

NORTHERN NOTES



January 2022

A letter from our current Chair:

“When I came into A.A., was I a desperate person? Did I have a soul-sickness? Was I so sick of myself and my way of living that I couldn't stand looking at myself in a mirror? Was I ready for A.A.? Was I ready to try anything that would help me to get sober and to get over my soul-sickness? Should I ever forget the condition I was in?”

Twenty-Four Hours A Day
January 1

When I walked into that room in the basement at 301 E. Drake for my very first meeting I can tell you my soul was definitely sick. I couldn't remember the last time I really looked at myself in the mirror and saw something I was content with. I walked in ready for AA, ready for another way to live. I didn't feel as though I deserved it, that took time. After about 9 months or so of going to meetings and not changing anything about myself and not working the steps, I was convinced that it was worth a shot, at least I could maybe be a better person to my loved ones. I wanted to be happy, joyous, and free. I wanted to have the promises come true in my life as I'd seen it happening in so many of my fellows.

Today my life is bigger than I could have ever imagined due to working the 12 steps with a sponsor, attending meetings regularly and jumping head first into service. I found my purpose in service, and that is to help my fellow alcoholics find a new way to live. I do this through sponsoring and doing service wherever I can.

I have been doing service with the NCIG for a few years now, stuck with it through a pandemic, found it very easy to find ways to be of service to the Northern Colorado AA community through it all, which kept me out of myself and kept me sober. I thank my higher power for all the opportunities that have been given me to serve the beautiful people I have met in the North Colorado AA community.

My higher power has given me a new opportunity to be of service in another community in Missoula, Montana. I will be leaving Northern Colorado by the end of February and I just wanted to take a moment to thank each and every one of you for everything that you have taught me. Also for giving me the chance to serve as your Chair. I will be finishing up my term as the North Colorado Intergroup Chair in March as that is when we will have the elections, March 21st is when we will elect new officers to serve Northern Colorado Central Office on the Steering Committee. I would love to see everyone get excited about this chance to throw their hats in the ring! Service has enriched my sobriety more than I ever could have dreamed and I just want that for everyone. (God's will be done not mine. *wink wink*)

So please spread the word, we will need lots of people with 2 year of sobriety, no experience necessary for most positions. Please Call or email Central Office if you have any questions about any of the positions, which are: Chair, Co-Chair, Treasurer, Assistant Treasurer, Secretary, Assistant Secretary, and Committee Member-At-Large. The By-Laws have all the role descriptions and are a great and informational read, you can find that document on NOCOAA.ORG under Resources. Again, these easy but rewarding positions start in March, so join us at an Intergroup meeting. The next one is January 17, 2022 at 6pm on Zoom--Meeting ID: 826 2737 9047.

Thank you all again for freely giving me what was given to you and I will continue to do the same, one day at a time.

Your friend in service,

Alex S.



STEP - We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION - Our common welfare should come first; personal recovery depends upon A.A. unity.

CONCEPT - Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.

It's time for the Quote of the Month!

"We thought 'conditions' drove us to drink, and when we tried to correct these conditions and found that we couldn't to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were."

-- *Twelve Steps and Twelve Traditions*, Step 4, page 47

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.

UPCOMING THIS MONTH

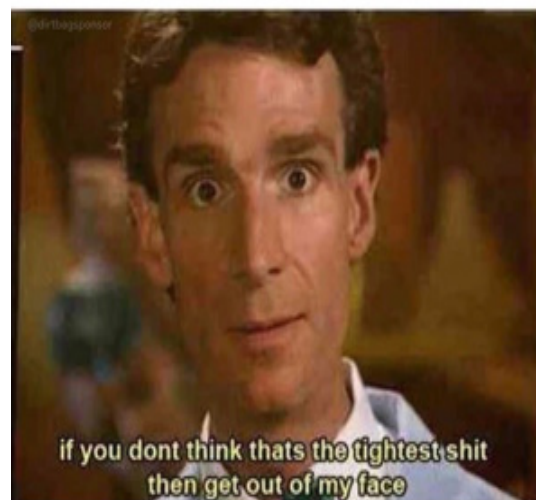
NCIG Steering Committee:
Monday, January 17th - 5:15 PM
Intergroup Meeting:
Monday, January 17th at 6 PM
Meeting ID: 826 2737 9047

