

NORTHERN NOTES



March 2021

A letter from our outgoing Secretary:

Hi Friends! My name is Cortney and I am an alcoholic. I have had the pleasure of serving as Secretary for the Central Office Steering Committee for two terms. The first term I was Interim Secretary when the committee needed someone to jump in and fill the spot. The second term I was officially nominated and voted in at the March Annual Meeting. Now it is time for me to rotate out of this service position. As that transition happens I am reflecting on how service fits into the spiritual life and how the Central Office fits in the sober journey. The triangle of AA reads Recovery, Unity, Service. For me recovery means healed, restored to sanity which happens when we take the steps, take others through the steps, and live with God as we understand God as our guide. Unity means We instead of just me, and being part of the whole. Service means giving away what we receive. When I came to AA, I received a space to be exactly where I was at that moment in mind, body and spirit. I received a place to gather where people were giving away what they had received to keep this space and place alive and well. That is what I give when I play a role in AA service. I give what I receive and become a spoke in the wheel that keeps the beautiful gears of AA turning, which fosters unity and recharges the spirit so others can recover. The spiritual life is about action and movement, one might say rotational and regenerative in nature. Receive...Give...Receive...you get the picture...especially if you are living it. It's miraculous! Speaking of space, place and miracles: from my perspective that is how the Central Office fits in the sober journey. The office is a hub to the spokes that the groups and individual members providing service help create. It is a miraculous space and place with people keeping the flow moving. The Office Manager facilitates while keeping the conscience of the groups and AA service structure in mind. The Steering Committee oversees and supports the Office Manager. The Intergroup Reps represent for the groups and share information. AA watch volunteers answer phones, greet guests, point people in the direction of meetings, arrange 12 step calls, and provide other resources. Literature is sold to groups and individuals to carry the message. And so much more! All of this is ultimately watched over by a loving God who expresses in our group conscience. Rotation is another piece of the miracle. The spirit of rotation helps keep service work honest and humble. It gives us an opportunity to do a service commitment to the best of our ability and then bow out when it's time. Over the years I have served to the best of my ability from a greeter/coffee maker to a General Service Representative and most everything in between. With each experience I learn and grow. Part of that growth is rotating out and moving to the next place that God as I understand God directs me to serve. As I leave this role my heart is full from what has been added to my spiritual life as well as from what I have been able to give and as each of us continue on the sober spiritual journey, may we give and receive in a spirit of being a trusted servant directed by God as we understand God and the love of God expressed in our group conscience. I bid farewell to my time as Secretary with this thought in mind: No worry. No hurry. All things in God's way and time if we keep going in the only direction God gave us—forward.

Peace and Love, Cortney M.



STEP - Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

TRADITION - The only requirement for A. A. membership is a desire to stop drinking.

Quote of the Month

When, therefore, we AAs look to the future, we must always ask ourselves if the spirit which now binds us together in our common cause will always be stronger than those personal ambitions and desires which tend to drive us apart. . . Though the individual AA is under no human coercion, is at almost perfect personal liberty, we have, nevertheless, achieved a wonderful unity on vital essentials.

For example, the Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world. -- Bill W.

UPCOMING THIS MONTH

Steering Committee:

Monday, March 15th, 5:15 PM

Intergroup Meeting:

Monday, March 15th, 6 PM

District 21 Meeting:

Sunday, March 8, 5:30 PM

District 23 Meeting:

Wednesday, March 3, 7 PM

Visit www.northcoloradoaa.org or email the Office Manager for NCIG to get details

Sneak Peek:

We're having an special meeting event for

**St. Patrick's Day,
March 17th! 7 - 9 PM**

Save the Date &

Stay tuned for details

God is either everything,
or He is nothing.

Bill W.

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.**

ANNIVERSARIES

Please send Beth, the Office Manager at Central Office, your anniversary the month prior.

We'd like to acknowledge you in Northern Notes.

This will be a new section in the newsletter starting in April 2021.

Thank you kindly.

Sometimes we're tested. Not to show our weaknesses, but to discover our strengths.

LOL

Incidentally, the word "pigeon"—as applied to an A.A. newcomer or prospect—was probably coined by Dr. Bob himself. "He used that word," said Smitty, and one A.A. recalled that Doc would often announce at a meeting, "There's a pigeon in Room so-and-so who needs some attention." Or he might refer to the patient as "a cookie."

