

NORTHERN NOTES



May 2021

A LETTER FROM ONE OF OUR BELOVED, AND RECENTLY RETIRED, WATCH VOLUNTEERS:

After 20 years of hard drinking, where the last 11 months were particularly bad, I woke up on Thursday, October 20 to find the hole in my being unbearably large. After failing to reach my doctor, I called Central Office. I don't remember what I said, but the newbie took my number and had Ralph call me back. I don't remember much of that conversation either, but we talked for over an hour. I ended up at the 5:30 meeting at the Serenity Club. I haven't had a drink since.

Six years later, my ticket got drawn at the Friday night birthday raffle and I won a "Service Commitment" at the Central Office. Six hours. Until a couple of weeks ago, I had the 9 to 11 shift on Wednesdays. I was a huge winner on both that phone call and the raffle ticket. That was 20 years of amazing calls, many just like mine. Some of them even stayed sober.

Thank you Central Office for saving my life, and giving me a life more fabulous than my wildest dreams!

--Duane S.

INTEGRITY ✎ PURPOSE ✎ CONSIDERATION

5 STEP - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

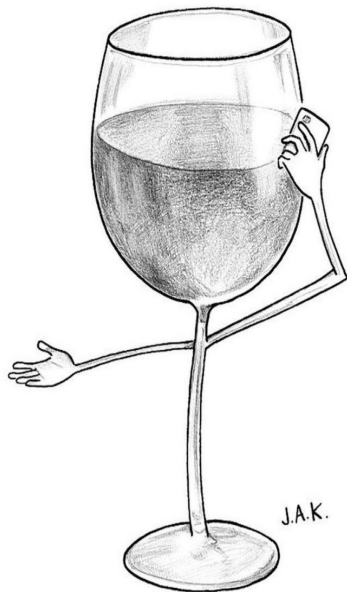
TRADITION - Each group has but one primary purpose--to carry its message to the alcoholic who still suffers.

CONCEPT - Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Quote of the Month!

"Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish."

-- Big Book, page 34



"This is the wine talking."

When the most minor thing doesn't go my way



UPCOMING THIS MONTH

Steering Committee:

Monday, May 17th at 5:15 PM

Intergroup Meeting:

Monday, May 17th at 6 PM

Meeting ID: 873 901 4086

District 21 Meeting:

Sunday, June 6th at 5:30 PM

District 23 Meeting:

Tuesday, May 11th at 7 PM

35 Carlson Blvd, Johnstown, CO

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



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.

MAY 2021 ANNIVERSARIES:

Rich, Keep It Simple - 14 years
Amanda, Windsor Triangle - 2 years

DO YOU OR A SPONSEE HAVE AN ANNIVERSARY IN JUNE, OR ANY MONTH THIS YEAR? LET US KNOW.

Email Beth:
officemanager@northcoloradoaa.org

**Always smile, even
when things are bad!**



it will make you
look deranged
and really freak
people out lol

god's plan



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, the month they passed, and home group, 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...

Trish M., RUS Loveland, CO, April, 2021

Mina H., Fort Collins, CO, April, 2021

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., and 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 newcomer packet, a newsletter, and we order, sell & distribute A.A. literature.

When you finally learn that
a person's behavior has
more to do with their own
internal struggle than you,
you learn grace.

UP AND COMING:
AREA 10

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

Corrections Conference
October 2, 2021
7:30 AM to 3:30 PM
Johnstown, CO

Go to coloradoaa.org for
more information.

www.northcoloradoaa.org

24 / 7 / 365 • 970-224-3552

Central Office

OPEN Mondays, Tuesdays, Wednesdays & Fridays

9:00 AM - 1:00 PM

and Thursdays 1:00 - 5:00 PM

BOOKS

CHIPS

155 N College Ave #120
Fort Collins, Colorado 80524

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.

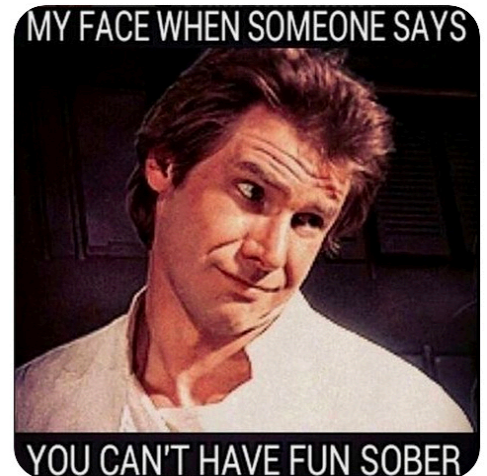
D21 Treatment - Join the District 21 Treatment Committee and share your experience, strength, and hope with men and women in our local rehabilitation centers. Please help us carry the message of hope to these individuals who are about to re-enter the real world. Remember, you can only keep what you have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

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.**

"If you could say one thing to the founders of AA, what would it be?"



Hi There!

ARE THERE ANY
CHANGES TO YOUR
MEETING?

