


NORTHERN NOTES



January 2021

WHAT'S YOUR 2020 GOOD RIDDANCE?
WRITE IT & SEND IT OFF

My 2020 good riddance is wrapped up in the saying, “what other people think of me is none of my business.” I learned an incredible amount about faith and the power of sobriety this past year. Instead of feeling the constant stress of dealing with worry and turning to alcohol or something else, I have noticed that working at NCIG’s Central Office has allowed me to put into practice many of the principles of the program, sometimes without even trying. Sobriety is the super-power I depend on most. 

For one thing, all of you in the area have come through for the Intergroup when we needed you most. For another, it’s so obvious, I’m working for a bunch of alcoholics! It’s awesome. I can be much more true to myself, despite my fears and vulnerabilities. So, thank you for just giving and helping and trusting that we are going to get through 2020 & beyond. So, what does that saying at the beginning of my good riddance have to do with everything in the middle? Well, the sense of purpose we all have. We gotta do what we gotta do to stay sober.

Much love all around, Beth (NCIG Office Manager)



P.S. We’re looking for stories of love in sobriety for the February issue, and it doesn’t have to be about romance. Send it to officemanager@northcoloradoaa.org or send/drop it off at Central Office.

New Year's Eve Alkathon

2021

Hosted by Northern Colorado Intergroup

Noon to Midnight New Years Eve
with time for fellowship after

Two Countdowns: 10pm and Midnight

Speakers, Music, Poetry, and meetings every hour.

If you'd like to volunteer please contact Chelsey 970-420-4968

Zoom address: 873 901 4086 password 873131

NEW YEAR'S EVE ALKATHON SPEAKER AND EVENT SCHEDULE:

- | | |
|-----------------|---|
| 12 PM - Carolyn | 7 PM - Music & Poetry hosted by Kimberley |
| 1 PM - Kolby | 8 PM - Tim |
| 2 PM - Nell | 9 PM - Rhonda |
| 3 PM - Patrick | 10 PM - George M. (Countdown #1) |
| 4 PM - Molly | 11 PM - Good Riddance Discussion Meeting,
hosted by Alex |
| 5 PM - Chelsey | |
| 6 PM - Cortney | 12 AM - Countdown #2 & Fellowship |

1 **STEP** - Admitted we were powerless over alcohol and our lives had become unmanageable.

TRADITION - Our common welfare should come first; personal recovery depends upon A.A. unity.

AA



UPCOMING 2021

Steering Committee:

Monday, January 18th, 5:15 PM

Intergroup Meeting:

Monday, January, 6 PM

District 21 Meeting:

Sunday, January 3rd, 5:30 PM

District 23 Meeting:

Tuesday, January 5th, 7 PM

Visit www.northcoloradoaa.org or email NCIG for details

COMICS



“We’re paying you to dance and be fun, not to drink and mope.”

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): <http://ow.ly/qGwN50CI74r>

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.



BRINGING IN THE NEW YEAR

1. Attend (or host your own) "Dance Dance Party Party"

The rules of DDPP are simple: No Boys. No booze. No judgment. (Legwarmers optional.)

2. Attend an "Alco-thon" / "Narco-thon"

Alco-thon's are a lot of fun — and you don't need to be in a trench coat drinking oily coffee from a Styrofoam cup to attend. (But you can.)

3. Host a Braving (Breakfast Raving)

Festivities begin at 6:30 a.m. This early morning "conscious clubbing experience" offers coffee.

4. Go To a Destination Party

Rent a cabin for the long weekend.

5. Host a Game Night

Relative Insanity, Pandemic, and Election Night! are among some favorites to play.

6. Throw a Mocktail Party

And roast your guests, I mean, toast.

7. Meditate on your good riddances

And then dunk your head in ice cold water, like a polar bear dip.

8 Go ice skating

And fall on your bum a gazillion times.

9. Take an afternoon hike

And shout from the top of Horsetooth mountain.

10. Avoid drinking events

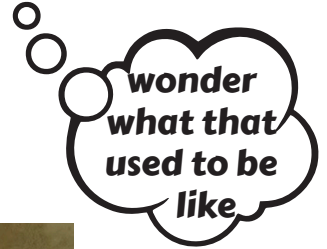
Repeat: If you are nervous, don't go. (Use some of those excuses you used to use, remember?) But if you have to go, eat first; arrive late; keep phone handy; and make up an excuse to step out or leave early. Not that they'll be many of these right now.

11. Movie Marathon

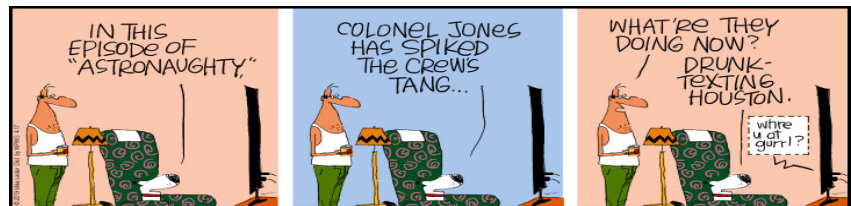
Set a tone of your choice for the new year.