District 21 Meeting:
Sunday, January 9th at 5:00 PM
New GSR Orientation at 4:00 PM
301 E Drake, basement room

District 23 Meeting:
Tuesday, January 4th at 7 PM
35 Carlson Blvd, Johnstown, CO

Visit www.nocooa.org or email contact@nocooa.org

Me to my sponsee after reading the third step prayer together:



✎ **HAPPY 2022** *TO* **YOU!!!** ✎

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>.

From The Grapevine!

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

To hear the podcasts go to www.aagrapevine.org/podcast

January 2022 ANNIVERSARIES

Debra B. - 15 years
Diane B. - 3 years
Dianna D. - 32 years
Donna M. - 5 years
Laurel T. - 27 years
Lindsay K. - 36 years
Marilyn N. - 23 years
Matt P. - 27 years
Ruben L. - 16 years
Tamara P. - 21 years

CONGRATULATIONS!

ARE YOU OR A SPONSEE CELEBRATING?

LET US KNOW.

Email us for upcoming months:
contact@nocoaa.org

"I would rather go through life sober, believing I am an alcoholic, than go through life drunk, trying to convince myself that I am not."

Unknown

Things We Cannot Change

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

This month we acknowledge the following member for his service within the fellowship, his friendship and the many ways in which he deeply touched our lives and our hearts. May he never be forgotten...

*Don R., Johnstown/Denver,
December 2021*

If someone close to you in the fellowship has passed away, you may contact NCIG Central Office at (970) 224-3552. 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.

early recovery moodboard



New Book in stock:

- Color Me Sober

Note: A.A.W.S. & Grapevine are temporarily out of some books.

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

Go to coloradoaa.org for more Area 10 information.

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**. The District 21 AA Hospital Program dispatcher responsibilities are transitioning from Carolyn M. to Corina M. and Diane B. beginning January 2022. Thank you Carolyn for your service for the past few years. The AA Hospital Dispatcher role is for receiving calls from participating Fort Collins, Loveland, and Greeley Hospitals for patients who request a visit or call from AA. They manage calls and ensure that the proper AA response team is in place to respond to the calls/visits. Meetings are the 3rd Tuesday of the month at 6 pm. Harmony Pres Church, 400 E Boardwalk, Fort Collins.

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 and speaker cassettes & CDs. 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 city. *Be an IGR, and we will shower you with appreciation. New positions open in March.*

WE 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.

MEETING SPOTLIGHT

STERLING

Sterling A.A. Group
1325 N 7th St

FORT COLLINS

Fort Collins Group
2040 Nancy Gray Ave

MEETING CLOSURES

FORT COLLINS

4th Dimension

ONLINE

Booze Busters

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

And here's a joke I received from a member:

Three drunks are walking in the woods and they came upon some tracks. The first says, "I think these are deer tracks." The second says, "No, these they're badger tracks." The third says "Nah, these are fox tracks." Sadly, whilst arguing they were all killed by a train.

Send your joke in. contact@nocoaa.org

CENTRAL OFFICE

State/Federal Holiday Hours for the next 2 months:

MONDAY, JANUARY 17, MARTIN LUTHER KING, JR. DAY - CLOSED
MONDAY, FEBRUARY 21, PRESIDENT'S DAY - CLOSED

We will still be available by phone.

The logo features a yellow background with a black grid pattern. A large white circle is centered, containing the text "Greeley AA STAMPEDE" in red, bold, sans-serif font. To the left of the circle, the text "Vision For You In 2022" is written in a blue, stylized font, curving around the circle. Below the circle, a red circle contains the text "February 4th-6th" in white, with a blue triangle inside it.

