

NORTHERN NOTES



November 2021

A LETTER FROM OUR SECRETARY:

Hello friends,

I hope you're well, safe, and warm as the weather has settled into a cool Fall. I love weather like this because it forces me to draw in and reflect on where I've been and how much my life has changed since last Fall, and what I'm grateful for now.

My service positions have acted as guardrails in the best of worst of times of my sobriety. Around this time last year, most of us were staying home, evading a pandemic or smoky air from nearby fires. It was a tough time for many of us. Yet, by the Grace of God, we had our Zoom meetings and our phones to connect with other AAs wherever we could. And for me, I had Steering Committee business to mind and 12th Step Calls to answer--so my head was never too far (even when it wanted to be) from the work that matters most. Had it not been for my service positions, I'm not sure what I would have done to get myself through those times.

That experience has made me ever more grateful for the engines that make this machine work: the people who volunteer their time to make sure we have the information we need, and the hub for all of us that is our Central Office. That's why, even though things have lightened up for me and everyone else a bit, I give a little extra for the 7th tradition where I can--knowing it might help someone else stay sober, no matter where my 7th tradition dollars end up.

I'd be remiss if I didn't ask you to also give where you can, too, in your baskets and to our local Central Office. The pandemic hit us all (and our groups' baskets), and as a result, very little has made it back to our office for general operations, supplies, and expenses. We are grateful for even the smallest 7th Tradition contribution.

Thank you for reading, participating, and sharing this journey with me. I am so grateful for what God continues to teach me through you.

In service,

Jamie Hammond
NCIG Steering Committee Secretary

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STEP - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

TRADITION - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

CONCEPT - The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

UPCOMING THIS MONTH

NCIG Steering Committee:
Monday, November 15th - 5:15 PM

NCIG Intergroup Meeting:
Monday, November 15th at 6 PM
Meeting ID: 873 901 4086

District 21 Meeting:
Sunday, November 7th at 5:30 PM
301 E Drake, basement room

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

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

Quote of the Month!

"When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice."

-- *Alcoholics Anonymous [Big Book], page 317*

"We used to amuse ourselves by cynically dissecting spiritual beliefs and practices when we might have observed that many spiritually-minded persons of all races, colors, and creeds were demonstrating a degree of stability, happiness, and usefulness which we should have sought ourselves." ~Alcoholics Anonymous P.49

Kinda cool to think someone somewhere is having the best day of their life today. Someone's hearing I love you for the first time today. Someone's gonna get the job of their dreams today. Someone received some kinda good news today. Tomorrow it could be ur best day so keep going



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. PayPal: <http://ow.ly/qGwN50CI74r>. Venmo: @NCIGAA, or send us a check.

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, order, sell & distribute A.A. literature, and more.

November 2021 ANNIVERSARIES

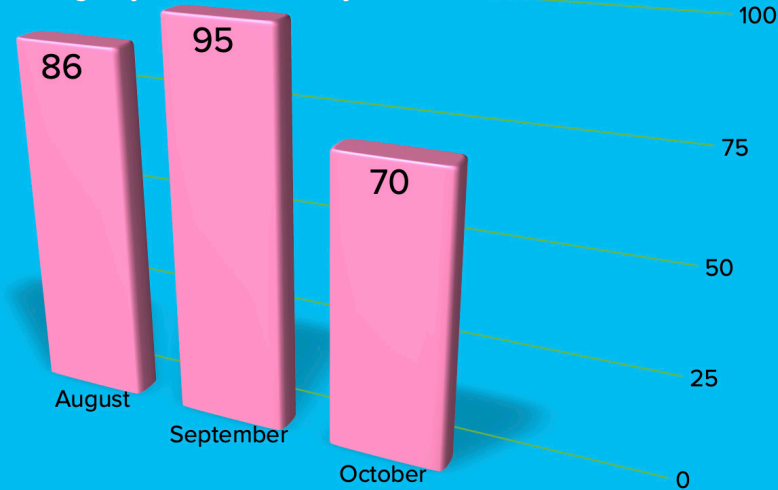
Bobby A. - 2 years
Carolyn M. - 9 years
Deb S. - 6 years
Donna McK. - 29 years
Jack N. - 31 years (Oct)
Kathy V. - 21 years
Nancy K. - 23 years
Richard M. - 21 years

CONGRATULATIONS!

