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## Calendar:

Please **NOTE**: Area Events are also posted at our website calendar: [nynafg.com/calendar.html](http://nynafg.com/calendar.html)

Wednesday 11/26 6 p.m. to  
Thursday 11/27 at 4 p.m.  
**AA District 18 /Al-Anon  
District 7 Thanksgiving  
Alcathon & dinner** United  
Methodist Church, corner of  
Gilligan Road and Hayes Rd.,  
East Greenbush, NY. (Flyer p. 6.)

Thursday 11/27 at 7:30 a.m. EST  
to Friday 11/28 at Noon EST  
**Rise and Shine Online  
Thanksgiving Alanonathon**  
(More info and flyer p. 6.)

Tuesday Eves: 12/2&9, 6:30-8  
p.m.

**Tuesday Topics: "Slogans"**  
Zoom (See flyer for details, p.4.)

Monday, 12/8th, 6:00 p.m.  
**Trusted Servants  
Monthly Meetup** •  
Focusing on CAL (Conference •  
Approved Literature) Zoom:  
[829 5131 1512](https://nynafg.com/join/82951311512) Passcode: 341891

Wednesday 12/24, 7:30 a.m. EST  
to Thursday 12/25, 7:30 a.m. EST  
**Rise and Shine Online  
Winter Al-Anon Marathon**  
(More info and flyer p. 6.)

Wednesday 12/25, 7:30 a.m. EST  
to Thursday 1/1/26, 7:30 a.m. EST  
**Rise and Shine Online New  
Year's Winter Al-Anon  
Marathon**  
(More info and flyer p. 6.) **Fall**



# WE CAN BE THE LIGHT



## Chair's Letter:

Hello NYN!



I heard a great reminder in a meeting the other day to shift my thinking from "I have to" to "I get to". This takes me from urgency and demand to gratefulness. I'm grateful that I get to be a member of Al-Anon. I get to work the steps. I get to make outreach phone calls. I get to work with a sponsor. These tools have brought me to a level of recovery I never would have imagined.

Working with a sponsor was a whole new thing to me when I came into Al-Anon. Tell someone all my secrets? Why? If I don't talk about them, they might not be real and would possibly go away on their own! This thinking was keeping me anxious and irritable. Then, since other program tools had worked for me, I decided to try this sponsor thing. I found out that I would be walking a journey with her and that it would be kind and loving, just like Al-Anon! Now I have someone who knows the full story and I can call anytime for experience, strength and hope. It's absolutely beautiful!!

As we come close to the end of the year, I am also looking forward to what will happen in NYN Al-Anon next year. Below is a list of dates to mark on your calendars!

In gratitude - Ellen V, NYN Chairperson, Panel 64

"God doesn't call the qualified, he qualifies the called"

## 2026 New York North Area Events:

**Trusted Servants Monthly Meetups** (Presentations and Q&A for GRs and others in service) –

**Sunday, January 11th, 6:00 pm** - Group inventory

**Monday, February 16th, 6:00 pm** - Finances

Other months TBD - Electronic only

\***Winter AWSC** - Saturday, March 28 - 9 am - 1 pm - Electronic only

\***Spring AWSC** - Friday May 15th - 7 pm - 8:30 pm - Electronic only

**New GR Meeting** - TBD - Electronic only

**Alateen Interest Meeting** - TBD - Electronic only

**Spring Assembly** - Saturday, May 30th - 9 am - 4 pm - Electronic only

\***Summer AWSC** - Saturday, August 15th - 9 am - 1 pm - Electronic only

\***Fall AWSC** - Friday, September 4th - 7 pm - 8:30 pm - Electronic only

**New GR Meeting** - TBD - Electronic only

**Alateen Interest Meeting** - TBD

**Election Assembly and Convention** - Friday through Sunday,

September 18 - 20 - in person only - Holiday Inn Binghamton.

\*AWSC meetings let NYN Officers, Coordinators, and District Reps to keep informed and plan assemblies.

