

Table of Contents:

Calendar	...Pg. 1-3
Reports	...Pg. 1-2
Treasurer's Report...	Pg. 1, 4
Topic Articles	...Pg. 3-4
Events	...Pg. 1-5
Contact List	...Pg. 3
Subscriptions	...Pg. 6
Donations	...Pg. 6

July/August Topic: "It Works If You Work It!"

September Topic: "Amends"

Calendar:

Sunday July 14th
NYN GR/DR Monthly Meetup
 4-5 p.m. on Zoom
 (see notice at right)

Sunday August 11, 2024
District 10 Picnic
 Dorchester Park, Pavillion, NY
 (see [Flyer](#), page 5)

September 20, 2024
Alateen Interest Meeting
 7:30 p.m. on Zoom

September 28th 2024
**Hybrid 2024 NYNArea
 Fall Assembly**
 Syracuse (see p.5)



May 30th to June 1st, 2025
 New York North Area
**Spring 2025 Assembly
 & Convention**
 "Stepping into the Light
 of Gratitude"
 (See [Flyer](#) on Page 2)

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



Chair's Letter: Relaxation Feeds the Work



Hello NYN Area Fellow Al-Anon Members!

"It Works If You Work It."

Yes, it does. And sometimes I need to rest in between working it. Summer months are a great time to take some time off and relax, rejuvenate and re-energize! I still make a list of things to do, I just give myself more time to get them done. I find I am more productive when I give myself a break once in a while.

Please check out Jim's Convention Coordinator report to find out what events are happening this fall. We are looking for some help with the Fall Assembly, Sept 27, 28, & 29. If you are interested in doing service, please contact convention@nynafg.com !

Our first GR/DR monthly meetup was a success!! We've scheduled the next one for Sunday, July 14th, 4 p.m.-5 p.m. Stop in for 5 minutes or the whole hour. Any GR/DR or anyone who wants to learn about the service positions is welcome to attend. It is a casual and friendly place to ask questions and share experience, strength and hope! If you have any questions, feel free to contact me by email: chairperson@nynafg.com

Gratefully in service,

Ellen V, NYN Chairperson, Panel 64

Panel 64 Has a Treasurer; New Address!

Dear Fellow Trusted Servants,

I was recently elected to the position of NYN Treasurer. We are still working on updating all of the banking accounts. It will take a bit longer before we can provide the Area with an updated financial statement.

Our new mailing address is:

NYN Area Assembly
P.O. Box 5253
Oswego, NY 13126-8777



Any mail sent to the old address will be forwarded for up to one year. (But there could be up to a 4-week delay for when the mail will be received at the new address.) It is important to update your Group/District/AIS records to reflect this change.

Reminders: Do not send cash, and include your Group's name and WSO ID number (found on your WSO website meeting listing) on your check or money order.

If you have any questions or concerns, please do not hesitate to contact me.

Yours in Service,

Kathi D., Immediate Past Delegate & Treasurer

P.S. For a start see: A list of contributions, 5/1 through 6/14 on page four.

Our Delegate Reports from WSO

As Delegate, it was an honor to attend and participate in the World Service Conference (WSC) which was held April 18th–21st in Virginia Beach, VA. I want to start by expressing my gratitude for all the support I received from the groups through your cards and well wishes during the World Service Conference. The days were long and packed with so much information. It was hard work, but I enjoyed taking part in doing the business of a spiritual program. When I returned home, I had fun learning how to put a slide show presentation together and giving my Delegate's Report at the Spring Assembly. That report is available on the NYN Website on the Newsflash /AWSC and Assembly Meeting Information page ([Area Events](#)). If you have any questions about my report, please contact me at delegate@nynafg.com.

One important piece of information to share with your groups is that the WSO cannot operate without our continued financial support. We do this through our group and individual voluntary contributions and by purchasing literature through the WSO directly, from our Al-Anon distribution centers (AIS offices & book depots), or at meetings. Each year the WSO spends \$331/group. In 2023, only 61% of groups contributed, and those groups sent in an average of \$196/year. Please share this information with your Group Treasurer and ask how much your group contributed last year. The appeal letter that is mailed to the group CMA's every quarter is a way for members to contribute directly to the WSO. Does your GR share the appeal letter and give your members an opportunity to contribute?