ARE YOU OR A SPONSEE CELEBRATING? LET US KNOW.

Email yours for next month:
contact@nocoa.org

Number of phone calls to Central Office for the last 3 months during Day Watch shifts only.



Things We Cannot Change

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

*Lou F ~ September 2021,
 Fort Collins, Keep it Simple*

*Steve R ~ October 2021,
 Fort Collins, Big Book
 Enthusiasts*

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. All our sympathies, love, and condolences.

CENTRAL OFFICE DAY WATCH STATS

	SEPT 2021	OCT 2021
Voicemails	3	5
A.A. Information	71	43
Al-Anon	2	2
Detox/Treatment	1	0
12th Step	1	5
Other Calls*	17	15
Visitors	52	61
TOTAL CALLS	95	70

* Usually local members requesting anything from a meeting change to a special order.

New at Central Office

A.A. pamphlets:

- Experience Has Taught Us: Our Twelve Traditions Illustrated
- Hispanic Women in A.A.

Books from Grapevine:

- Prayer & Meditation
- Free on the Inside

Up and Coming:

AREA 10

2022 Spring Assembly

March 18-20, 2022

Double Tree Hotel

1775 E Cheyenne Mountain Blvd
Colorado Springs, 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.

www.nocooa.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 (Larimer County):

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. Meetings are the 3rd Tuesday of the month at 6 pm. Harmony Pres Church, 400 E Boardwalk, Fort Collins. Next one is Nov 14th.

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 D 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.

Treatment - Join the D 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** (Weld County) 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. Talk to your homegroup in your area. *Be an IGR, and we will shower you with appreciation.*

MEETING SPOTLIGHT

JOHNSTOWN

Johnstown Primary Purpose, MONDAY & THURSDAY AT 7PM,
35 CARLSON BLVD

WINDSOR

Windsor Women Unite, TUESDAY & FRIDAY AT 8:30AM,
1450 WESTWOOD DR

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

HE THERE!

Are there any changes to your meeting?

Send it to us at officemanager@nocooa.org

What do you want to see under Resources on the

Intergroup website?

Send it to us at officemanager@nocooa.org

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

Send it to us at officemanager@nocooa.org

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

You know.

**I'M NOT AN ALCOHOLIC,
ALCOHOLICS NEED A DRINK**



AND I ALREADY HAVE ONE

CENTRAL OFFICE

**State/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.

Vision For You In 2022

**GREELEY
AA
STAMPEDE**

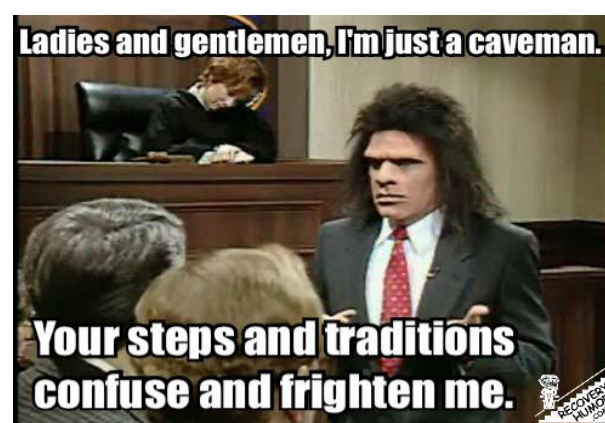
February 4th-6th

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





3rd Annual Tri Town Unity Dinner

&

Double Speaker Meeting

Cody L 2 yrs.

Kim J 16yrs.

Saturday – November 13, 2021

Dinner - 5:00 – 6:00 pm

Speaker Meeting - 6:00 – 7:00 pm

Hosted by The New Hope Group

Held at the Rule 62 Location

Location Address: Prairie Greens Club House

7781 Mountain View Dr.

Frederick, CO.

