

NORTHERN NOTES



November/December 2020

A WELCOME LETTER FROM THE CHAIR OF NORTHERN COLORADO INTERGROUP:

Dear Northern Colorado AAs,

I hope you are staying safe and sober during these unprecedented times. Here at Northern Colorado Intergroup (NCIG), we have been working on many exciting and important projects since our annual March meeting. We now have a new meeting guide (printable) that includes both online and in-person meetings. Also, we have a very special event coming up December 5th, SOBER SONGS, which will serve as a fundraiser for Central Office as well as a time to be together for fun and fellowship during the holiday season.

We are also working hard to keep our doors open during the pandemic, financially speaking, and we have modified our office hours and procedures to follow state and local requirements. We offer curb side pick-up for literature and are slowly opening our doors to the public again in a safe and responsible manner. Check out our new COVID office hours on page 5, and please visit us!

One of the critical services the Central Office provides is our Day & Night Watch phone service. Our office manager, Beth S., lead volunteer coordinator, Julie M., and our countless volunteers have worked around the clock (literally) to keep our phone lines open to newcomers. We are always looking for sober individuals to be on our watch

volunteer substitutes and/or 12th step call lists. Apply [here](#). Let's help the newcomer get information about A.A. and meetings even during a global pandemic!

We meet monthly via Zoom to conduct our Intergroup and Steering Committee meetings; all are welcome! We finalized a new [Bylaws and Procedure Guide](#), which you can check out on our website. This essential document outlines how we operate and provides insight into our services and how you can get involved! Our website continues to evolve, and we hope you will visit us on [our new Facebook page](#) as well stay connected. This is the new version of our monthly newsletter, **Northern Notes**. Please let your A.A. friends know they can sign up with their email on our website.

Finally, I would like to personally thank all you who have donated to our Central Office. With literature sales down and no annual fundraisers this year, we have relied solely on group and individual contributions as well as cutting all unnecessary costs to stay afloat. I am blown away by the generosity and commitment of our A.A. community. We are truly blessed. We hope you will continue to support the Central Office and use our vital services for your groups and newcomers.

In love and service,

Molly W., Chairperson

SOBERSONGS

a night of music and laughter

to benefit
Northern Colorado Intergroup
7pm Saturday December 5

Featuring:
Sugar Britches
Jeff Finlin
West Side Joe
Don Thurn

Your host and emcee:
George McClure

Sign up for the email list at northcoloradoaa.org
and you'll be sent Zoom log-in info

Suggested donation: \$10
Venmo: @NCIGAA

Zoom Webinar/Meeting ID: 955 7849 0052

Passcode: 301267

Thanks for your support!!

Donation options if attending or 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): <http://ow.ly/qGwN50CI74r>

1 1 STEP - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
TRADITION - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1 2 STEP - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.
TRADITION - Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

UPCOMING

Steering Committee:
 Monday, December 21st, 5:15 PM
Intergroup Meeting:
 Monday, December 21st, 6 PM
District 21 Meeting:
 Sunday, December 6th, 5:30 PM

District 23 Meeting:
 December 1st, 7 PM

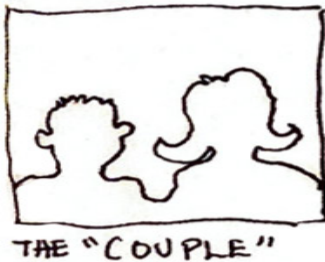
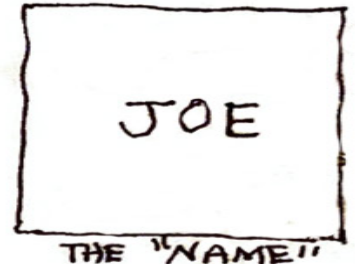
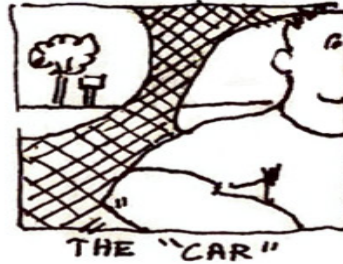
Finding friends with the same mental disorder

priceless!

Virtual Meeting Archetypes

by Chuck L.