12. Call a newcomer

And, of course, go to a meeting.



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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 propose a theme or 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.

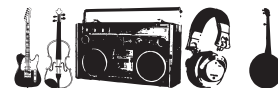
www.northcoloradoaa.org

24/7/365 • 970-224-3552



Central Office (Party Central!)
Open Mondays 9:00 AM - 1:00 PM

155 North College Ave #120
Fort Collins, Colorado 80524



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 the District 21 CPC/PI committee chair, 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 Nancy K. Contact at nancyekuehl@gmail.com or bridgethegapnoco@gmail.com if this service is of interest to you.

It's time for the new rotation for District 21 and we will start next Sunday, January 3rd with the following:

3:00pm - **Committee Chair Orientation**

Zoom ID: 970-290-3336 Passcode: 041120

4:00pm - **GSR Orientation**

Zoom ID: 818-0526-1566 Passcode: 864617

5:30pm - **Monthly District Meeting**

Zoom ID: 818-0526-1566 Passcode: 864617

Everyone is welcome to attend any and all of the above sessions.

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.**

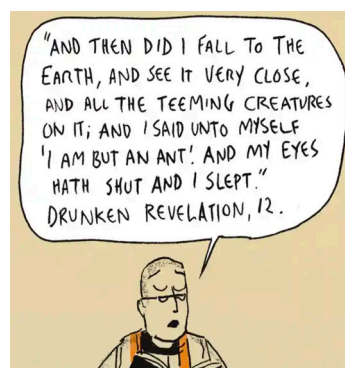
A.A.



Drunk Cartoon



Lifetime Channel's answer to SHARK WEEK... STAIRCASE WEEK!



Northern Colorado Intergroup Monthly Meeting Minutes - December 21, 2020

Call to order: 6:00 PM

Tradition 12 Reads: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities." (Susan read the tradition)

Quorum (>7 IGRs)

Introductions and IGR Group Updates or Announcements

Donna- Treasurer

Diana- D21 GSR

Jamie- Assistant Secretary

Julie- Volunteer Coordinator

Carolyn- Loveland Group IGR

Alex- Co-Chair, Let Them Eat Cake- Hybrid- will be there on Christmas, Friends of Bill W- Hybrid

Beth- Office Manager

Dan- Recovery Group of Windsor IGR- Zoom

Andrew- Awakenings IGR- Zoom

Laurel- Step Sisters IGR- Zoom

Linda- 7am Freedom IGR- Sat- Zoom/Sun- Zoom & in person

Chelsey- Steering Committee Member, Fundraising Committee, Spring Creek IGR

Dave- Westside Greeley IGR- in person, Wed nights

Jessica- Women Seeking Sobriety Alt IGR- in person, Greeley Stampede 2021 is cancelled

Don- sub for Polly, Happy Destiny- Zoom

Cortney- Secretary

Active reports

Chairperson - Thank yous for Sober Songs. This was a really important year. Sober Songs tied it all together with a connected and community feel. We're in a good spot. Have cadence, bylaws, capable office manager. Talking about 2021 budget. Changes to office manager position. More events. How can we carry the message? Need fundraisers but put focus on carrying the message. Need a nominating committee for elections in March. God showed up for all of us this year.

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

Central Office - Quickbooks looking good, Canvas now linked to Quickbooks, started a prudent reserve, hopefully trained with Cache for the last time this month- expense will go down, 200 subscribers for email, signed & sent off new lease, Working on Jan Northern Notes, created an IGR packet-www.northcoloradoaa.org/resources, all shifts covered, need subs and 12th step callers, Should we have a charity page or wishlist on Amazon smile?, next month make headway on the budget, website. Beth talking with Andrew about a scanner for office (with new merchant equipment).

Laurel- Thumbs up on Amazon smile.

District 21- Diana (Was emailed with the agendas)

District 23 - vacant

Fundraising Committee (Chelsey) - Sober Songs brought in \$6245.57, Was a big success, Very helpful to have George and Don come up with the idea and Beth take care of computer, New Year's Eve- Alkathon- intergroup hosted event, need volunteers, flyer coming in next couple days, contact Chelsey if you want to volunteer.

Old Business

*Sober songs event - How do you think it went?

Really good feedback, people enjoyed it, Laurel- suggestion add a raffle for literature and sell the recording to Central Office so people can purchase it, Don- it was an amazing learning curve and George did a great job of tying it all together, sound could have been better

* Volunteer QB usage (tabled in Dec.)

*Signed 3rd Lease Amendment for 2 year extension, staying in current office space

i. 2021 \$680/mn

ii. 2022 \$700/mn

New Business/Pending matters

*Nominations for Asst Treasurer (Julie M.) - Blind Vote

Julie was voted in as Assistant Treasurer.

