

Table of Contents:

Calendar	...Pg. 1
Reports	...Pg. 1-3
Treasurer Report	
Topic Articles	...Pg. 3
WSO Article	...Pg. 4
Events	...Pg. 1,5
AMIAS Info	...Pg. 3
Contact List	...Pg. 3
Subscriptions	...Pg. 6
Donations	...Pg. 6

Topic for April: "Acceptance"

Topic for March:

"Let the Hand Always Be There"

Calendar:

April 26–28, 2024:

Conference of the Lakes
"The Joy of Living"
 Penn Yan, New York

April 12–14, 2024:

Salt City Roundup
 Syracuse NY

May 3-5, 2024:

Fellowship of the Spirit N.Y.
 Stony Point, NY

Friday, May 10th, 7 PM:

Spring AWSC / Zoom only.

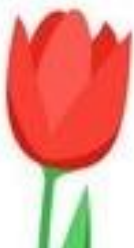
Saturday, May 18, 10 AM:

Spring Assembly / Zoom

Fall, 2024 TBD:

Fall Assembly

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



SPRING HOPES



Preparations for the Spring Assembly

Happy Spring fellow NYN Family and Friends!

I am looking forward to the Spring Assembly, seeing old friends and meeting new ones. Typically all DR's (District Representatives), GR's (Group Representatives), AIS liaisons, NYN officers and coordinators attend the assembly. ANY interested Al-Anon member may also attend. The GR's, their Alternates or Designees are the people who vote at the Assembly (they cannot be a dual member). The Assembly will hear:

- Report from our electronic meeting task force, so that the NYN Area can start accepting electronic meetings into its service structure.
- Creation of a technology thought force to think about what technology items and knowledge is needed for hybrid Area conferences and assemblies.
- Updates from our delegate's attendance at the World Service Conference and from all NYN officers and coordinators.
- Planning for upcoming assemblies and conventions for 2024-2025.

Will your group be represented by your Group Rep? If you don't have a GR, would you be willing to send an Alternate to vote on behalf of your group?

Please use NYNAFG.com events page to register or click on this shortened link: [Register](https://tinyurl.com/yc7eer6) (https://tinyurl.com/yc7eer6).

The Assembly will be held electronically on the zoom platform so there will be no travel and lodging expenses this time. It will be Saturday, May 18th from 9 a.m. - 4 p.m. with a one hour lunch break.

There will also be a GR meeting to help GRs understand what goes on at Assembly and what their role is, time to be determined, held before the Assembly. Keep checking the NYNAFG.com website for details!

Feel free to reach out with any questions, comments or suggestions—we are all in this together!

Gratefully in service,

Ellen V, NYN Chairperson, Panel 64

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:

New York North: www.nynafg.com WSO: www.al-anon.alateen.org

Alateen Crew Building Strength In Community

Some of our Alateens were speakers at AA Conventions with Al-Anon participation in our Area during the month of March. A big thank you to the Alateens for their service and the Group Sponsors who helped to make it happen.

Our Area is always in need of certified AMIAS (Al-Anon members involved in Alateen Service), especially males. Alateen service is for anyone who is at least 21 years old and has at least two years of consistent Al-Anon participation. Contact your District Rep (DR). Or use the emails below to contact us, Vicky D., the Area Alateen Processing Person (AAPP) or Kellie Z., the Alateen Coordinator, for information about the certification process and to answer any of your questions about Alateen.

Approximately half of the AMIAS in our Area have completed the recertification process. If you did not recertify for 2024, please send an email to Vicky, AAPP amias@nynafg.com and she will help you to complete the necessary paperwork. A reminder that the recertification process requires reviewing the Training Modules and completing the AMIAS Acknowledgement of Training Completion Form. All of the needed documents can be found on the Alateen and AMIAS page on the nynafg.com website.

Together We Can Make It,

Vicky D. AAPP amias@nynafg.com

Kellie Z. Alateen Coordinator

alateen@nynafg.com

Mary S. NYNAC Coordinator nynac@nynafg.com



What Is New York North (NYN)?