A.A.Grapevine (October 2020)



CENTRAL OFFICE STATEMENT OF PURPOSE

The purpose of the 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 this season.

staying sober for the holidays



1. Holiday Alkathons

Round the clock meetings co-sponsored by several groups, alternating various kinds of meeting formats; have refreshments and sometimes there's entertainment. Everybody welcome to drop-in anytime. Bring your favorite holiday joke.

2. Plan Extra Meetings

Visit new meetings you've never been to before.

3. Take someone newer than you...

to all your meetings and speak first to a stranger at each group.

4. Accept an extra A.A. chore

Sub for telephone duty, make coffee, bring cookies or flowers, fold meeting lists, lead or speak at a meeting, clean up after a meeting, be a co-host, try out a home group, or visit alcoholics in the hospital.

5. Try to remember

It is more important to give time, love, and kind thoughts than it is to give lavish presents or exciting trips.

6. Twelfth Step work

See the previous page.

7. Don't work up holiday worries in advance

One day (or hour) at a time. Future Events Already Ruined is a story your head is making up.

8 Don't get too hungry, angry, lonely, or tired

Go where it's warm. Go where A.A.'s are.

9. Carry around a Grapevine,

a pocket big book or a pamphlet with you to read at odd moments.

10. Avoid drinking events

If you are nervous don't go. (Use some of those excuses you used to use, remember?) But if you have to go, eat first; arrive late; keep candy handy; and make up an excuse to step out or leave early. Take an A.A. fellow.

11. Call someone

If you think of drinking, find yourself with a drink in your hand, or even get anxious postpone everything until you've called another A.A. with a holiday greeting.

12. Go to a meeting

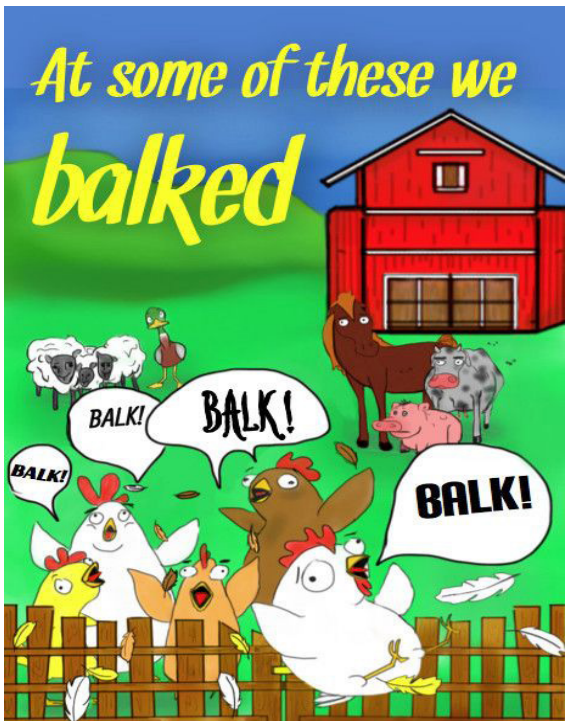
Any meeting.

13. Play catch-up

Read, write, do step work--you know that thing you've been meaning to do.

14. See a funny movie

Or at least do something fun--you deserve it!



WAKING UP



Central Office

Open Mondays 9:00 AM - 1:00 PM

155 North College Ave #120
Fort Collins, Colorado 80524



NO HANGOVER

Individuals wishing to connect with the hospital (Medical Center of the Rockies & Poudre Valley) - **Peer Support Hospital Visitation Program**, contact Caroline 408-806-7005 for information.

BRIDGE THE GAP - this District 21 committee is being run by Nancy K. at nancyekuehl@gmail.com or bridgethegapnoco@gmail.com.

TELL ME

Are there any changes to your meeting? Send it to us at officemanager@northcoloradoaa.org

What do you want to see under 'resources' on the NCIG website? Send it to us at officemanager@northcoloradoaa.org

Wanna write a story? Send it to us at officemanager@northcoloradoaa.org

Do you have an image or joke for Northern Notes? You know what to do.

