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July/August Theme: **Live & Let Live**
September Theme: **Self Care**

Calendar:

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

Saturday 9/20, 9 a.m. – 4 p.m.
Fall Assembly on Zoom

Saturday 10/11, 9 a.m. – 2:45 p.m.
NYN District 17 Day of Sharing
"Keep It Simple" (see flyer p.5)
186 Main Street, Randolph, NY

Saturday 10/11, 1–4 p.m.
NYN District 2 Day of Sharing
"Fellowship" (see flyer p.3)
Location TBA

Sunday 10/19, 1:30–5:00 p.m.
AIS Rochester Tureen Supper
"A Little Time for Ourselves"
Henrietta UCC, 1400 Leigh Station Rd., Henrietta, NY

Your New York North Contacts:

Delegate	Carol C	delegate@nynafg.com
Immediate Past Delegate	Kathi D	ipd@nynafg.com
Alt. Delegate	Betty GM	altdelegate@nynafg.com
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Secretary	Kathleen M	secretary@nynafg.com
Treasurer	Kathi D	treasurer@nynafg.com
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Web	Maria S	web@nynafg.com

Summer Flies by! Hello Autumn!



Chair's Letter:

Hello NYN Area!!

I would like to thank each and every one of you who attended the NYN Assembly and Convention at the end of May. I walked away finding more gratitude than we could ever imagine. Thank you to the committee, thank you to AA for sharing you with us, thank you to the speakers, thank you to the workshop and panel moderators, thank you to the attendees, thank you to the hotel, thank you for our Higher Powers bringing us together for such beautiful fellowship. It was magical!

At the Serenity countdown Saturday night we had 1,903 years and 694,595 days of Serenity!! Amazing. Thank you Cindy E, Julie and others for your service.

We have two open service positions: Alateen Coordinator and Technology Coordinator. (The descriptions are below.) If you or anyone else is interested, please let me know—chairperson@nynafg.com.

I would like to welcome our new Public Outreach Coordinator, Laura C! We all look forward to working with you.

For me, July will be a time to PAUSE, rest and rejuvenate. A time to check in and see how I am doing, how far I have come in recovery and then look forward to what my Higher Power has in store for me. Staying in the present and being grateful for what I have.

I appreciate you all,
Ellen V, NYN Chairperson, Panel 64

Service Positions Available:

(contact Ellen at chairperson@nynafg.com)

Alateen Coordinator: Makes certain that all AMIASs are familiar with Area Safety Requirements & Guidelines and communicates any updates as they occur. Keeps in touch with Area Alateen groups and sponsors. Is required to complete the NYN Area AMIAS Certification Process if not already certified as an AMIAS.

Tech Coordinator: A committee drafted a Tech Coordinator position that was confirmed at the Assembly and in is now open to fill,.

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

Treasury Report, May 2025 Group & District Donations:

May 2025

9676 Evening Serenity AFG
 9783 Hamlin Sunday Niters AFG
 10163 Oneonta AFG
 24271 Canandaigua Monday Noon AFG
 42113 Legacy Study AFG
 53134 Hope for Today AFG
 64625 Serenity On Saturday AFG
 500955 The Serenity Seekers AFG
 503160 Dryden Friday Night AFG
 503275 Thursday's Night Hope AFG
 30806643 Together Again Tuesdays AFG
 D10 District 10

June 2025

9763 Caring And Sharing AFG
 10296 Thursday Morning Sherrill AFG
 37943 Fayetteville Thursday Morning AFG
 54280 Circle Of Hope AFG
 63806 Courage to Change AFG
 65730 Cortland 12 and 12 AFG
 66032 12 at 12 Step Meeting AFG
 500955 The Serenity Seekers AFG
 503929 Courage For Serenity Greece AFG
 30567258 Happy Steps to Recovery AFG
 30606210 Progress Not Perfection AFG
 30658818 Strength in Numbers AFG
 D29 District 29

July 2025

44775 Experience Strength and Hope AFG
 53134 Hope for Today AFG
 62668 Experience Strength and Hope AFG
 66032 12 at 12 Step Meeting AFG
 30509030 Striving for Serenity AFG
 30517568 Albion AFG Sunday Serenity
 30529340 Monday Night Fly Rd AFG
 30582959 Hope AFG Meeting
 30622358 Cairo AFG
 30669070 Wednesday Night AFG
 30702163 Let it Begin with Me AFG
 30841593 Better Together AFG
 D10 District 10

Thanks to all who have contributed!—Kathi D.

