

NORTHERN NOTES



April 2021

*A letter from our Assistant Treasurer
& Volunteer Coordinator:*

My name is Julie McDonald and I am an alcoholic. I am currently volunteer coordinator for our intergroup.

Looking back over my sobriety: I got sober in Monterey California July 10, 1976. My first sponsor Jane volunteered at the Monterey, California Central Office. I used to go up there to talk to her and would watch her work with people that came in for help, a meeting list, info on AA and some just to sit and talk. I thought I would love to be able to do that.

And here I am, each time I have moved in sobriety. First thing I do is volunteer at the nearest Central Office. I have volunteered here since June of 2004. I know what it's like to not have a central office close. When I lived in Tahoe our Central Office was in Reno, Nevada and it was not easy to get there in the winter months because of the weather.

I have done a lot of service work in the years I've been sober. I was taught I could not keep it if I didn't give it away. I have always had a sponsor and been able to sponsor women. It has made me a very happy grateful woman. I love my life today. I am married to a wonderful man in the program. We have 2 sons between us. 4 grandkids and their spouses. 8 great grandkids. The gifts of sobriety are many and I just came here to stop drinking. If your new and the miracle hasn't happened yet, sit tight, get a sponsor, follow the direction they share with you, and don't drink no matter what. I know God has always showed me the way. I was so very scared of people when I first got sober and through the years have found that we are all the same. And also when I'm in a meeting to listen carefully to everyone because we never know where is going to come from. Thank God for Alcoholics Anonymous; I know I would not be alive today without it. And thank you all for always being there for me and the still suffering alcoholic.

If anyone reading this hasn't been to our Central Office come on down and if you want you can volunteer and help. We have vacancies that need to be filled (see page 6), and again thank you all for my sobriety.

4 STEP - Made a searching and fearless moral inventory of ourselves.

TRADITION - Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

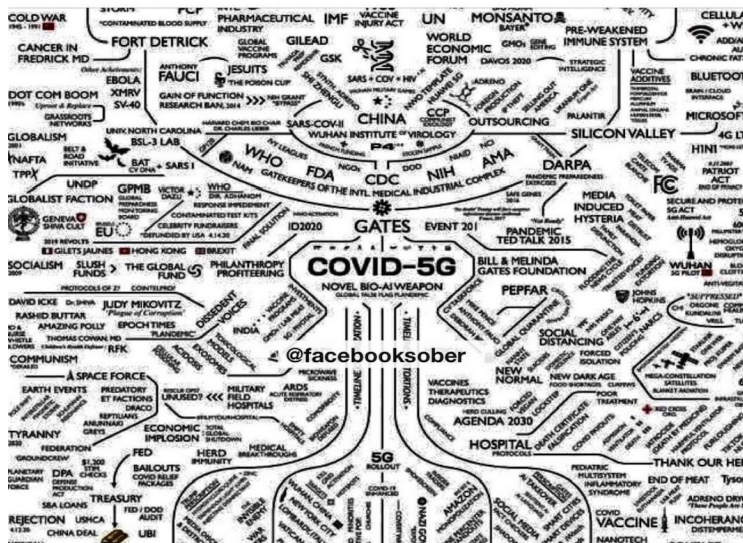
Quote of the Month

We talked of intolerance, while we were intolerant ourselves. We missed the reality and the beauty of the forest because we were diverted by the ugliness of some of its trees.

-- Big Book, page 50

“When meditating, try to completely empty your mind. When thoughts do appear, gently acknowledge them before allowing them to peacefully drift away.”

My thoughts while meditating:



the only thing more terrifying than quitting drinking



is drinking for the rest of my life

Donation options if sending a 7th tradition contribution:

Venmo: @NCIGAA

PayPal: <https://paypal.me/nocooa>

Or send a check to:

Northern Colorado Intergroup

155 N College Ave #120

Fort Collins, CO 80524

Be a Faithful Fiver

or

Birthday

Contributor

5ER

on paypal

sign up for a monthly contribution of \$5 (or more), or the number of years you've been sober (birthday): PayPal <http://ow.ly/qGwN50CI74r> Venmo, or send us a check.

APRIL 2021

ANNIVERSARIES

Beth S. April 15 - 9 years

HAVE AN ANNIVERSARY IN MAY, OR ANY MONTH THIS YEAR? LET US KNOW.

EMAIL BETH:

OFFICEMANAGER@NORTHCOLORADOAA.ORG

Things We Cannot Change

This column acknowledges the passing of our AA friends and family within the Northern Colorado community. If someone close to you in the fellowship has passed away, you may contact NCIG Central Office or Alison K. at (970) 443-9786 and give us their name, the city where they lived and the month they passed, which can be shared in our monthly newsletter.

