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April Topic: "Let the Hand Always Be There"

May Topic: "Keep Coming Back"

Calendar:

May 3-5, 2024:

**Fellowship of the Spirit
N.Y.**

Stony Point, NY

Thursday, May 9th, 7-8 PM:

Group Rep Meeting / Zoom

Thursday, May 9th

Alateen Interest mtg / Zoom

Friday, May 10th, 7 PM:

Spring AWSC / Zoom

Saturday, May 18, 9 AM:

Spring Assembly / Zoom

TBD:

**Fall 2024 Assembly / Hybrid

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



We Gather!

Spring Assembly & More EVENTS

Here we go!

REGISTRATION for these events is free at: [nynafg](https://nynafg.com)

Leading Up to the Assembly:

- There will be an electronic **GR Meeting Thursday, May 9, 7-8 p.m.**, led by our Immediate Past Delegate, Kathi D., for new GRs, anyone interested in becoming a GR, or any GR with questions.
- An **Alateen Interest Meeting** will be held the same day, **Thursday, May 9, from 7:30 -8:30 p.m.** This meeting is for anyone interested in bringing the Al-Anon program to teens. You can find out more about Alateen and becoming an AMIAS (Al-Anon Member Involved in Alateen Service) on our web page: nynafg.com/area_nynac.html.
- The Spring **AWSC** meeting will be held virtually on Zoom on **Friday, May 10, 2024**, one week prior to the Spring Assembly.

Spring Assembly for 2024 will be held **Saturday, May 18, 2024** starting at **9:00 a.m.**, 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, including at least one new officer. Any Al-Anon member is welcome to attend!

Meetings FREE; register for Zoom info: nynafg.com/area_events.html

Plans So Far for the Rest of Panel 64:

- The 2024 New York North Area Fall Assembly will be held in a hybrid format on dates and at a place to be determined, and will be a Saturday Assembly with a Sunday Spiritual Panel held via Zoom. District 29 has offered to coordinate the virtual Spiritual Panel. There will be an in-person Hospitality Area as well as Raffle Items and Baskets to be won, and Al-Anon and Alateen Conference Approved Literature available for sale. We will be talking more about the details for the 2024 Fall Assembly at the May 18th Assembly Meeting.
- The **2025** New York North Area **Spring Assembly & Convention** will be held May 30, 2025 to June 1, 2025 at the RIT Inn and Conference Center in Henrietta, NY just off the Thruway in Rochester. Their theme will be "Stepping into the Light of Gratitude." Pat H. will be the Chairperson and Janet R. will be the Co-Chair. The Convention will include a program of workshops and panels for all Al-Anon, Alateen, and AA members attending. More details to come. There will be a short NYN Assembly Meeting for part of the day on Saturday where our Delegate, Carol C. will give her report from the 2025 World Service Conference. Many thanks to Pat and Janet and their committee for stepping up to serve!
- The remaining Assemblies for Panel 64 consist of: 2025 Fall Assembly, held electronically; 2026 Spring Assembly, also electronic; 2026 NYN Fall Election Assembly, to be held in person.

We look forward to gathering with you all.

Love in Al-Anon Service,

Jim M., Convention Coordinator, NYN Panel 64



Alateen Seeks a Coordinator...

As many of you know, the Area is in need of an Alateen Coordinator. As you may also know, in Al-Anon/Alateen, you are never alone. In this position, when you reach out, you have the experience and support of the previous Coordinators, current and previous AAPPs, the Chairperson, the Delegate, the Immediate Past Delegate, WSO staff and approximately 50 New York North AMIASs.

Basically, the job is to support the AAPP, the NYNAC Coordinator, and the 10 active groups / Group Sponsors, and be a resource to the AMIASs. Here is a link to the [responsibilities of the position](#).

