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Spring Forward / Statewide Meetups

April Theme: **Growth in the Program**
 May Theme: **Fellowship**

Calendar:

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

Sunday, 4/13, 5/18, & 6/15 2025, 4-5PM Monthly Zoom Meetup: [829 5131 1512 Passcode: 341891](https://nynafg.com/calendar.html) (See topics at right)

April 25–27, 2025
Conference of the Lakes
 Penn Yan, NY: "Freedom Through Faith and Service"
<https://www.conferenceofthelakes.org/> (AA with Al-Anon & Alateen)

April 26
 District 12 **Day of Sharing**
Fredonia (flyer p.4)

May 1 Early Bird Deadline for: **May 30–June 1**
NYN Al-Anon Spring 2025 "Stepping Into the Light of Gratitude" Assembly & Convention
 Rochester, NY
 See Registration on page 5



Hello Spring!?! I have seen some daffodils peeking through the ground, and some snow on top of them. They do say that there is no growth in the comfort zone — or is that there is no comfort in the growth zone? Either way I feel like I am coming out of a winter’s pause and looking forward to growing in the Al-Anon activities coming up.

We have been holding a GR/DR meetup one Sunday a month for a while. This year we have started looking at specific topics in hopes that they will help you in your service journey. Our next topic is KBDM (Knowledge Based Decision Making) on Sunday April 13th at 4 pm held on Zoom. I was thinking that the title of the meetup restricts it to only GRs and DRs, when in fact anyone in service, or thinking about service, could benefit. Do you have an idea for a new name that would include all Al-Anon members? Please email me suggestions!

chairperson@nynafg.com.

Gratefully in service,
 Ellen V, NYN Chairperson, Panel 64
 “God doesn’t call the qualified, He qualifies the called.”



- * **GR/DR State-wide meetups**
 3rd Sunday of the month 4-5 pm.
 - April 13th: KBDM - Knowledge Based Decision Making.
 - May 18th: Assembly participation—what is the experience like?
 - June 15th: Keeping the meeting “Al-Anon.”
 Zoom Meeting: [829 5131 1512 Passcode: 341891](https://nynafg.com/calendar.html)

Your New York North Contacts:

Delegate	Carol C	delegate@nynafg.com
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Convention DEADLINE:

This month’s Northern Highlights is full of information about the upcoming Convention. It’s spring, and the Early Bird (May 1st) can get the Buffet Banquet and can save \$5 on registration. May 1st is also the deadline to call the hotel for reduced NYN/AFG room rates. The Registration Form on page 5 has clear instructions. I hope to meet you there. —Wendy L., Newsletter coordinator.



Convention Update: More Details

Hi Everyone! Have you registered for the upcoming in-person 2025 Spring Assembly/Convention that's coming up on May 30th-June 1? It's easy; just go to the nynafg.com website and register online, or make a copy of the registration form and send it in by snail mail.

Also, while you are on the website, check out the Convention program. You will see that this time around officers and GRs won't be in a business meeting all day; rather approximately four hours of business sessions will be spread across Friday Night and Saturday morning, with breaks, leaving time for us to attend more of the program events.

We have AA participating with us, and we will begin Friday evening with an ice breaker followed by our opening speakers. We are fortunate that Vali, the Executive Director of WSO, will be sharing her story with us in an interactive electronic session.

Saturday we will start the day with gentle yoga followed by AA and Al-Anon panels. There will be program workshops on Joy and Sponsorship, as well as a Spirit Walk, followed by the Delegate's report, which is open to everyone.

Saturday evening we will have our buffet dinner, Chuck A will be our DJ, and we will have our countdown. Our Al-Anon speaker, Jason, is a Delegate from Canada. Later that evening we are offering AA and Al-Anon meetings.

Sunday morning starts off with gentle yoga followed by Step 11 in Action: Meditation for Everybody. Cynthia will play the guitar and grace us with her beautiful voice. Then we will hear from our Spiritual Panel.

We will have our literature available, raffles and—of course—an auction of baskets. Please ask your groups to put together a basket for the raffle. These are always a big hit.

Our committee has been meeting every month, contributing from all over NYN to share our ideas and experience. I appreciate everyone's participation.

A reminder that the cost of registration goes up after **May 1st** and that the hotel needs to know by May 1st if you want the buffet dinner at the Banquet.

Thank you, and I look forward to seeing you all at the end of May. If you have any questions or would like to help, please email me at NYN2025Assembly@nynafg.com.

