

NORTHERN NOTES



October 2021

A letter from a Central Office volunteer:

Greetings to my A.A. family. Thanks for helping keep me sober today!

I would like to express my gratitude to fellow members who impressed upon me, from the very beginning of my sobriety, the importance of giving back. Being of service to others was definitely not my idea in early sobriety. Fortunately, I was surrounded by some old-timers who realized very quickly that assigning me a service position, like making coffee, meant I'd need to stay sober. (I was too much of a people pleaser to not show up!)

Today, I have the opportunity to sponsor other women and contribute by taking Day and Night Watch shifts for our Central Office. The idea of answering the phones and talking to other alcoholics was initially very scary to me. What if I didn't say the "right" thing? What if I didn't know the answers to their questions? The list went on. That's where humility comes in. I am never doing any of this volunteering alone. I always have my Higher Power and other members of the fellowship to reach out to if I get stuck. As a recovering alcoholic, with a little time under your belt, you know more than you think you do! After all, it's basically just one alcoholic talking to another alcoholic. If you've thought about signing up for one of these positions, and you are still on the fence about it, I say jump at the opportunity. The rewards are beyond description!

Deb H.

Sobriety date: Valentine's Day 2011

10

STEP - Continued to take personal inventory, and when we were wrong, promptly admitted it.

TRADITION - Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

CONCEPT - Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Quote of the Month!

"Realization dawns on each member that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group."

-- *Twelve Steps and Twelve Traditions*, page 130

UPCOMING THIS MONTH

NCIG Steering Committee:

Monday, October 18th at 5:15 PM

NCIG Intergroup Meeting:

Monday, October 18th at 6 PM

Meeting ID: 873 901 4086

District 21 Meeting:

Sunday, October 3rd at 5:30 PM

301 E Drake, basement room

District 23 Meeting:

Tuesday, October 5th at 7 PM

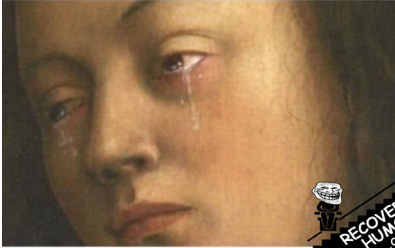
35 Carlson Blvd, Johnstown, CO

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

When your crew came to see you speak, so you bust out the hydrogen hope bombs...



When you read the meeting list wrong then drove 30 minutes to an empty church.



Vision For You In 2022

GREELEY AA STAMPEDE

February 4th-6th

Join us for the 70th Greeley AA Stampede At Island Grove Park in Greeley, Colorado 501 N 14th Avenue

Speakers, Panels, Meetings, and Fellowship

Register at greeleyaastampede.org
Preregister fee- \$20 before January 1st, 2022
Registration after January 1st- \$25
Email aastampedegreeley@gmail.com

Hotel Accommodations at The Hampton Inn (970)339-5525
2350 W 29th St, Greeley CO

Options if sending a 7th tradition contribution:

Venmo: @NCIGAA

PayPal: <https://paypal.me/nocoaa>

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.

October 2021 ANNIVERSARIES

Amy F. - 7 years
Barb M. - 30 years
Duane S. - 27 years

**CONGRATULATIONS! ARE YOU OR A SPONSEE
CELEBRATING? LET US KNOW.**

**Email Beth for next month:
contact@nocoaa.org**

When you're an addict and your "normie" friends still accept you.



When you mention at a meeting that you don't have a sponsor yet.



Things We Cannot Change

This column acknowledges the passing of our AA friends and family within the Northern Colorado community.

*Carol S. ~ September 2021,
Fort Collins, Keep It Simple*

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 here in our monthly newsletter.

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.



THAT LOOK....

When longtime coworkers discover they're both in recovery

Up and Coming: AREA 10

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

Southwest Regional Forum is
virtually scheduled for
October 8-10, 2021

https://www.aa.org/pages/en_US/regional-and-local-forums

Winter Assembly
October 29 - 31, 2021
Hosted by District 30
Doubletree by Hilton in
Greenwood Village, CO

2022 State Convention
August 26-28, 2022
Hotel ELEGANTÉ in
Colorado Springs, CO
convention.coloradoaa.org

Go to coloradoaa.org for
more Area 10 information.

HI THERE!

**Are there any changes
to your meeting?**

Send it to us at
officemanager@nocoaa.org

**What would you want
to see under Resources
on the NCIG website?**

Send it to us at
officemanager@nocoaa.org

**Wanna propose a theme
or write an article
for Northern Notes?**

Send it to us at
officemanager@nocoaa.org

**Do you have a
story, image or joke
for Northern Notes?**

You know what to do.

www.nocoaa.org

24 / 7 / 365 • 970-224-3552

Central Office

OPEN Mondays - Fridays 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.