December Theme: **Sponsorship** January/February Theme: **New Attitudes**

## 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)

## New Series: My Service Work in Al-Anon

*To inform members about the service opportunities in Al-Anon, I am soliciting accounts of experience. Below, a member who chairs Outreach through the Rochester AIS outlines the why and how of those efforts. Welcoming newcomers and attracting participation through the example of our own recovery are forms of outreach that every member can contribute. Organized efforts to inform the public depend on people willing to step up in service to coordinate distributions of materials and responses to outside requests for tabling and presentations. —editor*

### WHY PUBLIC OUTREACH IS IMPORTANT TO ME

Hi, my name is Dennis. I began attending Al-Anon in 1994. My first attempts at recovery were not as successful as I would have liked. My motives for attending meetings were not to learn more about myself and grow. Al-Anon members were friendly and let me know that, as the newcomer, I was the most important person in the room. At the end of the meeting, I didn't feel very important. Group members connected with one another, and I felt out of place. I take responsibility for my lack of confidence and failure to engage with other members. However, I eventually stepped away from Al-Anon for a number of years before returning in 2002.

As I returned, with the help of a trusted friend, I learned that sitting in a meeting was only part of the legacy of Al-Anon. I learned that service could move me along in my recovery. My first service position was as greeter for my home group. This service position gave me the opportunity to get to know other Al-Anon members in a way that I would not have gotten by just sitting in a chair at a meeting. Members also came to know me.

As time went on, I became an Information Service Representative (ISR), responsible for bringing information back to my home group. This position helped me learn more about the workings of the larger Al-Anon community.

For the last three years, I have been the Public Outreach Chairperson at our Rochester Area Information Service. So why is this position so important to me? Honestly, I've personalized the position. I remember what it was like for me in the beginning. I felt alone, out of place and, on some level, unwelcome. From many years in the program, I still see this: Many newcomers at meetings feel much of what I felt in my early days. I am keenly aware that there is such a short period of time to help newcomers not just to feel like they are "the most important person in the room," as we say, but also to know that they are in the right place, through the attraction of first impressions. I see this as one of my most important duties as Chair of the Outreach Committee.

Our Public Outreach helped to establish an online Beginners Meeting which meets each

Saturday. This meeting was created as a venue to help newcomers become more aware of the Al-Anon processes and how they work

The other responsibilities of the Public Outreach Committee are to bring greater awareness of Al-Anon to Rochester and surrounding communities. Public Outreach committee members do this by distributing Al-Anon literature, in the form of flyers, pamphlets, and books, to local libraries and programs. Books are generally donated by individual groups after a call for support by Public Outreach committee members. Committee members also leave flyers at local post offices, outpatient treatment programs, doctors' offices, and police stations.

Committee members attend and participate in local health fairs. At these events, the volunteers are able to interact with other like-minded programs. This affords members the chance to learn more about programs in the area and at the same time share our experience, strength and hope with the programs in attendance.

Public Outreach members have been invited to do presentations at programs providing counseling services to youth and adults both in the Rochester area and in Lyons, NY.

One committee member has arranged an Al-Anon informational session four times in the month of September at the Public Library in Newark, NY. She distributes flyers letting her community know she will be there and makes herself available to answer questions about Al-Anon and share her experience, strength and hope.

The Al-Anon program has been of great, great value to me. It is my hope that, in being present in the many ways as described above, that in a small way, the program becomes attractive enough to others and they will step through the doors of Al-Anon for the gifts that are offered inside. I thank all members who make this work possible. Without their willingness to step into service, this work would not be possible.

In Service,  
Dennis C., Public Outreach Chair,  
Rochester, NY

**Treasurer's Report:** At the 2025 NYN Fall Area Assembly, a slimmed down 2026 Area Assembly Budget was passed. The Finance Committee reviewed Area expenses over the past few years and was able to conservatively reduce our budgeted amounts to bring them more closely in alignment with our actual expenses. The reduction is due to only having one in-person assembly per year. Additionally, all Area World Service Committee (AWSC) meetings are held virtually.