Send it to us at
officemanager@
northcoloradoaa.org

WHAT WOULD 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 FOR NN?

Send it to us at
officemanager@
northcoloradoaa.org

DO YOU HAVE AN
IMAGE OR JOKE FOR
NORTHERN NOTES?

You know what to do.

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

1. Serenity prayer + welcome

2. Tradition 3 Reads: "The only requirement for A.A. Membership is a desire to stop drinking." Laurel Read.



3. Introductions and IGR Group Updates or Announcements

a. Courtney- Secretary

b. Donna- Treasurer

c. Julie- Assistant Treasurer, Volunteer Coordinator

d. Carolyn- District 21 IGR, There will be a meeting on May 1st zoom meeting and

hoping for in person to reintroduce Intergroup. It will be an opportunity for people to meet Beth, and for Julie to talk about volunteering and watch and Carolyn to talk about hospital, CPCPI committee of D21 is offering Grapevine to treatment centers/hospitals, 3 hospital calls since beginning of year

e. Laurel- Step Sisters IGR, still on zoom

f. Susan- Friends of Bill IGR, hybrid meetings going good

g. Beth- Office Manager

h. Chelsey- Steering Committee Member, Fundraising/Events Chairperson, Spring Creek IGR, no plans for in person

i. Courtney- Let them Eat Cake IGR, hybrid meetings

j. Kimberly- Daily Noon Zoom IGR, zoom on permanent basis

k. Alex- Co-Chair

l. Jessica- Women Seeking Sobriety Alt IGR, Greeley, lots of newcomers, in person

m. Bryan- Last House On the Block IGR

n. Dave- Westside Group IGR, Greeley, Wed at 6pm, asked about office hours

i. Beth answered: M-W: 9am to 1pm and Th: 1 to 5pm, open Fri mid- April: 9 to 11am.

4. Quorum (>7 IGRs)

5. Motion to accept the meeting minutes from last month?

a. Dave, Laurel- passes

6. Active reports

a. Chairperson (Molly)

i. Met with Beth/Donna to refine how we present financials, Met with Donna/Chelsey to go over Beth's Annual Review, Please mention Intergroup if you go to meetings

b. Treasurer (Donna)

i. Shared financial report

ii. Motion- Bryan, Susan- passes

iii. Molly showed the breakdown by group

iv. Clarifying questions on venmo.

c. Central Office (Beth)

- i. Beth shared the Completed Office Manager Tasks report

d. District 21

- i. Carolyn- Major focus on assemblies right now, nothing additional to report

e. District 23 - vacant

- i. Dave asked for clarification on D23 and who would give this report. Dave said he would try to pick this up.

f. Fundraising & Events Committee (Chelsey)

- i. The Luck O' The Sober is an Intergroup hosted Zoom event on Wed at 7pm. Flyer on website <https://www.northcoloradoaa.org/post/march-17th-ncig-event>.

7. Old Business

a. How can we support our A.A. community?

- i. Molly would like us to consider how can we as Intergroup support our A.A. community. Think about it and bring it back or feel free to offer suggestions now. We already do a lot and this is not to say we aren't doing enough but just a way to get new perspective, share ideas...

8. New Business / Pending matters

a. Annual Meeting Elections- Molly posted a link for IGRs to vote for Steering

Committee. Any other nominations? Opening for Vice Secretary, Current nominees are current Steering Committee members and Jamie is moving to Secretary.

b. Nominations and vote results below

- i. Chair- Molly
- ii. Vice Chair- Alex
- iii. Secretary- Jamie
- iv. Vice Secretary- open
- v. Treasurer- Donna
- vi. Vice Treasurer- Julie
- vii. Committee Person at Large- Chelsey

9. 7th Tradition - Venmo @NCIGAA

10. Volunteer to read 4th tradition and share next month: Jessica.

Close 6:42 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: April 19, 2021

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 happened 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:

Mondays 1-3 pm, starting NOW (phones only)

Mondays 1-3 pm, starting August 16, 2021 (office)

Mondays 3-5 pm, starting August 16, 2021 (office)

Contact Beth at officemanager@northcoloradoaa.org

Northern Colorado Intergroup

NCIG FINANCE REPORT - March 2021

March 2021 Actuals

| | |
|--|--------------------|
| Income | \$ 5,676.21 |
| Expenses (COGS & Operating Expense) | \$ 4,633.02 |
| Net Income | \$ 1,043.19 |

2021 Year to Date (YTD) Actuals

| | |
|-------------------------------------|----------------------|
| Income | \$ 14,654.29 |
| Expenses (COGS & Operating Expense) | \$ 15,889.15 |
| Net Income | \$ (1,234.86) |

Income for March

| Income Type | Amount | Comments |
|-----------------------------------|-------------------|------------------------|
| 7th Tradition | \$3,166.74 | Individuals & Groups |
| Faithful Fiver | \$494.26 | March 2021 Total |
| Central Office | \$1,310.22 | March 2021 Sales Total |
| Federal Tax Credit | \$669.99 | One time |
| Special Event (Luck 'o the Sober) | \$35.00 | One time |
| TOTAL GROSS INCOME | \$5,676.21 | |

