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**September Topic:** "Amends"

**October Topic:** "Fear"



## Chair's Letter: Autumn, Full of Options



Hello NYN Area Fellow Al-Anon members!

I hope that the summer is treating you well and that you are able to find relief from the rains or heat that have come our way. I keep remembering "This too shall pass."

Our upcoming calendar is rich with Al-Anon opportunities! Please check out the calendar to the left and our calendar page on our NYNAFG website: [https://nynafg.com/area\\_events.html](https://nynafg.com/area_events.html)

Service with a smile! NYN is looking for members to be of service. We are looking for 3 members to fill the roles of Secretary, Alateen coordinator and Public Outreach coordinator. Job descriptions can be found here: <https://www.nynafg.com/pdf/NYNJobDesc2023.pdf>. If you have a desire to deepen your recovery, meet new friends and share your talents with us, please reach out to me by email at [chairperson@nynafg.com](mailto:chairperson@nynafg.com).

I look forward to seeing you at the upcoming AWSC, Assembly or Assembly Spiritual Panel meetings!

Gratefully in service,

Ellen V, NYN Chairperson, Panel 64

### Calendar:

September 13. 7-8:30 PM  
**Fall AWSC**  
On Zoom

September 20. 7-8 PM  
**New GR Meeting**  
on Zoom

September 20, 7:30 PM  
**Alateen Interest Meeting**  
on Zoom

September 21, 3-5 PM  
**AIS Early Bird Blissful Bingo**  
Rochester, NY (Flyer, p.5)

September 28  
**Hybrid 2024 NYN Area Fall Assembly**  
Syracuse, NY (Flyer, p.4)

September 29, 9-10 AM  
**Virtual Spiritual Panel**  
Zoom

October 19, 9AM-4PM  
**District 17 Day of Sharing**  
Randolph, NY (Flyer, p.5)



May 30<sup>th</sup> to June 1<sup>st</sup>, 2025  
New York North Area  
**Spring 2025 Assembly & Convention**  
"Stepping into the Light of Gratitude"  
(See Flyer on Page 4)

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**New York North Area Events**

are also posted at our  
website calendar:

[nynafg.com/calendar.html](https://nynafg.com/calendar.html)

**FIND the links to register** for any or all events here:

[https://nynafg.com/area\\_events.html](https://nynafg.com/area_events.html)

- **Fall AWSC - Friday, September 13, 7-8:30 p.m.** This Area World Service Committee meeting will be held on the Zoom platform. In this shorter version of the Summer AWSC we will set the agenda for the Fall Assembly. It would be great to have every district represented!
- **Monthly New GR Meeting - Friday, September 20, 7-8 p.m.** Held on the online Zoom platform. For any new or current Group Representative. Run by our Past Delegate Kathi D. Topics covered will be: how GRs are vital links in the unity of Al-Anon, what occurs at Assemblies, meeting etiquette, Al-Anon acronyms, the service manual, and more.
- **Alateen Interest Meeting - Friday, September 20, 7:30-8:30 p.m.** Held electronically on the zoom platform. This meeting is for anyone currently serving or interested in participating in Alateen service.
- **NYN Fall Assembly - Saturday, September 28, 9 a.m.-4 p.m.** Held hybrid (in person & on Zoom). In-person location: North Syracuse Education Association, 210 S Main St, North Syracuse, NY 13212 ([map](#))
  - Registration: [https://nynafg.com/area\\_events.html](https://nynafg.com/area_events.html)
  - Online login information will be sent to you after you register.
  - This meeting is for all GRs, DRs, NYN Officers and Coordinators, AIS Liaisons and Past Area trusted servants.
  - Many of us will be spending Friday or Saturday night in the North Syracuse area. If you would like accommodations and have not yet made them, please contact Ellen V. ([chairperson@nynafg.com](mailto:chairperson@nynafg.com)) and she may be able to help out as hotels are booked up for a Syracuse University event.
  - We will discuss accepting electronic meetings into our service structure and possibly creating a technology coordinator service position. We also hope to fill the three vacant NYN service positions (Alateen coordinator, Public Outreach and Secretary).