District 21 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.

MEETING SPOTLIGHT

LOVELAND

Loveland Group, EVERYDAY AT I ASPEN DR

ESTES PARK

Fall River Group, EVERYDAY AT 453 W ELKHORN AVE

SEE WWW.NOCOAA.ORG/MEETINGS OR THE MEETING GUIDE APP FROM GSO

How many sponsors does it take to change a light bulb?
Only one, but the bulb has to really want to change.



CENTRAL OFFICE

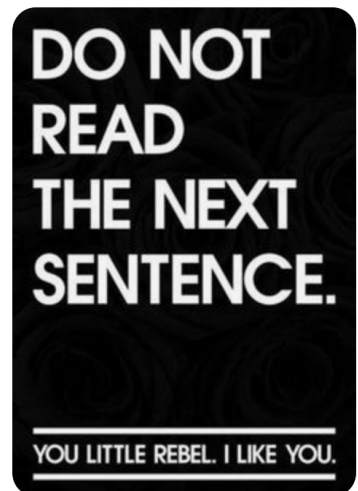
Federal Holiday Hours
for the next 3 months:

THURSDAY, NOVEMBER 25, THANKSGIVING - CLOSED
FRIDAY, DECEMBER 24, CHRISTMAS EVE - CLOSED
FRIDAY, DECEMBER 31, NEW YEARS EVE - CLOSED
MONDAY, JANUARY 17, MARTIN LUTHER KING, JR. DAY - CLOSED

We will still be available by phone.



When you finally lose the desire to drink...



Northern Colorado Intergroup Committee Minutes - August 16, 2021

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 8 (Lindsay reads): *"ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NON-PROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS."*
3. Introductions and IGR Group Updates or Announcements
 - a. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
4. Quorum (> 7 IGRs) 8 IGRs
 - a. Julie - Asst treasurer
 - b. Beth - Office Mgr for central office
 - c. Donna Lee - Treasurer
 - d. Chelsey - Steering comm at Large - IGR Spring Creek
 - e. Jessica - Asst sec, IGR - Women Seeking Sobriety
 - f. Bob - Loveland Group rep
 - g. Linda - IGR 7am Freedom, in person Sat & Sun 7am
 - h. Laurel - IGR Step Sisters Wednesday, Hybrid going well
 - i. Lindsay - IGR Foco First step workshop, Campus group rep. Things are going well, need support, great meeting for newcomers.
 - j. Kimberly - IGR Daily Noon Zoom, just got own zoom acct, new zoom address, Monday, wed, sat, Sunday are literature topic, Tuesday is big book, Thursday is 12x12, and Friday is speaker
 - k. Bryan - IGR - Last House on the Block
 - l. Trina - IGR it's 5 o'clock somewhere, still hybrid
5. Motion to accept the meeting minutes from last month? Lindsay Motion, Laurel 2nd
6. Active reports
 - a. Chairperson - Alex
 - i. Message from Molly - has stepped down for personal reasons, read her note, Alex has stepped in to chair in the meantime
 - ii. Grateful for the last month of service, Soiree was a success, we are making up for lost time and funds

- iii. Introduced herself - enjoys service work, worked with Molly, finding balance in service in life
- b. Treasurer - Donna Lee
 - i. income: 4,888.43, expenses: 7,234.59, net income: (2,346.16) for July
 - ii. See full report in Google Docs
 - iii. Motion to accept - Lindsay - 2nd Linda
- c. Central Office - Beth
 - i. Completed work for square, barcodes, and volunteer training, 2.6% fee would not be easy to add to square, and is frowned upon, Visa and Mastercard need to be informed.
 - ii. Soiree - 1090.90 net total less square fees of 17.36
 - iii. Renewed charity status & reg with the Secretary of the State - \$20 fees total
 - iv. All office shifts are filled
 - v. Met with Julie, Laurel, Andrew, Alex, and Alexandra for October 30th event
 - vi. Closing prev merchant and Wells Fargo will be done soon
 - vii. Wants to put together watch training, stats on phone calls & reminder emails, resume thank you cards, work on Halloween party, next month
 - viii. Lindsay - wants to come in as alternate and get trained on the new system, encourages alternates for service work at the office
 - ix. Alex - Beth rocked the Soiree!
- d. District 21 -
 - i. Email from Carolyn - next district 21 meeting Aug 29th at 5:30 - 301 E Drake in Foco
 - ii. State Convention 2023, looking for a Chair
 - iii. Treatment Centers all running smoothly: Harvest Farms, InnerBalance, Harmony and Northpointe. AA groups sign up for specific dates. Really rewarding way to do 12 step work. Contact Nancy K 970290-3336 if you are interested in more information
 - iv. Need Volunteers for Corrections Conference in Johnstown Oct 2nd, costs \$10, will be serving Breakfast and snacks. Take meetings into

local jails, there is a training to take meetings into the jails as well.