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

Imagine doing anything in moderation



The first 90 days of recovery





NORTHERN COLORADO
INTERGROUP /
CENTRAL OFFICE

12 STEP WORKSHOPS

Twelve Steps over 2022
on the last Sunday of each
month at 6 PM starting on

JANUARY 30TH

with Step 1

on Zoom

(ID: 873 901 4086),

but hopefully moving

to in-person soon

~ A COMMUNITY EVENT ~

DONATIONS APPRECIATED

Thank you for your support

EVERY STEP HAS A

DIFFERENT
3 SPEAKER PANEL

WITH Q & A

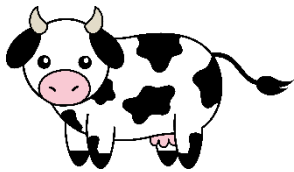
PHONE IN:
669-900-6833

EVERY WORKSHOP
IS ONE HOUR

VOLUNTEER TO CHAIR
& QUESTIONS? EMAIL
CONTACT@NOCOAA.ORG

70th Annual Greeley AA/Al-Anon Stampede

A Vision for You in 2022



February 4, 5, and 6th 2022

Island Grove Park

501 N. 14th Ave, Greeley, CO



Friday February 4th		Saturday February 5 th		Sunday February 6 th	
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 29th 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 1st, \$25 after

Please register via 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: _____

PLEASE NOTE: Since there was not a quorum (according to the Bylaws) at the last December 20, 2021 Intergroup meeting, we were unable to move to approve the November 2021 minutes. Therefore, only the Finance Report is included here this month.

Northern Colorado Intergroup

NCIG FINANCE REPORT - November 2021

November 2021 Actuals

Income	\$ 4,400.01
Expenses (COGS & Operating Expense)	\$ 4,347.61
Net Income	\$ 52.40

2021 Year to Date (YTD) Actuals

Income	\$ 52,639.90
Expenses (COGS & Operating Expense)	\$ 61,302.19
Net Income	\$ (8,662.29)

Note: This table was not accurate (miscalculated) from March to October 2021, see page 3 for updated version

Income for November

Income Type	Amount	Comments
7th Tradition	\$ 2,796.92	Individuals & Groups
Faithful Fiver	\$ 282.21	Nov 2021 Total
Central Office	\$ 1,136.77	Nov 2021 Sales Total
Sober Songfest (1 of 2)	\$ 184.11	Nov 2021 portion
TOTAL GROSS INCOME	\$ 4,400.01	
Total Sober Songfest Income (for Nov and Dec)	\$2,619.24	

7th Tradition by Group

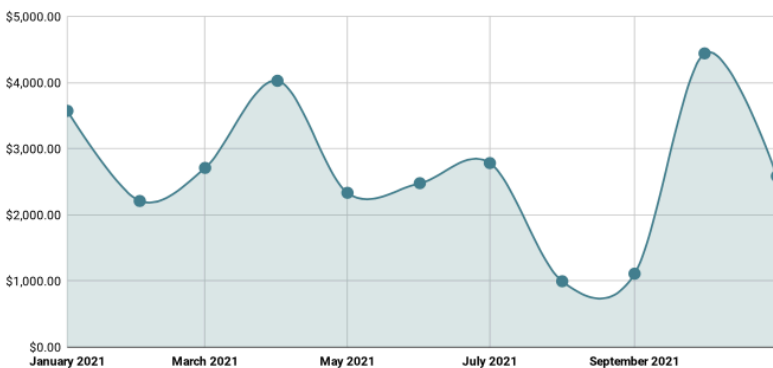
Group Name	Amount
Awakenings	\$72.50
Berthoud Group	\$50.00
Big Book of Loveland	\$25.00
Daily Noon Zoom	\$147.50
Early Worms (Estes Park)	\$245.00
First Step Workshop	\$30.00
Friends of Bill W.	\$332.42
Greeley Group 2	\$10.00
Happy Destiny	\$113.23
High Noon Fort Collins	\$64.50
Johnstown Primary Purpose	\$81.20
Keep It Simple	\$708.00
Rule 62 YPAA	\$12.00
Shoulder to Shoulder Men's Group	\$372.14
Step Sisters	\$32.00
Union Colony Group	\$79.60
Windsor Women Unite	\$68.40
Women Seeking Sobriety	\$96.00
Y'All Ain't Gonna Believe This Group	\$45.00
TOTAL GROUP CONTRIBUTIONS	\$2,584.49