— Ed Nyland in Dr. Bob and the Good Old Timers

We lose the fear of making decisions, great and small; as we realize that should our choice prove wrong we can, if we will, learn from the experience.

Bill W.

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

Spring Assembly 2021
March 19-21
Colorado Springs, CO
on Zoom

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 9:00 AM - 1:00 PM
Also, Wednesdays 9:00 AM - 1:00 PM starting 2/17

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, March 8, 2021:
5:30pm - **Monthly District Meeting**

District 23 - Wednesday, March 3, 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

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.

A.A.

Northern Colorado Intergroup Meeting Minutes - January 18, 2021. Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 1 Reads: (Don) Our common welfare should come first; personal recovery depends upon A.A. unity
3. Introductions and IGR Group Updates or Announcements
 - a. Molly- Chair
 - b. Donna- Treasurer
 - c. Jamie- Assistant Secretary, Announcement: Alcathon on Inauguration Day, info on website- <https://www.northcoloradoaa.org/post/upcoming-local-alcathon> or contact Jamie
 - d. Diana-outgoing District 21 Rep
 - e. Julie- Assistant Treasurer, Volunteer Coordinator
 - f. Don- Happy Destiny IGR
 - g. Acacia- Women of Faith IGR
 - h. Gail- Windsor Women Unite IGR- meeting in person Tues/Fr 8:30-9:30am at Vineyard church, Windsor Triangle- Zoom Meeting
 - i. Susan- Friends of Bill IGR
 - j. Beth- Office Manager
 - k. Jessica- Alt IGR Women Seeking Sobriety- Greeley- meeting in person on Sun at 2:30pm
 - l. Alex- Co-Chair
 - m. Laurel- Step Sisters IGR, Fundraising Committee
 - n. Courtney R- Let Them Eat Cake IGR- hybrid meeting, upstairs for more distance
 - o. Chelsey- Committee Member, Event/Fundraising Committee Chair, Spring Creek IGR
 - p. Carolyn- Incoming District 21 Rep, Loveland Group IGR, CPCPI IGR
 - q. Bryan- Last House on the Block IGR
 - r. Lindsay- 5 o' Clock Somewhere IGR- started Language of the Heart and voted to make a donation to Central Office, loosely representing FoCo 1st Step Workshop
4. Quorum (>7 IGRs)
5. Motion to accept the meeting minutes from last month?
 - a. Julie motion, Carolyn second, passes
6. Active reports
 - a. Chairperson
 - i. Molly read the budget narrative
 1. Don asked will hours for central office remain the same or will that change? Beth said she is planning to open Tuesdays starting Jan 26 and hoping to increase as it makes sense until open full time again.
 - b. Treasurer
 - i. Donna shared Treasurer's Report
 1. Don asked Happy D made a contribution that isn't there? Beth answered It came in January.
 2. Laurel asked is there a way on website to subscribe to faithful fivers? Beth answered Yes on the contribute page.
 - ii. Motion to accept Treasurer's report
 1. Laurel motion, Don second, passes
 - c. Central Office
 - i. Beth shared her completed Office Manager Tasks, highlights- moved another 2k to savings, finished Quickbooks training, Square proposal for a merchant switch, YTD quarterly comparison report and 2021 budget, met with Jon about website, literature order came in, switched from FRIL to Hover for domain and email, trained Julie on fwd'ing calls on the Comcast Business website, one phone watch shift open for the 4th Friday of the month evening/overnight 5pm to 8am, going to open Tues 9am to 1pm on 1/26 and another day each month after that until we go back to a full week.
 - d. District 21

