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Some “Conventional” Wisdom 

Happy Sunshine NYN Area Al-Anon Members!

We are down to the final preparations for the 2025 Spring Assembly and Convention. I have learned to adapt the slogan “One Day At A Time” to “One Task At A Time” to help with my character defect of procrastination. The Convention committee has met once a month for the past year. At every meeting each committee member shares where they are and what needs to happen next. Little by little problems were solved, tasks were accomplished and help was given with love and consideration for Al-Anon as a whole. I feel ready to attend the Assembly/Convention with an open mind and loving heart to enjoy the panels, speakers, workshops, fellowship and all the other events planned.

I look forward to seeing everyone in person soon!

Gratefully in service,
Ellen V, NYN Chairperson, Panel 64
“God doesn’t call the qualified, he qualifies the called”



- ***GR/DR State-wide meetups** 3rd Sunday of the month 4-5 pm.
 - June 15th: Keeping the meeting “Al-Anon.”
- Zoom Meeting: [829 5131 1512](https://www.zoom.us/j/82951311512) Passcode: [341891](https://www.zoom.us/j/82951311512)

June Theme: **Progress Not Perfection**
July/August Theme: **Live & Let Live**

Calendar:

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

Sunday 6/15 2025, 4-5 p.m.
Monthly Zoom Meetup for GRs, DRs, & interested members.
June Topic:
Keeping the meeting “Al-Anon”
[829 5131 1512](https://www.zoom.us/j/82951311512) Passcode: [341891](https://www.zoom.us/j/82951311512)

Saturday 6/14, 9 a.m.-Noon
District 27 Day of Sharing
33 S. Main, Oakfield, NY
(See flyer, p. 5)

Sunday 10/19, 1:30–5:00 p.m.
AIS Rochester Tureen Supper
(See article, p. 2.)

Your New York North Contacts:

Delegate	Carol C	delegate@nynafg.com
Immediate Past Delegate	Kathi D	ipd@nynafg.com
Alt. Delegate	Betty GM	altdelegate@nynafg.com
Chairperson	Ellen V	chairperson@nynafg.com
Secretary	Kathleen M	secretary@nynafg.com
Treasurer	Kathi D	treasurer@nynafg.com
Alateen OPEN	Mary S (acting)	alateen@nynafg.com
AMIAS Process Person	Vicky D	amias@nynafg.com
Archives	Janet GR	archives@nynafg.com
Convention	Jim M.	convention@nynafg.com
Business E-Meeting Host	Maggie G	e-meetinghost@nynafg.com
Group Records	Connie C	records@nynafg.com
Literature	Renee S	lit@nynafg.com
Newsletter	Wendy L	newsletter@nynafg.com
NYNAC	Mary S	nynac@nynafg.com
Presentation	Michael R	presentation@nynafg.com
Public Outreach	OPEN	po@nynafg.com
Web	Maria S	web@nynafg.com

Service Positions Available:

(contact Ellen at chairperson@nynafg.com)

Public Outreach Coordinator: Acts as New York North’s liaison to the media and professional community when applicable. Encourages NYN Al-Anon/Alateen Members and Groups to participate in Public Outreach activities at the Group, District, & Area Levels.

Alateen Coordinator: Makes certain that all AMIASs are familiar with Area Safety Requirements & Guidelines and communicates any updates as they occur. Keeps in touch with Area Alateen groups and sponsors. Is required to complete the NYN Area AMIAS Certification Process if not already certified as an AMIAS.

? Tech Coordinator? A committee drafted a Tech Coordinator position that will be open to fill, if it is confirmed at this assembly.

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

Treasury Report, April 2025 Group & District Donations:

9676 Evening Serenity AFG
 9679 Faith AFG
 9696 Cortland Thursday Night AFG
 9722 Eastside AFG
 9828 Fri 10 AM AFG
 10365 Victor Parents AFG
 24271 Canandaigua Monday Noon AFG
 30546 East Avon Good Old Gang AFG
 40786 Days Of Healing AFG
 43410 Cadyville Work In Progress AFG
 53134 Hope for Today AFG
 54280 Circle Of Hope AFG
 66096 Keep It Simple AFG
 500955 The Serenity Seekers AFG
 502903 Thursday Night Survivors AFG
 503160 Dryden Friday Night AFG
 503275 Thursday's Night Hope AFG
 3057655 Serenity Seekers AFG
 30516146 Thurs. AM Live & Let Live AFG
 30529340 Monday Night Fly Rd AFG
 30582959 the Hope AFG Meeting
 30702163 Let it Begin with Me AFG
 30782083 Good Journey AFG
 30806643 Together Again Tuesdays AFG
 D9 District 9
 D10 District 10

Thanks to all who have contributed!