This month we acknowledge the following members for their service within the fellowship, their friendship and the many ways in which they deeply touched our lives and our hearts. May they never be forgotten...

Norman (Norm) K., Ft. Collins, CO, March, 2020

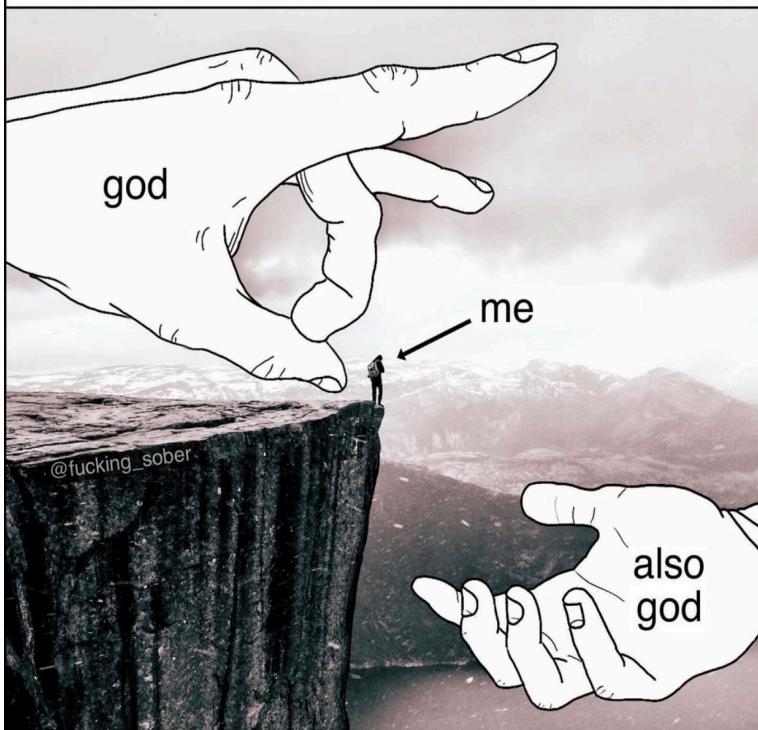
Maureen (Mo) H., Ft. Collins, CO, January, 2021

David D., Ft. Collins, CO, February, 2021

Heather S., Loveland, CO, February, 2021

Rob S., Ft. Collins, CO, March, 2021

illustrated guide to a spiritual awakening



CENTRAL OFFICE STATEMENT OF PURPOSE

The purpose of NCIG's Central Office is to receive, distribute, follow up on 12 step calls, to answer inquiries about A.A., & to cooperate with local public information committees. Central Office also maintains information about local hospitals & recovery facilities for alcoholics. We provide local meeting lists, a newsletter, & order, sell & distribute A.A. literature. We have had many calls since COVID started.

UP AND COMING: AREA 10

Corrections Conference
April 10, 2021
7:30 AM to 3:30 PM
Johnstown, CO

Summer Assembly 2021
July 9-11
Burlington, CO
Burlington Community Center

Colorado State Convention
September 3-5, 2021
Keystone, CO
*Keystone Resort and
Conference Center*
convention.coloradoaa.org

Go to coloradoaa.org for
more

www.northcoloradoaa.org

24 / 7 / 365 • 970-224-3552

Central Office

**OPEN Mondays, Tuesdays, & Wednesdays 9:00 AM - 1:00 PM
and Thursdays 1:00 - 5:00 PM**

BOOKS

**155 N College Ave #120
Fort Collins, Colorado 80524**

CHIPS

District 21 CPC/PI - Individuals wishing to connect with people who wind up in the hospital (Medical Center of the Rockies & Poudre Valley), there is an active **Peer Support Hospital Visitation Program**. Contact Carolyn M., at 408-806-7005.

BRIDGE THE GAP - This A.A.-wide program helps people leaving a correctional or treatment facility become acquainted with A.A. and attend A.A. meetings in their home town, after they are released. The District 21 committee for BTG is being run by Erica B. Contact her at ericabaczek0813@yahoo.com or bridgethegapnoco@gmail.com if this service is of interest to you.

D21 Treatment - Join the District 21 Treatment Committee and share your experience, strength, and hope with men and women in our local rehabilitation centers. Please help us carry the message of hope to these individuals who are about to re-enter the real world. Remember, you can only keep what you have by giving it away. Contact Nancy K. at nocotreatment@gmail.com.