SAVE THE DATE!

Northern Colorado Intergroup presents:

SOBER



SONGFEST

A VIRTUAL FUNDRAISING EVENT FOR NCIG AA CENTRAL OFFICE

**December 4th,
2021**

Saturday
7:00 p.m. – 9:00 p.m.

zoom ID to be
announced

watch for lineup and more
info at NOCOAA.org

Sober Songs announces:

George McClure, MC
with performances by Don Thurn,
Bob Ellis, Renee Plante Forsythe,
Brian Johanson,
Kimberly Salico-Diehl,
Jeff Finlin, Joe Schicke

THE MOMENT YOUR COWORKER, OLD FRIEND,
OR FAMILY MEMBER HEARS THAT



YOU NEVER DRINK

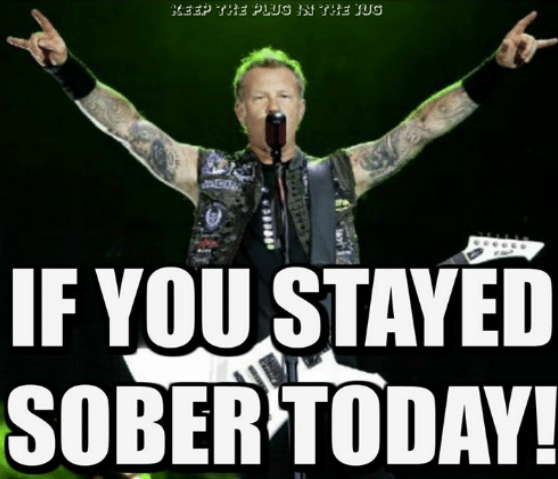
GO HOME R2D2



YOU'RE DRUNK

GIVE ME A HELL YEAH

KEEP THE PLUG IN THE JUG



**IF YOU STAYED
SOBER TODAY!**

Maybe if I find a new job,
place to live, or perhaps
a new relationship...

Just finish your
4th step writing,
damn it!



If Batman was my sponsor.

**I'M
SOBER
AF**

ALCOHOLICS ANONYMOUS

12-STEP INTENSIVE WEEKEND WORKSHOP

"Our chief responsibility to the newcomer is an adequate presentation of the program." Bill W., 1942

November 12-14, 2021

*Best Western Plus Loveland Inn
5542 E. US Highway 34, Loveland, CO*

What: We use only the Big Book (the basic text of Alcoholics Anonymous). We start together, we stay together, and we complete all twelve steps, together. This is a safe place for women and men to do the work together.

How this started: Years ago, it was decided to condense the six-month AA workshop into this Intensive weekend, because several new members said they couldn't stay sober through the six-month process. They needed help now!

Who: Alcoholics and those who have a desire to not drink. The workshop is open, not closed.

Why: The crux of the problem in AA today is that being sober has replaced being recovered. To be recovered from alcoholism (recovered means we no longer suffer from the symptoms of the disease). We do our best to replicate what the AA founders did, with the same sense of urgency.

- **Workshop is from 9 a.m. - 6 p.m., Friday - Sunday**
- **Worksheets will be provided for step work**

Russell Brown (co-facilitator)
808-570-1316, brownrusselegmail.com

Lisa Fierer (co-facilitator)
303-505-5472, lisafiereregmail.com

Jim Scudamore (registrar)
970-622-9596, jscudamore@comcast.net

Tyler R.
970-590-7500, tyler@richmarkcompanies.com

**SPACE IS LIMITED!
REGISTER TODAY**

Registration:
\$50/person

Sign up online at
bigbookrecovered.org

Mail check or money
order:

Big Book Workshop
c/o Jim Scudamore
1876 Tincup Court
Loveland, CO, 80538

*The \$50 registration fee helps offset the cost of refreshments, coffee, tea, & water, and the conference room. Thank you!

Lunch Note: To reduce the workshop cost, lunch will NOT be provided. We encourage you to bring your lunch and snacks. Participants will have a break for lunch and time to talk over the noon hour. While there are places to eat close by, you do need a car to get to them.

