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Recovery, Fellowship, Sunshine!

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 5/18 & 6/15 2025, 4-5 p.m.
 Monthly Zoom Meetup:
829 5131 1512 Passcode: 341891
 (See topics at right)

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 NYN Area Al-Anon Members!!

Are you getting excited for the Convention?? We have so many fun things planned—fellowship, speakers, panels, workshops, etc. Friday night we will be joined by our WSO Executive Director, Vali F. She will be sharing her experience, strength, and hope. What a great opportunity to hear from someone who helps guide us at the world level.

Saturday’s Banquet will feature our Al-Anon speaker, Jason, a Delegate from Canada, singing by member Cynthia N., and the deejay work of Chuck A. (Register for the banquet by May first!)

For more fellowship opportunities, events are regularly added to the calendar on our website! (*Note: you can click the top right button of the calendar and change the view to schedule to see the events in a list.*)

I hope you enjoy the sunshine as it comes back, and that it helps us all, as our Convention theme suggests, “Step into the Light of Gratitude.”

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

- ***GR/DR State-wide meetups** 3rd Sunday of the month 4-5 pm.
 - 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/join/82951311512)

Your New York North Contacts:

Delegate	Carol C	delegate@nynafg.com
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Alt. Delegate	Betty GM	altdelegate@nynafg.com
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Convention DEADLINE:

This month’s Northern Highlights is full of information about the upcoming Convention. 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



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

WSO Information and Opportunities

The Board of Trustees (BOT) meets quarterly every year in January, April (after the World Service Conference), July, and October. After they meet, the Chairperson of the Board (COB) writes a letter which includes Updates from the Policy Committee, the Conference Leadership Team (CLT), and the Treasurer. Delegates attend an online presentation of the COB Letter and Updates and have an opportunity to ask questions and get clarification from the Trustees. You can find the January 2025 COB Letter and Updates at www.al-anon.org. (Toggle over **Members** then **Board of Trustees** and scroll down the page to find the documents.) Here is a link: [January-2025-Chairperson-of-the-Board-Letter.pdf](#).

Service opportunities at the World Service Office (WSO): The World Service Office functions like all our other service structures - through the service of our members. Each year Al-Anon needs members to serve as Trustees, At-Large Members of the Executive Committee, At-Large Members of the Executive Committee for Real Property Management (ECRPM), and At-Large Members of other Committees such as Audit, Forum Editorial Advisory, Literature, and Public Outreach. Position descriptions and qualifications for these positions can be found on the WSO website www.al-anon.org. (Toggle over Members, then click on World Service Office (WSO) Volunteers.) Here is a link: [World Service Office \(WSO\) Volunteers - Al-Anon Family Groups](#).

Trustee At Large applications are due by August 15th. If you have any questions about the process, please contact Carol C, NYN Area Delegate: delegate@nynafg.com



Recertification of AMIAS in Progress

This week a new member started the certification process. However, there has been greater attrition of AMIAS who are aging out, or who are opting out because a meeting has closed. We need more AMIAS in order to be prepared for supervision of Alateen events and provide rotation of service. Please bring this to your groups and consider this special option for 12th Step work, especially if you live in a District where there is an Alateen meeting. Being present to Alateens as they work for recovery enhances the recovery of group sponsors themselves.

Vicki D., AAPP

From the Delegate:

This is the busiest time for me in my role as Delegate as I get ready for the World Service Conference coming up April 24th–27th. It's prep time. In the same way that we ask all GRs and DRs to read reports and come prepared for our Assemblies and AWSC meetings, Delegates must read and become familiar with the subjects that will be discussed at the conference. Along with reading reports and framing documents, I have also been studying the Concepts again. This year I have been digging deep into Concepts 3 and 5.

Much like what goes on at the District and Area level, Delegates also are asked to participate on different committees and task forces. This year I will be serving on a task force responsible for putting together a presentation to explain the World Service Conference Charter during next year's conference. You may think this all sounds like boring work, but I assure you it is not. It's teaching me how to solve problems, make decisions, and take action in a loving way. It's also showing me how to know what's mine to solve and how to practice trusting others. I'm not just reading about it; I'm putting it into practice. Getting it into my bones, so to speak. This is how I learn in Al-Anon. Thank you for affording me this opportunity and trusting me with this role. I'm loving it, and I'm having fun.

And speaking of fun, I am looking forward to sharing all this with you at the Spring Assembly and Convention. I am planning on getting very F'd up there! That's right—F'd as in Fun, Fellowship with Friends and Family, yummy Food, and Fancy Footwork (dancing). I hope you'll come and get F'd up with me!