MY GIFT
TO THE WORLD
THIS HOLIDAY
SEASON IS MY



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

Does your group need an Intergroup Rep?
We service groups in Northern Colorado. This adds up to over 73 groups. 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.*

SEE YOU IN
THE NEW
YEAR!
CAN'T WAIT.



I've got 99 problems and 86 of them are completely made up scenarios in my head that I'm stressing about for absolutely no logical reason.

Northern Colorado Intergroup Monthly Meeting Minutes - November 16, 2020

Call to order: 6:00 PM

Tradition 11 Reads: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films." Spiritual principle: Organization (Donna read the tradition)

Introductions and IGR Group Updates or Announcements

Beth- Office Manager

Molly- Chair

Julie- Volunteer Coordinator

Donna- Treasurer

Jamie- Assistant Secretary

Cortney- Secretary

Dan- IGR AA Recovery of Windsor

Alex- Co-Chair- Let Them Eat Cake- hybrid meeting

Susan- IGR Friends of Bill

Andrew- IGR Awakenings- tried hybrid, now online only

Larry- GSR Big Book Group of Loveland- in person with protocols, limits

Clint- IGR Loveland 539- in person with protocols, limits

Polly- IGR Happy Destiny- online

Nick- IGR RUS- online

Laurel- IGR Step Sisters- online

Linda- IGR 7am Freedom- online Sat/Sun, in person Sun

Chelsey- Steering Committee, Fundraising Chair, IGR Spring Creek- online

Bryan T- IGR Last House on the Block- online

Active reports

Chairperson

Fundraiser for Dec 5, financial report to output directly from quickbooks, move the office, google drive with all the info for central office and meetings, send bylaws to all- so new people have them.

Treasurer

Donna presented the financials by sharing the report on the screen [see following pages]

Andrew had a question- clarifying where the money is coming from- groups vs. individuals? Both.

Central Office

Beth still working on quickbooks and using it more effectively/efficiently, website updates, mail chimp subscriptions (122+), meeting list printed, Northern Notes draft done, met with landlords regarding the lease, fundraising emails and meetings with Don T, George M and Chelsey, Watch focus- more on sub and 12 step list, Finances and reporting- moving from Wells to Canvas, current merchant services (credit card processing) assessing fees and service and what it would look like to get out, Goal for next month- IGR handouts, fundraiser- Sober Songs, Watch Volunteer workshop.

Old Business

Meeting List (Beth): Printed and at Central Office

Fall Fundraising event update (Chelsea): December 5th at 7pm, zoom webinar, posted on facebook pages, email to IGRs to share flyer with groups, 4 musicians, George MC, on website.

New Business/Pending matters

Quickbooks Volunteer Sales Data Entry Demo; Discussion of the best way to use this for the office, for the volunteers, Beth demonstrated how this might work. Donna asked a question to clarify what they would have access to. Beth said only minimal access to what they need. Molly asked if it would require training. Beth said yes- she will make handouts, train- workshop. Julie said with training and help sheets people could do it.

Fundraising Ideas: IGRs continue announcing contributions to Central Office are greatly appreciated and help carry the message, Share the upcoming fundraiser event.

Group Participation Ideas: posting on social media groups / website.

Elections / Open Positions: Nominations for Asst Treasurer - Donna nominated Julie, Julie accepted, vote at Dec meeting.

NCIG FINANCE REPORT - October 2020

Actuals

Income	\$5,715.37
Expenses	\$4,565.69
Net Income	\$1,149.68

Income Breakdown

Income Type	Total Amount	Comments
7th Tradition	\$4,172.51	Total from individuals and groups
Faithful Fiver	\$371.26	Oct 2020 Total
Central Office	\$1,171.60	Oct 2020 Sales Total
TOTAL GROSS INCOME	\$5,715.37	

