

Friday

Time	Event	Location
3:00–9:00 pm	Registration	Hallway
3:00–10:00 pm	Hospitality Room	5th floor: Concierge Lounge
3:00–9:00 pm	AI-Anon and AA Literature, Baskets, 50/50 and Raffles	Onondaga and Seneca Rooms

Friday Events

6:00–7:00 pm	Ice Breaker Host: Mike R., Helena, NY	Council Room
6:15–7:15 pm	NYN Assembly Chair: Ellen V., Churchville, NY	Oneida/Mohawk/ Cayuga Rooms
7:00–7:15 pm	Vali F., WSO Executive Director Shares ESH (all are welcome)	Oneida/Mohawk/ Cayuga Rooms
7:30–8:30 pm	Opening Speakers Moderators: Pat H. & Zach L. AA—Megan S., Rochester, NY AI-Anon—Donna D., Brighton, NY	Oneida/Mohawk/ Cayuga Rooms
8:45–9:45 pm	AI-Anon Meeting Mary S.	Council Room
8:45–9:45 pm	AA Meeting/Fellowship Zach L.	Treaty Room

Saturday

Time	Event	Location
7:00 am–5:30 pm	Hospitality Room	5th floor: Concierge Lounge
7:00 am–3:00 pm	Registration	Hallway
7:00 am–3:00 pm	AFG and AA Literature, Baskets, 50/50 and Raffles Winners to be posted by 4:00 pm	Onondaga and Seneca Rooms

Saturday Events

Time	Event	Location
7:00–7:45 am	Gentle Yoga Host: Pamela R., Groveland, NY	Salon D-E
8:00–9:00 am	NYN Assembly Chair: Ellen V., Churchville, NY	Oneida/Mohawk/ Cayuga Rooms
8:00–9:00 am	AI-Anon Panel #1: Grace and Gratitude Moderator: Diane M., Rochester, NY	Council Room
8:00–9:00 am	AA Meeting/Fellowship	Treaty Room
9:15–10:15 am	NYN Assembly Chair: Ellen V., Churchville, NY	Oneida/Mohawk/ Cayuga Rooms
9:15–10:15 am	AI-Anon Panel #2: Study of These Steps is Essential to Our Progress Moderator: Judy S., Buffalo, NY	Council Room

Saturday ~continued~

Saturday Events

Time	Event	Location
9:15–10:15 am	AA Panel #1: "All I Have to Do is Not Drink, Right?" Moderator: Tim D., Rochester, NY	Treaty Room
10:30–11:30 am	Delegate's Presentation (all are welcome) Carol C., Pittsford, NY	Oneida/Mohawk/ Cayuga Rooms
10:30–11:30 am	AA Panel #2: "Elimination of Drinking is Only a Beginning..." Moderator: Gary H., Syracuse NY	Treaty Room
11:30 am–1:00 pm	Lunch	
12:30–1:00 pm	Meet the NYN Coordinators	Pre-Assembly Court
1:00–1:30 pm	Spirit Walk Host: Carol C., Pittsford, NY	Salon D-E
1:45–2:45 pm	AI-Anon Workshop #1: Sponsorship/Service Sponsorship/Writing Moderator: Pamela R., Groveland, NY	Oneida/Mohawk/ Cayuga Rooms
1:45–2:45 pm	AI-Anon Panel #3: AI-Anon Acronyms for Recovery Moderator: Paula H., Albany, NY	Council Room
1:45–2:45 pm	AA Workshop #1: "The Principles of AA, in ALL of Our Affairs" Moderator: Zack L., Rochester NY	Treaty Room
3:00–4:00 pm	AI-Anon Workshop #2: Gratitude Moderator: Sally S., Rochester, NY	Oneida/Mohawk/ Cayuga Rooms
3:00–4:00 pm	AI-Anon Panel #4: Recovery—The Journey to Joy Moderator: Janet G-R., Syracuse, NY	Council Room
3:00–4:00 pm	AA Panel #3: "Finding a New Freedom & a New Happiness" Moderator: Shannon P., Buffalo NY	Treaty Room
4:15–5:00 pm	District Caucus* Ellen V. & Carol C.	Council Room
5:30–7:00 pm	DJ Chuck A., Rochester, NY	Oneida/Mohawk/ Cayuga Rooms
6:00 pm	Buffet Banquet Prayer—Sandi D.	Oneida/Mohawk/ Cayuga Rooms
7:00 pm	Serenity Countdown—Cindy E. Skit—Mike R. AI-Anon Main Speaker: Stepping Into the Light of Gratitude Moderator: Ellen V., Churchville, NY Speaker: Jason W., Toronto, CA	Oneida/Mohawk/ Cayuga Rooms
9:00–10:00 pm	AI-Anon Meeting—Mary S.	Council Room
9:00–10:00 pm	AA Meeting/Fellowship—Zach L.	Treaty Room

* **Caucus:** A meeting of GRs from a given District convened at the Assembly for the purpose of electing a District Representative, if none has been elected in his home District prior to the Assembly.

Sunday

Time	Event	Location
7:00–9:00 am	Hospitality Room	5th floor: Concierge Lounge
7:00–9:00 am	Literature	Onondaga and Seneca Rooms
7:00– 7:45 am	Gentle Yoga Moderator: Pamela R., Groveland, NY	Salon D-E
8:00–9:00 am	Al-Anon Fellowship Diane N.	Council Room
8:00–9:00 am	Step 11 in Action: Meditation for Everybody Moderator: Diane M., Rochester, NY	Oneida/Mohawk/ Cayuga Rooms
8:00–9:00 am	AA Fellowship Zach L.	Treaty Room
9:15–9:30 am	Music Cynthia, Rochester, NY	Oneida/Mohawk/ Cayuga Rooms
9:30–10:30 am	Spiritual Panel Moderators: Ellen V. & Zach L. AA—Mary G., Rochester, NY Al-Anon—Jean H., Geneseo, NY	Oneida/Mohawk/ Cayuga Rooms
10:30–10:40 am	Closing Remarks Moderator: Ellen V., Churchville, NY	Oneida/Mohawk/ Cayuga Rooms

Notes:

- Check out is noon.
- **Hotel asks you consume food and drinks within the hospitality room or outside the building. Thank you.**

Special thanks to the Assembly Committee:

Pat H., Ellen V., Carol C., Kathy L., Cindy E., Diane N., Kathy M., Zack L., Diane M., Mary S., Maggie E., John F., Pamela R, Pam R., Diane S., Sandi D., Erin S., Vera M., Ann S., Brenda L., Mary Kay, Phyllis E.

And thank you to all that helped in your own quiet way.



Stepping
into the
Light of
Gratitude

**NYN 2025 Al-Anon
Spring Assembly
and Al-Anon Convention
with AA Participation**

RIT Inn & Conference Center
Rochester, NY 14467
May 30, 31 & June 1, 2025