November 2021

Bank Statements

Canvas Checking Ending Balance 11/30/21	\$ 1,246.92
Canvas Savings Prudent Reserve 11/30/21	\$ 4,008.60
Current Checking Acct Balance 12/14/21	\$ 6,409.04

2021 Group Contributions



October 2021	\$4,441.29
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

**Even if your
ass falls off,
pick it up and
take it
to a meeting**



NCIG FINANCE REPORT - November 2021

November 2021 Expenses

Expense	Amount	Notes
Ink Works	\$ 31.25	Meeting Lists
A.A. World Services	\$ 584.05	A.A. conference-approved Literature & Pamphlets (incl special orders)
Amazon	\$ 52.01	Recovery literature
Recovery Shop	\$ 213.91	Medallions (chips), stickers, & literature (incl special orders)
CASO - Chicago Central Office	\$ 28.99	Special Order, Cards
Grapevine	\$ 96.00	Grapevine Literature
Literature & Recovery Goods (COGS)	\$ 1,006.21	
Expense	Amount	Notes
Central Office Rent	\$ 680.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
Old Merchant Fees	\$ 19.90	Mistake. Refunded on December 10, 2021
El Dorado Artesian Springs	\$ 5.34	Monthly
Mail Chimp Software Subscription	\$ 10.37	Monthly, email marketing software
Comcast	\$ 147.94	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 101.08	Monthly, \$84.96 is webinar for Sober Songfest
Quickbooks Software Subscription	\$ 83.08	Monthly, bookkeeping
Office Expenses, Supplies and Postage	\$ 83.69	As Needed - postage for group, printer ink, colorado map, pads of paper
Cloudflare	\$ 20.00	Monthly - Web Server Space
Colorado Dept of Revenue	\$ 8.00	2022 Sales Tax License
Cache Accounting	\$ 109.20	Quarterly
Office Manager Monthly Salary	\$ 2,075.32	Monthly - actual paid
Wells Fargo Class Action (return of fees)	\$ (42.10)	One-time
Total Operating Expense	\$ 3,341.40	
TOTAL OCTOBER EXPENSES & COGS	\$ 4,347.61	

Projected December 2021 Budget

Expense	Amount	Notes
Ink Works	\$ 30.00	Meeting lists & Newcomer Packet
A.A. World Services	\$ 500.00	A.A. conference-approved literature re-stock
Recovery Shop	\$ 200.00	Medallions (chips), Cards, Stickers
Grapevine	\$ 55.00	Literature
Recovery Chip	\$ 18.99	Special Order
Amazon	\$ 30.00	Literature
Hazelden	\$ 48.60	Special Order, Literature
Literature & Recovery Goods (COGS)	\$ 882.59	
Expense	Amount	Notes
Central Office Rent	\$ 680.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
Sober Songfest Studio and Tech	\$ 220.00	One-time (Stout Studios)
El Dorado Artesian Springs	\$ 5.34	Monthly, varies
Mail Chimp Software Subscription	\$ 10.37	Monthly - email marketing software
Comcast	\$ 159.97	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 83.08	Monthly
Office Expenses, Supplies and Postage	\$ 55.00	Monthly (as needed) - toilet paper, etc
Cloudflare	\$ 20.00	Monthly - Web Server Space
Old Merchant Fees (Mistake)	\$ (19.90)	One-time, returned by Merchant
Old Merchant Fees (in Dispute)	\$ (42.92)	Returned by Bank (dispute process)
Office Manager Monthly Salary (NOV)	\$ 2,075.00	Monthly - approx. amount
Total Operating Expense	\$ 3,301.64	
TOTAL PROJECTED BUDGET	\$ 4,184.23	