Contact Patrick at mcpatrk@aol.com

- v. Clarification on Comedy show "We're not a Glum Lot" money was donated to central office, tickets will not be refunded, April 2022 will be the next time we will do this, Save the Dates will go out closer to that date
- vi. GSO if people are donating to them, please do it electronically, it is easier and avoids extra costs for them
- vii. District 21 looking for Alt South Co DCM and Alternative DCM -
- viii. Bob gave update from CPCPI - Hospital Training Aug 28th 6:15-7pm followed by speaker meeting in Loveland, Foundations Church - 1380 N Denver, Loveland - Carolyn and Bob are contacts for this. Poudre Valley and Med center of the Rockies, Banner Hospitals have been contacted, but no response yet. 21 hospital calls recently. 9 health fair is coming back this fall.
- e. District 23 - *vacant* - Jessica gave update on Greeley Stampede
 - i. Feb 4-6 2022, Theme is "A Vision for You in 2022". Committee meets at 2608 7th Ave, Greeley the 2nd Wednesday of the month at 6:30. Volunteers and chairs for committees are needed
- f. Old Business
 - i. Square & Merchant
 - 1. Update - closing everything this month

7. New Business / Pending matters

- a. Chair position (until March 2022)
 - i. Nominations - Alex nominated by 3 people
 - ii. Motion / Vote - Laurel motion - Bryan 2nd, Alex elected!
 - iii. Now the co-chair position is open, spread the word, elections are March of 2022, the position is from now until then.
- b. Fundraising & Events Committee

- i. October event - committee meets regularly, planning for Oct 30th, 301 E Drake, FoCo, Spooktacular Sober Celebration, info on the website.
<https://nocoaa.org/2021/08/ncig-halloween-event-save-the-date/>
 - ii. Other upcoming events - Workshops in the works. April of 2022 is in the planning process at the Rialto Theater
8. 7th Tradition - Venmo @NCIGAA
 9. Volunteer to read 9th tradition and share next month - Trina

Close 7:00 PM - Motion to adjourn Beth - 2nd Kimberly

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: September 20, 2021

Northern Colorado Intergroup

NCIG FINANCE REPORT - August 2021

August 2021 Actuals

Income	\$ 5,579.58
Expenses (COGS & Operating Expense)	\$ 5,105.12
Net Income	\$ 474.46

2021 Year to Date (YTD) Actuals

Income	\$ 39,696.13
Expenses (COGS & Operating Expense)	\$ 42,277.92
Net Income	\$ (2,581.79)

Income for August

Income Type	Amount	Comments
7th Tradition	\$2,138.03	Individuals & Groups
Faithful Fiver	\$277.21	August 2021 Total
Central Office	\$3,101.34	August 2021 Sales Total, including the soiree
Soiree Sale Event	\$1,061.24	8/6/2021 breakdown
Century Link Settlement	\$63.00	Check received
TOTAL GROSS INCOME	\$5,579.58	

7th Tradition by Group

Group Name	Amount
539 Group	\$42.93
Awakenings	\$94.25
First Step Workshop	\$31.28
Greeley Group 2	\$10.00
Happy Destiny	\$316.20
Jamestown Primary Purpose	\$5.00
Last House on the Block	\$249.26
Loveland Group	\$52.20
Rule 62 YPAA	\$7.00
Step Sisters	\$20.00
TNT Group	\$50.00
Union Colony Group	\$116.61
TOTAL GROUP CONTRIBUTIONS	\$994.73

Bank Statements

Wells Fargo Ending Balance 8/31/21	\$0.00	Closed and \$132.73 moved to Canvas
Canvas Checking Ending Balance 8/31/21	\$3,290.32	
Canvas Savings Prudent Reserve 8/31/21	\$5,007.33	
Current Checking Acct Balances 9/20/21	\$3,373.11	

\$994.73	August 2021
July 2021	\$2,782.28
June 2021	\$2,478.21
May 2021	\$2,332.61
April 2021	\$4,026.82
March 2021	\$2,709.37
February 2021	\$2,209.11
January 2021	\$3,571.84

