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### November Topic

**What Am I Doing for Fun?**

### December Topic

**The Value of Connection**

### Jan-Feb Topic



**"Evergreens  
Are Patient  
With Winter"**

### Calendar:

\*\*\*See reports and flyers for more info.\*\*\*

#### Wednesdays, Nov 1 – Dec 20, 2023

7pm - Service Manual Study  
See *NYN website for more info*

#### Dec. 2, 2023, & Jan. 6, 2024

9am – Officers &  
Coordinators Meetings  
See *NYN website for more info*

#### December 3 & 7, 2023

Delegate Chats  
See *NYN website for times & info*

#### December 12, 2023

7 pm – AMIAS Meetings to  
share NYN Alateen info  
See *NYN website for more info*

#### March 1-3, 2024

"Strength in Unity"  
Flower City Fellowship Convention  
Rochester, NY

#### Spring, 2024

Electronic Assembly  
Online Only, Dates and  
Times TBD

## "What's up for NYN in 2024?"

\*\*\* **WITH A BRAND-NEW panel of officers** NYN is closing the chapter on Panel 61, which served from 2021-2023.

Here is a look at past accomplishments, and issues still in progress.

- ▶ **ELECTRONIC MEETINGS THAT WANT TO JOIN NYN:** A task force previously solicited input from all NYN Al-Anon groups on this issue. NYN has yet to decide if it will "accept electronic groups, and create policies/processes to support them."
- ▶ **WEBSITE OVERHAUL:** With an increased budget the Fall Assembly has provided the Web Coordinator and the Web Committee enough funds to overhaul the website.
- ▶ **GR's & DR's - COME TO ASSEMBLIES!!!** ... We want to increase attendance of GR's and DR's at Assemblies -- which has been approximately 20% -- to make decisions more democratic.
- ▶ **TREASURY ACCOMPLISHMENTS:** Over the last two years the treasury has:
  - Moved all files and transactions to an electronic format and eliminated checking account fees.
  - Started sending officers, coordinators, and finance committee members monthly account statements.
  - Established a PayPal account and received payments for the Fall Convention through PayPal.
- ▶ **TASK FORCE FOR CONVENTIONS AND ASSEMBLIES:** The Fall Assembly approved a six-year Assembly/Convention plan with rotating formats. See the September-October NHL for details.
- ▶ **ARCHIVES ACCOMPLISHMENTS:** This team has scanned a host of archived documents to file -- and reduced 24 boxes of documents to approximately 6 boxes and 2 flash drives -- which will pass onto the next Archives Coordinator.
- ▶ **NEWSLETTER:** We reviewed the newsletter to make it more effective.
- ▶ **YOUR GROUP!!!** ... NYN is here to support every Al-Anon group in the NYN Area. Please bring your group's suggestions or issues to NYN through your GR or DR. ▲▲▲



### 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](mailto: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](http://www.nynafg.com) WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

## Convention Coordinator REPORT

**Thank you to all** who attended the New York North Area 2023 Fall Election Assembly. A special thank you goes out to the 2023 Fall Election Assembly Committee chaired by Ruth S. and her committee including Walt S., Kathy M., Jackie T., Helen H., Arlene K., Diane C., Cathy W., Carla K., Nancy P., Patty M., and Julie S. Thank you all so much for your hard work!! 85 members registered and attended and 45 members ordered the lunch and 36 members ordered the dinner buffet.

A plan was passed, on a two-year trial basis, to hold Assemblies on the following schedule:

- **Spring 2025** -- In-person convention with speakers, panels and workshops, GR and DR orientations, Delegate's Report and a short business meeting.

- **Fall 2026** -- In-person convention/election assembly.
- **All other assemblies** -- Held electronically.
- **The 60<sup>th</sup> Anniversary** of the split of New York State Al-Anon into New York North and New York South will be in 2027.

We will re-evaluate the plan at the 2028 Fall Election Assembly. A Task Force will be formed on how best to present our Hybrid Assemblies.

Regarding Sunday Morning Spiritual Panels, District 29 has offered to organize one for the 2024 Hybrid Fall Assembly.

We will need Host Districts for the Hybrid 2024 NYN Fall Assembly, the 2025 in-person NYN Spring Convention with a short assembly, and the 2026 NYN in-person Fall Election Assembly and Convention.