—Pat H., 2025 NYN Assembly/Convention Committee Chair

Service Positions Available in Districts 14, 19, 20 & 25 (Greater Rochester area)

District Representatives (DR): A DR is a **current or past GR** who attends Al-Anon meetings regularly and practices the Twelve Steps and Traditions. Also, it is helpful if a DR has a basic knowledge of basic computer tools or is willing to learn them as part of this position.

- Establishes and chairs regular District meetings with Group Representatives (GRs) and other members in a District.
- Keeps in contact with Group Representatives and groups to answer questions and offer support.
- Attends NY North Area World Service Committee (AWSC) meetings to discuss and vote on topics on behalf of Groups in their District (4 per year).
- Attends NY North Area Assemblies in support of GRs (2 per year).

Alternate District Representatives are eligible to serve as a DR and step in for the DR or complete their term if the DR is unable to serve. They may also serve by attending monthly Al-Anon Information Service (AIS) meetings or assisting the DR in other capacities.

Some Benefits of Serving in these and other Al-Anon positions:

- Replace isolation with community and reach out to others.
- Learn to trust and to take risks.
- Increase self-esteem and experience a sense of purpose.

See [Guideline G-37](#) for more information. Service Sponsorship can be provided!

Please contact Brenda L, DR, District 25 or another trusted servant with interest or for more information.

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

APRIL TOPIC: GROWTH IN THE PROGRAM

Web Coordinator Enjoying Growth in Service, Hopes for Our Input

Greetings, all,

I am grateful for this Web Coordinator service position—it has certainly helped me grow in so many ways, including in my program. My default tends to be that I think I should be able to take on something new without any problems, always knowing the answers. Ha! Not so! I have stumbled and questioned and been humbled and gotten "Error 404 Not Found" more times than I care to admit, but I keep going because it is important to get the message out there. My Higher Power is helping me, as are my service mentors. At the upcoming Convention, all the Officers and Coordinators are going to be available to talk about their service positions. I look forward to showing the so-very-helpful "Web Coordinator Guide" that has been developed and also to being able to talk about hopes and dreams for our website. And I would love to hear what you like and don't like about the website—either at the Convention or anytime. I'm at web@nynafg.com. Thanks.

—Maria S., Web coordinator

Growth in the Program

We often hear the definition of “insanity” as doing the same thing over and over and expecting a different result. That was me in the early days of my son's addiction. I was repeating the same mistakes consistently while expecting that this time things would be different. I was Sisyphus pushing that boulder up the hill and then finding myself right back where I started at the beginning. How many ways can we say, “DUH!”?

The exact opposite of insanity is what we are talking about today: our growth in the program of Al-Anon. I have heard many members of the fellowship saying, “I remember when you first walked into the rooms of Al-Anon! Now, I can look at you and see how far you have come and how much you have grown.” That rings so very true when I reflect on my journey, and I imagine there are others in the program who feel the same way.

Each member's growth is unique and often proceeds in unexpected ways. Each individual reacts to change and to trauma in his or her own way, and each of us has the opportunity to recover and to grow in our program if we simply live our lives one day at a time and practice the principles of the program in all of our affairs.

With an attitude of gratitude,
Mike R., Presentation Coordinator

The Forum: A Resource for Ongoing Growth

The Forum is a wonderful resource filled with member sharing. The articles and the photos are submitted by fellow members who share their experience, strength, and hope. Sometimes articles focus on a piece of literature. This month's issue, for instance, had a wonderful article from a member discussing their experience with the workbook, *Reaching for Personal Freedom*. They highlighted how they used the workbook with their sponsor and their group, and how each time they used the workbook with others, they grew.

Our Northern Hi Lights theme this month is Growth in the Program. In addition to our literature, I immediately think of our upcoming Spring Assembly Convention being held in Rochester from May 30 to June 1. Attending the upcoming NYN Spring Assembly Convention is an amazing opportunity to engage in growth. The program is open to everyone. All Al-Anon members are welcome to come and participate in the program. There will be a short Assembly meeting during the Convention. If you want to also learn about how the business of Al-Anon is conducted, you are also welcome at the Assembly meeting, though only Group Reps (GRs) can vote.

Whether you attend the entire Assembly Convention or just attend the Convention program sessions available throughout the weekend, you are sure to grow personally. Not only does participation support your growth, but it also supports the growth of others. When we come together, listen, and share, we are supporting each other in our beautiful community of mutual support.

—Betty GM, Forum Coordinator/Alternate Delegate

Cards for Our Delegate at WSC

WSO tells us: “Delegates and other trusted servants enjoy receiving mail from members and groups in their Areas while they are at the Conference. We invite you to send *cards and notes* of support to Conference members.