Please consider working alongside the other Officers and Coordinators in our Area to continue to keep Alateen available to the teens of New York North. Since you would be starting mid-term, your attendance would be needed at the following events: the virtual 2024 Spring Assembly in May, the hybrid 2024 AWSC/Fall Assembly, the in-person 2025 AWSC/Spring Assembly in May in Rochester, the 2025 hybrid Fall Assembly, the 2026 hybrid Spring Assembly and the 2026 in-person Fall Election Assembly/Convention.

Service gave me numerous opportunities to make connections with Al-Anon and Alateen members beyond my local groups. If you have additional questions or to accept the position please reach out to any Officer, the AAPP or the NYNAC Coordinator. To hold this position you will need to be a certified AMIAS (Alateen Member Involved in Alateen Service). Training can be done virtually with the AAPP or the temporary Alateen Coordinator.

...& Seeks More AMIAS Sponsors

Meanwhile, our next Alateen Interest Meeting will be Thursday, May 9, 7:30 p.m. participants need to register for this meeting to receive the Zoom codes. Currently registered AMIASs will be sent an email reminder. Any interested members can attend. The first agenda item will be to provide information to Al-Anon members about Alateen and how to become a certified AMIAS.

All districts in our Area are in need of more registered AMIASs. Members are also needed to step into service as substitute Alateen Group Sponsors to support our current Sponsors when conflicts arise and they are unavailable for their weekly meeting.

Alateen service is for anyone with at least two years of consistent Al-Anon participation. Active members of Al-Anon who are also AA members may serve as an Alateen Group Sponsor, providing they fulfill the minimum requirements as an AMIAS. At all times emphasis shall be placed on the Al-Anon interpretation of the program,

I am willing to speak to individual Al-Anon groups and at District/AIS meetings to share about the "Joys of Service" in Alateen. I can be contacted at alateen@nynafg.com

Respectfully submitted,

Mary S., NYNAC Coordinator and

Temporary NYN Alateen Coordinator

Outreach Extends the Hand

Greetings to my fellow Al-Anon Trusted Servants and Members,

April was the official awareness month of the National Institute on Alcohol Abuse and Alcoholism. Have any extra Forum magazines lying around? To follow up on awareness with hope, you could place a sticker on them with your local district's website and contact information on them, and drop some off at your local library, laundromat, coffee shop or wherever there are free magazines available (with permission from the location, if necessary). Let's keep those Forums and their messages moving.

May is considered our Anniversary Month of Al-Anon because the first Al-Anon letter is dated May 1951. Would each of your group members consider doing some Public Outreach service by sending a letter or emailing their doctor with a brief summary of Al-Anon and local contact information? Let's carry the message!

Please do not hesitate to reach out to me at PO@nynafg.com

Respectfully submitted,

Maria S.

New York North Public Outreach Coordinator

How to Update Group Info:

Did you know? If you want to make a change in information regarding your Al-Anon Group, there is an on-line form that can be completed through the WSO website. This is important when you get a new Group Rep, move your meeting to a new site, change between in person, Zoom, and hybrid, or if a meeting starts up or closes down.

The form is located under the *Members* tab. Click on *Group Resources*, then click on *Group Records*. Or use this link: [Group Records](#). You can complete the form online or print a paper copy and send it in by email or snail mail.

My job is to enter the changes into the WSO database and to let your area AIS know of the changes. If you have any questions about this process, please feel free to contact me.

– Connie C. 585-333-4303

Group Records Coordinator

The Hand of Al-Anon, There for Parents

Regarding this month's topic of "May the Hand Always Be There," it seems my hand has been assisting parents recently. Although I do not have children myself, I have always thought that the situation where a child is addicted is the worst. I cannot comprehend how a parent has to care for and "fix" everything for their child but then have to detach with love and step away when their child's addiction is affecting them and their family.

I recently spoke with one woman whose adult son is going through his fourth rehab. She and her husband are in agreement that their adult son cannot move back in with them. The pain on her face as she told me this was indescribable. I know that when I provide service to Al-Anon in any area, I know I am helping to lessen this woman's pain as well as the pain of others.

