

# NORTHERN NOTES



*December 2021*

*A letter from a Central Office  
day watch volunteer:*

Dear Friends,

How has service helped my recovery?

Through service I experience my belonging.

Service is really extra insurance against that first drink. It keeps me involved, where I'd more naturally run off and do 'my own thing'. It brings me a sense of ease and comfort knowing that my belonging gives me a place and a way that I can contribute, no matter how small, to a greater purpose. Sometimes, just showing up is a huge service. Especially when it's hard.

For me, there is more. Allowing myself to be a trusted friend, and to be befriended is a most amazing gift. I know it requires continued action on my part. Bumping into all sorts of personalities is its own challenge! Sometimes it is a catalyst for self-searching action. You know, the 'inside job' stuff. Some of the action is a service position in my home group — the 'boots on the ground' stuff. Other times it is saying yes when volunteered by another member to do, be, or act in accordance with the needs at large. Often, throughout my sober years, I have taken a shift at Central Office.

If humility is being willing to be one of many, then service is the path there.

I love Alcoholics Anonymous. You all offer me a life worth living.

Yours in service and love,

Laura S

# 12

**STEP** - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

**TRADITION** - Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**CONCEPT** - The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.



## UPCOMING THIS MONTH

**NCIG Steering Committee:**  
Monday, December 20th - 5:15 PM

**Intergroup Meeting:**

Monday, December 20th at 6 PM  
Meeting ID: 873 901 4086

**District 21 Meeting:**

Sunday, December 5th 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.nocooa.org](http://www.nocooa.org) or email the Office Manager of Central Office to get details

## It's time for the Quote of the Month!

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss."

-- *Alcoholics Anonymous [Big Book], Step 12 - page 89*

## 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.

# e h I

Options if you want to send 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**  
support

**Sign up for a monthly contribution of \$5 (or more), or the number of years you've been sober. Visit our contribute page at <https://www.nocooa.org/contribute>.**



## December 2021 ANNIVERSARIES

Chelsey H. - 7 years (Nov)  
Don N. - 39 years  
Polly E. - 18 years

### CONGRATULATIONS!

ARE YOU OR A SPONSEE CELEBRATING? LET US KNOW.

Email yours for December or January:  
contact@nocoaa.org

## ***New from the Grapevine!***

*The “meeting in print” podcast started on October 4, 2021, with a new episode scheduled for each Monday.*

*Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual “meeting after the meeting” manner. Special features will enhance each episode.*

*A new podcast episode will be available in English every Monday.*

*To hear the podcasts go to  
[www.aagrapevine.org/podcast](http://www.aagrapevine.org/podcast)*

## Things We Cannot Change

This column acknowledges the passing of our A.A. 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 here in our monthly newsletter.

This month we have no passings on the horizons that we know of. May all of those who have, never be forgotten...



## New at Central Office

Book from AA World Service:

- A.A. Service Manual:  
2021-2023

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

## Up and Coming:

### AREA 10

2022 Spring Assembly

March 18-20, 2022

Double Tree Hotel

1775 E Cheyenne Mountain Blvd

Colorado Springs, CO

2022 Summer Assembly

July 22-24, 2022

Hosted by District 10

Double Tree Hotel in

Greenwood Village, CO

2022 State Convention

August 26-28, 2022

Hotel ELEGANTÉ in

Colorado Springs, CO

[convention.coloradoaa.org](http://convention.coloradoaa.org)

Go to [coloradoaa.org](http://coloradoaa.org) for more Area 10 information.

**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](mailto:ericabaczek0813@yahoo.com) or [bridgethegapnoco@gmail.com](mailto: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](mailto:nocotreatment@gmail.com).

For **District 23** (Weld County) information, contact Alfredo at [jr.nevarez@gmail.com](mailto: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.*

## WE THERE!

Are there any changes to your meeting?

Send it to us at

[officemanager@nocooa.org](mailto:officemanager@nocooa.org)

What do you want to see under Resources on the

Intergroup website?

