

NORTHERN NOTES



July 2021

A letter from our District 21 Treatment and Accessibilities chair:

I was pulled into service work at my new home group when barely coherent enough to grasp how to make the coffee. With that first taste of giving back to Alcoholics Anonymous my journey in service and sobriety began! I learned how to get out of my comfort zone when the Central Office Night Watch clipboard magically appeared in my hands when I was 10 months sober. I had to ask others to help, not my strong suit, so my group could keep our commitment to be there when the next suffering alcoholic reached out for help. With each opportunity to be of service I felt a little bit more connected to you, myself and my Higher Power. The 12 Traditions became part of my vocabulary. Sponsoring other women is the icing on the cake! The trust of another alcoholic is priceless.

I was introduced to the world of General Service when asked to represent my group as their General Service Representative, GSR. A new world of opportunities to carry our message of recovery outside my home group were given to me. My passion for this type of service soared when I had the honor of serving as your District Committee Member, DCM, and chairing several District committees. I've learned to be responsible and accountable to the fellowship I serve and to inspire enthusiasm for General Service work in others. The 12 Concepts came alive! I learned to work with others, practice our spiritual principles and keep my ego and personality out of the equation!

Being of service has given me a multitude of gifts, the most valuable being continuous sobriety. The promise of our 12th step is proof, "Nothing will so much ensure immunity from drinking as intensive work with other alcoholics."

In Love and Service,
Nancy K.



HUMILITY RESPONSIBILITY BALANCE

STEP - Humbly asked Him to remove our shortcomings.

TRADITION - Every A.A. group ought to be fully self-supporting, declining outside contributions.

CONCEPT - The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Quote of the Month!

"As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing."

-- *Twelve Steps and Twelve Traditions*, page 72

UPCOMING THIS MONTH

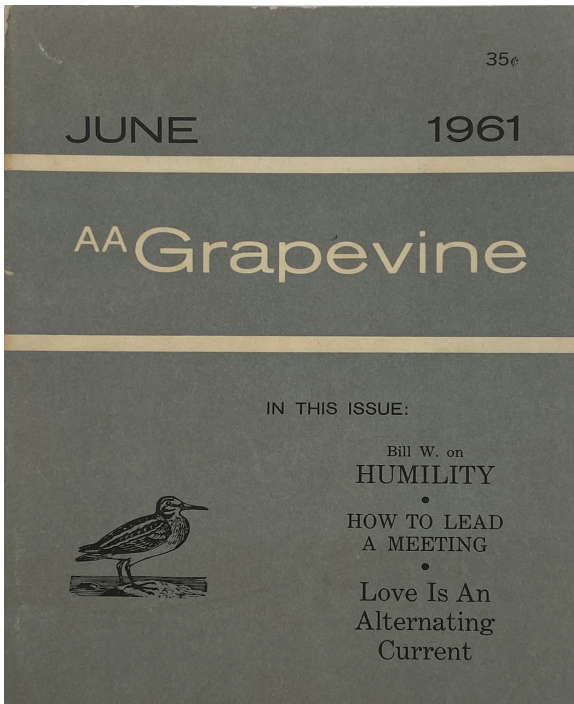
Steering Committee:
Monday, July 19th at 5:15 PM

Intergroup Meeting:
Monday, July 19th at 6 PM
Meeting ID: 873 901 4086

District 21 Meeting:
Sunday, August 1st at 5:30 PM
301 E Drake in the basement room

District 23 Meeting:
Tuesday, July 13th at 7 PM
35 Carlson Blvd, Johnstown, CO

Visit www.nocooa.org or email the Office Manager for the Central Office to get details



Acceptance of myself and others.

Humility is:

Perpetual quietness of heart.

It is to have no trouble.

It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

— from a plaque on Dr. Bob's desk written by Andrew Murray

Humility Prayer

Lord, I am far too much influenced by what people think of me.

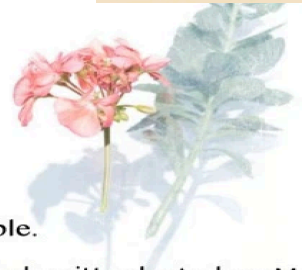
Which means that I am always pretending to be either richer or smarter or nicer than I really am.