Bank Statements

Beginning Balance 10/1	\$9,073.61
Ending Balance 10/31	\$8,372.33
Balance as of November 14, 2020, includes Canvas accounts	\$9,616.76

includes \$55 in Canvas accounts

NCIG year to date (YTD) Actuals

Income	\$46,560.10
Expenses	\$37,232.69
Net Income	\$9,327.41

PROJECTED NOVEMBER 2020 BUDGET	\$4,009.84
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NCIG ACTUAL EXPENSES			October 2020		7th INCOME	
Expense	Amount	Notes	By A.A. Group Contributions			
Century Link	\$279.81	phone & internet (paid twice, for Oct & Nov)	AA Recovery Group of Windsor	\$664.51		
Merchant Fees	\$50.61	varies monthly based on use	Acceptance	\$6.23		
State Farm Insurance	\$39.58	monthly	Awakenings	\$267.20		
Quarterly payroll taxes	\$1,831.74	state & federal	Big Book of Loveland	\$138.00		
El Dorado Artesian Springs, Inc	\$5.34	Water stand rental, monthly	Breakfast with Bill & Bob	\$4.00		
Zoom Software Sub	\$16.12	monthly	Daily Noon Zoom	\$61.00		
Merchant Device Lease	\$41.89	monthly (for credit cards)	Friends of Bill W.	\$5.00		
Microsoft Office Sub	\$4.67	monthly	Happy Destiny	\$136.21		
Quarterly Sales Tax	\$95.61	city (with late penalty) & state	Johnstown Primary Purpose	\$22.24		
Mail Chimp Sub	\$8.99	email marketing software	Laporte 287	\$100.00		
Front Range Internet	\$11.95	domain & email, monthly	Let Them Eat Cake	\$5.00		
Renewal of Sales Tax License	\$13.04	state (annual)	Loveland Group	\$100.00		
Quickbooks Software Sub	\$72.70	accounting purposes, monthly	Noon Attitude Adjustment	\$3.00		
Office Manager Monthly Salary	\$1,538.80	net monthly pay	Rule 62 YPAA	\$7.00		
Office Supplies			R.U.S.	\$150.00		
Amazon	\$7.11	paper, sales receipt books	Step Sisters	\$20.00		
Literature & Other Recovery Goods			Women of Faith	\$290.95		
Recovery Shop	\$99.16	Medallions & Big Books	TOTAL GROUP CONTRIBUTIONS	\$1,980.34		
Ink Works	\$20.00	50 copies of meeting schedule	September 2020	\$945.08		
Amazon	\$13.94	Special Order Literature				
World Services A.A.	\$414.63	Literature (incl special orders)				
TOTAL OCTOBER EXPENSES	\$4,565.69					

PROJECTED MONTHLY BUDGET

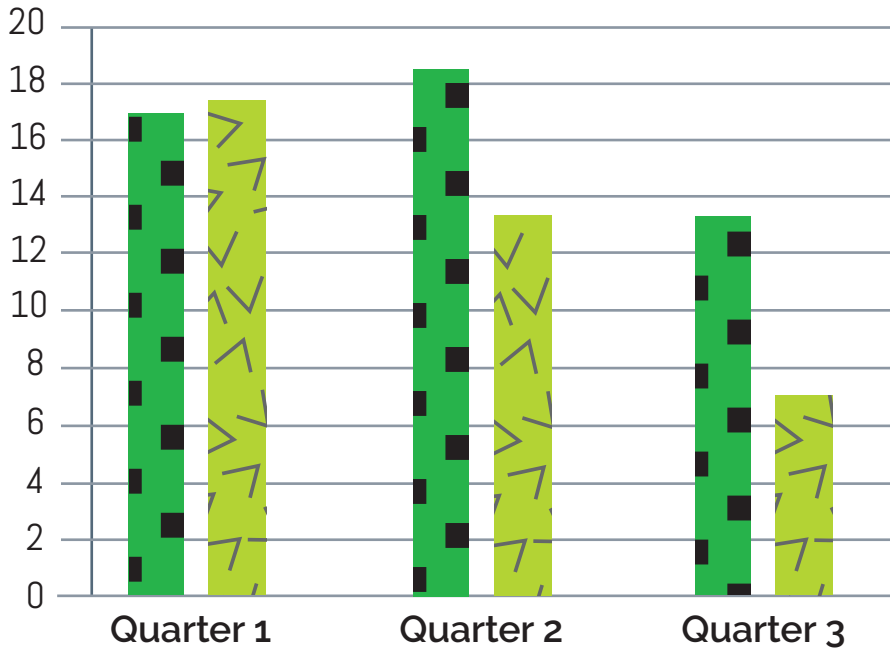
November 2020 Breakdown*			October 2020	Income
Expense	Amount	Notes	By Payment Method	
Central Office Rent	\$680.00	Monthly	Cash	\$386.75
State Farm Insurance	\$39.58	Monthly	Check	\$3,994.38
Pay Anywhere/Merchant Fees	\$199.71	based on usage	Credit	\$417.74
Merchant Device Lease (Credit)	\$41.89	Monthly - for store credit card use	PayPal	\$396.32
El Dorado Artesian Springs, Inc	\$5.34	Water stand rental	Venmo	\$520.18
Cache Accounting	\$291.20	QB training, quarterly taxes, and payroll	TOTAL	\$5,715.37
Mail Chimp Software Sub	\$8.99	email marketing software		
Microsoft Office Sub	\$4.67	monthly		
FRII	\$11.95	domain and email address		
Comcast	\$209.00	first month + \$99 install, just internet. May wait until January 2021.		
Century Link	\$139.00	last month (possibly keeping phone)		
Office Manager Monthly Salary	\$1,538.00	net monthly		
Zoom Software Sub	\$182.81	Monthly NCIG account and one month of Webinar account for Sober Songs		
Quickbooks Software Sub	\$72.70	Monthly		
Literature				
Amazon	\$45.00	includes office stock, supplies, and special orders	Partially Paid	
World Service A.A. Bookstore	\$500.00	includes office stock and special orders	Partially Paid	
Recovery Shop	\$40.00	includes office stock of medallions and special orders		
PROJECTED TOTAL	\$4,009.84		already paid	
* Budget amounts based on the last 7 months & current monthly expenses				