Name (Hold for WSC 4/24–4/27, 2025)
Marriott Hartford/Windsor Airport Hotel
28 Day Hill Rd.
Windsor, CT 06095

Please plan to have cards arrive **after April 21**. You can use your trusted servant's name and home address as the return address in case mail delivery is delayed.” (They advise that we **NOT** send packages as these incur a charge from the hotel.)

Feel free to drop our NYN (Area 39) delegate, Carol C. a card of encouragement.

April 25-27: 37th Annual Conference of the Lakes
 "Freedom through Faith and Service"—carrying the A.A.
 message with Al-Anon participation. Hotel books quickly.
conferenceofthelakes.org

Ideas for Days of Sharing

When looking for ideas for a District Day of Sharing, members sometimes struggle with finding a theme or inspirational ideas for livening up their event. As the Presentation Coordinator for New York North, I am able to offer my services.

A retired English teacher and dramatics advisor, I have thirty-six years of experience in my Presentation toolbox. I have directed school productions and been a part of various skits and presentations during my fifteen-year tenure in Al-Anon.

You could do a skit, sing a song, do a role-playing exercise, or practically anything you want as long as it relates to the principles of Al-Anon. I have a grab bag of activities and ideas inherited from my Presentation Coordinator predecessors. Besides that, I created some original works that I conceived from CAL readers and online resources. I have a few ideas up my literary sleeve. All you have to do is ask to receive the benefit of my experience, strength, and hope. It would be my pleasure!

Feel free to reach out to me via email at presentation@nynafg.com.

In addition, I will be at the Spring Assembly in May, chairing the Friday night icebreaker (May 30) and leading a discussion at the Assembly on Saturday afternoon. It would be great to talk in person.

Thanks to you all for your support of our program and of all of our fellowship members.

—Mike R., Presentation Coordinator

Food & Fellowship at May Convention

There will be a Hospitality Room available where you may run into old friends or make new ones over coffee and noshes between programs.

A \$20 boxed lunch will be available on Saturday, and will include a wrap, chips, a beverage and a cookie or fruit. If you check Google maps, there are also restaurants in walkable or drivable distances.

The Banquet, which will have our featured speaker and musical entertainment, will serve up a Deluxe Buffet Dinner which will feature two entrees: Roast Beef— Slowly Roasted Top Sirloin with Pan Au Jus, and Chicken with Garlic, as well as Freshly Brewed Coffee, Decaffeinated Coffee, and Herbal Teas, Warm Rolls with Butter, Garden Salad and Chef's Choice Vegetable, and Chef's Choice of Cake. Please note that the Banquet will need to be pre-registered before May 1, 2025, at a price of \$45.

—Jim, Conventions Coordinator

District 12 - Day of Sharing
"The 3 A's in April" Awareness, Acceptance, Action

- Free Parking & Wheelchair Accessible
- Basket Raffle
- 50/50 Drawing
- Speakers & Sharing
- Lunch Provided (wraps/sandwiches/chips)
- Light Breakfast (coffee/tea/baked goods)

What's Needed?
 Consider donating a basket. Please bring a salad topping and/or baked good to share.

❖ **Saturday, April 26, 2025**

❖ **Arrival/Sign-in: 9:30 AM – 10:00 AM**
 (Optional good-will contribution)

❖ **Program: 10:00 AM – 2:00 PM**
 • Fellowship (optional) 2:00 PM–3:00 PM

❖ **Harvest Chapel Free Methodist Church**
 39 Matteson Street, Fredonia 14063
 (exit 59 off NYS Thruway)

Questions? Please contact wnydistrict12@gmail.com

Stepping into the Light of Gratitude

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

HELP NEEDED!

Basket Raffle

- The Basket Raffle is one of the most important fundraisers for the Assembly.
- Baskets can be donated by AFG's or individuals.
- Please remember to only include Conference Approved Literature (CAL) in donated basket(s).


Hospitality Room

- We are in need of food items and welcome your baked goods, single serve packets of chips, fruit, veggies, or other finger foods and beverages.
- In keeping with the 7th tradition, please consider making a donation to support the Hospitality Room whether or not you are able to attend the 2025 AFG Spring Assembly/Convention.

Questions: Please send questions or sign up by emailing NYN2025Assembly@nynafg.com

THANKS FOR YOUR HELP!

To register for the Spring Assembly/Convention visit 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

For room reservations call (585)-359-1800 (mention NYN AFG for room rate: \$129 + \$18.06 tax = \$147.06)

Location: RIT Inn and Conference Center, 5257 West Henrietta Rd, Rochester, NY 14602

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

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



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

E-mail: newsletter@nynafg.com

Submissions for
May
Northern Hi Lights
Due by:
April 15
Topic:
"Fellowship"

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** -- 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. ***

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