Scholarships are available at bigbookrecovered.org

Items to bring: lunch & snacks, a hardback Big Book, notepad, and pen.

**PLEASE DO NOT
REGISTER IF YOU
CANNOT ATTEND THE
ENTIRE WORKSHOP**

Northern Colorado Intergroup - Meeting Agenda

Northern Colorado Intergroup Meeting Minutes - September 20, 2021

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 9 (Jessica J.): *"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."*
3. Introductions and IGR Group Updates or Announcements
 - a. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
 - b. Chair - Alex
 - c. Asst Treasurer/Volunteer Coordinator - Julie
 - d. Secretary/IGR Women of Faith - Jamie: Women of Faith: Women of Faith is currently meeting on Saturday mornings Hybrid and on Wednesdays at 7 PM on Zoom.
 - e. Asst Secretary/IGR Women Seeking Sobriety - Jessica J. : Working on opening registration for the Greeley Stampede.
 - f. Committee Person-at-Large/IGR for Spring Creek - Chelsey: Spring Creek is still discussing whether or not to do in person meetings.
 - g. Office Manager - Beth
 - h. Kimberly - IGR Daily Noon Zoom: Still meeting on Zoom
 - i. Laurel - IGR Step Sisters: Continuing to meet Hybrid, in person and online.
 - j. Rowdy - IGR Rule 62: Standing room only during COVID, had moved to Hybrid, is now meeting in-person only. Membership has increased after moving to in person only.
 - k. Carolyn M. - IGR Loveland Group: Corrections Conference is still looking for volunteers.
 - l. Lindsay K - IGR for 5 o' Clock Somewhere/Foco First Step/Campus Group: All 3 meetings can use support, membership is down. 5' o Clock is still reading Language of the Heart.
 - m. Bob - Chair for CPC/PI: CPC/PI is in need of membership. Housing Catalyst , Qualified Listeners, and other organizations have shared housing information with us. Please reach out to robertpellis@gmail.com for more information about Affordable Housing and Veteran housing opportunities.

- n. Andrew - IGR Awakenings: Tues and Thursdays online at 7 am and Saturdays at 8am both online and in person at 400 east boardwalk Harmony Presbyterian
 - o. Don T - IGR for Happy Destiny/Alt-GSR for Happy Destiny/ Chair for Sober Songs event: Happy Destiny is meeting in person Monday, Wednesday, and Friday. Also provided an update about the upcoming Sober Songs event. Artists are signing up for the event, and there may be improved sound from last year. The event is planned for the first week of December. More information to come. Winter Area Assembly is also coming up.
 - p. Chester
 - q. Bryan T - IGR Last House: Last House will continue to meet at the Senior Center for the foreseeable future. There may be one meeting that will require an alternative location, information on that TBD. May be another year before the Rio is available for meeting again, but the Senior Center has been locked in as the current venue.
4. Quorum (> 7 IGRs)
5. Motion to accept the meeting minutes from last month? Lindsay K, Laurel
6. Active reports
- a. Chairperson - Alex: Current AA learning and General Service opportunities were shared, including the Area 10 Corrections Conference, Southwest Regional Forum, and early registration for the 2022 State Convention. There are new service positions coming available at the next, October District 21 meeting.
 - b. Treasurer - Julie (Asst Treasurer): Donna Lee is out of town, Julie provided the report: Total Gross Income: \$5579.58, Expenses: \$5,105.12, Total Net Income: (\$2,581.79) Total Projected Budget for September: \$ 4,689.72
 - c. Central Office - Beth: Completed work on the barcodes for Square. Installed Square for Quickbooks App and learned how to use it. The original Merchant account is now closed, but not after fighting with them over an early termination fee, sending back the machine, and resulting in a \$295 cost. It was noted that Square will not have the same termination penalties/difficulties when/if we decide to move on from Square. There have been changes to the cash float in the cash

