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Theme for December: **Gifts of the Program**
 Theme for Jan/Feb: **Keep it Simple**



Gifts of the Program

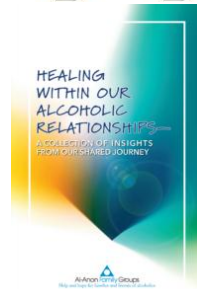


Chair's Letter: A Gift Box!

Brrr—winter is upon us and so is a busy time of year. For me the holidays are a bit difficult, but I have learned over the years to use the tools of the program to help me through. These include detachment with love, keeping it simple, staying in my own hula-hoop, calling an Al-A-Pal, and of course going to more meetings. I heard a fellow say, “I only need one meeting a week, but I don’t know which one so I go to them all.”

Al-Anon tells me changed attitudes aid recovery. I find that to be true—and my toolbox has now become my gift box. I have a never-ending supply of unconditional love and support, just when I need it most.

I wish you all a beautiful, peaceful holiday season.
 Gratefully in service,
 Ellen V, NYN Chairperson, Panel 64



HEALING WITHIN OUR ALCOHOLIC RELATIONSHIPS

Speaking of “Gifts of the Program,” an Al-Anon member just decided to buy a copy of this recent gem for a few of her friends, and I was one of the lucky recipients. In just 48 pages this booklet captures the essence of the Al-Anon program in a series of brief messages excerpted and adapted from Al-Anon literature on relationships. A gift for anyone needing to “Keep It Simple” and get back to basics. – Wendy L., Newsletter Editor

Calendar:

New York North Area Events are also posted at our calendar: nynafg.com/calendar.html

Sunday, December 15, 2024
 4:00 – 5:00PM
 GR/DR Monthly Meetup Zoom meeting:
[829 5131 1512 Passcode: 341891](https://www.nynafg.com/calendar.html)

Sunday, January 19, 2025
 4:00 – 5:00PM
 GR/DR Monthly Meetup Zoom meeting:
[829 5131 1512 Passcode: 341891](https://www.nynafg.com/calendar.html)

March 7 – 9, 2025
Flower City Fellowship Convention
 Rochester, NY

March 14 – 16
Cataract City Convention
 Niagara Falls, NY

April 25 – 27, 2025
Conference of the Lakes
 Penn Yan, NY

May 30 – June 1
 Rochester, NY
 NYN Al-Anon Spring 2025
Assembly & Convention
 “Stepping Into the Light of Recovery”



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:
 NYNorth: www.nynafg.com WSO: www.alanon.alateen.org

Our Delegate Requests your Input for the 2025 WSC Conference Agenda Item (CAI)

Is there a topic of concern that affects Al-Anon groups and members worldwide that you would like the World Service Conference to discuss in depth? All Conference members (Delegates, Trustees and WSO Staff) are invited to submit a topic to be considered for discussion at the World Service Conference. They are placed on the agenda as a Chosen Agenda Item (CAI). Next year's WSC will have two Chosen Agenda Items to be discussed.

Did you know that the summaries of all Conference Agenda Items are available to read on the Al-Anon.org website? Go to ([Chosen Agenda Items - Al-Anon Family Groups](#)) the Al-Anon.org website, click on Members, then in the drop-down menu click on World Service Conference. The next drop-down menu will contain the Conference Agenda Items. Click on that and go exploring.

As your Delegate, I can submit one or two topics to be considered for discussion at the 2025 World Service Conference. ***I need your input.*** As you think about topics, please consider whether the topic merits an in-depth discussion that could benefit Al-Anon groups and members worldwide.

Topics are limited to 100 words: name the topic (25 words or less); then provide a rationale / explanation of why you think the topic is important (75 words or less).

Send your topic for consideration to me at chairperson@nynafg.com by **January 17th**. I will select one or two topics to submit and topics I submit will be combined with those from all the other Conference members. Two topics will be chosen. If you would like to see examples of past CAIs, you can go to Al-Anon.org and look at past World Service Conference Summaries.