One of the more meaningful aspects of the WSC was the manner in which we conducted business and how I was able to work my program through the process. The World Service Conference is Al-Anon's largest group conscience, guided by Tradition 2, where we invite our Higher Power to guide us in decision making. We were there to consider issues and make decisions related to finances, service roles and our operations. I noticed that when the discussion was contentious, I could feel myself becoming guarded and getting pulled into self-righteousness and closed-minded thinking. I was reminded how Tradition 6 says "lest money, property and prestige divert us from our primary spiritual aim" and I could feel it like an energy that was slowly creeping over me. My ego was showing up and I was having a hard time shaking it. I was powerless over that feeling and no matter how much I tried, I couldn't make it go away. It took the powerful, loving kindness of my fellow delegates, during a spiritual workshop, to melt it away. I was reminded that this is a WE program; I can't do it alone. I am so grateful for this opportunity to serve Al-Anon and continue my spiritual growth. Please keep coming back.

With love and gratitude,
Carol C.

Assembly This Fall; Convention Next Spring!

The **2024 New York North Area Fall Assembly** will be held in a one-day hybrid format on September 28 at the North Syracuse Education Association (NSEA) Office, 210 S. Main St., (corner of Rt. 11 & Palmer Drive) N. Syracuse, NY 13212. Entrance and parking are on Palmer Drive. The AWSC Meeting and a Spiritual Panel will be held via Zoom. District 29 has offered to coordinate the virtual Spiritual Panel. There may also be an in-person Hospitality Area, Raffle Items and Baskets to be won, and Al-Anon and Alateen Conference-Approved Literature available for sale if we have enough volunteers for the event day

Have you been hoping for a full Convention?

The 2025 NYN Area Spring Convention will be held May 30th to June 1st, 2025 at the RIT Inn and Conference Center in Henrietta, NY, just off Thruway Exit #46 for Rochester. Our theme of "Stepping into the Light of Gratitude" will inspire a program of workshops and panels for all Al-Anon, Alateen, and AA members attending.

There will also 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.

Multiple members from the Area have stepped up to host. Pat H. will be the Chairperson and Janet R. will be the Co-Chair. More details to come. Many thanks to Pat and Janet and their committee for stepping up to serve!

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

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

Room rates:
\$148/night
(inc. tax)

*Stepping
into the
Light of
Gratitude*

Growing Alateen Service

The AAPP (Area Alateen Process Person) and the Alateen/NYNAC Coordinator are glad to inform you that the New York North Area 2024 Online Alateen Recertification is finished. We have completed recertification of 38 Al-Anon Members Involved in Alateen Service (AMIASs) and the initial certification of two new AMIASs. We will continue to offer certification throughout the year to everyone who wishes to do this special twelfth step work to protect our Alateens. We are especially in need of more male AMIASs.

There are currently eight active Alateen groups. Four out of those eight groups have active teen attendance. The other four locations have dedicated AMIASs that are ready for participation of teens.

The next **Alateen Interest Meeting** will be on September 20, 2024 at 7:30 p.m. The first agenda item will be to provide members with information about Alateen and how to become a certified AMIAS. Interested participants need to register for this meeting on the [nynafg website](#) to receive the login information. AMIASs who are currently registered will be sent an email reminder.

As many of you know, the Area is still in need of an Alateen Coordinator. Here is a link to the [responsibilities of the position](#). Basically, your job is to support the AAPP, the NYNAC Coordinator, the eight active groups and be a resource to the 40 certified AMIAS. 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.

All of the districts in our Area are in need of registered AMIASs. More members are also needed to step into service as substitute Alateen Group Sponsors. 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. The training takes a few hours and can be done virtually or in person. We are available to speak to individual Al-Anon groups and at District/AIS meetings to share about the "Joys of Service" in Alateen.

Respectfully submitted,

Vicky D. amias@nynafg.com

Maria S., NYNAC Coordinator/Interim Alateen Coordinator alateen@nynafg.com

Outreach Service Can Happen Anywhere

Hello fellow Al-Anon Members,

Safe travel wishes to all, and a gentle reminder to consider Public Outreach even when you are away on vacation. Consider taking some pamphlets or bookmarks and: dropping some off if you have to use a laundromat while you are away, posting some up on a bulletin board at the local market or leaving some on an information table at a church you might go to.

