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March Theme: **Detach with Love**  
 April Theme: **Growth in the Program**

**Calendar:**

NOTE: New York North Area Events are also posted at our calendar:  
[nynafg.com/calendar.html](http://nynafg.com/calendar.html)

**Sunday, March 16, 2025, 4-5PM**  
**GR/DR Monthly Zoom Meetup:**  
**829 5131 1512 Passcode: 341891**  
**TOPIC: Safety in Meetings**

**March 7-9, 2025**  
**Flower City Fellowship Convention**

Holiday Inn Downtown Rochester  
 "Expect A Miracle"  
 (AA with Al-Anon & Alateen)

**March 14-16**  
**Cataract City Convention**  
 Sheraton, Niagara Falls, NY  
 "Humility" (flyer p.3)  
 (AA with Al-Anon & Alateen)

**March 15**  
 District 8 **Day of Sharing** (Albany)  
 (flyer p.3)

**March 22**  
 District 23 **Day of Outreach** (Albion)  
 (flyer p.3)

**April 25-27, 2025**  
**Conference of the Lakes**  
 Penn Yan, NY  
 "FreedomThrough Faith and Service"  
 (AA with Al-Anon & Alateen)

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

See Registration on page 5

**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](mailto: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](http://www.nynafg.com)  
 WSO: [www.alanon.alateen.org](http://www.alanon.alateen.org)



**As the Convention Nears...**

Since this is our Area's first in-person Spring Convention and Assembly since May of 2019, some of our current members may have never attended a New York North Area Spring Convention before. I attended my first New York North Spring Convention in May of 1993 in Saratoga Springs, New York, hosted by Districts 22 and 24. I was blown away by the large numbers of Al-Anon, Alateen and AA members who were in attendance as well as by the insightful sharing from members on the various panels and workshops. It felt like I was at a family reunion having fun with all my aunts, uncles and cousins. While there I also attended my first Area Assembly Meeting, where I saw the group representatives and officers and coordinators using the principles of Al-Anon to resolve a very serious financial issue in a healthy and loving way. In the years since, I have kept coming back to our Conventions and Assemblies, many of whose committees I have had the pleasure to serve on.

\*\*\*\*

The **2025 New York North Area Spring Convention** will be held **May 30, 2025, May 31, 2025, & June 1, 2025** at the **RIT Inn and Conference Center, 5257 W Henrietta Rd, Henrietta, NY 14670**, just off the Thruway in Rochester. The theme is **"Stepping into the Light of Gratitude."** Many thanks to Pat H. (chair) and Janet R. (co-chair) and their Committee for stepping up to serve! While there will be some NYN Area Assembly business conducted,\* the majority of this year's Spring Convention will consist of Al-Anon and AA Panels and workshops as well as Al-Anon, AA, and Alateen speakers. You can register online or by using the mail-in form on page 5.

Love in Al-Anon Service,

Jim M. Convention Coordinator NYN Panel 64

\*Editors note: *NYN Assembly business is conducted by GRs and officers, and only GRs vote, but all members are welcome to attend.*



**Your Contacts for New York North**

|                         |                            |  |
|-------------------------|----------------------------|--|
| Delegate                | <a href="#">Carol C</a>    | <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>           |
| Immediate Past Delegate | <a href="#">Kathi D</a>    | <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>                     |
| Alt. Delegate           | <a href="#">Betty GM</a>   | <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>     |
| Chairperson             | <a href="#">Ellen V</a>    | <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>     |
| Secretary               | <a href="#">Kathleen M</a> | <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>         |
| Treasurer               | <a href="#">Kathi D</a>    | <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>         |
| Alateen                 | <a href="#">OPEN</a>       | <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>             |
| AMIAS Process Person    | <a href="#">Vicky D</a>    | <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>                 |
| Archives                | <a href="#">Janet GR</a>   | <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>           |
| Convention              | <a href="#">Jim M.</a>     | <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>       |
| Business E-Meeting Host | <a href="#">Maggie G</a>   | <a href="mailto:e-meetinghost@nynafg.com">e-meetinghost@nynafg.com</a> |
| Group Records           | <a href="#">Connie C</a>   | <a href="mailto:records@nynafg.com">records@nynafg.com</a>             |
| Literature              | <a href="#">Renee S</a>    | <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>                     |
| Newsletter              | <a href="#">Wendy L</a>    | <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>       |
| NYNAC                   | <a href="#">Mary S</a>     | <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>                 |
| Presentation            | <a href="#">Michael R</a>  | <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>   |
| Public Outreach         | <a href="#">OPEN</a>       | <a href="mailto:po@nynafg.com">po@nynafg.com</a>                       |
| Web                     | <a href="#">Maria S</a>    | <a href="mailto:web@nynafg.com">web@nynafg.com</a>                     |

