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Calendar:**Please NOTE:**

Area Events are also posted at our calendar: nynafg.com/calendar.html

Saturday 11/1, 9 a.m.–2:45 p.m.

- **NYN District 21 Day of Sharing:**
“Hand in Hand, Heart to Heart”
 1408 Rte. 176, Fulton NY (Flyer p. 4)

Tuesday Nights: 11/4, 11, & 25;
 12/2 & 9. 6:30–8 p.m.

- **Tuesday Topics: “Slogans”**
 On Zoom (See flyer for details, p.4)

Saturday 11/22, 12:30–3:00 p.m.

- **NYN District 21 Day of Sharing:**
“Serenity Through Change”
 115 Maple Street, Victor NY
 (Flyer p.6)

**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
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Secretary	Kathleen M	secretary@nynafg.com
Treasurer	Kathi D	treasurer@nynafg.com
Alateen OPEN	Mary S (acting)	alateen@nynafg.com
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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

Warm Autumn Choices**Chair's Letter:**

Hello NYN!

I feel like I am getting ready to spend more time indoors with a cozy blanket and a good book. Or bundle up and go out for a walk in the cool crisp air. Or both. Either way the theme of *Keep It Simple* comes to mind. Slow down, easy does it, and do one thing at a time.

Our next big NYN commitment is the winter AWSC, typically held near the end of March. In the meantime there are thought and task force meetings, planning meetings, the new and revised Trusted Servant meetup, Forums to read, anniversary and regular Al-Anon meetings and days of sharing to go to. To aid in my recovery I like to do something Al-Anon everyday, I'm grateful there are so many choices.

Feel free to reach out if you have any questions:
chairperson@nynafg.com

Ellen V, NYN Chairperson, Panel 64
 “God doesn't call the qualified, he qualifies the called”

Ellen V, NYN Chairperson, Panel 64
 “God doesn't call the qualified, he qualifies the called”

November Theme: **Keep It Simple**
 December Theme: **Sponsorship**

Service Positions Available:

(contact Ellen at chairperson@nynafg.com)

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. (You will be part of a team with the AMIAS Process Person and the NYNAC Coordinator.)

Tech Coordinator: A committee drafted a Tech Coordinator position that was confirmed at the Assembly and is now open to fill. If you have tech skills and are interested, please get in touch!

New Series: My Job in NYN

In October of 2023, most of the current coordinators and officers stepped up and were elected to their positions. This process will occur again at the Assembly and Convention in 2026. I have asked the people whose jobs will need to be filled to kindly explain what they like about their position, so that you members can consider these opportunities.

Our first featured position is the **Area Alateen Process Person (AAPP)**, the person who ensures that people serving with Alateen members are up to date on their certification, encouraging participation and helping people through the process. The AAPP person should have a computer and prior computer experience. Experience as an Alateen Sponsor is helpful but not required. —editor

My Job in NYN: Supporting Alateen Certification:

The **Area Alateen Process Person (AAPP)** position has been a positive experience. It has kept me in close proximity to folks who are working a program and creating good in Alanon. It also fulfilled a need that I had to be of service to the younger members of our fellowship.

Everyone in service at this level has a desire to see us (the coordinators and officers!) all succeed, and therefore I was never at a loss when I had a question, needed a suggestion or wanted to run something by another person.

One of the more task-oriented positions in NYN area service, the AAPP position also offered opportunities for creativity which I appreciated as well. I developed greater proficiency with applications like Zoom and Google Docs in a most gentle learning environment. Although I am retired, as long as I am a student of some sort, I am young!!! I will be happy to help the next person that rotates into this position with their learning curve.

In grateful service, Vicky D.



Treasurer's Report

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

Northern Hi Lights Invites DRs & Others in Service to Contribute

The current group of NYN officers and coordinators have written extensively to keep our area informed and inspired. In other Areas I have noticed that District Reps also write for their newsletters. If you serve as a District Representative or in an Area Information Service position, please feel free to write an informative article about your experience of service or about events or efforts that have worked well for your district or area. You are also welcome to write a reflection on our monthly theme. December's theme is sponsorship, which can include service sponsorship. Send submissions or questions to me at newsletter@NYNAFG.org.

—Gratefully, Wendy L., Newsletter Coordinator

2026 Assembly/Convention Update

We are booked for **September 18-20, 2026** in Binghamton at the Holiday Inn and Suites. The working theme for the Convention is *"75 Years of Al-Anon: Celebrating the Past and Contributing to the Future."*

This event will also be an Election Assembly where the next slate of Officers and Coordinators for New York North will be voted in by the attending GRs. The Assembly will not have a virtual component, so we will be live and in person only!

As Chairperson for the Fall Assembly / Convention 2026, I must take a moment to acknowledge the outstanding group of men and women who have stepped forward to serve on the Planning Committee. I am proud of what we as a group have accomplished in such a short time. When I was Co-Chairperson for the Spring Assembly / Convention in 2018 in Lake Placid, our team took three years to organize the event; our team for 2026 is doing essentially the same thing in thirteen months!