Please prevent me from trying to attract attention.

Don't let me gloat over praise on the one hand or be discouraged by criticism on the other.

Nor let me waste time weaving imaginary situations in which the most heroic, charming, witty person present is myself.

Show me how to be humble of heart like you.



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



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.

JULY 2021 ANNIVERSARIES:

Carol W. - 42 years
Cheri - 7 years
Don B. - 55 years
Elaine H. - 20 years
Jen L. - 6 years
Joanie B. - 33 years
Julie McD. - 45 years
Karen H. - 42 years
Rhonda N. - 40 years
Scott L. - 29 years
Susan L. - 12 years

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

Email Beth:
officemanager@nocoaa.org

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.

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. Please give us their name, city where they lived, home group name and the month of the year 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...

Michael L., Greeley, January 2021

Tory E., Fort Collins, Women of Faith, June 2021

Leah R., Fort Collins, Acceptance, June 2021

Chris Allen's Memorial and Celebration of Life

*July 10, 2021 at 10 AM
1200 Raintree Dr, Fort Collins, CO
80526*

CENTRAL OFFICE ✦ **GRAND OPENING-BACK-UP SOIREE AND SALE!**
FRIDAY, AUGUST 6, 2021 ✦ **9 AM - 7 PM** ✦ **DROP BY ANYTIME**

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.

NEW WEBSITE

www.nocoaa.org

24 / 7 / 365 • 970-224-3552

Central Office

OPEN Mondays, Wednesdays & Fridays 9:00 AM - 1:00 PM

Tuesdays and Thursdays 9:00 AM - 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.

FOR **District 23** information, contact Alfredo at jr.nevarez@gmail.com.

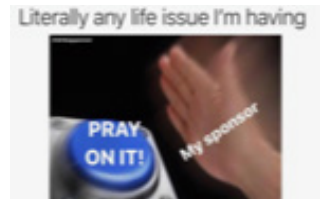
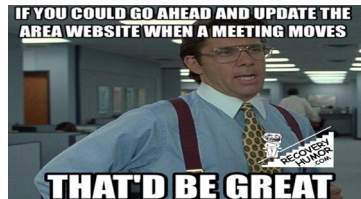
Central Office has a **Lending Library**. There are books of all types, cassettes & CDs of speakers. We also have extra Grapevines to take home.

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.

Central Office will open with full-time hours on July 19, 2021. Monday - Friday 9 AM - 5 PM!



well, well, well, if it isn't the consequences of my own actions

The Happy Destiny Annual BBQ Potluck and Meeting is Back!



Please join us for **food, fellowship and fun!**

This will be an outside meeting at Edora park.

Hot Dogs and Hamburgers will be provided, **please bring a side dish to share** and any fun lawn games!

(Seating is provided at the pavillion but feel free to bring your own lawn / camping chair.)

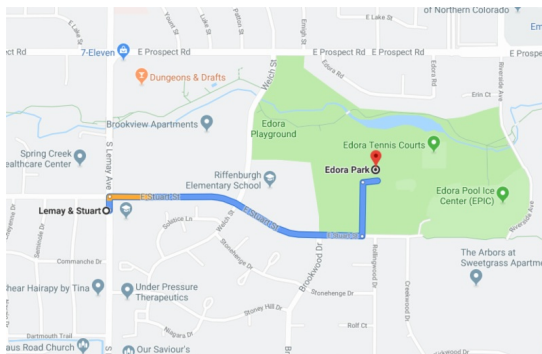
This is an OPEN meeting so please feel free to bring family and/or friends!



When: Friday 8/13/2021

Time: Meeting is at 5:30 - BBQ and Potluck to follow!

Where: Edora Park Pavillion
1420 E. Stuart St., Fort Collins



We hope to see you there!



PIG ROAST

Sunday July 18th 10am-5pm



Centennial Park

1st ST & Taft Ave Loveland, CO

Games, Music, Raffle, Volleyball, & more. Pig arrives at 1pm. Bring a dish to share.