2019/2020 Comparison



INCOME

\$ in 1,000s

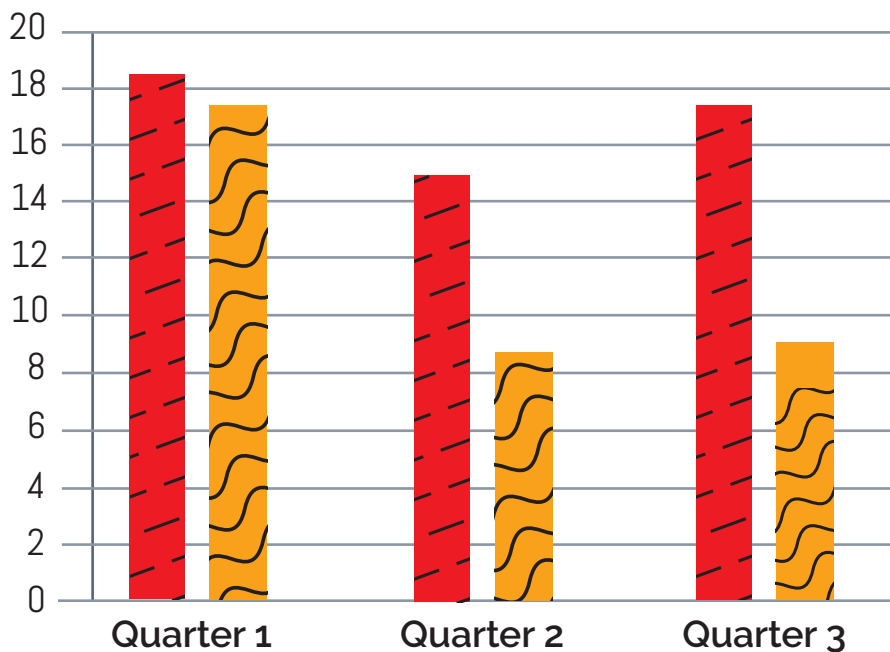


	2019	2020
Q1	\$17,036.80	\$17,223.76
Q2	\$18,668.08	\$13,691.25
Q3	\$13,697.89	\$7,081.65

■ 2019 ▵ 2020

EXPENSES

\$ in 1,000s



	2019	2020
Q1	\$18,334.05	\$17,668.69
Q2	\$14,579.66	\$8,234.12
Q3	\$17,951.73	\$9,318.51

▨ 2019 ▨ 2020