See the September-October NHL for more details.

– **Jim M., Convention Coordinator** ▲▲▲

## ~ November Topic: "What Am I Doing for Fun?" ~

**The topic of self-care** was discussed at the beginning of a meeting. Some people spoke of finding happiness, and asking, "what is happiness, what is fun?" After the meeting someone said, "what's all this being happy about?" As with any statement, we all have our own perceptions of and reactions to it.

Happiness and fun for me is being content in my own skin. Comfortable. Feeling joy in seeing the everyday changes in nature. Seeing the double rainbow! Even rain has beauty. Seeing little ones, babies and children, change on a daily basis -- their curiosity and creativity. To be able to see and feel these changes I am grateful. I let go of the stoic and allow a loving, smiling appreciation of these everyday events to take place.

I have an appreciation of life on life's terms. I accept the daily flow of activities. How did that happen to me? Al-Anon meetings, the 12 Steps, traditions, concepts, the Serenity Prayer and slogans. There are so many tools, but I began with one and tried it, and when comfortable I went to another one, and learned to incorporate them into my daily life. It wasn't immediate or magic, but by using these tools regularly they became part of my life. When I'm content I have energy and motivation. What a pleasure. I'm free to think, create, or just do, or to spontaneously help a little guy catch a toad, or do things with the grandchildren, or be willing to be shown how to ride on the snowmobile with them.... Fun comes in many ways.

– **Mary D, AAPP** ▲▲▲

**In the beginning of my journey to recovery**, fun was not to be found in my vocabulary. I was spending too much time bailing my son out of his latest dilemma and avoiding the questions and glares from friends and family members who knew I was struggling to keep my head above water. It was a no-win scenario, and I was definitely on the losing end of this proposition.

Now that I have found answers in the rooms of Al-Anon, I can truly enjoy life and find the time for fun in my busy but rewarding schedule. My utmost joy (besides my participation in Al-Anon) is reading and writing. I read about 335 books a year, and I am currently working on my eleventh book that will be published on Amazon at the end of the year. These pleasures open the worlds of possibility to a number of avenues, and I encourage everybody to find their own source of fun in their daily lives as you work toward a life of fulfillment and serenity

– **Mike R, E-Meeting Host** ▲▲▲



~ December Topic: "The Value of Connection" ~

**During my term as** Area Alateen Process Person (AAPP) many a connection was made. Some were the result of being in contact with Al-Anon Members Involved in Alateen Service (AMIAS), and some were the result of working with Alateens and the New York North Alateen Conference (NYNAC) Coordinators.

What was the value of those connections? I valued getting to know each person and their story. These broadened my perspective. Not only were these folks from all over New York North, but each had a unique story about how they arrived at Al-Anon. I had such an appreciation for each person with their individual set of circumstances.

With the sharing of each person's story, their use of program tools was also shared. Such as, adapting or adjusting to a new routine, accepting the disease of alcoholism, or learning to use the tools of Al-Anon. These all began with the willingness to learn. When I stood for the AAPP position I was familiar with much of Al-Anon, and then came the various requirements of AMIAS certification. Throughout this I got to know many more folks in Al-Anon. Processing information requires communication. I had to be upfront in asking the required questions and making the necessary clarifications. My connections were usually positive, but occasionally someone had to be told they couldn't be an AMIAS.

Alateens brought their perspective to the program. Honesty and openness were essential. Some teens were so quick to learn they were a pleasure to observe. I enjoyed the connection with Alateens of various ages. I learned how to live the program in all aspects of my life. The many tools of the program have given me strength and courage throughout the years. Observing people using Al-Anon tools has taught me how to live a pleasant and serene life.

I have so much gratitude for connection. Thank you to the alcoholic that gave me reason to find Al-Anon, and thank you, Al-Anon.

– Mary D, AAPP ▲▲▲

### Handling Temporary Closures

Is the facility where your group holds its meetings closing temporarily? Here are some steps you can take to ensure newcomers are made aware of the closure so they can come back later and find Al-Anon's help.

Put a sign on the door.

Submit an Al-Anon Group Records Change Form (found at [al-anon.org/groupupdate](http://al-anon.org/groupupdate)) and add a note in the location instructions so it can be displayed on the [al-anon.org](http://al-anon.org) meeting search.