In loving service,
Carol C., Delegate



Group & District Donations January 1–March 31, 2025

9612 Wednesday Morning Step AFG	53134 Hope for Today AFG
9640 Task AFG	60706 Beginning Today AFG
9696 Cortland Thursday Night AFG	63806 Courage to Change AFG
9704 Delhi AFG	64625 Serenity on Saturday AFG
9763 Caring and Sharing AFG	66096 Keep It Simple AFG
10139 Tuesday Night Syracuse AFG	66230 Keep It Simple AFG
10187 Penn Yan AFG	500955 The Serenity Seekers AFG
10188 Step Study AFG	503929 Courage for Serenity Greece AFG
10302 Sidney AFG	30503839 Calm in the Storm AFG
10328 Bayberry Friday Morning AFG	30509030 Striving for Serenity AFG
10339 Cloverleaf AFG	30524821 Tuesday Night AFG of Bemus Point
10365 Victor Parents Group	30529340 Monday Night Fly Rd AFG
10385 Webster Monday AFG	30598779 Reflections on Our Legacies AFG
27134 Spiritual Awakenings AFG	30606210 Progress Not Perfection AFG
27834 Monday Night St Louis AFG	30615135 Angola Awakening AFG
27835 Changing What I Can AFG	30623245 Parkside Steps for Adult Children AFG
31686 Tuesday AM Adult Children AFG	30662245 Stepping into Recovery AFG
32379 Sunday Night Parents AFG	30669070 Wednesday Night AFG
32895 Weekend 9 AM AFG Meeting	D1 District 1
37943 Fayetteville Thursday Morning AFG	D9 District 9
38151 We Are Not Alone Adult Children AFG	D10 District 10
39872 New Beginnings AFG of Jamestown	D22 District 22
40786 Days of Healing AFG	D26 District 26
40863 Monday Homer AFG	
40971 Courage to Change AFG	
42113 Legacy Study AFG	

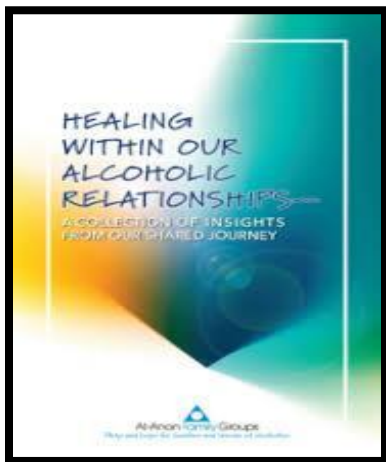
The Joy of CAL

Many members, new and veteran, rely on CAL literature to learn and grow in our Program. CAL is there for us any time of day or night, offering us all the time we need to read, re-read, think, and be ready to apply our learning to our lives without judgment. I have often heard at a meeting that a member read something at “just the right” time, or that their Higher Power must have known they needed to hear that particular passage that night!

I certainly felt that way when reading our pamphlet ***Healing Within our Alcoholic Relationships*** (P-95). This 48-page gem holds the answers to improve your relationships. It offers practical guidance and insights for taking care of oneself while navigating the challenges of an alcoholic relationship. It does this the way Al-Anon does most things: it asks us to look inside ourselves, reflect, and find the answers to the questions with the guidance of our Higher Power and of other trusted Al-Anon members. The last half of the pamphlet takes the reader through the 12 Steps, Traditions, and Concepts of Service with pointed questions concerning how we are applying these to our relationships.

The reason our CAL literature seems to always speak to us or come to us at just the right time is because it is created *by* our members *for* our members. WSO is still looking for sharings on two offerings still being created. The first new offering will be on sponsorship and service sponsorship, and the other will be on our relationship with finances. To help members focus their thoughts, WSO offers writing guides available directly from your Literature Coordinator or from the WSO website. For more information, please visit our CAL table at the Spring Convention. You can contribute to another member's recovery and your own by writing for our publications!

Yours in service,
Renee S., Literature Coordinator



TOPIC: FELLOWSHIP

In Al-Anon, You Gain Fellowship & More

Belonging to the recovery program of Al-Anon, we are given the opportunity to be a member of a fellowship. All of us have the chance to be better versions of ourselves, and we gain so much more in the process.

In a prior newsletter article, I explored the concept of fellowship in the context of attendance of members at events such as the Assembly, which is held twice a year and sponsored by New York North. This year's Spring Assembly will be held in Henrietta, New York on May 30, May 31, and June 1, 2025. My assertion here is that when we participate in fellowship, we also gain the following:

Family
Exhilaration
Love
Legacy
Optimism
Worthiness
Serenity
Healthiness
Insight
Purpose

Thank you to everyone for their support and understanding.

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

Two Concepts to keep in mind as we approach the Assembly:

4. Participation is the key to harmony.
5. The rights of appeal and petition protect minorities and insure that they be heard.

With respect,
Your editor, Wendy L.

Notes for the May Convention

Early registration and Banquet tickets end Thursday, May first. After that, it's still not too late to register online or at the door if you would like to attend "**Stepping into the Light of Gratitude**," the **2025 New York North Area Spring Convention**, to be held **May 30, May 31, & June 1, 2025** at the **RIT Inn and Conference Center in Henrietta, NY, 5257 W. Henrietta Rd, Henrietta, NY 14670**, just off Thruway Exit 46 in Rochester. See the registration form on the next page, or go to the [online convention registration](#).

A boxed lunch will be available on Saturday, May 31, 2024 for \$20.00 and will include a wrap, chips, a beverage and a cookie or fruit. (There may be Saturday lunch tickets available at the door, at least on Friday.) There will also be a Hospitality Room available where you may run into old friends or make new ones over coffee and snacks, and there are restaurants in the area.

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 requires registration before May 1st, at a price of \$45.

Alateen 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). A completed Permission/Medical Form is **also** required, available from the NYN Area Alateen Coordinator at alateen@nynafg.com.

—Jim, Conventions Coordinator





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

RIT Inn and Conference Center
5257 W. Henrietta Road
Henrietta, NY 14670

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



Looking Ahead:

The 2026 NYN Fall Election Assembly will be held in person in Syracuse. It is not too early to start looking for Districts who are willing to host, and to start searching for a hotel or other venue to hold it. Just a reminder, it is best to avoid scheduling the Fall Assembly on the same weekend that Syracuse University is having its Parent's Weekend / Homecoming Football game, which is usually on the last weekend of September.

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





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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