Send it to us at

[officemanager@nocooa.org](mailto:officemanager@nocooa.org)

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

Send it to us at

[officemanager@nocooa.org](mailto:officemanager@nocooa.org)

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

You know.

## MEETING SPOTLIGHT

Fort Collins

Big Book Enthusiasts, TUESDAY & FRIDAY AT 12 PM,  
301 E DRAKE RD

Wellington

Grateful Harvest, THURSDAY & SATURDAY AT 6:30PM,  
4240 E COUNTY RD 66

SEE [WWW.NOCOOA.ORG/MEETINGS](http://WWW.NOCOOA.ORG/MEETINGS) OR THE MEETING GUIDE APP FROM GSO

IT IS NOT HAPPY  
PEOPLE WHO ARE  
THANKFUL;  
IT IS THANKFUL  
PEOPLE WHO ARE  
HAPPY.

# CENTRAL OFFICE

State/Federal Holiday  
Hours for the next 3  
months:

FRIDAY, DECEMBER 24, CHRISTMAS EVE - CLOSED  
FRIDAY, DECEMBER 31, NEW YEARS EVE - CLOSED  
MONDAY, JANUARY 17, MARTIN LUTHER KING, JR. DAY - CLOSED  
MONDAY, FEBRUARY 21, PRESIDENT'S DAY - CLOSED

We will still be available by phone.

When I took a 30-day chip and someone yelled, "HOW'D YA DO IT?!"



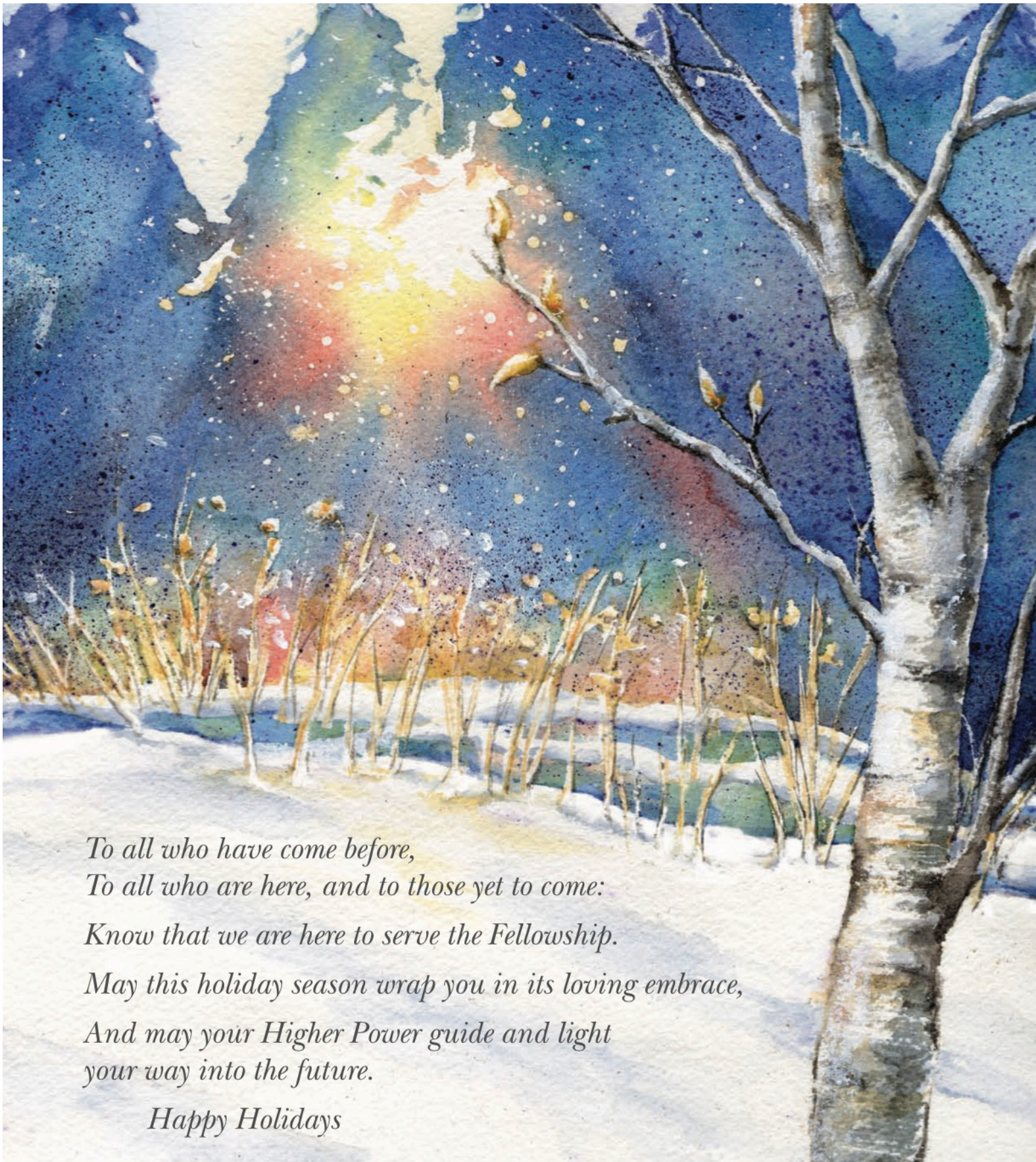
Did you stay sober today?