* Appointments for nominating committee- did not discuss

* Outreach & Fundraising Ideas (curtailed, tabled)

Volunteer to read 1st tradition and share next month- Don

Next Meeting: January 18, 2021

NCIG FINANCE REPORT - November 2020

Actuals

Income	\$6,370.30
Expenses	\$3,088.25
Net Income	\$3,282.05

November Income Breakdown

Income Type	Total Amount	Comments
7th Tradition	\$3,275.49	Total from individuals and groups
Faithful Fiver	\$251.34	Nov 2020 Total
Central Office	\$1,413.93	Nov 2020 Sales Total
Sober Songs	\$1,429.54	Nov 2020 Total

Bank Statements

Beginning Balance 11/1	\$8,372.33
Ending Balance 11/30	\$11,684.35
Balance as of December 13, 2020, includes Wells Fargo & Canvas accounts	\$13,560.57

includes Wells Fargo & Canvas accounts

TOTAL GROSS INCOME \$6,370.30

NCIG year to date (YTD) Actuals

Income	\$50,289.30
Expenses	\$38,001.61
Net Income	\$12,287.69

PROJECTED DECEMBER 2020 BUDGET	\$4,056.17
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November 2020

Income

By Payment Method	
Cash	\$1,011.85
Check	\$3,178.82
Credit	\$668.75
PayPal	\$708.88
Venmo	\$802.00
TOTAL	\$6,370.30

NCIG ACTUAL EXPENSES

November 2020			November 2020			7th INCOME	
Expense	Amount	Notes	By Group Contributions				
Merchant Fees	\$209.92	varies monthly based on use + annual fee paid of \$10.20	539 Group			\$234.52	
State Farm Insurance	\$39.58	monthly	AA Recovery Group of Windsor			\$25.00	
Cache	\$291.20	Payroll, taxes, and training	Awakenings			\$276.00	
El Dorado Artesian Springs, Inc	\$5.34	Water stand rental, monthly	Berthoud AA Group			\$100.00	
Zoom Software Sub	\$182.81	Monthly NCIG account and one month of Webinar account for Sober Songs	Big Book of Loveland			\$50.00	
Merchant Device Lease	\$41.89	monthly (for credit cards)	Breakfast with Bill & Bob			\$1.00	
Microsoft Office Sub	\$4.67	monthly	Broad Highway of Recovery			\$300.00	Alanon
Mail Chimp Sub	\$8.99	email marketing software	Daily Noon Zoom			\$9.00	
Front Range Internet	\$11.95	domain & email, monthly	Eaton Crow			\$50.00	
Office Manager Salary	\$1,537.05	monthly	Fort Collins Group			\$100.00	
Quickbooks Software Sub	\$72.70	accounting purposes, monthly	Johnstown Primary Purpose			\$10.00	
Office Supplies			Keep It Simple			\$559.89	
Amazon	\$10.76	another sales receipt book	Last House on the Block			\$199.76	
Literature & Other Recovery Goods			Loveland Group			\$253.23	
Recovery Shop	\$166.39	Medallions, stickers, & special order	Rule 62 YPAA			\$3.00	
Amazon	\$27.76	Special Order & literature	Step Sisters			\$29.00	
World Services A.A.	\$477.24	Literature (incl special orders)	Windsor Women Unite			\$286.08	
TOTAL NOVEMBER EXPENSES	\$3,088.25		TOTAL GROUP CONTRIBUTIONS			\$2,251.96	
			October 2020			\$1,980.34	

PROJECTED MONTHLY BUDGET				
December 2020 Breakdown*				
Expense	Amount	Notes		
Central Office Rent	\$1,360.00	Monthly, twice bc Nov cleared in Dec		
State Farm Insurance	\$39.58	Monthly		
Pay Anywhere/Merchant Fees	\$174.07	based on usage		
Merchant Device Lease (Credit)	\$41.89	Monthly - for store credit card use		
El Dorado Artesian Springs, Inc	\$15.35	Water stand rental & 1 bottle		
Cache Accounting	\$291.20	QB training, questions, Intuit, and payroll		
Mail Chimp Software Sub	\$8.99	email marketing software		
Microsoft Office Sub	\$4.67	monthly		
FRII	\$11.95	domain and email address		
Comcast	\$224.00	first month + \$99 install for internet & phone		
Century Link (old phone/internet)	\$139.00	last bill, might be a tad more		
Office Manager Monthly Salary	\$1,537.00	net monthly (twice due to checks, not direct deposit)		
Zoom Software Sub	\$16.12			
Quickbooks Software Sub	\$72.70	Monthly		
Literature				
Amazon	\$80.00	includes printer ink, literature, and special orders		
World Service A.A. Bookstore	\$680.00	includes office stock and special orders	Partially Paid	
Recovery Shop	\$40.00	includes office stock of medallions and special orders		
PROJECTED TOTAL	\$4,736.52			already paid
* Budget amounts based on the last 8 months & current monthly expenses				

NCIG SOBER SONGS REPORT

The Sober Songs fundraising event for NCIG was a success, and we're very grateful for the enthusiasm and efforts of Don T. and George M. for putting it together and performing. And, of course, incredibly grateful to all those who performed, attended, and contributed.

Sober Songs Fundraising Event Tally

as of December 21, 2020

	Total
Income	
5400 Special Events Income	6,652.26
Total Income	\$6,652.26
Expenses	
8000 Special Events Expense	366.69
Total Expenses	\$366.69
NET INCOME	\$6,285.57

Total Attendance (at its height):	125
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