box; cash box starts each day with \$25. However, there are plans to update that after Beth has the chance to confer with Donna Lee when she gets back from vacation. QuickBooks and budget was filled in with August/September numbers and created the August finance report. Talked with Don T. about the upcoming Sober Songs event. He said it is coming together even better than last time. There are no longer any open shifts at the Central Office; there is now a Waitlist! Day Watch Phone Stats: 86 phone calls in August. There will be more detailed stats about call types for September. Currently, most focused on Volunteer Training with Julie to ensure proficiency in Square, QuickBooks, etc. Corrections Conference: Beth will be attending with some literature/products and the Square for the first part of the event. It was noted that there has been good feedback from the volunteers about the Square and its efficiency. There was discussion about the website and the current involvement of Larimer County facilities at the Corrections level and Corrections Conference.

- d. District 21 (Carolyn M.): See Carolyn's report in Introductions.
- e. District 23: None

7. Old Business

- a. Merchant status: See Central Office report
- b. Vice Chair position (until March 2022)
 - i. Please spread the word. 2 year sobriety requirement.

8. New Business / Pending matters

- a. Fundraising & Events Committee
 - i. October event cancelled: It was agreed that an in-person event in October would be irresponsible in light of nearby at-capacity hospital ICUs. It was agreed to host another virtual Sober Songs event instead.
 - ii. December event: Sober Songs event. It was noted that one of the best things we can do as IGRs is promote
 - iii. Other fundraising ideas: There was discussion about having panel events as fundraisers

9. 7th Tradition - Venmo @NCIGAA

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

NCIG FINANCE REPORT - September 2021

September 2021 Actuals

Income	\$ 3,135.06	August income: \$ 5,579.58
Expenses (COGS & Operating Expense)	\$ 4,821.91	
Net Income	\$ (1,686.85)	

Income for September

Income Type	Amount	Comments
7th Tradition	\$1,275.50	Individuals & Groups
Faithful Fiver	\$277.21	Sept 2021 Total
Central Office	\$1,541.68	Sept 2021 Sales Total, including the soiree
Savings Interest	\$1.27	3rd Q dividend
TOTAL GROSS INCOME	\$3,095.66	

Bank Statements

Canvas Checking Ending Balance 9/30/21	\$1,542.73
Canvas Savings Prudent Reserve 9/30/21	\$5,008.60
Current Checking Acct Balances 10/15/21	\$3,400.15

2021 Year to Date (YTD) Actuals

Income	\$ 42,831.19
Expenses (COGS & Operating Expense)	\$ 47,099.83
Net Income	\$ (4,268.64)

7th Tradition by Group

Group Name	Amount
539 Group	\$79.34
Awakenings	\$69.40
Basic Text Group	\$100.00
Berthoud Hump Day	\$25.00
Daily Noon Zoom	\$19.11
Friends of Bill W. 7 AM	\$43.61
Greeley Group 2	\$10.00
Happy Destiny	\$232.09
High Noon Group	\$95.20
Jamestown Primary Purpose	\$38.69
Laporte 287 AA Group	\$165.00
Loveland AA Group	\$112.58
Rule 62 YPAA	\$11.00
Step Sisters	\$20.00
Union Colony Group	\$51.50
Windsor Women Unite	\$36.60

TOTAL GROUP CONTRIBUTIONS	\$1,109.12	September 2021
August 2021	\$994.73	
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	

When your sponsor gives you a "special assignment" that you didn't ask for.