Northern Colorado Intergroup Committee Minutes - May 17, 2021

Call to order: 6:02 PM

1. Serenity prayer + welcome
2. Tradition 5 (Jessica J.): *"Each group has but one primary purpose--to carry its message to the alcoholic who still suffers."*
3. Attendees, Introductions, and IGR Group Updates or Announcements:
 - a. Donna Lee (Treasurer)
 - b. Julie M. (Volunteer Coordinator)
 - c. Carolyn (District 21, IGR Loveland Group, CPC/PI: Loveland Group is now meeting at 7 AM and Noon in person.
 - d. Jamie (Secretary)
 - e. Beth (Office Manager)
 - f. Jessica (IGR Alternate for Women of Sobriety Greeley): There were some treasurer changes; the goal is to get back on track with IG donations.
 - g. Kimberly (IGR Daily Noon Zoom Group): Don't have a treasurer at the moment so they're asking people to donate directly. There have been updates to functions in the DNZ Zoom room.
 - h. Trina (IGR It's 5 o'Clock Somewhere): Discussing going back to in-person meetings over the next few weeks.
 - i. Laurel (IGR Step Sisters): Changes to treasurer and bank used. Goal is to continue donating.
 - j. Acacia (IGR Women of Faith): WoF is currently looking for a new home to meet in-person. No location has been selected yet.
 - k. RJ (IGR The Basic Text): The Basic Text meeting will be going back to in-person meetings on June 1st at Council Tree
 - l. Covenant Church.
 - m. Bryan (IGR Last House on the Block)
 - n. Lindsey (IGR FoCo First Step Workshop & Campus Group): First Step has voted to start meeting in person on June 6th.
4. Quorum (> 7 IGRs)
5. Motion to accept the meeting minutes from last month: Laurel, Carolyn. Motion passed.
6. Active reports
 - a. Chairperson (report provided by Alex): The Square POS system has been purchased outright by the Central Office. There will be no lease/monthly fee for the POS system besides general processing fees.
 - b. Treasurer: April Finance Report was provided. Income was \$6269.99m Expenses were \$5577.49, Net Income was \$692.50, Total Group Contributions for April were \$4026.82--the best month of the year! Total projected budget was \$5868.76.

- i. Motion to approve: Carolyn, Acacia. Motion passed.
- c. Central Office: Square has been put together, and the inventory process has begun. There is an intention to increase security of the iPad used with the POS. Office is now open on Thursdays from 9 AM - 1 PM. The website is in progress and anticipated to debut next meeting. They purchased www.nocoaa.org to be the main URL; www.northerncoloradoaa.org will redirect to the shorter domain. Cache is working on the Central Office annual tax return. There is a need for Watch volunteers in the office for Thursdays 1-3 (immediately), Mondays 3-5pm (starting August 12). Beth recently started sending Thank You cards to 7th tradition contributors.
 - i. There was discussion about the improved functionality of the upcoming website.
 - ii. Next goals include closing the Wells Fargo account, ending the relationship with the previous merchant provider, and training the new volunteers.
- d. District 21: The Delegate for Area 21 will be coming to the next District Meeting to share what they learned at the most recent General Conference. The June NCIG Notes email will include information about the event. The Hospital 12th Step Call program is picking up and in need of volunteers.
- e. District 23 - *vacant* - Greeley groups are planning on hosting the Greeley Stampede and are in need of volunteers. Stampede Meetings are on the 2nd Wednesday of the month at the South Club, 2608 7th Ave.
- f. Fundraising & Events Committee: This position is now vacant. Groups were asked to spread the word about the vacancy to continue planning fundraising and events.

7. Old Business

- a. Square & Merchant
 - i. Timeline: Beth is working on a timeline to better communicate how long the Square implementation process will take; it is expected to take a month or so.