Respectfully submitted,
Maria S., Public Outreach Coordinator

Hello NYN Area! Happy Spring!

Spring, a time for renewal, I am thinking about rearranging my schedule to include more outdoor activities and enjoy the nice weather. I am also taking a look at my Al-Anon service. "May the Hand Always Be There." The Al-Anon program is set up so that many hands make light work. Information is passed between GR's, DR's, Areas, Delegates and WSO to keep the program alive and engaged. If we have a break in the chain, a vacant service position, the program might become stagnant.

I, personally, would like to see the Al-Anon program stick around for a very long time. Al-Anon has saved my life and given me a life worth living. And lo and behold when I stepped into service, my program deepened by leaps and bounds! I heard the words "service helps your recovery" for years before I took the plunge. I would encourage each one of you to maybe step out of your comfort zone and try a new service position. Al-Anon is a "we" program, I have found there is always a fellow member willing to answer questions and guide me along the way.

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

Let the Hand Always be There

Our theme for this month is "Let the Hand Always be There." This is very important to me because Al-Anon meetings were there for me when I first needed the help of the program, and I try to do everything that I can to be there for the Al-Anon Newcomer and for any Al-Anon member who is still suffering. There have been times that I was the only other member present at a meeting to offer hope and encouragement to a newcomer at their first meeting.

I remember that during my first year in Al-Anon that I had gone to a meeting on Thanksgiving evening. I was the only one there until a newcomer showed up for their first meeting. It was a very special meeting for both of us and I am pleased to say that the newcomer came back to the meeting the next week. Let the hand of Al-Anon and Alateen always be there.

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

The Hand of Al-Anon & the Solar Eclipse

What in the world does the title of this month's article mean? I often find myself waxing poetically when I think of my Al-Anon journey. When I saw the title for this month's newsletter, I had just witnessed the solar eclipse while sitting in my yard with my wife and mother-in-law. It made me realize how the two seemingly unrelated items are actually intertwined in my heart and mind.

I realized that the fellowship is the totality of my existence. I often feel that I have encountered darkness in the midst of great light, and my program can be eclipsed by outside forces if I allow that to happen. Once I take the necessary steps and avoid undue harm to my vision in life, there is nothing I cannot accomplish with my Higher Power at my side.

In the same vein of my thoughts, I realize how important my attendance at the New York North Assembly is to my well-being. By participating in this forum, whether on Zoom or in person, I can be part of a beacon of hope, light, and totality of serenity with my fellow members of Al-Anon. I encourage everyone to participate next month.

Thank you for your support and encouragement at this time!

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

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

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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, 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*.

The Hands of Healers

I was recently reading **In The Loop** and came across this: "In the 2021 Al-Anon Membership Survey... a revealing insight emerged: Of the 10,848 individuals who sought treatment prior to joining Al-Anon, 41% were introduced to our program through the recommendation of a professional. This finding highlights the essential role that healthcare professionals play in guiding individuals toward the healing support Al-Anon provides."

I thought about how my primary care doctor had just left the practice and I would be getting a newly-minted Doc, fresh out of med school. Do they know about Al-Anon? Maybe not, and I can let them know how helpful it has been for me, and give them some literature... Let the hand of Al-Anon and Alateen always be there!

Meanwhile, do you subscribe (free) to **In The Loop**, the monthly newsletter for all members? It has links to lots of useful information and resources. You can find the subscription button here: [In the Loop](http://al-anon.org/for-members/wso/news-from-the-wso/) (al-anon.org/for-members/wso/news-from-the-wso/)

Gratefully,

Wendy L., Newsletter Editor



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/>



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

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Also posted on the website!

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

E-mail: newsletter@nynafg.com

Submissions for

May

Northern Hi Lights

Due by:

May 15

Topic:

"Keep Coming Back"

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.***

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