I had to ask myself that question when I went as Group Rep to our Fall Election Assembly and stepped up to be the Newsletter Editor. In my first decade in Al-Anon, I was just happy to go to functioning meetings and insightful conventions and had never seen a clarification of what this “NYN” was and what all it did to help assure that those meetings were available and healthy.

New York North is a region called WSO Area 39 within Al-Anon’s World Service. As such, we send our elected Delegate to the World Service Committee (WSC) and that Delegate represents our insights on matters affecting any issues or proposed changes in how Al Anon as a whole functions. The Delegate brings any questions to the Group Representatives in order to make sure that the Delegate votes with input from our region. They also bring back information from the WSC to distribute through District Reps and Group Reps back to the groups themselves. Care is taken to see that we follow the traditions and concepts in making well-considered decisions.

As an Area, we hold Assemblies in Spring and Fall, bringing Group Reps together to make decisions with regard to our own functioning and outreach, and to weigh in on WSO matters that the Delegate puts before us. We also plan area-wide Conventions. We support the process of establishing Alateen meetings and planning of a statewide Alateen Convention (NYNAC), and help new Group Reps get up to speed.

New York North serves every county in New York State that sits above the latitude of 42 degrees north. (All the counties of the southern Catskills and Hudson Valley, New York City and Long Island are part of the NYC Area. This leaves a total of 48 counties, the same number of counties as all of England, in close to the same land area. We are not as densely populated as England, but we are still a population of around 6 million people!)

Gratefully,

Wendy L. Newsletter Coordinator

Newsletter@NYNAFG.COM

Assemblies & Conventions

The 2024 New York North Area Spring Assembly Meeting will be held Saturday, May 18, 2024 starting at 9:00 am, and will be completely virtual on Zoom. During this meeting our Delegate, Carol C. will give her report from the 2024 World Service Conference, and Al-Anon members and Group Representatives will hear reports from the Area Officers and Coordinators and will also hold discussion and voting on any items on the agenda. You can register on the NYNAFG.com website's events page. The Spring Convention AWSC meeting will be held virtually on Zoom on Friday, May 10, 2024, a week prior to the Spring Assembly.

As mentioned in previous Northern Hi Lights, we will continue to have Assemblies every fall and spring, and planning goes forward on how best to conduct the various meetings, whether on line, in person or hybrid. There will be opportunities for service in hosting and programming. A Convention Committee has formed, and we look forward to seeing everyone get together in person in the not too distant future.

Remember, you are never alone in Al-Anon service.

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

APRIL TOPIC: ACCEPTANCE

Acceptance Brings Change

It is time for us to find some warmth (both figuratively and literally) through attendance at meetings, reading of our daily readers, and participation in the life-saving fellowship of Al-Anon. Even though our local meetings are a smattering of online, hybrid and face to face meetings, it is so good to have that connection to our loving members once again. I hope this letter of encouragement will also be a source of invigoration as we head into the coming season.

This month's topic is Acceptance. Before entering the rooms of Al-Anon, I had an extreme amount of difficulty wrapping my head around this concept. I was filled with so much negativity and resentment toward my son and his addictions, I could not fathom the idea that I could find any degree of acceptance in our relationship or circumstances.

Thirteen years later, I look back on those dark days and wonder why I could not see the forest for trees. Al-Anon taught me to understand such slogans as "How important is it?" and "Let Go and Let God". I came to the realization that love and support would serve me much better, and the first thing I had to do on this journey was to accept the plan that my Higher Power had for me and for my son. While it took a while for us to get together and embrace the love that was hidden beneath the morass of anger and hate, we can now loudly proclaim at the top of our lungs that we truly love each other and accept each other for who we really are.

I wish everyone best wishes for the coming season. Take care, and thank you for the love and support you have given me over the years.