Notify your local Al-Anon Information Service so they can update their listings as well.

**The value of connection.** ...It is almost

November 1, and I am ready to turn another page in my calendar! As I am approaching the end of my service term, I find I am reminiscing about my accomplishments in 3 years, both spiritually and personally. To counteract my tendency to isolate myself and not make social commitments, I place a great deal of pride on, and put a lot of love into my long-lasting personal relationships. These "connections" have gotten me through emotional times during the passing of my husband, challenges in my service position and just life and life's decisions in general.

This summer I planned and hosted my 50<sup>th</sup> high school reunion and it was an extreme success! I haven't seen some of my classmates in 50 years. The chance to connect was a blessing, and I derived such satisfaction and comfort from their stories. I haven't laughed that hard in 4 years! When I sent out reunion emails to classmates and teachers, they responded back, and I wrote personal notes back to everyone.

This little effort to reconnect was so satisfying. We spent so much time together in school. We were a small class, and recognized that some kids experienced a great deal of unhappiness, or struggled with their grades or might have been facing conflicts at home. We genuinely helped one another. I acknowledged that memory. I was able to recognize those that reached out to me when I was widowed. I was very nostalgic, and still am.

When I rejoined my friends this summer, I was glad to come out of isolation and glad that I made the effort to reconnect. So.....the next chapter in my life? I'm going to call up some classmates and either host another party or meet them for coffee! I must keep these connections alive! ... Happy Holidays Everyone!

– Joan L., Group Records Coordinator ▲▲▲

**Officers & Coordinators of NYN, Panel 61**  
Contact with any questions or concerns you have

| Officer:                | Name:      | Email  |
|-------------------------|------------|--|
| Chairperson             | Carol C.   | <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>   |
| Treasurer               | Betty GM.  | <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>       |
| Secretary               | Cathy W.   | <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>       |
| Delegate (&Forum)       | Kathi D.   | <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>         |
| Alt. Delegate           | Emily K.   | <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>   |
| Immediate Past Delegate | Molly C.   | <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>                   |
| Alateen                 | Mary S.    | <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>           |
| AAPP                    | Mary D.    | <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>               |
| NYNAC                   | Leslie C.  | <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>               |
| Conventions             | Jim M.     | <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>     |
| Group Records           | Joan L.    | <a href="mailto:records@nynafg.com">records@nynafg.com</a>           |
| Archives                | Maria S.   | <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>         |
| Literature              | Diane C.   | <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>                   |
| Newsletter              | David N.   | <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>     |
| Web Coordinator         | Ellen V.   | <a href="mailto:web@nynafg.com">web@nynafg.com</a>                   |
| E-Meeting Host          | Michael R. | <a href="mailto:emeetinghost@nynafg.com">emeetinghost@nynafg.com</a> |
| Public Outreach         |            | <b>OPEN</b>  |
| Presentation            |            | <b>OPEN</b>  |

**Al-Anon Main  
Speaker:  
Larcine G,  
Hawthorne, CA**

**Al-Anon Friday  
Night Speaker:  
Domenic M  
Rochester, NY**

# strength in unity

## flower city fellowship convention

march 1-3, 2024

**doubletree by hilton  
rochester, new york**

**SPEAKERS - PANELS**

**FELLOWSHIP**

**FREE PARKING**

**DISCOUNT ROOM RATES**

**For more information and registration:  
[rochesteraa.org/2024-convention-info](http://rochesteraa.org/2024-convention-info)**

Register before Jan 12, 2024 for early bird rates

Online registration ends Feb 9, 2024

You will be able to register at the door

**Saturday Night Banquet Information:**

Group seating available (max 10 per table)

please submit registrations together

**Banquet Registration ends Feb 3rd, 2024**



**NOVEMBER-DECEMBER - TREASURER'S REPORT**

**Betty G.M., Treasurer**

► **BUDGET UPDATE:** We budget \$8,000.00 in contributions from groups annually.

► **Mid-November** we are at \$7,103.29.

► **ANNUAL APPEAL STATUS:** I was not able to do the annual appeal we had scheduled for September due to personal issues.

