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November Topic: "Gratitude"

December Topic:

"Gifts of the Program"

Calendar:

November 2, 9:30 AM - 3PM  
District 21 Day of Sharing  
Fulton, NY (Flyer, p.5)

November 19-21  
NENY Fall AA Convention  
Albany, NY (Flyer, p.5)  
May 30<sup>th</sup> to June 1<sup>st</sup>, 2025  
New York North Area  
Spring 2025 Assembly  
& Convention  
Rochester, NY  
"Stepping into the Light  
of Gratitude"  
(Flyer on Page 5)



\*\*\*

New York North Area Events  
are also posted at our  
website calendar:

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

\*

Find the LINK to register for  
NYN events here:

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

Send **your** district or area  
event information  
to both:

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



Chair's Letter:  
Opportunities for Gratitude  
in Service



Hello Fellow NYN Al-Anon members!

I am feeling very grateful to be where I am in my life. "I get to" do so many things, and one of the most significant at this point is the opportunity to be the Chairperson of the NYN Area. I have learned so much in the first nine months of this three-year commitment, and it feels good!!

We are looking for some people interested in sharing their talents with us by serving on some newly formed committees:

- Policy Task Force—to review, update and organize the NYN Area policies together and possibly change them for better understanding and alignment with WSO.
- Fall 2026 Election Assembly and Convention—it's not too early to start planning AND if you start now you can shadow the committee for the upcoming Spring 2025 Assembly and Convention.
- Technology Coordinator Task Force—we voted to create a Technology Coordinator position and need to write the guidelines for it.

Please pass the message along if you know of someone who could help our area grow!

Gratefully in service,

Ellen V, NYN Chairperson, Panel 64

Register Your Online Group!

NYN or GEA—Where is Your Online Group at Home?

Part of the registration process for Al-Anon electronic groups is determining whether a group wants to register with the geographic Area or with the Global Electronic Area (GEA). The questions below can be used to guide the group in making an informed decision.

- What audience is the group seeking to attract? Are you hoping for members from nearby geographically or around the world?
- Where does the group want to vote and contribute: in its geographic Area or in the GEA?
- Does the group want its meeting information included on both al-anon.org plus a local website such as an Al-Anon Information Service or District meeting directory, or does it prefer to appear only on the global electronic meeting search on al-anon.org?
- Is the geographic Area in which the group is based accepting electronic groups\*, and does the Area have a process in place to connect the group to the links of service?

Discussing these questions in a business meeting will help the group decide where to register. Don't hesitate to contact your Area Group Records Coordinator, District Representative, or the World Service Office to answer any additional questions that might arise.

*The Forum*, October 2024 Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

(Page 2 has more info on the recently adopted policy accepting online groups into the NYN Area and our Districts, and how to register your group within NYN or transfer your group registration to NYN.)



## Electronic Groups Within New York North Make Good Sense

We were one of the last areas to make a decision regarding whether to accept fully electronic groups within our Area to become part of our district and area structure. Al-Anon decisions often take time. All offered perspectives are considered, and substantial unanimity is sought.

The recent Assembly decided to adopt the recommendations of a committee formed to investigate the advisability of accepting fully online groups into our Area based on the knowledge available. The decision to go ahead was well considered. Because we were not the first Area to decide, the committee was able to gather the experience of other areas to help them decide on their recommendations.

These were the reasons for going forward with fully electronic groups that I heard discussed at the Assembly, from group discussions and from individuals:

- Some online groups are mainly local and want to participate in district and state activities and decision making, be on local meeting lists, and be supported with the existing District, AIS and Area mentoring and communications. Since our main purpose is to be there for the families and friends of alcoholics, our default answer to such a request should be yes.
- Including online groups makes our ability to reach out to homebound or geographically isolated New Yorkers easier. Rural groups can attract more members if travel to meetings is not required.
- Younger people who are accustomed to online meetings may be more comfortable becoming familiar with our program in that way.
- More meetings available at more times in any given area is a blessing.
- Including our local online meetings gives us a broader population of members in service who can fill various roles in our Area Assembly, Committee work, and Convention planning.

It was a pleasure to witness and participate in the careful and respectful way that decisions are made at the Area level. The process renewed my gratitude for participating in an organization in which there is no authority other than a Higher Power.

--Wendy L., Newsletter Coordinator



## NYN Electronic Groups Move Forward

At the 2024 Fall Assembly, NYN voted to accept Electronic Groups into our service structure. Also, a two-year trial period concerning the requirements that must be met to be a part of NYN was approved.

What does this mean? If your Group no longer meets at a physical location AND you haven't already registered with the World Service Office (WSO), you must register your Group within the next six months. If you are currently registered as an Electronic Group, you can now request to belong to the New York North Area (NYN).

For now, the following requirements must be met to belong to NYN:

- The physical address of the CMA and/or GR must be within NYN, or one of the contiguous Areas (NY South, Massachusetts, Pennsylvania, Ontario South, Vermont).
- Indicate which existing NYN District best represents their members and request assignment to that District.
- Participate in District, Al-Anon Information Service, and Area Assembly meetings without requesting special accommodations.