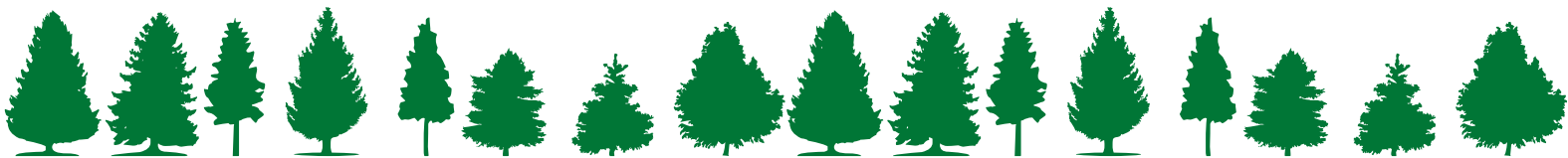
Growth isn't loud. It doesn't flex. It doesn't seek validation. It's quiet, humble, and reassuring. Growth is looking yourself in the mirror, knowing you gave it all you got and congratulating yourself on another beautiful and blessed day.



@sobermseattle



*To all who have come before,  
To all who are here, and to those yet to come:  
Know that we are here to serve the Fellowship.  
May this holiday season wrap you in its loving embrace,  
And may your Higher Power guide and light  
your way into the future.  
Happy Holidays*



NORTHERN COLORADO INTERGROUP PRESENTS THE 2ND ANNUAL

# SOBER SONGFEST

A FUNDRAISER SUPPORTING  
NORTHERN COLORADO'S  
CENTRAL OFFICE  
DONATIONS CAN BE MADE VIA  
VENMO @NCIGAA  
OR VISIT NCCOAA.ORG FOR  
OTHER OPTIONS

MC: GEORGE M.

PERFORMANCES BY:  
JEFF J. JOES, KIMBERLY S.D.,  
BRIAN J. DONT, BOBE, RENEE P.F.

DECEMBER 4, 2021 | 7-9 PM |  
LIVE STREAM EVENT

Coming this Saturday night  
**SOBER SONGFEST**  
an acoustic music  
live stream  
performance

**7 - 9 pm**

Zoom Webinar ID:

876 7249 2222

Phone:

669-900-6833

*a fundraiser for Central Office*

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

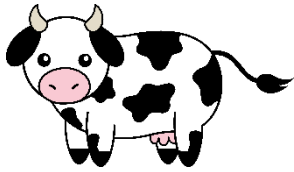
Speakers, Panels, Meetings, and Fellowship

Register at [greeleyaastampede.org](http://greeleyaastampede.org)  
Preregister fee- \$20 before January 1st, 2022  
Registration after January 1st- \$25  
Email [aastampedegreeley@gmail.com](mailto:aastampedegreeley@gmail.com)