►►► **We still have through December 31<sup>st</sup> to receive donations to bring us up to or beyond our goal.** ◀◀◀

► **Deposits:** I deposited the following checks from September 16 to November 8, for a total of \$1,758.00

| Check Date | Group #   | Group                             | Check #       | NYN Donation       |
|------------|-----------|-----------------------------------|---------------|--------------------|
| 8/28/2023  | 30606210  | Progress Not Perfection AFG       | 28574-814172  | \$ 25.00           |
| 8/22/2023  | 502778    | Al-Anon Steps to Serenity         | 1061          | \$ 200.00          |
| 8/8/2023   | 66032     | Woman's 12@12 AFG                 | 1338          | \$ 20.00           |
| 8/30/2023  | 9828      | AFG Friday 10 AM                  | 466           | \$ 90.00           |
| 8/22/2023  | 32150     | Living Today AFG                  | 19-4822-14648 | \$ 75.00           |
| 8/20/2023  | 49964     | Simple Beginnings AFG             | 168           | \$ 10.00           |
| 7/28/2023  | 63806     | 7:30 Courage to Change            | 282946-05584  | \$ 25.00           |
| 9/25/2023  | 24271     | Canandaigua Monday Noon Group     | 1304          | \$ 50.00           |
| 9/19/2023  | 10188     | Peterboro                         | 2671          | \$ 75.00           |
| 9/13/2023  | 30546     | Good Ole Gang                     | 1253          | \$ 30.00           |
| 11/3/1902  | 30623245  | Parkside Steps                    | 1038          | \$ 40.00           |
| 9/1/2023   | 503929    | Courage for Serenity              | 113           | \$ 18.00           |
| 9/14/2023  | 37943     | Fayetteville Thursday Morning AFG | 4889          | \$ 30.00           |
| 9/26/2023  | 30662245  | Stepping Into Recovery            | 838           | \$ 20.00           |
| 9/24/2023  | 44775     | Experience Strength and Hope AFG  | 5559          | \$ 30.00           |
| 8/31/2023  | 40786     | Days Of Healing AFG               | 120           | \$ 50.00           |
| 9/23/2021  | 64625     | Serenity on Saturday              | 517           | \$ 65.00           |
| 9/3/2023   | 9763      | Caring And Sharing AFG            | 243           | \$ 45.00           |
| 9/4/2023   | 10366     | Serenity Seekers AFG              | 358           | \$ 25.00           |
| 8/26/2023  | 30524821  | Tuesday Night AFG of Bemus Point  | 503           | \$ 45.00           |
| 9/7/2023   | 9696      | Cortland AFG                      | 1305          | \$ 50.00           |
| 9/29/2023  |           | To honor Connie's death           | 2997          | \$ 10.00           |
| 9/28/2023  | 53134     | Hope for Today                    | 1008          | \$ 35.00           |
| 10/13/2023 | 9828      | AFG Friday                        | 469           | \$ 30.00           |
| 9/28/2023  | 30702163  | Sunday Clifton Park               | 1071          | \$ 25.00           |
| 10/5/2023  | 30503839  | Calm in the Storm                 | 1092          | \$ 50.00           |
| 10/6/2023  | 9612      | Wednesday Morning Step            | 3787          | \$ 15.00           |
| 9/27/2023  | 30669070  | Wednesday Night AFG Crescent      | 3771          | \$ 100.00          |
| 1/9/1900   | 10/8/2023 | Monday Night Fly Rd AFG           | 1687          | \$ 40.00           |
| 10/9/2023  | N/A       | District 10                       | 1108          | \$ 100.00          |
| 10/10/2023 | 30521550  | Serenity Circle                   | 6850          | \$ 25.00           |
| 10/12/2023 | 9674      | Cheektowaga Thursday AFG          | 770           | \$ 25.00           |
| 10/10/2023 | 27834     | Monday Night St. Louis AFG        | 98664-03107   | \$ 65.00           |
| 10/22/2023 | 27134     | Spiritual Awakenings AFG          | 514           | \$ 50.00           |
| 10/16/2023 | 9783      | Hamlin Sunday Niters AFG          | 32073-89603   | \$ 50.00           |
| 10/21/2023 | 502491    | Unity Group                       | 114           | \$ 30.00           |
| 10/24/2023 | 24271     | Canandaigua Monday Noon           | 1310          | \$ 50.00           |
| 10/13/2023 | 10385     | Webster Monday                    | 255           | \$ 40.00           |
|            |           |                                   |               | <b>\$ 1,758.00</b> |

