



## Topic: ... **"Service"**

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## Calendar: \* \* \*

\*\*\*See reports and flyers for details\*\*\*

- **March 25, 2023**  
**Karaoke Event,**  
**"Evening of Fun & Fellowship"**  
**Rochester, NY**
- **March 25, 2023**  
**District 9, Day of Sharing,**  
**"Recovery with C.A.L."**  
**(ZOOM only)**
- **April 22, 2023,**  
**District 10, Day of Sharing,**  
**"Recovery: A Time to Grow"**  
**Dryden, NY**
- **April 22, 2023,**  
**District 12, Day of Sharing,**  
**"Reconnecting in Recovery"**  
**Hamburg, NY**
- **May 19 - 21, 2023,**  
**NYN AWSC & Spring Assembly**
- ▲▲▲ **June 29 - July 2, 2023**  
**AL-ANON INTERNATIONAL**  
**CONVENTION**  
**Albuquerque, NM ▲▲▲**

### Mission Statement\*

*Northern Hi Lights* is the monthly publication (10 issues) of the New York North AFG Assembly Area, and is not conference approved literature (CAL). CAL quotes must have prior written permission from WSO (re: *Service Manual*). Submissions by 15th of the month to: newsletter@nynafg.com. Announcements submitted 6 weeks prior. Subscriptions on back page.

\*For the full newsletter mission statement and more info, refer to past issues, and New York North: [www.nynafg.com](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

## NEW SERIES – "SERVICE"

– Periodically this year we will feature a section on "Service" –

**My recovery in Al-Anon** ... has been a bit like learning tennis. For a while you can just read the books and learn the theory while you sit in the bleachers and watch the game. But you won't really learn tennis until you get out of your seat and onto the court and start hitting the ball. And you only get better with practice.

Service is the part of my program where I get out of my seat and put Al-Anon into action. *It's how I practice my program.*

My first step into service was putting away the group's literature after the meeting and two things came from that small act. I became more familiar with the literature (I could even answer questions about it) and I went from attendee to member. I started to feel like I was part of something and that I belonged. I then took the bold step of committing to share on a

topic in my home group. I was nervous and didn't feel qualified. I went to the literature and read everything I could on that topic and then shared what I had learned, and I had learned so much! Eventually I summoned the courage to chair a meeting and then I stepped up to serve as Group Representative.

Service gives me the opportunity to put what I hear at the meetings into practice. It takes me from

passive recipient to active participant; from waiting for good things to happen to making good things happen myself; from feeling powerless, to engaging with my higher power. I'm still learning and growing through this program one step at a time. My service work isn't always easy but it is always awesome!!!

– Carol C., Chairperson

**"Service is how I practice my program."**

We invite you to step up the ladder of service: with your home group or local AIS; as a Group Representative or District Representative; or... at the NYN Area.

## Alateen Safety & the Monthly Alateen Informational Meeting

– Mary S, Alateen Coordinator

Please be aware .... if you are posting something about Alateen, specifically an Alateen speaker that is coming to your event, please do not put the first name of the teen on the internet or on flyers -- in order to keep our teens safe. If you have any additional questions about Alateen safety, please contact me at [alateen@nynafg.com](mailto:alateen@nynafg.com) or refer to our guidelines which are currently available on the New York North website.

Al-Anon members do not need to wait until the Spring Convention to learn more about Alateen service, because each

month there is a virtual Alateen Networking Group meeting. Check the NYN Events Calendar for date/time and Zoom information. The main purpose of these meetings is to provide information about Alateen and to help members become certified as AMIAS. It is also for currently registered AMIAS to share experience and strength with other AMIAS, as we grow in service. ▲▲▲



**Now in Print: 2022-2025 Al-Anon/Alateen Service Manual - Free Download, or Hardcopy \$11 from WSO.**

## Karaoke Fun Event

– Cathleen B., AIS Rochester,  
Activities Coordinator

**Calling all AFG members .....** within a stone's throw of Rochester! Serenity on Saturdays is hosting an AIS Rochester activity. -- **An evening of Fun & Fellowship!** on Saturday March 25th from 4pm-7pm.

It's been so long since we've been able to gather and have fellowship. This is the first event with the sole purpose of AFG socializing in years. It is just the thing for a welcome reprieve from end of winter doldrums, but more especially, after such years of social isolation for everyone, to satisfy the need for fellowship and camaraderie.

Located at the renovated and



remodeled basement all-purpose room at Immanuel Baptist Church - a great party atmosphere! There will be Karaoke and an open mic for singing, poetry, stories, jokes, etc. Whether you wish to participate in the karaoke or open mic or just want to receive those offerings, join us!

A community potluck: we plan to have two or three masked people serving

the potluck offerings that members bring. The food will be served starting at 5 pm. (Please do not count on kitchen access to prepare your food.) People who are uncomfortable sharing food are welcome to bring their own private meal.

**Please note: there will be no meetings or speakers.** There is no mask or vaccine requirement, though attendees are welcome to mask as desired.

Parking is available in the back or on the street (observe alternative parking signs). Requested donation: an item for the potluck and \$5-10 for the basket -- All proceeds, once the event costs are satisfied, go to support AIS Rochester.

Location: IBC Church, 815 Park Ave, Rochester, NY 14607, 4-7pm. -- **See attached flyer on page 3.** ▲▲▲

## Spring Assembly - 5/18-5/20/23

– Jim M, Convention Coordinator

**NOTE CHANGE: THE ENTIRE CONVENTION WILL BE VIRTUAL ONLY - NO IN-PERSON ATTENDANCE.**

### "Spring into Recovery"

2023 NEW YORK NORTH AREA SPRING  
ASSEMBLY

**THURSDAY, MAY 18, 2023**

●7- 8 pm - New GR's (Molly C.)