**Spiritual Panel - Sunday, September 29, 9-10 a.m.** All are welcome!  
On Zoom, [Meeting ID: 696 234 3724](#) [Passcode: NYN](#)

## Update from Our New Treasurer

Over the past couple of months I have been getting up to speed with the Treasurer's position.

Many checks are still being sent to the Rochester PO box. Please make sure to update your group's finance records with the Area's new mailing address. Mail will be forwarded for approximately 11 more months. However, forwarding mail results in delays. My current schedule is to check the PO Box on Saturdays and to deposit the monies received on Monday. The bank's branch in Oswego is not open on Saturdays. On the last day of the month, recently received checks will be deposited.

Donations received each month will be listed in the next Northern HiLights issue. Contributions amounts will no longer be listed. This decision is based on Tradition One, "Our common welfare should come first; personal progress for the greatest number depends upon unity." and Tradition 4, "Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole." Posting dollar amounts could lead to controversy within a group and/or the Area as each group has its own unique financial situation. Instead, I will provide each group with a semi-annual contributions report.

I continue to serve as the Immediate Past Delegate by supporting Carol, our current delegate. I am also on the Task Force concerning accepting electronic groups into the NYN Area. We will be presenting a report and a proposed guideline at the Fall Assembly. The information concerning this is posted on the NYN Website.

Thank you for your continued support,  
Kathi D., Treasurer

### Bank Account Balances as of July 31, 2024:

- General Operating Fund \$19,790.67
  - Reserve Fund \$14,845.00
  - NYNAC \$1,207.00
  - Mutual Fund \$2,780.15
- 
- NYN 2024 Budget \$25,150.00
  - Contributions thru 7/31 \$6,024.25
  - Expenses thru 7/31 \$3,464.88

**For 2024 Group Contributions  
January 1 - July 31,  
See next page.**

## Obedience to the Unenforceable— What's in a Name?

In ***Paths to Recovery*** on page 133 there is a quote by Lois W. that reads, "Al-Anon...holds together by means of a loving understanding among its members. Al-Anon is united—without organization, without management without a chain of command or a set of rules—by its members' willingness to be obedient to the unenforceable." It goes on to say that "The Traditions form the framework of common consent within which we may best carry out our activities." I understand this to mean that we have no rules, but we do have principles, and we try to practice these principles in all of our affairs.

Tradition Five reminds us of our primary purpose and part of that is to **welcome** and give comfort to families of alcoholics. And Tradition Three says that the only requirement for membership is that there be a problem with alcoholism in a relative or friend.

How do we welcome the newcomer? When I welcome someone new to my meeting, I start by introducing myself. How does my group welcome the newcomer? It starts by listing its name on a meeting list. The name is an introduction. What does your group name say to a newcomer looking for help? The 2024 World Service Conference approved new language to guide groups in choosing a name. It reads, "It is vital that group names are inviting, attractive, and avoid public controversy. Our spiritual growth has its roots in the principle of anonymity, to enhance the sense of belonging and unity."

Is your group's name in alignment with the principles of Traditions Three and Five? Is it welcoming and clear to the newcomer or does it exclude certain members or new members? We are being asked to consider these questions. If your group name is not in alignment with these principles, please consider having a group conscience around this topic and practice obedience to the unenforceable. If you have any questions about this, I am available to offer my support. I can be reached at [delegate@nynafg.com](mailto:delegate@nynafg.com)