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

# 70<sup>th</sup> Annual Greeley AA/Al-Anon Stampede

## A Vision for You in 2022



February 4, 5, and 6<sup>th</sup> 2022

Island Grove Park

501 N. 14<sup>th</sup> Ave, Greeley, CO



Friday February 4th		Saturday February 5 <sup>th</sup>		Sunday February 6 <sup>th</sup>	
5PM – 10PM	Marathon Meetings	7AM – 10PM	Marathon Meetings	7AM – 11	Marathon Meetings
5 – 6	Coffee/Snacks/Fellowship	10 – 11:30	Old Timer Meeting	11 - Noon	Cathy N. - AA Speaker
6 – 7	Tracy P. Al-Anon Speaker	11:30 – 12:30	Young People Meeting		
7 – 8	Brooke AA Speaker	1 – 3	Workshop 1		
8 – 10	Entertainment	3:15 – 5:15	Workshop 2		
		5:30 – 5:45	Sobriety Countdown		
		6-7	Chet - AA Speaker		
		7-8	AA Speaker		
		8:30 – 10:30	Entertainment		



### Come Stay!

Hampton Inn (970) 339-5525  
2350 W 29<sup>th</sup> St, Greeley, CO 80631

Say you are with the Greeley AA Stampede for a discount  
A free shuttle from the hotel to the conference will be provided



### Register Early for a custom lanyard!

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

(Street)

(City)

(State)(Zip)

Name(s) on Name Tag: \_\_\_\_\_

Home Group/City: \_\_\_\_\_

Please Check Affiliation  AA  Al-Anon

\$20 pre-registration for entire weekend prior to January 1<sup>st</sup>, \$25 after

Please register via [www.greeleyaastampede.org](http://www.greeleyaastampede.org) or cut off this registration form and mail check to PO

BOX 336841, Greeley, CO 80633

Number of Registrations: \_\_\_\_\_

Number of Scholarships: \_\_\_\_\_

Northern Colorado Intergroup - Meeting Agenda

**Northern Colorado Intergroup Meeting Minutes - October 18, 2021**

**Call to order: 6:04 PM**

1. Serenity prayer + welcome
2. Tradition 10: *"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."* (Kimberly)
3. Introductions and IGR Group Updates or Announcements
  - a. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
  - b. Chelsey: Steering Committee Member At-Large, IGR for Spring Creek: Spring Creek is attempting to meet in person but hasn't done
  - c. Beth: Office Manager
  - d. Donna Lee: Treasurer (outgoing)
  - e. Jamie: Secretary, IGR Women of Faith
  - f. Julie: Central Office Volunteer Coordinator, Assistant Treasurer, Treasurer (Incoming)
  - g. Jessica: IGR Women Seeking Sobriety, Co-Chair Greeley Stampede committee: Stampede Registration is now open. You can sponsor a ticket for another alcoholic in need, as well.
  - h. Don: Co-Chair of Sober Songs event, member of the Fundraising Committee
  - i. Kimberly: IGR for Daily Noon Zoom, Co-Chair of Sober Songs: DNZ continues to meet every day on Zoom
  - j. Laurel: IGR Step Sisters
  - k. Andrew: IGR Awakenings
  - l. Carolyn: IGR Loveland Group, CPC/PI, District 21 Rep
  - m. Mark: IGR The Basic Text: meeting is going well, meeting in person. We are listed as Hybrid but not having a lot of Zoom attendance. Masks have not been required in the church, but will be in accordance with the County mandate starting Wednesday.
  - n. Lindsay K: IGR Foco First Step, Interim IGR 5 o' Clock Somewhere. FFS may be changing their meeting time to be earlier. 5oS continues to meet. Both are on Zoom.