NCIG FINANCE REPORT - August 2021

August 2021 Expenses

Expense	Amount	Notes
Ink Works	\$ 38.70	Meeting Lists
A.A. World Services	\$ 1,190.72	A.A. conference-approved Literature & Pamphlets (incl special orders)
Amazon	\$ 100.56	Literature
Recovery Shop	\$ 219.47	Medallions, stickers, & special order
Grapevine	\$ 84.00	Grapevine Literature
Hazelden	\$ 31.15	Special Order Literature
Literature & Recovery Goods (COGS)	\$ 1,664.60	
Expense	Amount	Notes
Central Office Rent	\$ 680.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
Old Merchant Fees	\$ 60.62	Monthly - varies based on use
Merchant Device Lease (Credit Card)	\$ 41.89	Monthly - credit card use
El Dorado Artesian Springs	\$ 10.68	Monthly
Mail Chimp Software Subscription	\$ 10.37	Monthly, email marketing software
Comcast	\$ 144.67	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 83.08	Monthly, bookkeeping
Office Expenses & Supplies	\$ 123.39	As Needed - Barcode Labels, Red dots, Printer paper, Printer Ink, Barcode Scanner Holder, Tabs, Screen Cleaner, Soiree Snack
Sec of State Charities License Renewal	\$ 10.00	Annual
Cache Accounting	\$ 124.80	Taxes & Payroll
Cloudflare	\$ 20.00	Monthly - Web Server Space
Office Manager Monthly Salary	\$ 2,075.32	Monthly - actual paid
Total Operating Expense	\$ 3,440.52	

TOTAL AUGUST EXPENSES & COGS \$ 5,105.12

Projected September 2021 Budget

Expense	Amount	Notes
Ink Works	\$ 40.00	Meeting lists & Newcomer Packet
A.A. World Services	\$ 850.00	A.A. conference-approved literature re-stock
Recovery Shop	\$ 280.00	Medallions, Cards, Stickers
Amazon	\$ 40.00	Literature, Special Order
Grapevine	\$ 30.50	Literature
Recovery Chip	\$ 39.72	Medallions, Special Order
Literature & Recovery Goods (COGS)	\$ 1,280.22	
Expense	Amount	Notes
Central Office Rent	\$ 680.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
Old Merchant Termination Fee	\$ 295.00	One-time
El Dorado Artesian Springs	\$ 10.68	Monthly, including bottle delivery
Mail Chimp Software Subscription	\$ 10.37	Monthly - email marketing software
Comcast	\$ 144.67	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 83.08	Monthly
Office Supplies and Postage	\$ 35.00	Monthly
Cloudflare	\$ 20.00	Monthly - Web Server Space
Office Manager Monthly Salary (Sept)	\$ 2,075.00	Monthly - approx. amount
Total Operating Expense	\$ 3,409.50	

TOTAL PROJECTED BUDGET \$ 4,689.72

paid

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 currently need watch substitute volunteers for the office and phones and people willing to make a 12th step call over the phone.

Contact Julie or Beth at contact@nocoaa.org



Me: "Sorry, I can't come out tonight. I'm doing sober shit."

Sober shit:

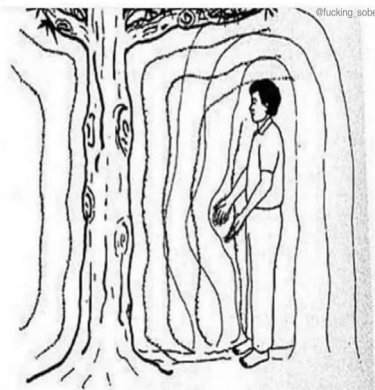
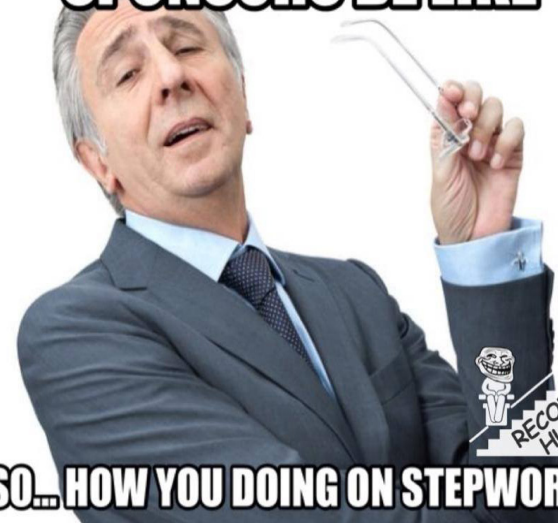


Figure 2-32 Allow the Tree's Aura to Blend with Your Own

SPONSORS BE LIKE



SO... HOW YOU DOING ON STEPWORK?

HAPPY HALLOWEEN AND DIAS DE LOS MUERTOS