With an attitude of gratitude,
Mike R. Presentation Coordinator



CONTACT INFO for Officers & Coordinators

Officer:	Name:	Email
Chairperson	Ellen V.	chairperson@nynafg.com
Treasurer	OPEN	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
Literature	Renee S.	lit@nynafg.com
Newsletter	Wendy L.	newsletter@nynafg.com
Web Coordinator	OPEN	web@nynafg.com
Business E-Meeting Host	Maggie G.	emeetinghost@nynafg.com
Public Outreach	Maria S.	po@nynafg.com
Presentation	Michael R.	presentation@nynafg.com



CROWNE PLAZA SYRACUSE

701 EAST GENESEE STREET
SYRACUSE, NEW YORK 13210

Due to limited space—same location as 2023, registration will be limited and will be required of all attendees including those attending only on Sunday. If the Roundup sells out, same-day registration will be unavailable. Limited free, covered parking is available in the garage adjacent to the hotel. Early registration and carpooling are strongly suggested.

April 12-14, 2024

Registration opens
December 15th, 2023

Register Online at roundup2024.eventbrite.com

To pay with a credit card* go to: roundup2024.eventbrite.com
OR scan the QR code with your phone's camera app
*All online registrations will have a credit card convenience fee added.



To pay with a check:
Print a registration form from www.saltcityroundup.com/registration or use the one found on the back of this flyer and mail it to:
Salt City Roundup
PO Box /
Manlius, NY 13104
For assistance with registration, contact Derek at registersyr@gmail.com or (724) 272 7565

FRIDAY

- Kick-off, Early Bird & Guest Speaker
- Talent Show
- Live Music—Ponytail James Band

SATURDAY

- AA & Al-Anon Workshops & Panels
- Banquet Buffet
- AA & Al-Anon Guest Speakers
- Sobriety Countdown
- Movie—Bill W.
- Evening Meditation
- Dance—DJ Digital Sound Dj's

SUNDAY

- Morning Meditation
- Spirituality Panel & Guest Speaker

For hotel reservation details, see the registration form on the back side of this flyer or go to <https://saltcityroundup.com/hotel> OR scan the QR code.



FOTSNY

FELLOWSHIP OF THE SPIRIT NEW YORK ANNUAL CONFERENCE - AA & AFG PARTICIPATION

MAY 3-5, 2024

CONFERENCE SPEAKERS

- Ana H - Brooklyn, NY (AA)
- Chad P - Belmar, NJ (AA)
- Ellen C - Addison, TX (AFG)
- Calvin S - New Brunswick, NJ (AA)
- Sarah I - Philadelphia, PA (AA)



STONY POINT CENTER

STONY POINT, NY

AA & AFG STEP PANELS

Meditation, Yoga, Campfires,
Game Night, Raffles & More!

REGISTER TODAY



FOTSNEWYORK.COM

Fellowship of the Spirit New York's mission is to bring a message of hope and recovery through a weekend of workshops, speakers, fellowship and fun centered around the book *Alcoholics Anonymous*.

At Fellowship of the Spirit New York, there will be Al-Anon speakers on every step panel. The main Al-Anon speaker Saturday night is Ellen C from Texas. Find Al-Anon activities and a big Al-Anon meeting, as well as lots of fellowship & service opportunities. Anyone interested may scan the QR code on the flyer above or visit <https://fotsnewyork.com/>



Please join District 25 for a fellowship gathering

Theme: The Circle of Participation

Recovery • Unity • Service

Saturday, April 6th
9:15 to 11:30 AM

Fairport United Methodist Church
31 W Church St, Fairport, NY 14450

Enjoy:

- Fellowship
- Speaker panel (9:45 to 10:45)
- Light refreshments
- Selected AFG Conference Approved Literature (CAL) will be available

Optional: Bring a piece of CAL about participation to share during our circle.

Noon Courage to Change meeting immediately following.

Subscribe to *The Forum*

The Forum is an international monthly publication of Al-Anon Family Groups that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service





**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
May
Northern Hi Lights
Due by:
April 15
Topic:
"Let the Hand Always be There"

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., Jack H., John O. ***

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