4. Quorum ( > 7 IGRs)
5. Motion to accept the meeting minutes from last month: Laurel, Lindsay
6. Active reports
  - a. Chairperson - Alex: No report. Preview of the Merchant Status and Documentation was provided.
  - b. Treasurer - Donna Lee: Donna Lee has stepped down from the Treasurer position to assume new service positions at the Homegroup and District levels. She provided her final Treasurer's Report to the Intergroup. Julie will move into the Treasurer position after this meeting.
  - c. Amendments were made to the Finance Report that was originally sent out. Details about those amendments can be found in the Steering Committee minutes.
  - d. Income: \$3,135.06, Expenses: \$4,821.91, Net Income: \$ (1,686.85), Group Contributions: \$1,109.12, Projected Budget: \$7,679.69.
    - i. The Central Office YTD Net Income is currently at (4,268.64) and contributions have not increased as expected with in-person meetings.
    - ii. Groups were asked to continue sharing about the importance of the 7th Tradition and contributions to Central Office.
    - iii. There was an additional payment for equipment for a previous Merchant we were contracted with. Upon the closing of the Wells Fargo account, the previous merchant (two merchants ago) requested their equipment to be sent back immediately or face a charge. The payment was for shipping the device back to the company.
    - iv. Motion to approve Finance Report: Carolyn, Andrew
  - e. Central Office - Beth: See attached Central Office report.
    - i. The Central Office report was amended during the Steering Committee meeting.
  - f. District 21 - Carolyn: New elections were held at the District level. See attached District 21 report for details.
  - g. District 23: The Greeley Club has been getting a facelift on the floors, walls, and other aesthetics. Stop by if you have the chance!
7. Old Business

- a. Merchant status and Documentation: There was discussion and a timeline provided about the ongoing dialogue between the Central Office and the previous Merchant, North American Bancard/Sekure Business Solutions/Payments Hub. Ultimately, the company(ies) charged excessive fees
    - i. Timeline provided in the attached minutes.
    - ii. There was discussion about what can be done about these charges. It was agreed to try to reach out to someone at the Area level with law experience to find out if there's anything else that can be done.
  - b. Vice Chair position (until March 2022)
    - i. Nominations
8. New Business / Pending matters
- a. Fundraising & Events Committee
    - i. Sober Songs: December 4th
    - ii. 2022 Gratitude Banquet: A local member has expressed interest in chairing the 2022 committee. If you are interested in participating, reach out to Alex.
    - iii. Workshops: In progress
    - iv. Next Fundraising Committee meeting will be held on Monday, October 25th at 6:00pm on Zoom.
9. 7<sup>th</sup> Tradition - Venmo @NCIGAA
10. Volunteer to read 11th tradition and share next month: Julie M.

**Close 7:03 PM:** Julie, Lindsay

**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: November 15, 2021

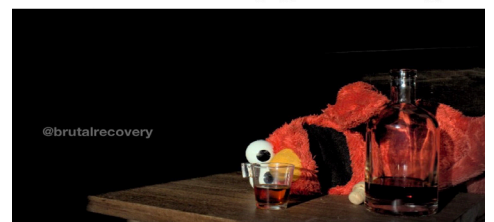


You are the most constant thing in your own life. Befriend yourself first. Invest in yourself first. Become yourself first. The rest will come together in time.

Me doing a hundred different things at once to distract myself from irrational terror in early sobriety



me in the late days of my drinking trying to convince everyone I was still a fun and frisky good time gal