District 21 - Sunday, May 2, 2021:
5:30pm - **Monthly District Meeting**

District 23 - Wednesday, April 7, 2021:
7pm - **Monthly District Meeting**

Central Office has a **Lending Library**. There are books of all types, cassettes & CDs of speakers. We also have extra Grapevines to take home.

Does your group need an Intergroup Rep?

We service over 73 groups in Northern Colorado. Of those 73 groups from 16 to 20 attend our Intergroup meetings on a regular basis. That is 30% participation. This is not bad, if we were hitting in a baseball game. Talk to your groups in the area. ***Be an IGR, we will shower you with appreciation.***

ATTENTION: Julie M., Carolyn M., and Beth are planning to do a District 21 road show on service and how to do 12-step calls and hospital visits to possible newcomers who request it. We'd like to come to your group conscience meeting some day in the near future. Let us know or we will reach out to you.



HI THERE

Are there any changes
to your meeting?

Send it to us at
[officemanager@
northcoloradoaa.org](mailto:officemanager@northcoloradoaa.org)

What do you want to see
under 'resources' on the
NCIG website?

Send it to us
at [officemanager@
northcoloradoaa.org](mailto:officemanager@northcoloradoaa.org)

Wanna propose a theme
or write a story?

Send it to us at
[officemanager@
northcoloradoaa.org](mailto:officemanager@northcoloradoaa.org)

Do you have an image or
joke for Northern Notes?

Northern Colorado Intergroup Meeting Minutes - February 15, 2021. Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 2 Reads: (Susan) *For our group purpose there is but one ultimate authority -a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*
3. Introductions and IGR Group Updates or Announcements
4. Quorum (>7 IGRs)
5. Motion to accept the meeting minutes from last month?
 - a. Laurel motion, Gail second, passes
6. Active reports
 - a. Chairperson (Molly)
 - i. It appears there will not be a Nominating Committee. There was discussion about positions that will be open on the Steering Committee, There was discussion about positions that will be open on the Steering Committee, specifically: Asst Secretary (as Cortney will not be running), though there are others that anyone can be nominated for. If you are interested, reach out to Beth. Beth and Jon are working on the new website; some data entry has been completed for updated functionality on the new site. Holding off on the POS system change. Office Manager Review Report is in progress. If any IGRs would like to participate in the Office Manager review process, please reach out to Molly.
 - b. Treasurer (Donna)
 - i. January 2021 Income \$5,740.66, Expenses \$5,135.71, Net Income \$604.95. Total Gross Income: \$5,740.66. Current Prudent Reserve \$3,005.13. Projected February Budget: \$5,712.95. Motion to approve the Treasurer's Report: Carolyn M., Susan
 - c. Central Office (Beth)
 - i. Quickbooks is going well. We've had a hard time reaching Square and have since begun considering other options, so the POS change is on hold for the time being as more research is done. Office has been open on Wednesdays from 9-1. Schedule is being worked out for future months, with March to be open on Thursdays from 1-5 PM.. Big improvements planned with the new website. Still in need of Watch Volunteers for various in- person/office-only shifts. It was also decided in the Steering Committee meeting today to move \$2,000 to the Prudent Reserve. If you would like to submit content to the Northern Notes email, please reach out to Beth.
 - d. District 21
 - i. Report provided by Carolyn M.
 - e. District 23 - vacant
 - f. Fundraising & Events Committee (Chelsey)
 - i. Recently met. Next meeting will be Thursday, March 18th. If you would like to be involved in the Fundraising Committee, please reach out to Chelsey. Currently planning an Alcahthon for St. Patrick's Day. Also planning a couple events for the Spring.
7. Old Business
 - a. Nominating Committee
 - i. Appointments for nominating committee to elect the officers of the Steering Committee at the annual meeting in March.
 - ii. Running again:
 1. Molly - Chair
 2. Alex - Vice Chair
 3. Donna - Treasurer
 4. Julie - Asst Treasurer
 5. Jamie - Secretary
 6. **OPEN - Asst Secretary**
 7. Chelsey - Committee-person at large
8. New Business / Pending matters
 - b. Preparation for annual meeting: Annual Meeting will be where the 2020 Financial Report is presented and when Steering Committee members are nominated. If you would like to participate in a Bylaws Committee, please reach out to Molly.
9. 7th Tradition - Venmo @NCIGAA

10. Volunteer to read 3rd tradition and share next month

Close 6:38 PM: Motion to Adjourn: Julie, Susan

In Closing, "I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Next Meeting: March 15, 2021