Regarding this month's topic of "It Works If You Work It", it seems to me that this is one of the most important themes. When I struggle in my daily life with different deadlines, situations and stressors, I become aware that it is usually because I am not "working it"—not working the program, not following the steps, not reading my literature, not talking to my sponsor and especially not making time with my Higher Power. I also see this at my District's level—we have a sad lack of service. District 8 encompasses the Albany area with 20+ meetings, but less than half of our groups have Group Representatives, and we only have three District service positions filled. Our literature tells us that Service is part of recovery—to me, "It Works If You Work It" also means doing Service work.

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

Respectfully submitted,

Maria S., Public Outreach Coordinator

CONTACT INFO for Officers & Coordinators

Officer:	Name:	Email
Chairperson	Ellen V.	chairperson@nynafg.com
Treasurer	Kathi D.	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	Maria S.	web@nynafg.com
Business E-Meeting Host	Maggie G.	emeetinghost@nynafg.com
Public Outreach	OPEN	po@nynafg.com
Presentation	Michael R.	presentation@nynafg.com

This Month's Topic

"It Works If You Work It" is the topic for this month's newsletter. One of the main mantras of Al-Anon, this phrase reminds us that we have to work our program in order to be successful. In other words, you get out of something what you put into it. The whole purpose of recovery is to get one's self better, and hard work and diligence are necessary tools in the toolbox of Al-Anon.

Every time I attend a meeting or do my daily readers, I submit to the will of my Higher Power and devote myself wholeheartedly to this moment in time. I find myself growing stronger each day that I remember where I have been and where I am now in my search for serenity. One day at a time, I work my program and reap the benefits of the fellowship of which I am a devoted and faithful member.

My experience, strength, and hope are the pillars that represent the foundation of my program. The love and friendship that I gain from my fellow members is paid forward to the next person who walks through the door of an Al-Anon meeting, looking for answers to and solace within the difficult circumstances he or she has faced and cannot cope with on his or her own. When we all work at it, all of us receive the rewards that we strive for each and every day.

—Mike R., Presentation Coordinator

Preliminary to Treasury Report:
A List of Contributions 4/30-6/14

Check Date	Group #	Group Name / District	Group Contribution	District Contribution	Northern Highlights
4/30/2024	503275	Thurs Hope	\$25.00		
5/2/2024	305161146	?	\$10.00		
5/2/2024	30662245	Stepping into Recovery	\$20.00		
5/3/2024	30623245	Parkside Steps Adult Children	\$30.00		
5/4/2024	30590270	AFG Thurs night	\$69.20		
5/5/2024	-	District 10		\$200.00	
5/8/2024	500955	Sat Morning AFG	\$25.00		
5/9/2024	9828	AFG Friday	\$75.00		
5/11/2024	30524821	Tues Night AFG of Bemus Point	\$45.00		
5/19/2024	502778	Steps to Serenity Fredonia AFG	\$100.00		
5/20/2024	54087	St Rose Wed am AFG	\$72.75		
5/24/2024	9722	Eastside AFG	\$20.00		
-	24271	Canandaigua AFG	\$100.00		
5/24/2024	9722	Eastside AFG			\$20.00
6/7/2024	39872	New Beginnings of Jamestown			\$10.00
-	27835	?	\$50.00		
5/23/2024	30503839	Calm in the Storm AFG	\$80.00		
5/26/2024	27134	Spiritual Awakenings AFG D19	\$45.00		
5/29/2024	30549644	?	\$20.00		
6/6/2024	63806	7:30 Courage to Change	\$30.00		
5/29/2024	66032	Woman's 12 @12	\$19.50		
6/6/2024	?	Cloverleaf AFG Mon Night	\$50.00		
6/8/2024	-	District 6		\$50.00	
6/10/2024	37943	Thurs Fayetteville	\$43.20		

It Does Work If You Work It

It Works If You Work It: Benefits of Working the Al-Anon Program is a doctoral thesis that was presented to the Board of Trustees in July 2023. The research was based on the 2018 AFG Membership Survey. The findings were that "longevity in Al-Anon is a key component to better mental health." Al-Anon's "therapeutic elements" associated with positive change were: attending meetings, being spiritually motivated, working with and serving as a sponsor, and engaging in service.