We have done quite a bit in such a short span of time. All of our committee positions have been filled except for **Banquet Chair** and **Signs Chair**. We meet on Zoom regularly to work on the particulars of the weekend event, which will be the perfect opportunity for everyone to get together face to face and bask in the warm atmosphere of fellowship.

A contingent from our group will meet on October 27, 2026 at the Holiday Inn to discuss specific concerns with the hotel representative. The hope is that we will be able to finalize the banquet menu and lock in particular needs with the rooms and amenities at the hotel so we can formalize the contract and have it signed before the snow starts to fly. Since I am traveling four hours to get to Binghamton, I am maximizing the use of our time and opportunity to make a smooth path forward toward the completion of our mammoth task.

Our next Zoom meeting will be November 9, 2025 at 4:00 pm. At that point, we will be able to update the committee members on our hotel meeting and the status of our plans for the event next year. Anyone who is interested in joining the team and participating in any aspect of the process is free to reach out to me at presentation@nynafg.com. I know there are members of Al-Anon out there who have special talents at their disposal to help us in this challenging but ultimately rewarding endeavor.

I look forward to providing you with additional information as it becomes available. The entire Fall Assembly / Convention 2026 Committee thanks you for your continued love and support, as do I.

With an attitude of gratitude,
Michaela R.

Theme: Keep It Simple

This month's article topic is "Keep It Simple." Prior to my entering the rooms of Al-Anon fifteen years ago, my life was anything but simple. The complications and repercussions relating to my son's addictions made my daily existence a whirlwind of anger, resentment, and hopelessness. The idea of keeping it simple was the furthest thing from my mind.

Since that time, I have found the answer in my program. I realize that difficulties and uncertainties in life can be boiled down to the basic, most universal message that Al-Anon gives freely in its tenets: keep it simple. Find the solution to your problems by stripping away all of the extraneous, unnecessary elements that you are coping with and make the answer the easiest and yet wisest result – keep it simple. In this day of complicated living, taking the simplest approach to one's recovery makes perfect sense.

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 plan of recovery 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.

Thanks again for your love and support as we start a new year of recovery in 2025!

—Michaela R., Presentation Coordinator

AL-ANON
District 21's Annual Day of Sharing

Hand in Hand, Heart to Heart



Saturday, November 1, 2025
9:30 AM - 3:00 PM

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)
Morning snack and lunch provided

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

TUESDAY TOPICS WORKSHOP SERIES PRESENTS...

SLOGANS

Hosted by District 12 in NYN

ZOOM ID: 824 3882 1610

Passcode: dist12AFG

[ZOOM Link](#)

6:30–8:00 PM (EST)

Purpose

The purpose of this workshop is to highlight some of the slogans from our program and how their use can begin to change our lives.

- We will have two guest speakers each week.
- Slogans will be accompanied by questions for reflection.
- Attendees are encouraged to share their experience, strength, and hope.

October 7

- **Let it Begin with Me**
- **One Day at a Time**

October 14

- **First Things First**
- **Just for Today**

October 28

- **Let Go and Let God**
- **Principles Above Personalities**

November 4

- **Keep it Simple**
- **Listen and Learn**

November 11

- **Think**
- **Keep an Open Mind**

November 25

- **Easy Does It**
- **Progress Not Perfection**

December 2

- **How Important Is It?**
- **Live and Let Live**

December 9

- **Take What You Like & Leave the Rest**
- **Together We Can Make It**

District Contact email: wnydistrict12@gmail.com

SERENITY >> THROUGH CHANGE



District 29 Day of Sharing

Saturday, November 22, 2025

St. Patrick's Church

115 Maple Ave., Victor, NY 14564

Registration: 11:45 a.m. – 12:30 p.m.

Program: 12:30 p.m. – 2:30 p.m.

Fellowship time: 2:30 p.m. – 3:00 p.m.

AA and Al-Anon Speakers

Pizza, Snacks, Coffee, Tea and Dessert Provided Donation of Desserts Welcome

Suggested Donation of \$5.00

Basket & 50/50 Raffles

Conference Approved Literature for Sale



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SUBSCRIPTION FORM**
NO COST for an EMAILED COPY!*
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**(*) Please consider a \$20/yr. donation for
mailed copies.**

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- **Mail Subscription Forms and Donations to:**
NYN Area Assembly, PO Box 5253 Oswego, NY 13126
- **For Email Subscriptions, Address Changes or Updates:**
E-mail: newsletter@nynafg.com

**Submissions for
December**
Northern Hi Lights
Due by:
November 15
Theme:
"Sponsorship"

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

*** **Newsletter Proofreaders:** Pat H., Chuck A., Mike R.***

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