Convention Coordinator Review and Upcoming Events

Thank You to all of you who attended the **2025 New York North Area Spring Convention and Assembly!** A special thanks to Pat H., Ellen V., and their committee, who went out of their way to make everyone feel at home at the RIT Inn and Conference Center. We had about 195 registrants including around forty walk-ins. Eleven members of AA, eleven dual AA / Al-Anon members, and one Alateen member attended.

The next two upcoming Assemblies for Panel 64 will consist of the **2025 NYN Fall Assembly** and the **2026 NYN Spring Assembly** both of which will be held on Zoom.

The **2026 NYN Fall Election Assembly** will be held in person with a shortened Assembly meeting. **Our Presentation Coordinator, Mike R., has stepped up to Chair the planning committee for the 2026 NYN Fall Election Assembly. Thank You Mike!!!**

Mike will be putting together his committee and volunteers will be needed in convention service areas such as: Co-Chair, Secretary, Treasurer, Registration, Program Chair, Hospitality Room, Baskets and Raffles, Literature sales, Decorations, Greeter Chair and Greeters, and Desktop Publishing (flyers, registration forms, programs, etc.).

The Host Committee will need to develop in-person, non-business-related programming such as panels, workshops, and an ice breaker event for Friday evening of the Assembly. There are no panels and workshops during the day on Saturday, only the Election Assembly Meeting. (The Officers and Coordinators of New York North will be responsible for planning the Assembly Business Meeting). That evening there will be a banquet meal and an Al-Anon Main Speaker (usually the Outgoing New York North Delegate, who in this case will be Carol C.). Sunday Morning usually features a Spiritual Panel of speakers from AA, Al-Anon, and Alateen. Consider joining Mike's team to help plan a great event!

Remember in Al-Anon, you don't have to be perfect, just willing.

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

Help Plan Our 2026 In-Person Election Assembly

This is Mike R. From District 26. I have volunteered to be the Chairperson for the New York North Fall Election Assembly / Convention that will take place in September 2026. I am sending this message to everyone in our fellowship to ask you to join the effort to bring this event to fruition.

It takes a village to raise a child, and it takes an area to bring everyone together for such an important task. We will be electing a new slate of officers and coordinators for the next three-year panel; this monumental effort will only succeed with the help of numerous volunteers across New York North.

A group of individuals from District 10, along with a handful of interested participants from across our Area, have started the ball rolling. It doesn't have to be just one geographic area from where the help materializes...anyone can be a valuable asset to the team.

For now, we are meeting every Sunday afternoon at 3:00 pm on Zoom to start signing people up for the various subcommittees necessary for the smooth planning and operation of the event. Please consider being a part of this service experience.

I would suggest you reannounce this request at meetings to widen the aperture of our vision.

Thank you in advance for your support and participation. Feel free to reach out to me for questions or clarifications. I look forward to hearing from you and seeing this dream become a reality.

Mike R.

DR 26 / NYN Presentation Coordinator /
Fall Election Assembly Chair



Save the Date!

District 2 Day of Sharing

October 11, 2025

1:00-4:00 p.m.

- Alateen Speaker: TBA
- Al-Anon Speaker: Terry D.
- AA Speaker: John D.

Topic: Fellowship

Refreshments and basket raffles!

Location: TBD

Newsletter Changes

Hello all! The July/August issue may seem late, but nothing big was on the calendar for either month. I just got two posters for District events, so now feels timely. I am halfway through my tenure as Newsletter Editor. Last month, through the cooperation of subscribers, we reduced the number of copies going out by mail to the handful who need to work with a printed copy, thus taking hours off my monthly job.

I appreciate that GRs and others print out the newsletter for meetings, for members who do not subscribe. Please note that this can be a contribution on your part, but it is also a cost that the group can choose to reimburse. You can look up info on a particular home printer to find out the appropriate cost per page.

Please enjoy this issue, and please consider writing on next month's topic: "Self Care."

Yours,

Wendy L., Newsletter Coordinator

Theme of the Month: Live and Let Live

Accepting the Pace of Progress

"Patience is the calm acceptance that things can happen in a different order than the one you have in mind." This profound thought was my morning meditation prompt. In Al-Anon, we distill this wisdom into fewer words: "Live and Let Live".

