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Stepping Forward in 2025



Chair's Letter

Happy January! New year, new enthusiasm, new hopes. I am starting the second year of a three-year term as NYN Chairperson. I feel a bit more confident, like I kinda know what I need to do to fulfill my duties. I am excited to bring more confidence to the role. There is always so much to learn in Al-Anon, and I have learned to ask more questions and be more reflective before I proceed with an action. I am grateful for all of you by my side, ready to share your experience, strength and hope!

I am looking forward to the 2025 Spring Assembly and Convention with AA participation. Yes, it has a long name, AND it's shaping up to be packed with fellowship, fun and Program! See registration details in the Convention Coordinator's report (p.3).

This year at the Convention we are creating more time for the GR's to attend the panels and workshops. We will have three one-hour sessions for the NYN Assembly to meet and conduct business. The Assembly is attended by: Area Officers and Coordinators; District Representatives (DRs); Al-Anon Information Service Liaisons, Area Coordinators of special services, and Group Representatives (GRs). Now is a good time to make sure your meeting has a GR and has enough funds to cover the GR's expenses.

If you have questions regarding the GR or DR positions I would encourage you to attend the monthly GR/DR meetup held the 3rd Sunday of the month at 4 p.m. on the Zoom platform: Meeting ID: [829 5131 1512](#) Passcode:[341891](#). You can find the link on the events calendar on the NYN website: [nynafg.com/calendar.html](#).

ALL are welcome to attend—those who are in a GR/DR position currently, those who are thinking about service, and even those who just have a question. Hope to see you there!

Gratefully in service,

Ellen V, NYN Chairperson, Panel 64

Theme for Jan/Feb: **Keep it Simple**
March Theme: **Detach with Love**

Calendar:

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

Sunday, February 19, 2025, 4-5PM
GR/DR Monthly Zoom Meetup:
829 5131 1512 Passcode: 341891

February 21–23
Salt City Roundup
Marriott Downtown Syracuse

March 7–9, 2025
Flower City Fellowship Convention
Holiday Inn Downtown Rochester

March 14–16
Cataract City Convention
Sheraton, Niagara Falls, NY

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

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

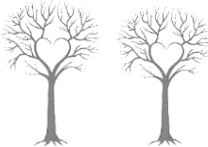
Seen my Shadow?



CONTACT INFO for Officers & Coordinators

| Officer: | Name: | Email |
|--------------------------------|-------------|--|
| Chairperson | Ellen V. | chairperson@nynafg.com |
| Treasurer | Kathi D. | treasurer@nynafg.com |
| Secretary | Kathleen M. | secretary@nynafg.com |
| Delegate | Carol C. | delegate@nynafg.com |
| Alt. Delegate | Betty G.M. | altdelegate@nynafg.com |
| Immediate Past Delegate | Kathi D. | ipd@nynafg.com |
| Alateen Coordinator | OPEN | alateen@nynafg.com |
| Alateen AMIAS Process Person | Vicky D. | amias@nynafg.com |
| NYN Alateen Conference (NYNAC) | Mary S. | nynac@nynafg.com |
| Conventions | Jim M. | convention@nynafg.com |
| Group Records | Connie C. | records@nynafg.com |
| Archives | Janet G-R. | archives@nynafg.com |
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| Newsletter | Wendy L. | newsletter@nynafg.com |
| Web Coordinator | Maria S. | web@nynafg.com |
| Business E-Meeting Host | Maggie G. | emeetinghost@nynafg.com |
| Public Outreach | Jenna E. | po@nynafg.com |
| Presentation | Michael R. | presentation@nynafg.com |

"God doesn't call the qualified, he qualifies the called"



NYN Area 39

GR/DR Monthly Meetup

3rd Sunday of the Month, 4 -5 pm

Zoom Meeting ID: 829 5131 1512
Passcode: 341891

Casual and friendly
A place to share experience, strength and hope
Stop in for 5 min or for the whole hour
Questions? please email chairperson@nynafg.com

February 16 and March 16

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 to newsletter@nynafg.com by the 15th of the month prior. 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.