**Account Totals on October Statements generated 10-31-23 and released 2<sup>nd</sup> week of October.**

|   |                    |
|---|--------------------|
| Primary Checking Account Balance October 31, 2023 | \$11,803.59        |
| Reserve Account Balance October 31, 2023          | \$16,941.64        |
| NYNAC Balance October 31, 2023                    | \$997.40           |
| <b>Total Funds</b>                                | <b>\$29,742.63</b> |

**Sage Ruddy Mutual Funds Balance for Period Ending September 30, 2023, Statement: \$2,506.68**

►►► **Please see article on page 1 for a list of accomplishments of the Treasury in the past two years**

Please email the Treasurer with any questions at: [Treasurer@nynafg.com](mailto:Treasurer@nynafg.com)

**Final NYN 2024 Budget  
Approved at Fall Assembly**

► **NOTES:**

We budget \$8,000.00 in contributions from groups annually.

|    | Expenses                         |                     |
|----|----------------------------------|---------------------|
| 1  | Alternate Delegate               | \$ 550.00           |
| 2  | Chairperson                      | \$ 600.00           |
| 3  | Delegate                         | \$ 1,375.00         |
| 4  | Imm Past Delegate                | \$ 550.00           |
| 5  | Secretary                        | \$ 550.00           |
| 6  | Treasurer                        | \$ 550.00           |
| 7  | Alateen                          | \$ 450.00           |
| 8  | AAPP Alateen Area Process Person | \$ 450.00           |
| 9  | Archives                         | \$ 450.00           |
| 10 | Convention                       | \$ 450.00           |
| 11 | Group Records                    | \$ 450.00           |
| 12 | Literature                       | \$ 450.00           |
| 13 | Newsletter                       | \$ 450.00           |
| 14 | NYNAC                            | \$ 650.00           |
| 15 | Presentation                     | \$ 450.00           |
| 16 | Public Outreach                  | \$ 450.00           |
| 17 | Non-English-Speaking Outreach    | \$ 150.00           |
| 18 | Web Technical Support            | \$ 450.00           |
| 19 | Website Coordinator              | \$ 450.00           |
| 20 | Zoom Coordinator                 | \$ 450.00           |
| 21 | Accountants Rvw                  | \$ 500.00           |
| 22 | Ad-Hoc Committees                | \$ 150.00           |
| 23 | AWSC meetings                    | \$ 200.00           |
| 24 | Delegate Direct Cost             | \$ 2,700.00         |
| 25 | Delegate Personal                | \$ 300.00           |
| 26 | Liability Insurance              | \$ 700.00           |
| 27 | NERD                             | \$ 1,000.00         |
| 28 | New Equipment                    | \$ 1,500.00         |
| 29 | Newsletter Publishing            | \$ 500.00           |
| 30 | NYN Website Hosting Cost         | \$ 125.00           |
| 31 | Website Design                   | \$ 2,000.00         |
| 32 | P O Box Rental Fee               | \$ 150.00           |
| 33 | Presentation Supplies            | \$ 150.00           |
| 34 | Public Outreach Literature       | \$ 150.00           |
| 35 | Zoom Yearly Subscription         | \$ 150.00           |
| 36 | Seed \$\$ - Fall Assembly        | \$ 1,500.00         |
| 37 | Seed \$\$ - Spring Assembly/Conv | \$ 1,500.00         |
| 38 | Seed \$\$ NYNAC                  | \$ 1,500.00         |
| 39 | MISC Cost/ WSO Donation          | \$ -                |
| 40 | Service Chgs for Returned Cks    | \$ -                |
|    | <b>Total Expenses</b>            | <b>\$ 25,150.00</b> |

**\*\*\* See last page for donation instructions and donation address. \*\*\***



**NORTHERN HI LIGHTS  
SUBSCRIPTION FORM**

• **NO COST** for an **ELECTRONIC COPY**

• **(\* 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  
January-February  
Northern Hi Lights**  
Due by:  
**January 15**  
Topic:  
**"Evergreens Are Patient With Winter"**

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

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