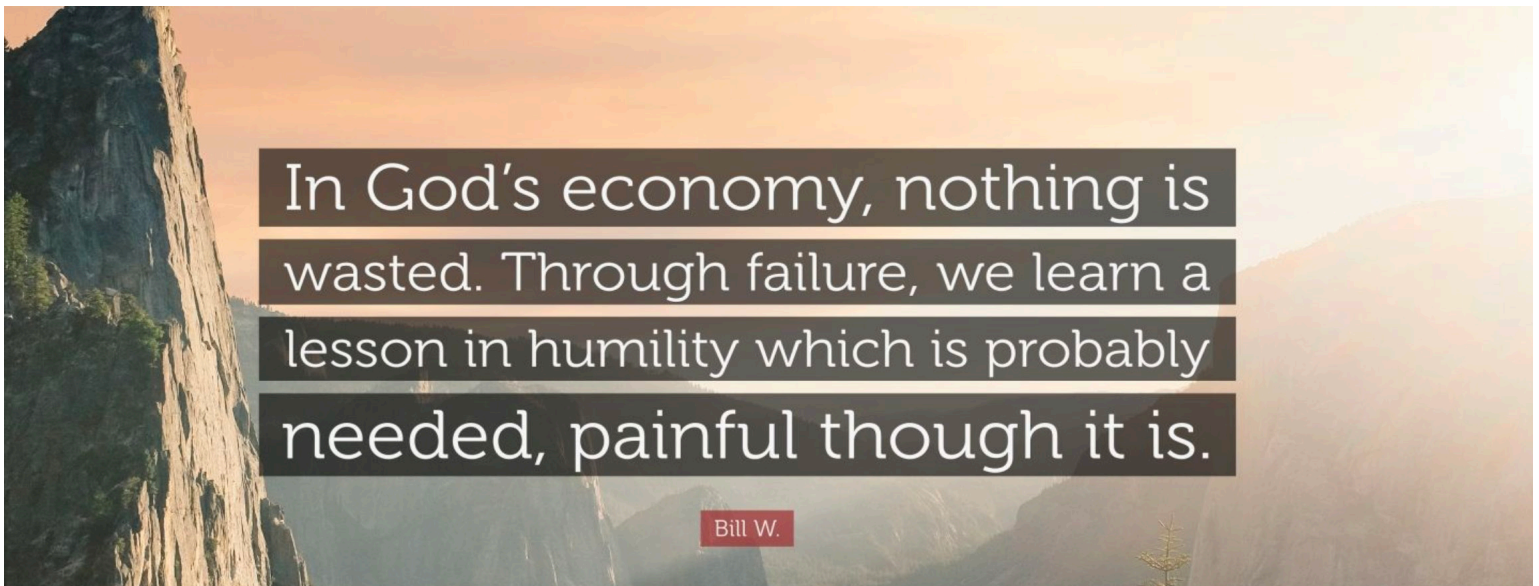
- i. Diana shared the report and it will be emailed with minutes
- e. District 23 - vacant
- f. Fundraising & Events Committee
 - i. Chelsey shared about New Year's Alcathon- learning opportunity, grateful for the opportunity and know for future events what to expect, committee is fully formed and hope to meet at end of month for future events, send ideas to Chelsey
 - ii. Cortney asked if we know how much we made from the Alcathon? And are tracking income from each event? Chelsey answered the Alcathon was more of an event and she didn't have a final #. Beth put \$210 in the chat. Chelsey is going to work with Beth on tracking for future events.

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.
 - 1. No one stepped up for the committee
 - ii. Based on bylaws Jamie would move to Secretary and Asst Secretary would be open, The bylaws state commitments are one year but the consensus seemed to be we need to change that for continuity. People can nominate for all positions and run if they want to but most who currently hold office want to run again for continuity with what's going on, and the IGRs were supportive of this.
 - 1. Molly - Chair
 - 2. Alex - Vice Chair
 - 3. Donna - Treasurer
 - 4. Julie - Vice Treasurer
 - 5. Open - Secretary
 - 6. Jamie - Vice Secretary- moves up to Secretary
 - 7. Chelsey - Committee-person at large
 - 8. New Business / Pending matters
- a. Discuss and vote to approve 2021 Budget
 - i. Laurel motion, Gail second, passes b. 7th Tradition - Venmo @NCIGAA
- 9. Volunteer to read 2nd tradition and share next month- Susan Motion to adjourn- Susan motion, Lindsay second, passes

Close 7:00 PM

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."