8. New Business / Pending matters

- a. Fundraising and Events Committee
 - i. Need a new Chair: Please spread the word. The goal is for this person to also chair the Gratitude Banquet.
 - ii. Founders' Day (June 12 or 13) and other events: There was discussion about seeking a chair for the Founder's Day event (rather than the whole committee), as with the Gratitude Banquet. Groups were encouraged to spread the word.
 - iii. Fundraising brainstorm/Gratitude Banquet: There was discussion about whether or not to host the Gratitude Banquet. It was suggested

to have the IG put out the word to the groups for a possible Gratitude Banquet Coordinator, and if there is no interest, to table the event until next year. There was discussion about hybridizing the event. There was discussion about funding for the event. It was agreed to table the discussion until the next meeting.

b. Assistant Secretary position open on Steering Committee

i. Motion to nominate Jessica J. for Assistant Secretary: Julie, Lindsey.
Motion passed.

9. 7th Tradition - Venmo @NCIGAA

10. Volunteer to read 6th tradition and share next month: Lindsey

Close 6:59 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."

Next Meeting: June 21, 2021



What an ODOR!
I can't go through
with it!



My ego
is not
my amigo



That God could
and would ...
...if he wore socks.

In a power outage, the first step is admitting you are powerless.

BE A CENTRAL OFFICE 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 3-5 pm, starting July 19, 2021 (office only)

Fridays 3-5pm, starting July 23, 2021 (phone and/or office)

Contact Julie or Beth at officemanager@nocoaa.org



NCIG FINANCE REPORT - May 2021

May 2021 Actuals

Income	\$ 3,487.88
Expenses (COGS & Operating Expense)	\$ 5,874.24
Net Income	\$ (2,386.36)

2021 Year to Date (YTD) Actuals

Income	\$ 24,412.16
Expenses (COGS & Operating Expense)	\$ 27,340.88
Net Income	\$ (2,928.72)

Income for May

Income Type	Amount	Comments
7th Tradition	\$2,429.90	Individuals & Groups
Faithful Fiver	\$341.90	May 2021 Total
Central Office	\$711.08	May 2021 Sales Total
Amazon Smile	\$5.00	Fundraising
TOTAL GROSS INCOME	\$3,487.88	

7th Tradition by Group

Group Name	Amount
539 Group	\$260.18
Awakenings	\$204.00
Big Book of Loveland	\$25.00
Daily Noon Zoom	\$225.00
Eaton Crow	\$40.00
Friends of Bill W.	\$50.00
Greeley Group 2	\$10.00
Happy Destiny	\$211.01
It's 5 O'Clock Somewhere	\$50.00
Johnstown Primary Purpose	\$205.88
Keep It Simple	\$599.00
Loveland Group	\$280.25
Rule 62 YPAA	\$5.00
Step Sisters	\$42.00
TNT Group	\$0.51
Union Colony Group	\$24.78
Windsor Women Unite	\$100.00

Bank Statements

Wells Fargo Ending Balance 5/31/21	\$597.42
Canvas Checking Ending Balance 5/31/21	\$6,339.89
Canvas Savings Prudent Reserve 5/31/21	\$5,006.08
Current Checking Acct Balances 6/20/21	\$6,937.31

TOTAL GROUP CONTRIBUTIONS \$2,332.61

May 2021

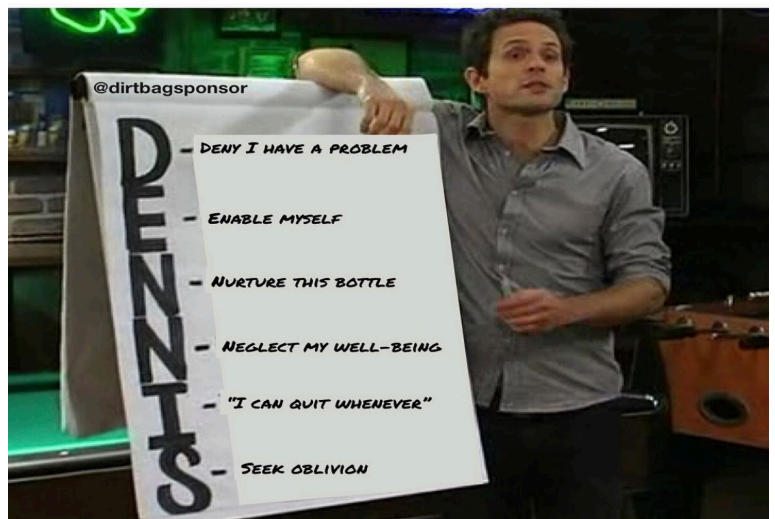
April 2021	\$4,026.82
March 2021	\$2,709.37
February 2021	\$2,209.11
January 2021	\$3,571.84