Yours in service,

Carol C., NYN Delegate

2024 Group Contributions  
January 1 - July 31

Group #	Group Name	Group #	Group Name
9577	Amherst Family Group	66032	Womens 12@12
9612	Vestal Wednesay Morning Step	66096	Keep it Simple
9679	Faith Group of Al-Anon Cicero	66230	Tuesday Group AFG
9679	Faith AFG	500955	Saturday Morning AFG
9722	Eastside AFG	501365	Courage to Change
9724	Monday Sunshine AFG	501783	Serenity Seekers
9763	Caring and Sharing	502491	Unity Al-Anon
9765	Queensbury AFG	502778	Steps to Serenity Fredonia
9780	Serenity Now AFG	503200	Live & Let Live
9783	Hamlin Sunday Niters AFG	503275	Thursday Hope
9828	AFG Friday	503929	Courage for Serenity
10187	Penn Yan AFG	3051906	Thursday Hope
10296	Sherrill Hope Group	3066224	Stepping into Recovery
10302	Sidney Wednesday AFG	30503839	Calm in the Storm
10326	Westenders AFG	30503839	Calm in the Storm AFG
10328	Friday AM Bayberry	30524821	Tuesday Night AFG
10385	Webster Monday AFG	30529340	Monday Night Fly Rd
24271	Canadaigua Mon Noon	30549644	Unknown Group
27134	Spiritual Awakenings	30590270	AFG Thursday Night
27835	Changing What I Can	30606210	Progress Not Perfection
30375	Faith & Hope	30622358	Caira AFG
31686	Tuesday AM Adult Children	30623245	Parkside Steps Adult Children
32379	Sunday Night Parents	30658818	Strength in Numbers AFG
37324	Friday Night Alive	30660903	Saturday Evening Adult Children
37943	Thursday AM Fayetteville	30662245	Stepping into Recovery
38151	We Are Not Alone	30669070	Wed Crescent
39872	New Beginnings AFG (Jamestown)	30691441	Hudson Courage to Change
40786	Days of Healing	30702163	Sunday Clifton Park
40863	Homer AFG	30702163	Let it Begin with Me AFG
42023	Live and Let Live	30765722	Healing Hearts AFG
43410	Work in Progress	30810753	Wed Women's 12&12 AFG
44775	Experience Strength & Hope	30811753	Stepping Stones AFG
49865	Thursday Adult Children	30825250	Granville Sunday AFG
49964	Simple Beginnings AFG	305161146	Unknown Group
51509	Courage To Change AFG	305678258	Gowanda Happy Steps to Recovery
53134	Hope for Today		Cloverleaf (Kenmore)
54087	St Rose Wed AM AFG		Personal Donation - Karen L
54280	Circle of Hope		District 6
60706	Beginning Today AFG		District 10
62668	Experience Strength & Hope		District 17
63365	The Growing Circle		District 22
63806	7:30 Courage to Change		District 23
64623	Monday Serenity		District 29
64625	Serenity on Saturday (S.O.S.)		

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## Fall Assembly 9/28 (SOON!); Full Convention Next Spring!

The **2024 New York North Area Fall Assembly** will be held in a Hybrid format in just a few weeks, on September 28, 2024 at the **NSEA (North Syracuse Education Association) Office, 210 S. Main St. (Route 11), (corner of Rt. 11 (Main Street & Palmer Drive) N. Syracuse, NY 13212**. The entrance and parking are on Palmer Drive. This will be a one-day Assembly, hybrid on Zoom for those who cannot attend. There will be an AWSC Meeting held prior to the event on Zoom, as well as a Spiritual Panel on Sunday Morning held via Zoom. District 29 has offered to coordinate the virtual Spiritual Panel. There will be an in-person Hospitality Area as well as Al-Anon and Alateen Conference Approved Literature available for sale. Register: [https://nynafg.com/area\\_events.html](https://nynafg.com/area_events.html)

The **2025 New York North Area Spring 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 **2025 New York North Area Spring Convention** will include a program of workshops and panels for all Al-Anon, Alateen, and AA members attending. More details to come. 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. Many thanks to Pat and Janet and their committee for stepping up to serve!

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

### CONTACT INFO for Officers & Coordinators

Officer:	Name:	Email
Chairperson	Ellen V.	<a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
Treasurer	Kathi D.	<a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>
Secretary	OPEN	<a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>
Delegate	Carol C.	<a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>
Alt. Delegate	Betty G.M.	<a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>
Immediate Past Delegate	Kathi D.	<a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>
Alateen Coordinator	OPEN	<a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>
Alateen AMIAS Process Person	Vicky D.	<a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
NYN Alateen Conference (NYNAC)	Mary S.	<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	Connie C.	<a href="mailto:records@nynafg.com">records@nynafg.com</a>
Archives	Janet G-R.	<a href="mailto:archives@nynafg.com">archives@nynafg.com</a>
Literature	Renee S.	<a href="mailto:lit@nynafg.com">lit@nynafg.com</a>
Newsletter	Wendy L.	<a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>
Web Coordinator	Maria S.	<a href="mailto:web@nynafg.com">web@nynafg.com</a>
Business E-Meeting Host	Maggie G.	<a href="mailto:emeetinghost@nynafg.com">emeetinghost@nynafg.com</a>
Public Outreach	OPEN	<a href="mailto:po@nynafg.com">po@nynafg.com</a>
Presentation	Michael R.	<a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>

## 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

Follow the Registration Link at  
[https://nynafg.com/area\\_events.html](https://nynafg.com/area_events.html)



### HELPERS WELCOME!

Would you be interested in helping us out?