Websites for more information: NYNorth: www.nynafg.com WSO: www.alanon.alateen.org

Treasurer's Report



| WSO ID | Group Name |
|----------|---------------------------------------|
| 9577 | Amherst AFG |
| 9640 | Task AFG |
| 9676 | Evening Serenity AFG |
| 9679 | Faith AFG |
| 9696 | Cortland Thursday Night AFG |
| 9722 | Eastside AFG |
| 9724 | Monday Sunshine AFG |
| 9763 | Caring And Sharing AFG |
| 9765 | Queensbury AFG |
| 9783 | Hamlin Sunday Niters AFG |
| 10167 | Monday Night Serenity AFG |
| 10188 | Step Study AFG |
| 10339 | Cloverleaf AFG |
| 10385 | Webster Monday AFG |
| 24271 | Canandaigua Monday Noon AFG |
| 27134 | Spiritual Awakenings AFG |
| 27834 | Monday Night St Louis AFG |
| 27835 | Changing What I can AFG |
| 31686 | Tuesday AM Adult Children AFG |
| 32150 | Living Today AFG |
| 32895 | Weekend 9 AM AFG Meeting |
| 33001 | This New Day Adult Children AFG |
| 37943 | Fayetteville Thursday Morning AFG |
| 40786 | Days Of Healing AFG |
| 40971 | Courage to Change AFG |
| 42113 | Legacy Study AFG |
| 49865 | Thursday Adult Children AFG |
| 49964 | Simple Beginnings AFG |
| 51509 | Courage To Change AFG |
| 53134 | Hope for Today AFG |
| 54280 | Circle of Hope |
| 62668 | Experience Strength and Hope AFG |
| 63806 | Courage to Change AFG |
| 64625 | Serenity On Saturday AFG |
| 66096 | Keep It Simple AFG |
| 66230 | Keep It Simple AFG |
| 500955 | The Serenity Seekers AFG |
| 501783 | Serenity Seekers AFG |
| 502491 | Unity Through Recovery AFG |
| 502778 | Steps to Serenity AFG |
| 30503839 | Calm in the Storm |
| 30516146 | Thursday AM Live and Let Live AFG |
| 30529340 | Monday Night Fly Rd AFG |
| 30606210 | Progress Not Perfection AFG |
| 30613221 | Newark Sunday Serenity AFG |
| 30623245 | Parkside Steps for Adult Children AFG |
| 30669070 | Wednesday Night AFG |
| 30702163 | Let it Begin with Me AFG |
| 30765722 | Healing Hearts AFG |
| 30782083 | Good Journey AFG |
| D6 | District 6 |
| D12 | District 12 |
| D25 | District 25 |
| D29 | District 29 |

The table to the left lists Group and District contributors to NYN deposited between September 1 through December 31, 2024. I am currently working on creating detailed 2024 receipts for all Group and District contributions sent to NYN. Receipts will be sent to email address attached to the Group's CMA (Current Mailing Address). If the CMA does not have an email address, then the receipt will be sent by mail. This information will also be available at the upcoming Spring Assembly/ Convention, which will be held May 30 - June 1 in Rochester.

Yours in Service, Kathi D., Treasurer

**Convention
In Syracuse**



**AA with
Al-Anon**

Forever Growing Together
37th Annual • February 21-23 2025



17th ANNUAL
CATARACT CITY CONVENTION

**HUMILITY
TRADITION 12**

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**MARCH 14-16
2025**
Sheraton at the Falls
300 Third Street
Niagara Falls, NY 14303
Opens Friday @ 2pm

Keep It Simple!

Prior to entering the rooms of Al-Anon fifteen years ago, my life was anything but simple. Complications and repercussions relating to my son's addictions made my daily existence a whirlwind of anger, resentment, and hopelessness. The idea of keeping it simple was the furthest thing from my mind. Since then, I have found the answer in my Program. My best reaction to difficulties and uncertainties in life can be boiled down to the basic, universal message that Al-Anon gives freely in its tenets: Keep It Simple. Find the solution to my problems by stripping away all of the extraneous, unnecessary elements that I am coping with and make the answer the easiest and yet wisest result—keep it simple. In this day of complicated living, taking the simplest approach to my recovery makes perfect sense.

Thanks again for your love and support as we start a new year of recovery in 2025! —Mike R., Presentation Coordinator

May Convention Here We Come!