I openly admit that when I first arrived in the rooms of Al-Anon, the slogans felt utterly trivial, almost dismissible. The idea of simply living my own life without meddling in the lives of others seemed utterly incomprehensible; surely, without my "grand wisdom," they would flounder, even perish! It took countless "24-hours"—those daily increments of growth and learning within the program—before the concepts of patience and acceptance truly began to seep into my being.

As I've learned to practice patience in my own life, I've also observed its manifestation within service work. My home group sometimes expresses concern about the future of Al-Anon, wondering if there will be "younger" members willing to step up for service. However, during the Spring 2025 Convention banquet, a different reality unfolded before me. I watched with quiet awe as attendees around me proudly stood when their serenity year was called out. As the numbers for years became lower, an immense gratitude washed over me at the sight of so many with a decade or less involved in service. This visible dedication of newer members powerfully illustrated the enduring strength of the program.

Yet again, I was reminded that the whole is truly greater than the sum of its parts. Seeing individuals, each on their unique journey, collectively contributing to the vitality of Al-Anon demonstrated that the program's future isn't about any single person's "wisdom" or efforts, but the combined commitment of many. And in the end, it all comes back to that simple, profound truth. All I truly need to do is to "Live and Let Live."

Kathi D., Treasurer

Live and Let Live

Growing up in Plattsburgh, New York I heard the phrase "Live and Let Live" on many occasions. My parents and family members often reminded us to go on with the business of our lives, and allow everyone in our sphere of influence to do the same thing.

Other catchphrases permeated my mind and soul in a similar fashion. I can recall a number of times being told to "let bygones be bygones." In a somewhat negative frame of reference, I can also look back on the times someone said, "Do as I say

and not as I do." I can now understand how important one of our mantras in the program is: "Take what you like and leave the rest."

Going back to the original quote, I embrace its message with every fiber of my being, thanks to the program of Al-Anon. I allow my son to live his own life with peace, prosperity, and purpose, while I apply the same advice to my own recovery and serenity. Our Higher Power is watching over both of us as we enjoy our respective journeys of fulfillment and spiritual well-being.

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

Editor's note: This reprint, submitted by Forum Coordinator, Betty M., speaks to the idea that the "Live" part is as important as the "Let Live."

Happiness is My Choice

I started Al-Anon in my 30s. I'm now in my 70s. My perceptions of my alcoholic loved one have changed. I used to blame him for everything. If I was in a bad mood, it was because of him. I was sure he made me feel irritable and unreasonable. Then it dawned on me why I was feeling so angry at him: I wanted him to fulfill my every dream in life. How selfish of me, expecting this man to give me the world. In Al-Anon I learned not to expect others to make me happy. I was encouraged to start loving myself first. I needed to take care of myself and not expect others to bring me joy. I started doing what made me happy. If I decided to do crafts, then I would do it. If I wanted to do a yoga class, then I'd do it. It was my choice. Taking care of myself is my top priority. No one can make me happy, lonely, angry, or depressed. It is my choice if I want to feel these emotions. My husband and I began having a better relationship once I came to believe that I was the one responsible for my happiness. I'm thankful I became a member of Al-Anon and that I stayed with this program that is working on me. We are much happier since Al-Anon is a part of my life.

— By Mary C., Wisconsin

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Al-Anon Family Group Headquarters, Inc. is looking for a Member Services Specialist to join their International team. If you are passionate about supporting the fellowship around the world, you might want to check out this job description link:

[View Job Description](#)



New York District North 17

Presents the:

“Keep it Simple” **DAY OF** *Sharing*

October 11, 2025

Randolph United
Presbyterian Church
186 Main Street
Randolph, NY 14772

Registration fee: \$5

Schedule:

9:00-9:45 Double Winner

10:00-10:45 Parent

11:00-11:45 AA

11:45-1:00 Lunch

1:00-1:45 Al-Anon

2:00-2:45 Main Speaker



Please bring a dish to share





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Group WSO # _____ **District #** _____

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- NYN Area Assembly, PO Box 5253 Oswego, NY 13126
- **For Email Subscriptions, Address Changes or Updates:**
- E-mail: newsletter@nynafg.com

Submissions for September Northern Hi Lights

Due by:

August 21

Theme:

"Self Care"

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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