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!**

To Volunteer or get answers to **QUESTIONS**,

Contact: [convention@nynafg.com](mailto:convention@nynafg.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

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

Stepping  
into the  
Light of  
Gratitude

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](http://al-anon.org)

Saturday, October 26, 2024, 9-5



**EARLY BIRD  
BLISSFUL BINGO**

**9/21/24, 3-5 PM**

**FUN|PRIZES|RAFFLE**

\$5 Suggested donation

Saturday, September 21st from 3 to 5 pm  
Rochester Reformed Presbyterian Church  
115 East Avenue, East Rochester, NY 14445

A social event sponsored by the Rochester Al-Anon Information Service Activities Committee. All are welcome. Bring your bliss!

## This Month's Topic

### Amends Vary in Size, Type & Timing

Once I started in Al Anon meetings, the second part of Step Ten: *"when we were wrong promptly admitted it"* became a mantra. It pushed me to admit my errors quickly, short-circuiting guilty brooding on what people might be thinking or feeling about what I had said or done. It has been a relief—my admissions are kindly received; it turns out perfection is not required.

I have always had a terrible sense of time. My Bio teacher said I had a "faulty biological clock." It may have been a joke, but I leaned into it and, even before Al Anon, when I was late I admitted it as a "chronic" fault and apologized. What I didn't do was make an effort to change. With modern tech and the insights gained in Step Four, I am making progress on a living amends.

I am approaching my eighth step. I rarely hear members in my meetings discuss the larger amends they have made in step eight. Perhaps I need to add a meeting where the steps are on the agenda each month...oops, me and my bad timing! August was Step Eight! Sigh. I look forward to HP and my sponsor's help in living through this matter of amends—all in good time.

Still working it,

Wendy L., Newsletter Coordinator



New York North District 17



## Al-Anon Day of Sharing

October 19<sup>th</sup>, 2024, 9:00am  
Participation is the Key



Please Volunteer and Participate  
Registration: Free Will Donation  
All are Welcome. No one will be turned away.

October 19<sup>th</sup>, 2024  
1<sup>st</sup> Presbyterian Church  
186 Main Street, Randolph, NY  
8:30am-4:00pm

**Schedule:**  
8:30- Registration  
9:00 - Double Winner Panel  
10:15 - Adult Child Panel  
11:30 - AA Speaker  
12:30 - Lunch  
1:30 - Old Timers Panel  
3:00- Main Speaker

Literature Table  
Basket Raffles  
50/50 Raffle  
Friends  
Recovery

Please bring a dish to  
pass for lunch



### The New York North Area is in Need Of:

- **Officers:** (Contact [chairperson@nynafg.com](mailto:chairperson@nynafg.com))
  - Public Outreach
  - Alateen Coordinator
  - Secretary
  - 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 so we can serve more teens.

### Your District Event, Conference or Convention Here

Send details and/or flyer by the 15<sup>th</sup> of the prior month  
Clear fonts (30 pt.) are recommended on Flyers.

[newsletter@nynafg.com](mailto: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](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:

NYNorth: [www.nynafg.com](http://www.nynafg.com)

WSO: [www.alanon.alateen.org](http://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 \_\_\_\_\_

Group WSO # \_\_\_\_\_ District # \_\_\_\_\_

➤ **Mail Subscription Forms and Donations to:**

NYN AREA ASSEMBLY, PO Box 5253, Oswego, NY 13126-8777

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

E-mail: [newsletter@nynafg.com](mailto:newsletter@nynafg.com)

## **Submissions for**

**October**

**Northern Hi Lights**

Due by: **September 15**

Topic:

**"Fear"**

[newsletter@nynafg.com](mailto: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](mailto:Treasurer@nynafg.com)

**\*\*Newsletter Proofreaders:** Pat H., Jack H., David N. **\*\*\***

NYN AREA ASSEMBLY  
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