The full Policy to Accept Electronic Groups into NYN Area Service Structure is available on the NYN website on the [Area Information](#) page.

I want to thank all who worked over the past few years, using the KBDM (Knowledge-Based Decision Making) process to provide us with the necessary information to make an informed decision. Our circle just got bigger!

—Kathi D.

Have you ever worked your way through a piece of Al-Anon Literature with a sponsor or a group? It can open up interesting insights. Here is a Book Study being run online in our New York North Area:

**CAL Book Study: Discovering Choices**  
Selected Tuesday Nights starting 6:00 PM,  
followed by 30 minutes fellowship.

Hosted by District 12 of NYN Area 39 AFG

A virtual book study of:

**Discovering Choices (B30)**

To join, Email: [wnydistrict12@gmail.com](mailto:wnydistrict12@gmail.com)

We'll send you the Zoom information, the schedule (it's not every Tuesday), and where we are in the book.



## Alateen Offers Opportunity to Serve

As you may know, no one stood for the Alateen Coordinator service position at the 2024 Fall Assembly held on September 28, so it remains open. I have been acting as the coordinator since January 1, 2024 in order for our Area to keep the link of service connection to the WSO. The Area needs someone to fill this position through December 31, 2026, effective immediately.

Simply put, the Alateen coordinator is a resource for the certified members and the Alateen groups. The Coordinator also supports the service work of the AAPP (Area Alateen Process Person) and the NYNAC (New York North Alateen Conference Coordinator). I have included links to [New York North](#) and the [WSO](#) where the responsibilities of the position are described. As part of the coordinator's role, attendance is required at the following meetings: four AWSC (Area World Service Committee) meetings plus two Assemblies a year.

When I decided to step into this service position at the 2020 Fall Assembly, I found support for this position from a Super Service Sponsor : the Immediate Past Delegate (also certified AMIAS), the AAPP (Area Alateen Process Person), as well as our other Area officers and coordinators and other Alateen coordinators across the world service structure. WSO also provides support through access to AFG Connects, an electronic platform where coordinators can ask questions or share concerns in order to gain experience, strength, and hope from other coordinators in other Areas.

Remember that Step 12 is about Public Outreach for both Al-Anon and Alateen. It's up to all of us to carry the message: we cannot keep the program unless we are giving it away. I am willing to be a Service Sponsor for anyone that would like to step into this rewarding service position, a unique opportunity to work alongside approximately 40 certified Al-Anon Members Involved in Alateen Service (AMIAS) across the New York North Area.

Please contact myself or the Area Chairperson with any additional questions or to volunteer to fill this position.

Together we can make it,

Mary S.

Acting Alateen Coordinator

[alateen@nynafg.com](mailto:alateen@nynafg.com)



## Financial Overview:

### September 30th Balances

Operational Account	\$20,454.41
Reserve Account	\$14,845.00
Group & District contributions	\$ 8,599.66
Expenses	\$ 6,271.21

### September Group & District Contributions

WSO#	Group Name
9696	Cortland Thursday Night AFG
9763	Caring And Sharing AFG
10188	Step Study AFG
10385	Webster Monday AFG
24271	Canandaigua Monday Noon AFG
27834	Monday Night St Louis AFG
27835	Changing What I can AFG
31686	Tuesday AM Adult Children AFG
37943	Fayetteville Thursday Morning AFG
40786	Days Of Healing AFG
49964	Simple Beginnings AFG
62668	Experience Strength and Hope AFG
63806	Courage to Change AFG
66096	Keep It Simple AFG
502491	Unity Through Recovery AFG
30516146	Thursday AM Live and Let Live AFG
30516146	Thursday AM Live and Let Live AFG
30613221	Newark Sunday Serenity AFG
30765722	Healing Hearts AFG
30782083	Good Journey AFG
	District 12 AFG

## 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	Molly C.	<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 (AAPP)	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	Jenna E.	<a href="mailto:po@nynafg.com">po@nynafg.com</a>
Presentation	Michael R.	<a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>



## This Month's Topic

### Finding Gratitude

I hope everyone is finding solace in the days that bring us good fortune in our lives. The program of Al-Anon continues to enrich our days, and we find the means by which we not only survive, but oftentimes thrive, thanks to the people in the rooms and the love and advice they give us one day at a time. Whether you are getting your experience, strength, and hope in a virtual meeting or face to face, Al-Anon works if you work it.

This month's topic is Gratitude. The opportunity to embrace an attitude of gratitude was not always within a realm of possibility for me. I struggled with the issues of my son's alcoholism and drug addiction; for what in the world could I be grateful? I had nothing to thank my Higher Power for, until I entered the rooms of Al-Anon fourteen years ago.

Now, my life is filled with hope and gratitude. Someone in the program once said HOPE stands for "Hold On...Pain Ends." Once I got off my pity pot and started to see what was worth living for, I began to understand what it was all about. Al-Anon is about looking for the silver lining, finding out that my glass is half full instead of half empty, and that there is nothing that stands in the way of my serenity except me. I can look at each day as another means of expressing my hope and gratitude to the people I love.