2025 NYN Spring Assembly Discussions and Voting Items

1. **Task Force Report** – Review new Technology Coordinator Position Description.
2. **Technology Coordinator Position** – Vote on motion to create position.
3. **NYN Vacant Coordinator Position Elections:** *can be filled by any Al-Anon member who is not a dual member.* Alateen Coordinator; new Technology Coordinator; Public Outreach Coordinator. [Click here](#) for position descriptions.
4. **Format of 2025 Fall and Spring 2026 Assemblies** (Pros & cons: Zoom vs. hybrid)
5. **WSO Road Trip.** Would NYN like to apply to host the 2026 WSO Road Trip in Oct 2026 (in a city with a major airport: Buffalo, Rochester, Syracuse, or Albany)? *Need not be a GR; any member can volunteer to head up this effort.*
6. **2026 Election Assembly & Convention** Who would like to volunteer to Chair this Assembly? *You need not be a GR; your District could take it on.* [NYN 2023 Area Convention/Assembly Guidelines](#)

The Return of the Tureen Supper

The Rochester Area Information Service has announced a date and time for the return of the main gathering and fundraiser, the Tureen Supper: Sunday October 19, 2025, 1:30–5:00 p.m., at Guardian Angels Church in Henrietta.

You may well ask, as many folks have, “What is a tureen supper?” Sounds like a festival to celebrate an Irish fish, or a Norwegian root vegetable, right? Or maybe the word is familiar to you from Alice in Wonderland, where the Mock Turtle sings, “Beautiful Soup, so rich and green, Waiting in a hot tureen!” A tureen is basically a deep casserole dish with a matching cover to keep food hot (see illustration at left). What we would call this event, were we to name it today, is a potluck lunch. BUT, since it gives us another chance for everyone in the Rochester area to get together, I am glad we are using our out-of-date name; it helps honor those old-timers who seeded our area with a healthy number of Al-Anon groups and an Area Information Service so that they would be here when I needed them!!

Volunteers will be needed to help set up the room, arrange the food, literature, and basket-raffle tables, coordinate clean up, and run the 50/50 raffle, etc. To inquire about volunteering, contact Deb at debibear123@gmail.com.

With Gratitude,
 Wendy L., Newsletter Coordinator

A Trusted Servant Passes

It is with great sadness that I am reporting the death of one of New York North's longest serving Al-Anon members, Louise F., from East Syracuse, New York. Louise was a member of Al-Anon for 60 years, attending her first Al-Anon meeting in July of 1965. At that time in Syracuse, the Al-Anon meetings were held in various members' homes.

In the early 1970's Louise became active in the local Syracuse Al-Anon Intergroup. When District 18 was formed, Louise became the first District Rep. She helped start the Eastwood Thursday Al-Anon Group, which celebrated their 50th Anniversary on July 11, 2024. Louise was very involved with the Syracuse Al-Anon Information Service (AIS) and served as Treasurer and then Secretary. She also served as the Service Center Coordinator and initiated the Syracuse AIS Al-Anon Archives in 1987, procuring many of the documents that we currently hold.

Louise served in all four of our District 18 Service Positions: District Representative, Alternate DR, Secretary, and Treasurer, some of these multiple times. She was active in planning our semi-annual District 18 Days of Sharing as well as our Annual Picnic. She loved being around other Al-Anon members. She chaperoned NYNAC in 1995 and 1998.

In 1986, Louise volunteered to serve on the committee planning the 1987 New York North Area Fall Election Assembly. Louise worked on every Election Assembly since then through 2017 (the last Election Assembly held in person until 2023, due to COVID).

On the New York North Area level, Louise was elected in 1987 as the Archivist, the first of several Area positions that she served in: NYN Secretary from 1991 to 1993; Chairperson from 1994 to 1996; Archivist again from 1997 to 1999; Treasurer from 2003 to 2005. At the 2008 Fall Election Assembly, Louise was elected again to serve as the NYN Treasurer until 2011. Louise also served on several Area Committees including the 1990 Committee for New York North to pursue incorporation, and the 1999 committee to revise the New York North Policy Document.

On a more personal level, Louise was my first Al-Anon Service Sponsor and a good friend. Our conversations on the phone and in person covered many topics, including Al-Anon, her family, and of course, SU Basketball.

I already miss her and I offer my sincere condolences to her family. I pray that she is at peace and is now reunited with her late husband Frank.