| Treasury: Jan. 2025 Group Donations |                                       |
|-------------------------------------|---------------------------------------|
| Grp ID #                            | Group Name                            |
| 9612                                | Wednesday Morning Step AFG            |
| 9640                                | Task AFG                              |
| 9696                                | Cortland Thursday Night AFG           |
| 9704                                | Delhi AFG                             |
| 10139                               | Tuesday Night Syracuse AFG            |
| 10187                               | Penn Yan AFG                          |
| 10328                               | Bayberry Friday Morning AFG           |
| 27134                               | Spiritual Awakenings AFG              |
| 32379                               | Sunday Night Parents AFG              |
| 38151                               | We Are Not Alone Adult Children AFG   |
| 40786                               | Days Of Healing AFG                   |
| 42113                               | Legacy Study AFG                      |
| 53134                               | Hope for Today AFG                    |
| 60706                               | Beginning Today AFG                   |
| 64625                               | Serenity On Saturday AFG              |
| 503929                              | Courage For Serenity Greece AFG       |
| 30503839                            | Calm in the Storm AFG                 |
| 30509030                            | Striving for Serenity AFG             |
| 30524821                            | Tuesday Night AFG of Bemus Point      |
| 30529340                            | Monday Night Fly Rd AFG               |
| 30598779                            | Reflections On Our Legacies AFG       |
| 30606210                            | Progress Not Perfection AFG           |
| 30615135                            | Angola Awakening AFG                  |
| 30623245                            | Parkside Steps For Adult Children AFG |
| 30669070                            | Wednesday Night AFG                   |
| D1                                  | District 1                            |
| D10                                 | District 10                           |
| D22                                 | District 22                           |

## A Change That Confirms Our Inclusive Welcome

One of the things I love about Al-Anon is that we don't swing back and forth between extremes the way our broader society does. We change slowly. We evolve over time, listening to the many perspectives at the group level and up through our links of service. Decisions to make a change take years.

A recent change is that new groups can no longer register group names that include a specific type of participant such as "Adult Children," "Parents," "LGBTQIA+," "Men," or "People of Color." We can still have groups that focus on a particular type of member experience, though it cannot be highlighted in the name of the group.

Why is that? Drawing from our Traditions: "Our common welfare should come first. The only requirement for membership is that there be a problem of alcoholism in a relative or friend."

To achieve this broad inclusiveness while still allowing groups to form around specific shared experiences, groups can continue to specify a participant emphasis in the group description. People searching for a group will still be able to find these affinity groups through the advanced search features on the website.

We don't want to miss that first-time participant, who may be an adult child who walks into a parents' meeting. Perhaps the meeting was organized by parents of alcoholics who feel that they have common problems and solutions that merit a special meeting. Nonetheless, the Principles and Steps we follow are Al-Anon, and if this is the meeting that meets this new members' time and geographic restrictions, we welcome them into our meeting and share our experience and hope, as well as how to find additional meetings in their area and online.

This change reflects an adjustment to our practice, and is not a knee-jerk decision to say no to more focused groups. WSO is also asking existing groups with a specific group identity in their name to consider changing it. As always, groups are autonomous. If in support of our broader goal of being as inclusive as possible, existing groups with an identity group as a part of the group name decide to voluntarily change the group name and update the group description to include the identity, they can do so by going to the Al-Anon World Service Organization [Group Records change form](#) online.

A beautiful example of our continuous evolution.