I look forward to seeing everyone sometime soon. It may be in an actual meeting room, on Zoom, or in a social encounter of our choosing where we can exchange a hug and a loving embrace in healthy arms and expressions of hope and gratitude for the program of Al-Anon.

With love and gratitude,  
Mike R., Presentation Coordinator



### The Forum Delivers Gratitude

Gratitude has been a cornerstone of my serenity. As Forum Coordinator I'm viewing my monthly Forum with a new lens. I feel more connected, responsible for, and appreciative of it. **The Forum** feeds my recovery with beautiful sharings that are often just what I need to hear. Last night I asked God for help in an area of my life, and this morning when I picked up **The Forum**, God spoke to me in the first article I read.

Feeling responsible for **The Forum** is a gift of my position as Forum Coordinator. I am grateful to fellow members for submitting the articles and photos that bring my recovery to life and connect me to members around the world. I realize how my subscription contributes to the fellowship by feeding my recovery, the recovery of others, and the financial well-being of the WSO so that the WSO can continue to support all our groups worldwide.

I appreciate the people who contribute articles, photos, and artwork. The articles touch me in many ways—like this morning, I read a reminder to me that my partner's actions and perspectives are an outside issue to my serenity.

In a conversation with an Al-Anon friend not long ago, I learned how the combination of quote and picture on the back cover of this month's issue spoke to her. The picture that one of our members contributed, together with the quote from another member inspired her to reflect on the power of our program. **The Forum** is by us, for us!

—Betty GM, Forum 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](http://www.nynafg.com):

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



## Grateful for So Much—including Group Reps

I share gratitude lists with my sponsor and sponsee everyday. It has really strengthened my program and helped me to stay connected. There is so much instability in the world at large, the gratitude list helps me to stay present and be mindful of the serenity prayer.

As the records person for Al-Anon NY North, I am struck by the importance of everyone doing their share to keep this volunteer organization healthy. So I am grateful to everyone who does service. Many groups do not have group representatives. If your group is without a group rep, reconsider the options. I am happy to talk with anyone who wants more information on being a group rep. Doing this service is a great way to show your gratitude for the program and also helps to feel more grounded and connected to the program. At our Fall Assembly, Carol C. talked about Al-Anon being widening circles of love, starting with the group. Embrace that love and consider service!

—Connie C., Group Records Coordinator



# NENY 2024 CONVENTION REGISTRATION

Albany Marriott | 189 Wolf Road, Albany, NY

*Connecting with Love, Unity, & Service*

panels | workshops | speakers | long-timers | literature | special events  
Grapevine | archives | entertainment | Al-Anon | virtual meetings | & more

## November 1 - 3

Full name \_\_\_\_\_

How would you like your name to appear on your name tag? \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Are you a GSR? Yes ☐ No ☐

Accommodations (ASL / Translation / Accessibility / Dietary / etc.) \_\_\_\_\_

Homegroup / Service Position \_\_\_\_\_

Sobriety Date \_\_\_\_\_

Speak on a Long-Timer's panel (25+ years)? Yes ☐ No ☐

AA ☐ Al-Anon ☐ Non-AA Guest ☐

Interested in service opportunities? Yes ☐ No ☐

How do you want your convention packet? Digital ☐ Print ☐

**Virtual ONLY Attendance** \$20 ☐

Early Bird Registration \$25 ☐

**→ Ends 8/31/24**

Full Price Registration \$30 ☐

**→ Starting 9/1/24**

Saturday Lunch Buffet \$52 ☐

Saturday Banquet Pot Roast \$52 ☐

Saturday Banquet Chicken \$52 ☐

Saturday Banquet Eggplant \$48 ☐

Scholarship Contribution \$ \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Make checks payable to:  
NENY Area Association - Area Convention  
PO Box 493, Delmar, NY 12054

**ALL registrations must be submitted/postmarked by 10/15/2024**

**\*\*Register Online\*\***





Hotel Rooms: \$139/night + tax

Book rooms directly through Albany Marriott by 10/15/2024

(518) 458-8444 | <https://tinyurl.com/NENY24-Hotel>

Questions about registration? [conventionregistration@nenyaa.org](mailto:conventionregistration@nenyaa.org)

### AL-ANON District 21's Annual Day of Sharing Hand in Hand, Heart to Heart



Saturday, November 3, 2024  
9:30 AM - 3:00 PM

**new location: First United Methodist Church**  
1408 Rt. 176, Fulton  
(across from middle school, parking in the rear)

Program includes: Guest Speakers,  
Raffles and Literature  
**Suggested Donation \$6.00**

Teens free, includes morning snack and Lunch

*Al-Anon is a support group for friends and families of those whose loved ones are addicted to substances such as alcohol*



## 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





# **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**

**December**

**Northern Hi Lights**

**Due by: November 15**

**Topic:**

**"Gifts of the Program"**

**[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:** Mike R., Chuck A., Jack & Pat H.

NYN AREA ASSEMBLY  
PO BOX 5253  
OSWEGO, NY 13126-8777