NCIG FINANCE REPORT - October 2021

October 2021 Actuals			2021 Year to Date (YTD) Actuals	
Income	\$	6,099.85	Income	\$ 48,931.04
Expenses (COGS & Operating Expense)	\$	7,725.26	Expenses (COGS & Operating Expense)	\$ 54,825.09
Net Income	\$	(1,625.41)	Net Income	\$ (4,207.20)
Income for October			7th Tradition by Group	
Income Type	Amount	Comments	Group Name	Amount
7th Tradition	\$ 4,825.75	Individuals & Groups	AA Recovery Group of Windsor	\$227.10
Faithful Fiver	\$ 184.19	Oct 2021 Total	Awakenings	\$216.84
Central Office	\$ 1,089.91	Oct 2021 Sales Total	Big Book Enthusiasts	\$187.44
<b>TOTAL GROSS INCOME \$ 6,099.85</b>			Big Book of Loveland	\$220.79
			Daily Noon Zoom	\$453.97
			Fort Collins Group	\$300.00
			Great Fact Group	\$150.00
			Greeley Group 2	\$10.00
			Greeley Westside Group	\$40.00
			Happy Destiny	\$146.36
			Jamestown Primary Purpose	\$154.04
			Keep It Simple	\$1,135.00
			Last House on the Block	\$290.79
			Loveland AA Group	\$55.21
			Rule 62 YPAA	\$4.00
			RUS	\$51.25
			Step Sisters	\$70.00
			TNT Group	\$50.00
			Union Colony Group	\$109.20
			Windsor Triangle	\$115.50
			Women of Faith	\$453.80
			<b>TOTAL GROUP CONTRIBUTIONS \$4,441.29</b>	October 2021
			September 2021	\$1,109.12
			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

Bank Statements		
Canvas Checking Ending Balance 10/31/21	\$	1,045.74
Canvas Savings Prudent Reserve 10/31/21	\$	4,008.60
Current Checking Acct Balance 11/12/21	\$	2,394.01

Transferred \$1,000 to Checking

# CENTRAL OFFICE DAY WATCH STATS

	NOV 2021
Voicemails	2
A.A. Information	57
Al-Anon	5
Detox/Treatment	0
12th Step	1
Other Calls*	18
Visitors	54
<b>TOTAL CALLS</b>	<b>83</b>

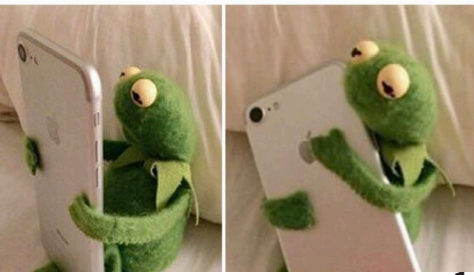
\* Usually local members requesting anything from a meeting change to a special order.



me talking about how the way my crush used punctuation in their last text made it seem like they are losing interest vs. me talking about the most traumatic thing that has ever happened to me



When my friends notice I had an off day and check in on me to make sure I'm staying sober



NCIG FINANCE REPORT - October 2021

October 2021 Expenses			Projected November 2021 Budget		
Expense	Amount	Notes	Expense	Amount	Notes
Ink Works	\$ 77.95	Meeting Lists	Ink Works	\$ 50.00	Meeting lists & Newcomer Packet
A.A. World Services	\$ 790.01	A.A. conference-approved Literature & Pamphlets (incl special orders)	A.A. World Services	\$ 800.00	A.A. conference-approved literature re-stock
Amazon	\$ 15.22	Literature	Recovery Shop	\$ 250.00	Medallions, Stickers
Recovery Shop	\$ 238.14	Medallions, stickers, & special order	Grapevine	\$ 96.00	Literature
Hazelden	\$ 40.39	Literature	Amazon	\$ 30.00	Literature
Grapevine	\$ 61.00	Grapevine Literature	<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,226.00</b>	
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,222.71</b>		<b>Expense</b>	<b>Amount</b>	<b>Notes</b>
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 October Fees	\$ 9.95	min. processing fee for essentially one day
El Dorado Artesian Springs	\$ 2.29	Monthly	El Dorado Artesian Springs	\$ 5.34	Monthly, varies
Mail Chimp Software Subscription	\$ 10.37	Monthly, email marketing software	Mail Chimp Software Subscription	\$ 10.37	Monthly - email marketing software
Comcast	\$ 144.72	Monthly, Cable Internet + Phone	Comcast	\$ 144.72	Monthly, Cable Internet + Phone
FedEx Shipping	\$ 15.84	One-time. Return of previously unknown ancient Merchant Device linked with Wells Fargo Bank	Zoom Software Subscription	\$ 16.12	Monthly
Chargeback Bank Fee	\$ 9.00	One-time. Bounced Check from Breakfast with Bill & Bob—they closed their account and told us too late. Gave us \$50.	Quickbooks Software Subscription	\$ 83.08	Monthly
ICOAA Conference Fee	\$ 25.00	Intergroup Central Office A.A. Seminar/Conference hosted by Rhode Island on Zoom last September	Office Expenses, Supplies and Postage	\$ 60.00	Monthly - Printer Ink, Area Map, Postage
Zoom Software Subscription	\$ 16.12	Monthly	Cloudflare	\$ 20.00	Monthly - Web Server Space
Quickbooks Software Subscription	\$ 83.08	Monthly, bookkeeping	Cache Accounting	\$ 109.20	Quarterly - taxes and payroll
Office Expenses & Supplies	\$ 72.88	As Needed - Barcode Labels, hand soap, paper towels, tissue	Office Manager Monthly Salary (NOV)	\$ 2,075.00	Monthly - approx. amount
Sales Tax	\$ 343.65	State and City	<b>Total Operating Expense</b>	<b>\$ 3,253.36</b>	
Payroll Tax	\$ 2,447.90	State and Federal	<b>TOTAL PROJECTED BUDGET</b>	<b>\$ 4,479.36</b>	
Cloudflare	\$ 20.00	Monthly - Web Server Space			paid
Office Manager Monthly Salary	\$ 2,075.33	Monthly - actual paid			
<b>Total Operating Expense</b>	<b>\$ 6,502.55</b>				
<b>TOTAL OCTOBER EXPENSES &amp; COGS</b>	<b>\$ 7,725.26</b>				