News From the WSO October Board of Trustees Meeting:

On Nov 9th, I attended a presentation of the Letter from the Chairperson of the Board. This letter summarizes the October Board of Trustees meeting. Here are bullet points from the presentation:

- **Conversation about perception** – The Board concluded that by choosing to serve at the world service level, WSO Volunteers agree to place the needs of AFG above our personal preferences when sharing information at the level of press,

radio, film, TV and internet, including social media. Our conversation helped us to recognize that when we share personal opinions on social media—even if those opinions involve outside issues—those who know us as WSO Volunteers may perceive those opinions as reflecting the choices or voice of AFG, Inc.

- **The GEA Regional Assignment**- The Board decided to extend for a second three-year period the trial to assign the GEA to the Region within the WSC Structure in which their current Delegate lives or, if the Delegate lives outside the WSC Structure, to a WSC Structure Region pulled from a hat.
- **Reserve Fund and WSO's One Year's Operation Expense**- Cost information was provided for the following projects to be financed by the excess funds in the Reserve Fund: Core Systems Overhaul (electronic systems), Passing It On (growing leaders from interactions with past volunteers), Public Outreach Campaign for the Professional: Young People. Timing for completing these special projects will be considered as part of the Board's Jan 2025 Strategies approval process.
- **Events** – The 2028 International Convention Site Selection will be announced at the 2025 WSC. Road Trip! 2025 location will be revealed in January.
- **Nominating Committee**
The Board approved a proposed role description for the At-Large Executive Committee. The Board accepted the Nominating Committee's recommendation that Delegates not be required to wait two years after serving before being considered to serve as an At-Large member of the Executive Committee.
- **International Coordination Committee (ICC)** Russia and Austria were recommended and accepted as new admissions to the IAGSM. A Thought Force was created to investigate alternate funding options for future IAGSMs.

If you would like more information or details of the presentation of the Chairperson of the Board Letter, please send me an email (at Delegate@nynafg.com) and I'll be happy to review it with you.

Gratefully,
Carol C., NYN Area Delegate



Jim M., Convention Coordinator, NYN Panel 64

Convention This Spring!

The 2025 New York North Area Spring Convention will be held May 30, May 31, & June 1 2025, at the RIT Inn and Conference Center in Henrietta, NY just off the Thruway in Rochester. The theme is “Stepping into the Light of Gratitude.” Pat H. is the Chairperson and Janet R. is the Co-Chair. Pat H., Ellen V. and Carol C. are putting together the Program. Other Committee Members include Diane N. (Secretary), Lia N. (Fundraising), Kathy M. (Oswego), Kathy M. of Rochester (Treasurer), Mary S. of Buffalo (Alateen Involvement), Maggie M. (Baskets, Raffles and 50/50), Mary Kay and Phyllis (Decorations), Cindy E. of District 1 (Greeters), Amy W. and Kathy L. (Hospitality), Erin S. (Registration), Brenda L, Mary S. and Ann S. (Volunteers), Cindy E., and Zack L. Many thanks to Pat and Janet and all the Committee members for stepping up to serve!

Rooms at the RIT Inn and Conference Center in Henrietta, NY located at 5257 W Henrietta Rd, Henrietta, NY 14670. Rooms will be \$129/double + tax = \$148 per night. The last day to obtain this room rate will be May 1, 2025, and you can reserve a room by calling the hotel directly - 585-359-1800. Please reserve your room under the name “NYNAFG.”

Registration opens online at nynafg.com on January 1, 2025. Early bird registration will be \$35 for the weekend; after May 1 2025, registration goes up to \$40. Registration is also available by mail by using the form printed on page 4. Registration for Alateen members will be \$10.00. Please Note: ANY Alateen member attending any function carrying the Al-Anon/Alateen name must be accompanied by a parent or NYN Certified Al-Anon Member involved in Alateen Service (AMIAS), and a notarized Permission/Medical form is required. That form is available from the NYN Area Alateen Coordinator at alateen@nynafg.com.

There will be a hospitality room and various raffles. Conference Approved Literature will be for sale (provided by the Rochester AIS).