—Betty GM, Alternate Delegate/Forum Coordinator



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

RIT Inn and Conference Center  
5257 W Henrietta Road  
Henrietta, NY 14457

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](mailto:NYN2025Assembly@nynafg.com)

**THANKS FOR YOUR HELP!**

To register for the Spring Assembly/Convention visit [nynafg.com](http://nynafg.com)

## Mail for Our Delegate at WSC

Carol C. will attend Al-Anon’s World Service Conference, our annual business meeting, which provides guidance to the World Service Office (WSO) on service matters that are brought to its attention. She will work hard to help the conference make decisions that reflect our membership’s views, and to produce a clear summary for our May Assembly.

### 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 your cards arrive **after April 21**. Remember to 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 like dropping Carol a card of encouragement? Feel free!  
 — Wendy L., Newsletter



### Topic: Detach With Love

This month’s newsletter topic is “Detach with Love.” The subject was extremely difficult for me in the early days of my recovery. I was so consumed with my son’s addictions that I could barely get out of my own way. I struggled with the anger, resentment, and powerlessness of my circumstances. It was only when I faced the reality that I had to separate myself from my son’s problems in order to get better that I knew I could move forward in my journey toward serenity.

Fifteen years later, I use detachment with love as one of the most important tools in my Al-Anon toolbox. I am so much happier now that I have detached with love from my son’s personal journey. He works his program, and I work mine. The physical distance between us (eighty miles) works in our favor; despite the separation between us, we are closer than we have ever been in our relationship. That is the power of the program!

Thanks again for all the love and support from our fellowship. Your experience, strength, and hope are much appreciated.

—Mike R., Presentation Coordinator



Embracing Personal Freedom

When: Saturday, March 15th, 2025  
 10:00 am - 3:00 pm

Where: Pine Grove Methodist Church  
 1580 Central Avenue  
 Albany, NY 12205

What: Fellowship, Pastries & Coffee, Workshops,  
 Speakers (Al-Anon and AA), Raffles, Potluck Lunch,  
 and Al-Anon Literature for sale!

Suggested donation: \$5.00

Please bring a dish to share for our potluck luncheon!



Basket Raffle (Groups are asked to donate a basket)



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

### 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.



Come work together and help us expand Al-Anon in our region.

Open to all Al-Anon members

**District 23**  
**Day of Outreach**

Fellowship Planning Action

March 22, 2025  
 9am-1pm

Hoag Library  
 134 South Main Street  
 Albion, NY

Bring a dish to pass.

Join Zoom Meeting  
<https://us02web.zoom.us/j/84090849956?pwd=2u7Hl65eClQzUllnkGlnF7FkblYvr.1>

Meeting ID: 840 9084 9956  
 Passcode: 985300

Bring a laptop if you have one.

## Conventions—A Reliable Way to Turbocharge Recovery

When I reflect on the many Conventions I've attended over the course of my recovery, what I am most struck by is the *feeling* I tend to have at the end of each of these events—that is, a feeling of inspiration and hope, not just for my own future but also for the future of AA and Alanon. Conventions help me understand the expansive nature of the Program—just how many different types of people are on this journey of recovery, and just how many different paths we can take along the way. Here are just a few ways that attending Conventions has enriched my recovery and helped foster in me a deeper sense of peace and connectedness:

1. **Reconnecting with old friends...and making new ones.** When I attend an Al-Anon Convention, I never know whom I'll run into. Naturally, I will generally see friends and acquaintances from my local meetings, but invariably I will also run into friends whom I haven't seen in years, maybe decades. People come and go from our weekly meetings for all manner of reasons, but at Conventions we can connect with long-lost recovery friends in a way that may not happen in any other setting. We are also bound to forge new connections over the course of the event as well. There is no easier place to make new, lasting friendships than at an Al-Anon Convention.
2. **Having time to explore the Program more deeply.** Conventions, as they are generally spread over multiple days, allow me to take a break from everyday life. Suddenly there is time to linger, sometimes for hours on end, exploring the literature table, enjoying Convention speakers, and casually reconnecting with others, with relatively few distractions. In our fast-paced world, this "spiritual leisure time" is a true gift.
3. **Hearing diverse, inspiring speakers.** Conventions tend to bring together a wide range of powerful speakers, including some who have achieved national or even international recognition. Having served many times as a panelist myself, it is always an honor to share my story in a Convention setting, and it's an even greater blessing to hear so many other highly entertaining and incredibly wise speakers, some of whom may have traveled long distances to be there, and share. In a phrase, Convention speakers are high octane fuel for recovery.
4. **Play.** Al Anon Conventions are fun. Whether through dances, Karaoke, swimming, games, or a lively banquet, Conventions provide both ample opportunity and powerful motivation to have fun. For many of us, having fun is hard work, but being in a supportive group makes it all so much easier...