I know that I have experienced this for myself. When I came into Al-Anon, life felt like one big chore to me. I had it in my mind that once I finished my "to-do" list, then I could relax, take a break and have some fun. The problem was, the "to-do" list was never-ending. Al-Anon taught me how to live in conscious presence. I still have the same to-do list and I still do the same things. I am just present while doing them, and I now enjoy life as I'm doing it. Al-Anon showed me how to live. I'm forever grateful for this program.

Our surveys show that many members find Al-Anon through the recommendations of health professionals. After members complete the surveys the results are published by the WSO. Health professionals then use the data and publish findings based on the data. These findings are confirmed by the members. Professionals then recommend Al-Anon and help carry the message.

Our survey participation makes this possible.

One way that we can all do service and help carry the message of Al-Anon is to participate in the 2024 Al-Anon Membership Survey. **Please see the flyer on page 5 and click on the QR-code or go to the link listed at the bottom** and complete the survey.

—Carol C., Delegate

Buckle up for an incredible Al-Anon adventure:

Road Trip!
YOU AND YOUR BOARD CONNECT

Registration opens in September.

Columbia, South Carolina

al-anon.org

2024 Road Trip! You and Your Board Connect will be held **Saturday, October 26, 2024, 9-5**

The 2024 Al-Anon Membership Survey



Calling all Al-Anon members—longtime members and newcomers alike! This service project provides data that helps to validate the effectiveness of recovery through Al-Anon Family Groups. "Participation is the key to harmony," and your participation is important and greatly appreciated.

The survey is open from June 20 to July 31, 2024.

- Participation is completely anonymous
- No personally identifiable information is collected
- 10–15 minutes to complete
- Requires an internet-connected device
- Available in English, Spanish, and French.



Visit al-anon.org/membersurvey to participate!

2024 District 10 Al Anon Annual Picnic

DORCHESTER PARK - NORTH PAVILION

5469 NY Rt. 26

Whitney Point, NY 13862

Sunday August 11, 2024: 11:00 to 4:00

Bring your own meats, a dish to share and table settings

Cook Fire Provided

Dorchester Park offers: swimming, boat rentals, volleyball and more



SAVE THE DATE!!!

2024 NEW YORK NORTH AREA

HYBRID FALL ASSEMBLY

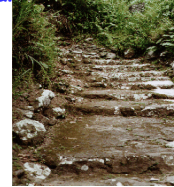
September 28, 2024

NSEA (North Syracuse Education Association) Office

210 South Main Street (Route 11) at Palmer Drive

North Syracuse, NY 13212

Entrance and parking on Palmer Drive



HELPERS

WANTED!

Would you be interested in helping us out?
You and your group can help make a difference
and, you get back much more than you give.

Volunteer an hour or two for the following areas:

- **Hospitality**—Help with ongoing refreshments or donations of food.
- **Registration**—Help register people Saturday; meet fellows in Al-Anon.
- **Greeters**—Welcome and help orient members as they arrive.
- Unsure of what you'd like to do but are willing to help out? Ask any Committee Member.

NO EXPERIENCE NECESSARY! QUESTIONS?

convention@nynafg.com

The New York North Area is in Need Of:

- **Officers** (Contact chairperson@nynafg.com)
 - Public Outreach
 - Alateen Coordinator
 - District Representatives
- **Group Representatives** (selected by their Groups)
Many groups lack representation and are not fully in touch. The GR is a key position for communication and decision making. GRs also receive understanding and experience that make them eligible for further service.
- **AMIASs** More Al-Anon Members Involved in Alateen
Service are needed. See page 3.

Your District Event, Conference or Convention Here

Send details and/or a flyer by the 15th of the month and see it in the next month's Northern HiLights. (Clear fonts of at least 30 points height recommended on flyers as they are often reduced to a quarter page)

newsletter@nynafg.com

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



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 _____

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

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

E-mail: newsletter@nynafg.com

Submissions for

September

Northern Hi Lights

Due by: **August 15**

Topic:

"Amends"

newsletter@nynafg.com

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 13126-8777—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., David N. ******

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