NCIG FINANCE REPORT - January 2021

January 2021 Actuals		January Income Breakdown	
Income	\$5,740.66	Income Type	Total Amount
Expenses	\$5,134.74	7th Tradition	\$4,118.68
Net Income	\$605.92	Faithful Fiver	\$443.35
		Central Office	\$998.63
		NYE Alkathon	\$180.00
		TOTAL GROSS INCOME	\$5,740.66
Bank Statements			
Beginning Balance 1/1	\$13,046.85		
Ending Balance 1/31	\$13,708.83		
Balance as of February 12, 2021, includes all Wells Fargo & Canvas accounts	\$12,424.86		
Current Prudent Reserve	\$3,005.13		
PROJECTED FEBRUARY 2021 BUDGET	\$5,712.95		
NCIG ACTUAL EXPENSES			
			7th Tradition
Expense	Amount	By Group	
Merchant Fees	\$55.43	7 A.M. Freedom	\$22.00
State Farm Insurance	\$39.58	AA Recovery Group of Windsor	\$477.50
Rent	\$1,360.00	Acceptance	\$2.58
Cache	\$208.00	Awakenings	\$321.75

includes COGS

includes all Wells Fargo & Canvas accounts

varies monthly based on use

monthly

2 months (Dec rent check did not clear in Dec 20)

payroll, taxes, and training

January 2021

NCIG FINANCE REPORT - January 2021

Expense	Amount	Notes	By Group
El Dorado Artesian Springs, Inc	\$5.36	Water stand rental, monthly & 1 bottle	Berthoud Group \$50.00
Zoom Software Sub	\$16.12	monthly	Big Book of Loveland \$25.00
Merchant Device Lease	\$41.89	monthly (for credit cards)	Daily Noon Zoom \$50.00
Mail Chimp Sub	\$9.99	email marketing software	Fort Collins Group \$50.00
Front Range Internet	\$5.62	domain & email (last one)	Friends of Bill W. \$281.59
IRS Payroll Taxes	\$1,359.76	quarterly	Great Fact Group \$20.00
State Payroll Taxes	\$690.00	quarterly	Greeley Westside Group \$84.00
Quickbooks Software Sub	\$72.70	accounting purposes, monthly	Happy Destiny \$838.89
Comcast	\$290.13	2 months (not on purpose)	High Noon, Fort Collins \$30.00
Hover	\$65.68	New domain holder. 4 domains with 2 email addresses (annual)	Johnstown Primary Purpose \$72.00
Canvas Checks - Harland	\$23.90	first and only instance for this year	Keep It Simple \$675.00
City Sales Tax	\$59.33	quarterly	Laporte 287 \$84.00
State Sales Tax	\$104.78	quarterly	Loveland Group \$278.04
Software	-\$0.16	dropped MS Office 365	New Hope \$290.00
Bank Charge	\$3.95	Canvas bill pay fee (last one)	Rule 62 YPAA \$5.00
Office Supplies - Misc	\$30.43	Tape, Postage, & Sales Receipt Books	RUS \$112.61
Total Operating Expense	\$4,442.49		Windsor Triangle \$256.00
Recovery Shop	\$200.47	Medallions, stickers, & pens	JANUARY TOTAL \$4,025.96
Ink Works	\$32.00	Meeting lists	December 2020 \$1,514.09
Grapevine	\$42.00	3 books (1 new)	
Amazon	\$13.97	Special Order & literature	
World Services A.A.	\$403.81	Literature (incl special orders)	
Literature & Other Recovery Goods (COGS)	\$692.25		
TOTAL JANUARY EXPENSES & COGS	\$5,134.74		

NCIG FINANCE REPORT - January 2021

PROJECTED MONTHLY BUDGET		February 2021 Breakdown
Expense	Amount	Notes
Central Office Rent	\$680.00	Monthly
State Farm Insurance	\$39.58	Monthly
Pay Anywhere/Merchant Fees	\$52.16	based on usage
Merchant Device Lease (Credit)	\$41.89	Monthly - for store credit card use
El Dorado Artesian Springs	\$5.36	Water stand rental
Cache Accounting	\$119.60	QB meetings, questions, Intuit, and payroll
Mail Chimp Software Sub	\$9.99	email marketing software
Office Manager Monthly Salary	\$4,236.17	2 months + bonus (due to Intuit and delay in checks clearing last month)
Zoom Software Sub	\$16.12	Monthly
Quickbooks Software Sub	\$72.70	Monthly
Total Operating Expense	\$5,273.57	
Amazon	\$10.00	Drop the Rock, special order, or office supplies
Ink Works	\$15.00	meeting lists
World Service A.A. Bookstore	\$354.38	includes office stock and special orders
Recovery Shop	\$60.00	includes office stock of medallions and special orders
Total Literature & Other Recovery Goods (COGS)	\$439.38	paid
PROJECTED TOTAL EXPENSES & COGS	\$5,712.95	
Note: We may also be purchasing new credit card merchant equipment as we switch merchants		