**The 2026 Area Assembly Budget:**

<b>Revenue</b>	2026 Budget	2025 Budget	Change	Comment
Contributions	\$11,000.00	\$9,500.00	\$1,500.00	Increase
Northern Hi-Lights	\$200.00	\$500.00	-\$300.00	Reduced due to fewer paid (mail) subscriptions
<b>Total Revenue</b>	<b>\$11,200.00</b>	<b>\$10,000.00</b>	<b>\$1,200.00</b>	
<b>Expenses</b>				
Alternate Delegate	\$350.00	\$550.00	-\$200.00	Reduced to more accurately reflect current costs.
Chairperson	\$600.00	\$600.00	\$0.00	
Delegate	\$1,200.00	\$1,375.00	-\$175.00	Reduced due to never using near budget amount
Imm Past Delegate	\$350.00	\$550.00	-\$200.00	Reduced to reflect current costs.
Secretary	\$350.00	\$550.00	-\$200.00	Reduced to reflect current costs.
Treasurer	\$350.00	\$550.00	-\$200.00	Reduced to reflect current costs.
Alateen	\$550.00	\$450.00	\$100.00	Increase to cover incoming coordinator to attend NYNAC with outgoing coordinator
AAPP	\$550.00	\$450.00	\$100.00	Increase to cover incoming coordinator to attend NYNAC with outgoing coordinator
Archives	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Convention	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Group Records	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Literature	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Newsletter	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
NYNAC	\$500.00	\$650.00	-\$150.00	Reduced to reflect current costs.
Presentation	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Public Outreach	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Outreach in Languages other than English	\$100.00	\$150.00	-\$50.00	Reduced amount but left in budget
Web Technical Support	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Website Coordinator	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
E-Business Coordinator	\$300.00	\$450.00	-\$150.00	Reduced to reflect current costs.
Accountants Rvw & Filing	\$500.00	\$500.00	\$0.00	
Ad-Hoc Committees	\$150.00	\$150.00	\$0.00	
AWSC Meetings	\$100.00	\$200.00	-\$100.00	Reduced to reflect current costs.
Delegate Equalized	\$3,700.00	\$3,700.00	\$0.00	At 2018 Stand alone AWSC. decision was made to look at each year to meet or exceed full cost.
Delegate Personal	\$300.00	\$300.00	\$0.00	

Liability Insurance	\$1,000.00	\$1,000.00	\$0.00	
NERD	\$1,000.00	\$1,000.00	\$0.00	
New Equipment	\$1,500.00	\$1,500.00	\$0.00	
Newsletter Publishing	\$200.00	\$1,000.00	-\$800.00	Reduced due to many fewer printed newsletters
NYN Website Hosting Cost	\$150.00	\$125.00	\$25.00	Increase due to new hosting package
Website Design	\$1,000.00	\$2,000.00	\$1,000.00	Reduced amount to cover any additional expenses incurred with the website redesign project
PO Box Rental Fee	\$150.00	\$150.00	\$0.00	
Presentation Supplies	\$150.00	\$150.00	\$0.00	
Public Outreach Literature	\$150.00	\$150.00	\$0.00	
Zoom Yearly Subscription	\$175.00	\$150.00	\$25.00	Increased due projected annual cost increase
Seed \$\$ - Fall Assembly	\$1,500.00	\$1,500.00	\$0.00	
Seed \$\$ - Spr.Assem/Conv	\$1,500.00	\$1,500.00	\$0.00	
Seed \$\$ - NYNAC	\$1,000.00	\$500.00	\$500.00	Seed money is only payable every three years - left in previous budget by mistake
<b>Total Expenses</b>	<b>\$22,125.00</b>	<b>\$25,950.00</b>	<b>\$3,825.00</b>	

**October Contributions:**

9679 Faith AFG  
 9722 Eastside AFG  
 9724 Monday Sunshine AFG  
 9763 Caring And Sharing AFG  
 24271 Canandaigua Monday Noon AFG  
 31686 Tuesday AM Adult Children AFG  
 33001 This New Day Adult Children AFG  
 39872 New Beginnings AFG Of Jamestown  
 40971 Courage to Change AFG  
 53134 Hope for Today AFG  
 66032 12 at 12 Step Meeting AFG  
 66096 Keep It Simple AFG  
 502778 Steps to Serenity AFG  
 503275 Thursday's Night Hope AFG  
 30524821 Tuesday Night AFG of Bemus Point  
 30529340 Monday Night Fly Rd AFG  
 30651732 Now is the Time Noon AFG  
 30669070 Wednesday Night AFG  
 30691441 Courage to Change AFG  
 30782083 Good Journey AFG  
 30858630 Monday Afternoon Serenity  
 D22 District 22  
 Unknown (No WSO number list)

**Your New York North Contacts:**

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Alt. Delegate	<a href="#">Betty GM</a>	<a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>
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Newsletter	<a href="#">Wendy L</a>	<a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>
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Public Outreach	<a href="#">Laura C</a>	<a href="mailto:po@nynafg.com">po@nynafg.com</a>
Tech Coordinator <b>OPEN</b>		
Web	<a href="#">Maria S</a>	<a href="mailto:web@nynafg.com">web@nynafg.com</a>

**Service Positions Available:**

(contact Ellen at [chairperson@nynafg.com](mailto: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 in is now open to fill. If you have tech skills and are interested, please get in touch!