●7:30- 8:30 pm - Alateen Interest (A.I.M.) (Mary S.)

**FRIDAY, MAY 19, 2023**

●6:30-7:30 pm A.W.S.C. Meeting

**SATURDAY, MAY 20, 2023**

**(ASSEMBLY)**

●9:15am-Noon, AM Session

●12-1:00 pm Lunch

●1:15-4:00pm PM Session

## Officers & Coordinators of NYN – Contact with any questions or concerns you have.

Officer:	Name:	Email
Chairperson	Carol C.	<a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
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Public Outreach		<b>OPEN</b>
Presentation		<b>OPEN</b>

PANEL 61 2021-2023

## Registration is Open for 2023 Al-Anon International Convention!

- **Registration for the 2023 Al-Anon International Convention with A.A. participation, in Albuquerque, New Mexico, USA, June 29-July 02, IS OPEN!**

- For best results, **WE RECOMMEND USING A LAPTOP/DESKTOP COMPUTER TO REGISTER.**

► Questions, Contact: [events@al-anon.org](mailto:events@al-anon.org) or call 757-563-1600

### Registration fees:

Prior to May 10, 2023      **-\$200**  
After May 10, 2023          **-\$225**

**Register Now!**

**Housing** is available, group rates \$124 US to \$189 US a night. Info will be provided with registration.

**Registration includes** access to most events, Thursday thru Saturday.



### AVAILABLE ADD-ONS, FOR A FEE:

- **Day of Connecting** (Thurs), workshops and speakers celebrating service, \$55 w/lunch.
- **Trailblazers Breakfast on Route 66!** (Sat. am), celebrating Al-Anon's Trailblazers -\$75 -- includes breakfast.

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## EVENTS

Serenity on Saturday AFG  
is hosting an AIS Activities event:  
**An evening of Fun and Fellowship!**  
**(and raising \$\$ for AIS...)**



**March 25, 2023**  
**4:00-7:00 pm**  
**(or until the last person is out!)**  
**Immanuel Baptist Church**  
**815 Park Ave (near Culver Rd),**  
**Rochester, NY 14607**

**Come enjoy:**

- A community potluck - whatever people bring is what we eat! (Food served starting at 5 pm - please do not count on kitchen access)
- Karaoke/Open Mic (for singing, poetry, stories, jokes, etc)
- Board games (bring your own as desired)
- Informal fellowship
- The renovated/remodeled basement all-purpose room at the Church - a great party atmosphere!

This will be a well-needed respite from the doldrums of March - come get a bit festive! Please note there will not be meetings or speakers; this is just a **fun** night for Program friends. Parking available in the back or on the street (observe alternative parking signs). **Requested donation:** an item for the potluck and \$5-10 for the basket (to support AIS).

*Note:* There is no mask or vaccine requirement, though attendees are welcome to mask as desired. Also, if you are not comfortable participating in the potluck, feel free to bring a meal for yourself.

For more info email: [chuckabell@hotmail.com](mailto:chuckabell@hotmail.com) or [cathleenbrauen@gmail.com](mailto:cathleenbrauen@gmail.com)

# Recovery



with

## Conference Approved Literature

### District 9 Day of Sharing

Mar. 25, 2023

2:00 - 4:00 PM Zoom



2:00 Welcome

2:03 Intro (name/group)

2:15 Wheel of Quotations Game

2:30 Panel - 3 speakers share favorite CAL

2:45 Open Share

3:00 Panel - 4 speakers share favorite CAL

3:15 Open Share

3:30 Wheel of Quotations Game

3:45 Q & A/CAL information

3:57 Close

<https://us02web.zoom.us/j/4139613284>

Saturday, April 22,  
2023

Dryden  
Fire Hall,  
26 North  
Main  
Street,  
Dryden,  
NY 13053

**Recovery:  
A Time to  
Grow**

**Day of  
Sharing**

**District 10**

Registration  
8:30am to  
9am

Sharing 9am  
to 1pm

Donation: \$3

Hosts:  
Ithaca,  
Dryden,  
Cortland AFG



DISTRICT 12 : DAY OF SHARING  
**RECONNECTING**  
IN RECOVERY

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**Saturday, April 22, 2023**  
**9:30am - 3:00pm**

Registration: 9:30am  
Program starts at 10:00am

*Suggested Donation: \$5.00*

Hamburg United Methodist Church  
116 Union St., Hamburg, NY 14075  
*parking available in the back*



## WHAT'S NEEDED?

Consider Donating a Basket



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**50/50 | Basket Raffle | Speakers | Breakfast & Lunch**



**Questions or interested in Volunteering?**  
*Please contact: [wnydistrict12@gmail.com](mailto:wnydistrict12@gmail.com)*



## NORTHERN HI LIGHTS SUBSCRIPTION FORM

- **NO COST for an ELECTRONIC COPY**
- **(\*) Please consider \$10/yr. donation for mailed copies.**

**DELIVERY:** ☐ Email, or ☐ \*Snail-Mail **TYPE:** ☐ New, or ☐ Renewal

Name (or Group Name): \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

If applicable: Group WSO # \_\_\_\_\_ District # \_\_\_\_\_

➤ **Mail Subscription donations to:**

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

➤ **For subscriptions, address changes or updates:**

➤ **Mail:** Group Records, 135 Berry Road, Fredonia, NY 14063

➤ **Or e-mail:** [records@nynafg.com](mailto:records@nynafg.com)

Submissions for  
**February**  
Northern Hi Lights

Due by: **March 15**

Topic:

***"HONESTY" as a tool for growth.***

**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 ID

Northern Hi Lights  
135 Berry Road  
Fredonia, NY 14063