A boxed lunch will be offered on Saturday, May 31, 2024 for \$20 (wrap, chips, beverage and cookie or fruit). There are also restaurants nearby. On Saturday, May 31, 2025 there will be a Deluxe Buffet Dinner for \$45, (two entrees, vegetable, salad, hot drinks, warm rolls, and cake). Buffet Dinner reservations will need to be pre-registered before May 1, 2025.

The remaining Assemblies for NYN Panel 64 will consist of the 2025 Fall Assembly, the 2026 Spring Assembly, and finally the 2026 Fall Election Assembly. It is not too early for districts who are willing to host the 2026 Fall Election Assembly to step forward, and to start searching for a hotel or other venue to hold it.

Love in Al-Anon Service,

The Gift of Fellowship

As a “people person,” and a lover of stories, every meeting is a triple gift for me. These Al-Anon members with their stories of their experiences are a godsend, as is the strength, hope, and wisdom they have drawn from those experiences, from Al-Anon literature, and from working the program. I get stories, I get program wisdom, and I get people. People who know me well and people who, even if they don’t know me, know a lot about where I’ve been and how my brain works. People who aren’t afraid of my problems and can even get me to laugh at them.

I am really looking forward to the spring convention, where I can get more stories, more program wisdom, and more of these wonderful Al-Anon members!

Your Newsletter Editor, Wendy L.

Keeping the Gifts in Circulation

I am extremely grateful for the gifts I have received as a member of the Al-Anon fellowship. I know that I am a much better person as a recipient of these special rewards.

Participation in Al-Anon is a two-fold process. You get out of the program what you put into it. This fellowship is akin to a boomerang—you throw out the love, peace, and serenity of the program, and it comes back to you with the same warmth and charity that you gave to the other person.

Each of us has our part to play in the grand scheme of things. None of us can do this alone; we do not exist in a vacuum. We depend on each other for support and clarity, and those gifts keep us moving forward toward the goal of serenity in our daily lives.

—Mike R., Presentation Coordinator

CONTACT INFO for Officers & Coordinators

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Presentation	Michael R.	presentation@nynafg.com



NYN 2025 AFG Spring Assembly and Al-Anon Convention with AA participation

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

May 30, 31, June 1 - 2025

Location: RIT Inn and Conference Center, 5257 West Henrietta Rd, Rochester, NY 14602 www.ritinn.com

For room reservations call (585)-359-1800 (mention NYN AFG for room rate: \$125 + \$23 tax = \$148)

Banquet and Room reservation deadline: Thursday, May 1st

****Alateens must have notarized permission slips/medical release forms and adult supervision**

Make Checks payable to: NYN 2025 Spring Assembly / Convention		We need volunteers for a successful assembly / convention!
Mail your registration to:	NYN 2025 Spring Assembly / Convention PO Box 42 Webster, NY 14580	Would you be interested in helping out with registration, hospitality, or being a greeter?
Questions?	please email: NYN2025Assembly@nynafg.com	Please email: NYN2025Assembly@nynafg.com for more information

2025 NYN Spring Assembly and Convention Registration

First and Last name:	Phone:
Street:	Email:
City, State, Zip:	District:
Home Group Name:	Are you a GR?

	Early Registration (Before May 1st)	Late (After May 1st)	Total
Al-Anon member	\$35	\$40	
Alateen member	\$10	\$10	
AA member	\$35	\$40	
Dual Member	\$35	\$40	

To register online please go to:

nynafg.com

Saturday Box Lunch:	\$20	\$20	
Circle 1: Ham - Turkey - Vegetarian	Gluten free roll?		
Sat Banquet Buffet Deadline - May 1st	\$45	N/A	
Dietary needs?			
Hospitality Donation: Thank you!			
One registration form per person please		Total	

For office use only
Check #
Date rec'd



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



**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 64176, ROCHESTER, NY 14624-6576

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

E-mail: newsletter@nynafg.com

**Submissions for
January/February
Northern Hi Lights**
Due by:
January 15
Topic:
"Keep it Simple"

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., Chuck A. Mike R. ***

**NYN AREA ASSEMBLY
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