## Theme: Sponsorship

### The Joy of Sponsorship

During our 2025 Spring Assembly in Henrietta, New York, one of our sessions involved a creative activity focusing on sponsorship. Using art supplies, old issues of *The Forum*, and our imaginations, we got to depict our take on being a sponsor, having a sponsor, or being on the hunt for a sponsor.

My final product involved an acrostic poem spelling out sponsorship and two images from an issue of *The Forum*. The poem came out like this:

Sharing  
Promise  
Ownership  
Novelty  
Safety  
Offering  
Relationship  
Serenity  
Hope  
Imagination  
Power

In the past month or so, I was approached by a newcomer who asked if I would be willing to be her sponsor. I accepted the invitation, and the connection between us has been beneficial and symbiotic for both of us since our first meeting.

We have been **sharing** each other's stories with the **promise** that we will be completely upfront and honest with our sharings. Both of us express the need for **ownership** and responsibility in this arrangement. Coming from similar backgrounds (both retired teachers) and yet completely different geographic origins (New York versus California) has introduced a **novelty** that we will explore further.

Both of us agree there is a feeling of **safety** in our roles, **offering** each other comfort and support as we build a mutual **relationship** of respect and understanding. Our goals focus on the attainment of **serenity** and **hope** through the use of our **imagination** in our weekly discussions and exchanges. The **power** that we exert **in amping up our program** through connection as sponsor and sponsee is exciting and life-affirming.

When I look at the two images from the issue I mentioned earlier, **they add dimension to how I see our roles**. A blurred image of a gathering reminds us that Al-Anon helps bring things into focus. The other image of a bird eating from a person's outstretched palm reminds us to welcome with open hands the seeds of recovery.

Sponsorship is a gift in the program of Al-Anon that keeps on giving.

—Michaela R., Presentations Coordinator

### Sponsorship and My Journey in Al-Anon

I believe wholeheartedly that every component of the Al-Anon program contributes to my well-being. I also believe that this is true for anyone in the program. If you want a good life, you need to embrace it all—attending meetings, having a sponsor, working the Steps, reading CAL daily, doing service, and connecting with other members between meetings.

I'm not someone who can say I've had the same sponsor for twenty years, even though I got my first sponsor, Kay, very soon after attending my first meeting two decades ago. I'm a doer, so I jumped right in. I thought I was ready for Step Four almost immediately, but Kay kept smiling and gently saying no—I wasn't ready yet. She lovingly guided me through the first three Steps and got me started on the fourth step before moving out of state.

My second sponsor, Rozanne, picked up right where Kay left off. We worked through the rest of the Steps together, with a few mini-revisits to Step Four when I needed a deeper dive into something I was facing. Before beginning a new Step, Rozanne would ask me to read every CAL reading on that Step. Her sponsor had asked it of her, and I have since asked the same of my sponsees. Hearing many voices provides a strong foundation for beginning new work.

When my sponsor developed health problems, we stopped meeting. I went years thinking that completing the Steps meant it wasn't a big deal not to have a sponsor. Then one day a niece, new to her own 12-step program, asked me, "Titi Betty, tell me about your sponsor." It felt awful to admit I didn't have one. I went right out and got one.

Joy became my third sponsor. During our time together, my work life was extremely stressful, and she helped me learn to truly use the slogans. When I first entered the program, the slogans felt too simple to be meaningful—but I was wrong. Joy helped me re-engage with my program in a conscious, intentional way. As her husband's health issues increased, I began to feel like a burden, and I knew it was time for a change.

My fourth sponsor is Sandy, a program friend for years. She knows me well, and I love her dearly. I bring joy, frustration, problems, and exciting news to her, and she helps me look at my responses to life through the Al-Anon lens.

Having a sponsor—and being one—keeps me accountable and aligned with my highest intentions. Sponsorship continues to be one of the greatest gifts of my Al-Anon journey.