Love in Al-Anon,
Jim M., Convention Coordinator, Dist.18 Contact

Keep it Simple

Knowing how to find serenity in one's life is no easy task.

Everyone has his or her own path to recovery. Experience, strength, and hope are our greatest assets.

Participation is the key to harmony, and keeping it simple works best for me.

Insight and attendance at meetings helps keep us in the loop of recovery.

Thanks go out to our Higher Power as well for showing us the way to serenity.

Sharing our message with others helps everyone grow stronger and more hopeful.

Identifying the steps that work best for each of us is what paves the way.

Minding our own business and sticking to the plan is the simplest method.

Placing our own interests first in our personal recovery plan is a challenge.

Letting go and letting God take the reins is a promising step forward for each of us.

Each day is taken one step at a time and keeping it simple makes life better for all.

— Mike R., Presentations Coordinator

Editor's Note: *I held this when I couldn't fit it in an earlier issue. As we gather for fellowship, program, and knowledge-based decision making, this seems like a good time to remind ourselves to "Keep It Simple"!*



Two Concepts to keep in mind as we participate in the Assembly:

4. Participation is the key to harmony.
5. The rights of appeal and petition protect minorities and insure that they be heard.

With respect,
Your editor, Wendy L.

Theme of the Month: Progress not Perfection

Accepting the Pace of Progress

The theme for this month's newsletter is "Progress, Not Perfection." I can remember the line from a popular Mac Davis song, "It's hard to humble when you are perfect in every way." I used to jokingly say in my shares on this topic, "People who think they are perfect ruin it for those of us who are"!

Obviously, I was kidding; I am far from perfect, and I am only attempting to progress toward that unlikely and most elusive pinnacle of success in my recovery story. I strive for perfection in many of my daily tasks, but I can honestly admit that some element of progress is the farthest I get. Life is a marathon, not a sprint, so I choose to make my path toward serenity at a steady but moderate pace that I know I can handle.

By using the mantra of "progress not perfection," I can be accepting, affirming, and active in my interactions with others without being motivated by an unrealistic expectation of perfection that may never be achieved. I am who I am (said Popeye the Sailor Man), and I revel in the small and slow but steady progress I make as a grateful member of Al-Anon.

—Michael R., Presentation Coordinator



Not Being Perfect Allows Learning

I love that the theme is "Progress, Not Perfection" this month. I have certainly made progress in my Web Coordinator position—I know how to post minutes, reports and events, and I also have successfully emailed our Newsletter to its distribution list. That being said, I am far from perfection. This month, a District asked for their Day of Sharing info to be posted to our calendar, and I posted it fine...except that the date I posted it on was the District Number, rather than the date of their event. Yikes! But, I corrected it, after it was (patiently) pointed out to me. And if you are attending the Spring Assembly/Convention, please stop by the Web Coordinator table and let me know what you like/don't like about our website and any suggestions for future changes, so that we can make some progress with the website (and you can always email me at web@nynafg.com). Thanks.

—Maria S., Web Coordinator

Progress in an Unplanned Manner

When I became the NY North Group Records Coordinator, I had a grand plan to visit every meeting in my area without a Group Representative and promote identifying a GR for the group. This would be my great contribution to the future of Alanon. I was quickly humbled when I took on the actual responsibilities of the job. Integrating the requirements of the job into my already demanding day-to-day life proved to be an ongoing challenge. But my Higher Power showed me a way. As I was updating records, if I spoke with a CMA (current mailing address) for a group with no GR, I told the CMA about the importance and benefits of having a GR. Sometimes the CMA would bring this back to the group and a member would become a GR. This did not happen often, just a few times, but it was enough to encourage me. I did not have to abandon my plan; it was worthwhile. I just had to be willing to accept "progress not perfection." "Easy does it" helps too!

—Connie C., Group Records Coordinator

AL-ANON DISTRICT 27 DAY OF SHARING

**June 14th 2025
9am - Noon**

- **Al-Anon Speaker**
- **AA Speaker**
- **Panel Discussion**

**Location: The GOOSE Community Center
33 South Main St
Oakfield, NY**



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- NYN Area Assembly, PO Box 5253 Oswego, NY 13126
- **For Email Subscriptions, Address Changes or Updates:**

E-mail: newsletter@nynafg.com

**Submissions for
July/August
Northern Hi Lights**
Due by:
June 15
Topic:
"Live and Let Live"

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** -- Please include **Group's registered Name and Group's Number.**

TO CONTACT THE TREASURER:
Please email treasurer with any questions at:
Treasurer@nynafg.com

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