When it comes to Al Anon Conventions, we will each discover our own benefits, but to do so we need to actually attend one—hope to see you there!

—Chuck A., Grateful Member

## Assembly = Fellowship

I remember my first assembly in Al-Anon. I was early in my recovery and had been asked to serve as District Representative for District 26. Despite my initial reservations and feelings of inadequacy, I attended the Assembly in Syracuse.

I look back now and realize that this was a major turning point in my Al-Anon journey. With this first assembly under my belt, I realized that I could use my experience to venture deeper into the world of service and leadership. Fifteen years later, I am confident in my various service roles as DR, NYN Officer/Coordinator, and eternally grateful member of Al-Anon.

I encourage everyone to register for the Spring Assembly that is taking place in May. I predict that you will not regret it! In my eyes, Assembly is a form of Fellowship, one of our core practices. Let me share how this symbiotic relationship works for me:

**F**inding connections with kindred souls  
**E**xtending olive branches of peace and serenity  
**L**ooking for ways to improve our approach to fulfillment  
**L**oving the atmosphere of experience, strength and hope  
**O**verlooking differences of opinion and focusing on unity  
**W**inning the battle against division and strife  
**S**avoring each precious moment and celebrating them together  
**H**elping one another to be the best persons we can be  
**I**nitiating contacts that will last a lifetime  
**P**romoting the message of Al-Anon in every aspect of our time together.


*Thanks to everyone for your support and friendship!*

—Mike R., Presentation Coordinator

## Learning How We Work Together

I attended my first Assembly in September 2022. My primary interest was to attend the sessions for new group representatives. It was exciting to see how the principles of our fellowship play out in a much larger situation. I was thrilled and fascinated by the process for gathering information and carrying out a group conscience. Besides that was a great feeling that came from being among people that understand and have common goals, the most important being recovering from the effects of alcoholism. The assembly provided the opportunity to develop listening skills, patience, and also experience a whole different level of service that allows me to learn, and to use my talents to carry the message.

—Vicky D., Alateen AMIAS Process Person



# 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**

|  |   |  |
|--|---|--|
| <b>Make Checks payable to: NYN 2025 Spring Assembly / Convention</b> |   | We need volunteers for a successful assembly / convention!<br><br>Would you be interested in helping out with registration, hospitality, or being a greeter?<br><br>Please email: NYN2025Assembly@nynafg.com<br>for more information |
| Mail your registration to:   | NYN 2025 Spring Assembly / Convention<br>PO Box 42<br>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<br>(Before May 1st) | Late<br>(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<br>Deadline - May 1st       | \$45              | N/A          |  |
| Dietary needs?                                 |                   |              |  |
| Hospitality Donation: Thank you!               |                   |              |  |
| <b>One registration form per person please</b> |                   | <b>Total</b> |  |

|                     |
|---------------------|
| 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 64176, ROCHESTER, NY 14624-6576

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

E-mail: [newsletter@nynafg.com](mailto:newsletter@nynafg.com)

**Submissions for**  
**April**  
**Northern Hi Lights**  
Due by:  
**March 15**  
Topic:  
**"Growth in the Program"**

**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.**

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**TO CONTACT THE TREASURER:**  
Please email treasurer with any questions at:  
[Treasurer@nynafg.com](mailto:Treasurer@nynafg.com)

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\*\*\* Newsletter Proofreaders: Pat H., Chuck A. Mike R. \*\*\*

NYN AREA ASSEMBLY  
PO BOX 64176  
ROCHESTER, NY 14624-6576