No Sir
I don't like it



NCIG FINANCE REPORT - September 2021

September 2021 Expenses			Projected October 2021 Budget		
Expense	Amount	Notes	Expense	Amount	Notes
Ink Works	\$ 58.45	Meeting Lists	Ink Works	\$ 50.00	Meeting lists & Newcomer Packet
A.A. World Services	\$ 1,183.90	A.A. conference-approved Literature & Pamphlets (incl special orders)	A.A. World Services	\$ 900.00	A.A. conference-approved literature re-stock
Amazon	\$ 39.68	Literature	Recovery Shop	\$ 250.00	Medallions, Cards, Stickers
Recovery Shop	\$ 270.11	Medallions, stickers, & special order	Hazelden	\$ 40.00	Literature
Recovery Chip	\$ 39.72	Special Order Medallions	Grapevine	\$ 65.00	Literature
Grapevine	\$ 30.50	Grapevine Literature	Amazon	\$ 20.00	Literature
Cleveland Central Office	\$ 33.55	Special Order Medallion and Recovery Items	Literature & Recovery Goods (COGS)	\$ 1,325.00	
Literature & Recovery Goods (COGS)	\$ 1,655.91		Expense	Amount	Notes
Expense	Amount	Notes	Central Office Rent	\$ 680.00	Monthly
Central Office Rent	\$ 680.00	Monthly	State Farm Insurance	\$ 39.58	Monthly
State Farm Insurance	\$ 39.58	Monthly	Old Merchant Termination Fees	\$ 516.79	One-time. Includes \$295 Early Termination Fee, \$99 Annual Fee, \$97.79 for two months min. processing fee and \$25 chargeback fee due to Wells Fargo Bank being closed.
Old Merchant Fees	\$ 42.92	Monthly - min. processing fee incurred at end of Sept	El Dorado Artesian Springs	\$ 2.29	Monthly, varies
El Dorado Artesian Springs	\$ 5.34	Monthly	Mail Chimp Software Subscription	\$ 10.37	Monthly - email marketing software
Mail Chimp Software Subscription	\$ 10.37	Monthly, email marketing software	FedEx Shipping	\$ 15.84	One-time. Return of previously unknown ancient Merchant Device linked with Wells Fargo Bank.
Comcast	\$ 144.72	Monthly, Cable Internet + Phone	Chargeback Bank Fee	\$ 9.00	One-time. Bounced Check from Breakfast with Bill & Bob--they closed their account and told us too late.
Zoom Software Subscription	\$ 16.12	Monthly	Comcast	\$ 144.72	Monthly, Cable Internet + Phone
Quickbooks Software Subscription	\$ 83.08	Monthly, bookkeeping	Zoom Software Subscription	\$ 16.12	Monthly
Office Expenses & Supplies	\$ 48.55	As Needed - Broom, Coffee Filters, Packing Tape	Quickbooks Software Subscription	\$ 83.08	Monthly
Cloudflare	\$ 20.00	Monthly - Web Server Space	Office Supplies and Postage	\$ 45.00	Monthly
Office Manager Monthly Salary	\$ 2,075.32	Monthly - actual paid	Cloudflare	\$ 20.00	Monthly - Web Server Space
Total Operating Expense	\$ 3,166.00		Office Manager Monthly Salary (Oct)	\$ 2,075.00	Monthly - approx. amount
TOTAL AUGUST EXPENSES & COGS	\$ 4,821.91		Total Operating Expense	\$ 3,657.79	
			TOTAL PROJECTED BUDGET	\$ 4,982.79	
					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.

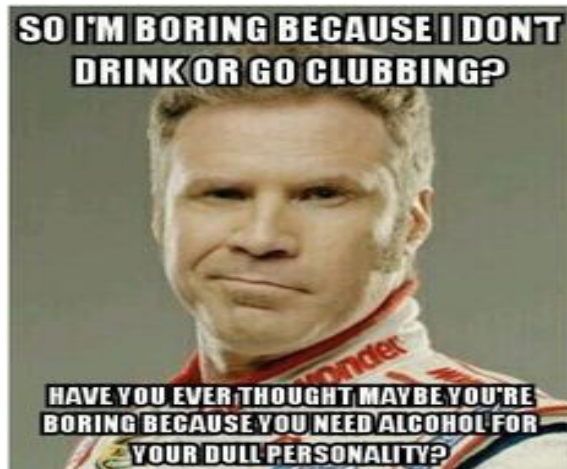
We currently need watch volunteers for...

Fridays 9-11am (Office)
2nd Friday of the Month 5pm-8am (Phone)
4th Sunday of the Month 8am-8pm (Phone)

Contact Julie or Beth at contact@nocoaa.org



When you and the guy beside you both have your hand up and the chairperson points in your general direction...



Happy Thanksgiving

