag?  
\_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Are you a GSR? Yes:  No:

Accommodations (ASL / Translation / Accessibility / Dietary / etc.) \_\_\_\_\_

Homegroup / Service Position \_\_\_\_\_

Sobriety Date \_\_\_\_\_

Speak on a Long-Timer's panel (25+ years)? Yes  No

AA  AL-Anon  Non-AA Guest

Interested in service opportunities? Yes  No

How do you want your convention packet? Digital  Print

Virtual ONLY Attendance \$20

Early Bird Registration \$25

→ Ends 8/31/24

Full Price Registration \$30

→ Starting 9/1/24

Saturday Lunch Buffet \$52

Saturday Banquet Pot Roast \$52

Saturday Banquet Chicken \$52

Saturday Banquet Eggplant \$48

Scholarship Contribution \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Make checks payable to:  
NENY Area Association - Area Convention  
PO Box 493, Delmar, NY 12054

ALL registrations must be  
submitted/postmarked by  
10/15/2024

\*\*Register Online\*\*





Hotel Rooms: \$139/night + tax

Book rooms directly through Albany Marriott by 10/15/2024

(518) 458-8444 | <https://tinyurl.com/NENY24-Hotel>

Questions about registration? [conventionregistration@nnyaa.org](mailto:conventionregistration@nnyaa.org)

# This Month's Topic


## A Quick Reflection on Fear

Fear turned out not to be a popular topic, though we all experience its effects. I may run it up the flagpole again, but do more work to recruit submissions! Next Month's topic is Gratitude. If there is one thing I know all of you are getting good at, it's Gratitude! Please set aside any scriptophobia (fear of writing) that you might feel, and contribute your thoughts on gratitude and how you practice this important part of our program.

Gratefully, Wendy L. Newsletter Coordinator

**AL-ANON**  
District 21's Annual Day of Sharing

**Hand in Hand, Heart to Heart**



**Saturday, November 3, 2024**  
9:30 AM - 3:00 PM

*new location:* First United Methodist Church  
1408 Rt. 176, Fulton  
(across from middle school, parking in the rear)


Program includes: Guest Speakers,  
Raffles and Literature  
**Suggested Donation \$6.00**

Teens free, includes morning snack and Lunch

*Al-Anon is a support group for friends and families of those whose loved ones are addicted to substances such as alcohol*

**Saturday, October 26, 2024, 9-5**

Buckle up for an incredible Al-Anon adventure:




Road Trip!

YOU AND YOUR BOARD CONNECT

Columbia,  
South Carolina

al-anon.org

Registration opens in September.



## 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

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

Gratitude

### 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.al-anon.alateen.org](http://www.al-anon.alateen.org)





**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.**

**DELIVERY:**  Email, or  \*Snail-Mail    **TYPE:**  New or  Renewal

**Amount Enclosed:** \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

*(If applicable):* Group Name \_\_\_\_\_

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

➤ **Mail Subscription Forms and Donations to:**

NYN AREA ASSEMBLY, PO Box 5253, Oswego, NY 13126-8777

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

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

**Submissions for**  
**November**  
**Northern Hi Lights**  
 Due by: **October 15**  
 Topic:  
**"Gratitude"**  
[newsletter@nynafg.com](mailto:newsletter@nynafg.com)

**SENDING DONATIONS TO NYN:** Please send by check or money order—DO NOT SEND CASH!!  
Make payable TO: NYN Area Assembly, PO Box 5253, Oswego, NY 13126-8777—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: Wendy L.\*\***

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