"recovery has allowed me to discover my true and authentic self"

my true and authentic self:



Ladies and gentlemen, the DENNIS system is a comprehensive approach to alcoholism that I have perfected over the years



NCIG FINANCE REPORT - May 2021

May Expenses

Expense	Amount	Notes
Ink Works	\$ 10.00	Meeting Lists & Newcomer Pamphlets
A.A. World Services	\$ 288.49	Literature (incl special orders)
Recovery Shop	\$ 174.50	Medallions, stickers, & special order
Amazon	\$ 76.75	Literature & special orders
Grapevine	\$ 86.91	Annual Subscription (3 issues)
Literature & Recovery Goods (COGS)	\$ 636.65	
Expense	Amount	Notes
Central Office Rent	\$ 680.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
Pay Anywhere/Merchant Fees	\$ 65.94	varies monthly based on use
Merchant Device Lease (Credit Card)	\$ 41.89	Monthly - credit card use
El Dorado Artesian Springs	\$ 5.36	Monthly
MailChimp Subscription	\$ 9.99	Monthly, email marketing software
Comcast	\$ 145.34	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 72.70	Monthly
Office Supplies	\$ 11.78	Paper receipt books, blackboard signs
Office Manager Monthly Salary (April)	\$ 2,073.58	Actual paid, cleared in May
Office Manager Monthly Salary (May)	\$ 2,075.31	Actual paid, cleared in May
Total Operating Expense	\$ 5,237.59	
TOTAL MAY EXPENSES & COGS	\$ 5,874.24	

Projected June Budget

Expense	Amount	Notes
Ink Works	\$ 27.50	meeting lists
A.A. World Services	\$ 375.00	A.A. conference-approved literature re-stock
Recovery Shop	\$ 200.00	special order & medallions
Literature & Recovery Goods (COGS)	\$ 602.50	
Expense	Amount	Notes
Central Office Rent	\$ 680.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
Pay Anywhere/Merchant Fees	\$ 61.74	varies monthly based on use
Merchant Device Lease (Credit Card)	\$ 41.89	Monthly - credit card use
El Dorado Artesian Springs	\$ 5.34	Monthly
Mail Chimp Software Subscription	\$ 9.99	email marketing software
Comcast	\$ 145.34	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 72.70	Monthly
Office Supplies and Postage	\$ 20.00	Monthly
Office Manager Monthly Salary (June)	\$ 2,075.00	Monthly - approx. amount
Cache Accounting	\$ 563.56	Annual state and federal income tax (2020), payroll, and meeting
Total Operating Expense	\$ 3,731.26	
TOTAL PROJECTED BUDGET	\$ 4,333.76	
		paid

An AA member went to the chairperson and said... "I won't be attending AA meetings anymore..." The chair said, "May I ask why??"

The member said, "I see people on their cell phones during the meeting, some are gossiping or arguing about words others use, some just ain't living right, some are trying to pick up on newcomers, they are all just hypocrites..."

The chairperson got silent, and then said, "OK... But can I ask you to do something for me before you make your final decision?"

Member asked, "What's that?"

Chair said, "Take a full glass of water in each hand and walk around the room twice, don't let any water spill out the glass."

Member said, "Yes, I can do that."

Then they came back and said, "I did it."

Chair asked him 3 questions: 1. Did you see anybody on their phone? 2. Did you see anybody gossiping? 3. Was anybody living wrong?

Member said, "I didn't see anything because I was so focused on the glass, so the water wouldn't spill."

The chair then said, "When you come to a meeting, you should be focused on the program, not on the members, so that YOU don't relapse. Don't let your relationship with the program be determined by how others relate with the program. Let it be determined by how focused YOU are on THE PROGRAM."

I'm here to deliver your spiritual awakening:



Darling, it's time to grow tf up and accept responsibility for every dimension of your life and stop blaming others for the mess you're in.