Northern Colorado Intergroup

NCIG FINANCE REPORT - February 2021

February 2021 Actuals			2021 Year to Date (YTD) Actuals	
Income	\$ 3,237.42		Income	\$ 8,978.08
Expenses (COGS & Operating Expense)	\$ (6,120.44)		Expenses (COGS & Operating Expense)	\$ (11,256.13)
Net Income	\$ (2,883.02)		Net Income	\$ (2,278.07)
Monthly Income			7th Tradition by Group	
Income Type	Amount	Comments	Group Name	Amount
7th Tradition	\$2,361.64	Individuals & Groups	A.A. District 21	\$258.34
Faithful Fiver	\$342.12	Feb 2021 Total	AA Recovery Group of Windsor	\$25.00
Central Office	\$533.66	Feb 2021 Sales Total	Awakenings	\$120.00
TOTAL GROSS INCOME	\$3,237.42	Feb 2021	Big Book of Loveland	\$25.00
Bank Statements			Daily Noon Zoom	\$32.00
Wells Fargo Ending Balance 2/28/21	\$470.87		Friends of Bill W.	\$160.00
Canvas Checking Ending Balance 2/28/21	\$5,394.86		Happy Destiny	\$31.36
Canvas Savings Prudent Reserve 3/12/21	\$5,005.13		Johnstown Primary Purpose	\$93.50
Current Checking Acct Balances 3/12/21	\$8,099.08		Laporte 287	\$45.00
			Last House on the Block	\$399.26
			Loveland Group	\$314.90
			Rule 62 YPAA	\$8.00
			Step Sisters	\$20.00
			Sterling A.A. Group	\$500.00
			Women of Faith	\$176.75
			TOTAL GROUP CONTRIBUTIONS	\$2,209.11
			January 2021	\$3,571.84

Announcing the Central Office "roadshow" – expect a call or visit from Julie or Carolyn about coming to your group's business meeting to briefly talk about your Intergroup, 12th step calls, and District 21 hospital visits. Our first one happens at the Loveland Group on May 1, 2021.

BE A WATCH VOLUNTEER

Six months of sobriety required. Answer phones, give out information, speak with alcoholics and/or families/friends/businesses, etc. We need folks for the following shifts:

- Fridays 9-11 am, starting April 23, 2021 (phone and/or office)
- Mondays 1-3 pm, starting May 10, 2021 (phone and/or office)
- Mondays 3-5 pm, starting May 10, 2021 (phone and/or office)
- Wednesdays 3-5pm, starting July 14, 2021 (office only)

Contact Beth at officemanager@northcoloradoaa.org

NCIG FINANCE REPORT - February 2021

February Expenses

Projected March Budget

Expense	Amount	Notes	Expense	Amount	Notes
Recovery Shop	\$300.02	Medallions, stickers, & pens	Ink Works	\$10.00	meeting lists
A.A. World Services	\$540.89	Literature (incl special orders)	A.A. World Services	\$350.00	A.A. conference-approved literature re-stock
Literature & Recovery Goods (COGS)	\$840.91		Recovery Shop	\$200.00	special order & medallions
Expense	Amount	Notes	Literature & Recovery Goods (COGS)	\$560.00	
Merchant Fees	\$52.16	varies monthly based on use	Expense	Amount	Notes
State Farm Insurance	\$39.58	monthly	Central Office Rent	\$680.00	Monthly
Rent	\$680.00	Feb '21	State Farm Insurance	\$39.58	Monthly
Cache	\$119.60	payroll, taxes, and training	Pay Anywhere/Merchant Fees	\$56.48	based on usage
Zoom Software Sub	\$16.12	monthly	Merchant Device Lease (Credit)	\$41.89	Monthly - credit card use
Merchant Device Lease	\$41.89	monthly (for credit cards)	El Dorado Artesian Springs	\$10.66	Monthly - not paid in Feb, paying twice in March
MailChimp Sub	\$9.99	email marketing software	Cache Accounting	\$67.60	meeting and payroll
Comcast	\$8.70	remaining Feb bill amount	Mail Chimp Software Sub	\$9.99	email marketing software
Office Manager Salary	\$3,857.74	paid 2 months	Office Manager Monthly Salary	\$2,100.00	Monthly - approx. amount
Office Manager Bonus	\$453.75	annual	Zoom Software Sub	\$16.12	Monthly
Total Operating Expense	\$5,279.53		Quickbooks Software Sub	\$145.40	Monthly - not charged in Feb, paying twice in March (partially paid)
TOTAL FEBRUARY EXPENSES & COGS	\$6,120.44		Total Operating Expense	\$3,167.72	
			TOTAL PROJECTED BUDGET	\$3,727.72	

Note: We may also be purchasing a laptop and/or new credit card merchant equipment as we switch merchants

paid