—Betty GM, Forum Coordinator

## TUESDAY TOPICS WORKSHOP SERIES PRESENTS... **SLOGANS**

Hosted by District 12 in NYN

**Zoom ID: 824 3882 1610**  
**Passcode: dist12AFG**      **6:30–8:00 PM (EST)**

**ZOOM Link**

**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.

<p><b>October 7</b></p> <ul style="list-style-type: none"> <li>• Let it Begin with Me</li> <li>• One Day at a Time</li> </ul> <p><b>October 14</b></p> <ul style="list-style-type: none"> <li>• First Things First</li> <li>• Just for Today</li> </ul> <p><b>October 28</b></p> <ul style="list-style-type: none"> <li>• Let Go and Let God</li> <li>• Principles Above Personalities</li> </ul> <p><b>November 4</b></p> <ul style="list-style-type: none"> <li>• Keep it Simple</li> <li>• Listen and Learn</li> </ul>	<p><b>November 11</b></p> <ul style="list-style-type: none"> <li>• Think</li> <li>• Keep an Open Mind</li> </ul> <p><b>November 25</b></p> <ul style="list-style-type: none"> <li>• Easy Does It</li> <li>• Progress Not Perfection</li> </ul> <p><b>December 2</b></p> <ul style="list-style-type: none"> <li>• How Important Is It?</li> <li>• Live and Let Live</li> </ul> <p><b>December 9</b></p> <ul style="list-style-type: none"> <li>• Take What You Like &amp; Leave the Rest</li> <li>• Together We Can Make It</li> </ul>
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District Contact email: [wnydistrict12@gmail.com](mailto:wnydistrict12@gmail.com)

**Rise & Shine Al Anon**  
presents the  
**2025 Fall Marathon Meeting**

Beginning Thursday, November 27 at 5:30am MST  
thru Friday, November 28 at 10:00am  
*\* last meeting begins at 8:30am MST*

**Meetings every 60 minutes, with 30 minutes of fun & fellowship in between.**  
*Translation captions will be available*

**Zoom ID: 899 8119 8437**  
**no passcode needed**  
Questions?  
contact us at [riseandshineafg@gmail.com](mailto:riseandshineafg@gmail.com)  
**call in from USA 1-669-900-9128**

**WINTER WARMTH**

RISE & SHINE PRESENTS  
AL-ANON

## Winter Marathon Meetings

TWO COMING UP!


BEGINS DEC 24TH, 530PM MST    BEGINS DEC 31ST, 530PM MST  
THROUGH DEC 25TH 930PM MST    THROUGH JAN 1ST 930PM MST

Meetings every 90 minutes, with 30 minutes of fellowship in between


**Zoom ID: 899 8119 8437**  
**NO PASSCODE**  
**CALL IN (from USA): +1 669 900 9128**

Questions? Email  
[RISEANDSHINEAFG@GMAIL.COM](mailto:RISEANDSHINEAFG@GMAIL.COM)

Translation captions will be available!



Stay Healthy for the  
**HOLIDAYS**



## In-Person Alcathon: AA District 18 with Al-Anon District 7

**Thanksgiving Holiday: Wednesday PM & Thursday Day, with dinner**

The annual Thanksgiving **Alcathon** gives people in recovery a safe place to go during the holiday. The event runs Wednesday evening 6:00 p.m. to Thursday afternoon at 4:00PM, with AA meetings on the odd hours. **Thanksgiving dinner** will be served at **1:00 p.m.**, Thursday.

In association with District 18 AA, District 7 of Al-Anon will hold an Al-Anon meeting **8:00 PM, Wednesday** evening. All are welcome to participate.

The event is being held at the United Methodist Church, corner of Gilligan Rd. & Hayes Rd., in East Greenbush. The Al-Anon meeting will be held in the middle room there.





## NORTHERN HI LIGHTS SUBSCRIPTION FORM

**NO COST for an EMAILED COPY!\***

**Also posted on the website!**

**(\*) Please consider a \$20/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
- **For Email Subscriptions, Address Changes or Updates:**

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

**Submissions for  
January/February  
Northern Hi Lights**

**Due by:**

**December 15**

**Theme:**

**"New Attitudes"**

**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](mailto:Treasurer@nynafg.com)

\*\*\* Newsletter Proofreader: Pat H. \*\*\*

**NYN AREA ASSEMBLY  
PO BOX 5253  
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