7th Tradition by Group

| Group Name | Amount |
|------------------------------|----------|
| 539 Group | \$700.78 |
| AA Recovery Group of Windsor | \$50.00 |
| Awakenings | \$234.00 |
| Big Book of Loveland | \$25.00 |
| Daily Noon Zoom | \$220.00 |
| Eaton Crow | \$43.00 |
| Friends of Bill W. | \$55.00 |
| Happy Destiny | \$188.41 |
| Johnstown Primary Purpose | \$1.66 |
| Keep It Simple | \$874.00 |
| Laporte 287 | \$40.00 |
| Rule 62 YPAA | \$14.00 |
| Step Sisters | \$70.00 |
| Windsor Triangle | \$125.00 |
| Windsor Women Unite | \$68.00 |

Bank Statements

| | | |
|--|-------------------|-----------------|
| Wells Fargo Ending Balance 3/31/21 | \$1,028.08 | |
| Canvas Checking Ending Balance 3/31/21 | \$5,966.18 | |
| Canvas Savings Prudent Reserve 4/9/21 | \$5,006.08 | \$0.95 interest |
| Current Checking Acct Balances 4/9/21 | \$8,074.40 | |

TOTAL GROUP CONTRIBUTIONS \$2,708.85 March 2021

February 2021 \$2,209.11

January 2021 \$3,571.84



Northern Colorado Intergroup

NCIG FINANCE REPORT - March 2021

March Expenses

| Expense | Amount | Notes |
|---|--------------------|---------------------------------------|
| Recovery & Serenity Shop | \$ 101.82 | Medallions, stickers, & special order |
| Ink Works | \$ 22.50 | Meeting Lists & Newcomer Pamphlets |
| A.A. World Services | \$ 525.24 | Literature (incl special orders) |
| Literature & Recovery Goods (COGS) | \$ 649.56 | |
| Expense | Amount | Notes |
| Merchant Fees | \$ 56.48 | varies monthly based on use |
| Bank Fee | \$ 3.95 | one-time |
| State Farm Insurance | \$ 39.58 | monthly |
| Rent | \$ 680.00 | monthly |
| Cache Accounting | \$ 67.60 | payroll & taxes |
| Zoom Software Sub | \$ 16.12 | monthly |
| El Dorado Artesian Springs | \$ 10.66 | Monthly |
| Colorado Payroll Taxes | \$ 312.00 | quarterly |
| Office Supplies | \$ 14.09 | thank you cards |
| Office Laptop | \$ 758.23 | one time |
| Quickbooks Software Sub | \$ 145.40 | Monthly - 2 months due to short Feb. |
| Software (Tech Soup - Acrobat) | \$ 5.00 | one time |
| Merchant Device Lease | \$ 41.89 | monthly (for credit cards) |
| MailChimp Sub | \$ 9.99 | monthly, email marketing software |
| Comcast | \$ 145.22 | monthly |
| Office Manager Salary | \$ 2,075.32 | monthly |
| WF Bank Fee Errors Reimbursement | \$ (398.07) | One time |
| Total Operating Expense | \$ 3,983.46 | |
| TOTAL MARCH EXPENSES & COGS | \$4,633.02 | |

Projected April Budget

| Expense | Amount | Notes |
|---|--------------------|--|
| Ink Works | \$ 12.50 | meeting lists & newcomer pamphlets |
| A.A. World Services | \$ 300.00 | A.A. conference-approved literature re-stock |
| Recovery Shop | \$ 150.00 | special order & medallions |
| Literature & Recovery Goods (COGS) | \$462.50 | |
| Expense | Amount | Notes |
| Central Office Rent | \$ 680.00 | Monthly |
| State Farm Insurance | \$ 39.58 | Monthly |
| Pay Anywhere/Merchant Fees | \$ 95.01 | based on usage |
| Merchant Device Lease (Credit) | \$ 41.89 | Monthly - credit card use |
| New Merchant Equipment, etc. | \$ - | One-time |
| Sales Tax | \$ 200.00 | ~amt, quarterly |
| Federal Payroll Taxes | \$ 2,350.28 | quarterly |
| El Dorado Artesian Springs | \$ 10.66 | Monthly |
| Cache Accounting | \$ - | payroll and taxes, no bill |
| Mail Chimp Software Sub | \$ 9.99 | email marketing software |
| Comcast | \$ 145.22 | Cable Internet + Phone |
| Office Manager Monthly Salary | \$ 2,075.00 | Monthly - approx. amount |
| Zoom Software Sub | \$ 16.12 | Monthly |
| Quickbooks Software Sub | \$ 72.70 | Monthly |
| Total Operating Expense | \$ 5,736.45 | |
| TOTAL PROJECTED BUDGET | \$6,198.95 | |
| | | paid |

Note: Used \$150 gift card from Comcast for office supplies and laptop mouse/accessories. We may also be purchasing new credit card merchant equipment as we switch merchants.