\$8 Actual Sales Tax License

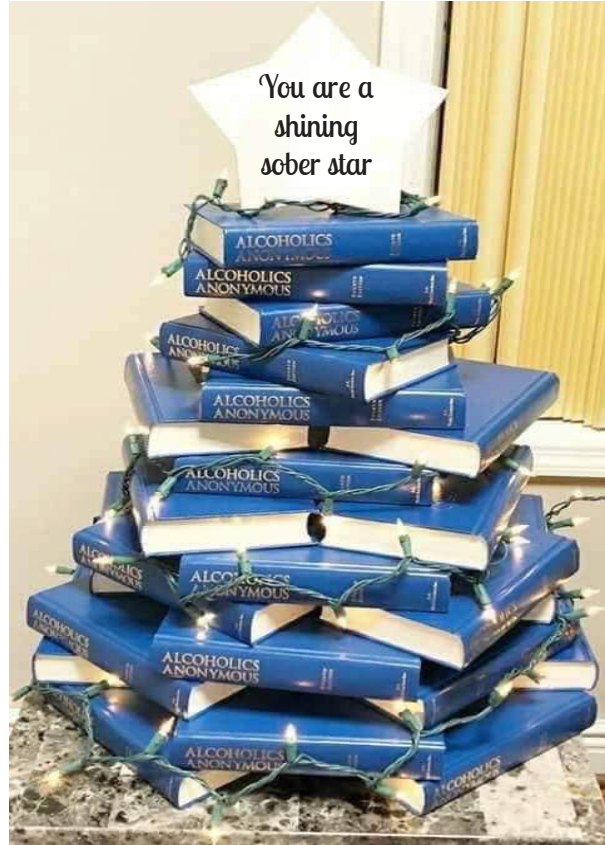
\$89 Zoom Webinar for Sober Songfest

# 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 are not in need of new watch volunteers, but we are always looking just in case.

Contact Julie or Beth at [contact@nocoaa.org](mailto:contact@nocoaa.org)



When it feels like your life is falling apart and you can't tell if you're about to relapse or you're on the verge of a spiritual awakening



# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

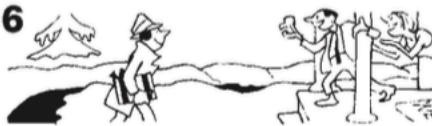


**4** Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



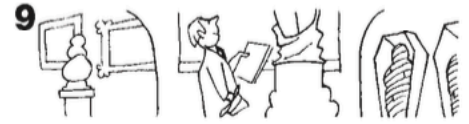
**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.



Real growth happens when you're tired of your own shit.