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, 5257 W Henrietta Rd, Henrietta, NY 14670, just off the Thruway in Rochester. The theme of **“Stepping into the Light of Gratitude,”** will inspire both Al-Anon and AA programming. Many thanks to Pat H., Chairperson and Janet R., Co-Chair and their committee for stepping up to serve!

***ROOMS:** at the RIT Inn and Conference Center will be \$147.06 per night including tax. To obtain the convention room rate, call the Hotel directly at **585-359-1800** and reserve your room under the name “NYNAFG.” Last day to obtain this rate is **May 1st.**

***REGISTRATION:** Early Bird Registration for the 2025 New York North Area Spring Convention will be \$35.00 until May 1st; \$40.00 is full price after May 1st. Registration is available at www.nynafg.com as well as by mail in printed form (See page 4).

Registration rate for Alateen members will be \$10.00.

Please Note: For any Alateen member attending any function carrying the Al-Anon/Alateen name, a notarized Permission/Medical form is required, and the member must be accompanied by a parent or NYN Certified Al-Anon Member involved in Alateen Service (AMIIAS)—no exceptions. The Permission/Medical Form is available from the NYN Area Alateen Coordinator at alateen@nynafg.com

FOOD: There will be a hospitality room. The Saturday box lunch, \$20, includes a wrap, chips, a beverage and a cookie or fruit. There are also restaurants nearby. The Saturday Evening Deluxe Buffet Dinner, \$45, will feature two entrees: **Roast Top Sirloin Beef** with pan au jus, and **Chicken** with garlic, as well as a vegetable, salad, warm rolls, hot beverages, and cake. **Reserve before May 1st.**

NEEDED: Baskets to raffle (no non-CAL literature please) and food or money donations for the hospitality room are kindly requested.

PROGRAM: Rough Outline:

- **Friday** - check in starting at 4 pm; ice breaker and speakers in the evening.
- **Saturday** - Al-Anon and AA panels, workshops and fellowship 8 am - 4 pm followed by a buffet banquet and an Al-Anon main speaker
- **Sunday** - Al-Anon and AA spiritual panels, workshops and fellowship from 8 - 10:30 am

Love in Al-Anon Service,
Jim M., Convention Coordinator

P.S. It is not too early to start looking for Districts willing to host the **2026 NYN Fall Election Assembly**, and for a hotel or other venue to hold it.

AMIASs: Sign Up or Recertify

Going into 2025, we have 44 Alanon Members involved in New York North Alateen Service (AMIAS).

This is a special type of Twelve-Step work. Alanon members who are practicing the Program prepare and offer themselves in service to the youngest members of our fellowship, the Alateens. Some AMIAS are group sponsors and guide the teens in the process of recovery that has yielded us serenity. Other AMIAS provide logistical support for the teens' participation in assemblies and conferences. The AMIAS are always conscious of and maintain safety for the teens.

We welcome new AMIAS and will provide support for those who are willing to take on this role and in addition will be beginning our yearly process of recertification of current AMIAS.

Information about the role and about the process for becoming certified is on the New York North AFG website under the Alateen banner. Our website nynafg.com also has links to print up the necessary forms. In order to get our information to the national organization, send the forms to me (amias@nynafg.com) by the end of April.

Thank you,
Vicky D., Alateen AMIAS Process Person


Keeping Web Work Up to Date

Greetings from the Web World! I am keeping up with the various requests for postings to the different pages of our NYNAFG website, with our upcoming May 2025 Assembly/Convention winning for the most postings. Sending out the monthly Newsletter via the MailChimp service is always a little scary since it is being emailed to so many people at once (I find I hold my breath when I hit "Send"). Another task is to start looking into a redesign of our current website to make it more user-friendly and easier to navigate (and maybe even a little jazzier?). If you work with a website that you love and think the format might work for NYNAFG, I would love it if you could email the URL link to me at: Web@nynafg.com.

Regarding this month's "Keep It Simple" theme, I am trying to apply that to my Web Coordinator service work and not get in over my head (since I don't have any professional computer background). I try to do just what is asked of me within a reasonable timeframe so that I don't go crazy(er?). So far, so good, and I am grateful for this service position and all I am learning.

In service,
Maria S., Web Coordinator





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 |



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
March
Northern Hi Lights**
Due by:
February 15
Topic:
"Detach With Love"

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. ***

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