paid

Updated YTD Numbers

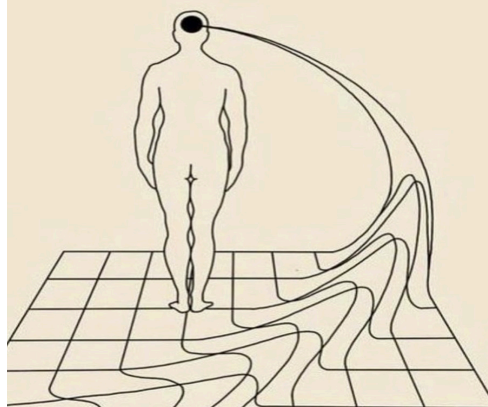
2021	Income	Expenses	Monthly Net Income	YTD Income	YTD Expenses	YTD Net Income
January	\$5,740.66	\$5,135.71	\$604.95	\$5,740.66	\$5,135.71	\$604.95
February	\$3,237.42	\$6,120.44	-\$2,883.02	\$8,978.08	\$11,256.15	-\$2,278.07
March	\$5,676.21	\$4,633.02	\$1,043.19	\$14,654.29	\$15,889.17	-\$1,234.88
April	\$6,269.99	\$5,577.49	\$692.50	\$20,924.28	\$21,466.66	-\$542.38
May	\$3,487.88	\$5,874.24	-\$2,386.36	\$24,412.16	\$27,340.90	-\$2,928.74
June	\$4,124.81	\$4,726.80	-\$601.99	\$28,536.97	\$32,067.70	-\$3,530.73
July	\$4,888.43	\$7,234.59	-\$2,346.16	\$33,425.40	\$39,302.29	-\$5,876.89
August	\$5,579.58	\$5,105.12	\$474.46	\$39,004.98	\$44,407.41	-\$5,402.43
September	\$3,135.06	\$4,821.91	-\$1,686.85	\$42,140.04	\$49,229.32	-\$7,089.28
October	\$6,099.85	\$7,725.26	-\$1,625.41	\$48,239.89	\$56,954.58	-\$8,714.69
November	\$4,400.01	\$4,347.61	\$52.40	\$52,639.90	\$61,302.19	-\$8,662.29
December			0			0
Total YTD	\$52,639.90	\$61,302.19	-\$8,662.29			

"You absolutely cannot be sober AND cool. It's impossible."

Me:



You've mastered survival mode. Now it's time to live.



Leaving your first AA meeting and realizing everyone in there is just as fucked up as you.





VIRGINIA'S FAIRFAX DISTRICT 5 AND SPRINGFIELD DISTRICT 21 PRESENT:

Sailing the SponsorSHIP To Recovery

A Sponsorship Workshop

FOR SPONSORS, SPONSEES, AND ANYONE
WANTING TO KNOW MORE ABOUT SPONSORSHIP

JANUARY 22, 2022

3 – 5PM

Held on Zoom

Meeting ID: 858 0389 8571

Passcode: Service

To register scan the QR Code above or go to
<https://www.surveymonkey.com/r/AAsponsor>

Registration for the workshop is not required, but it will really help us to get a sense of how many people plan to attend and where they are zooming in from. Plus, we include a question that we will present the answers to during the workshop! (Also, if you want to provide your email, we'll send you a reminder - but that is 100% optional).

The workshop will include three primary speakers who will share their experience as a sponsor, followed by three breakout rooms for three pairs of speakers – a sponsor and their sponsee.

Each pair of speakers will discuss how they work the steps together, with one breakout room focused on the Early Steps (1 - 3), Action Steps (4 - 9), and Maintenance Steps (10 - 12).

There will be an Ask-It-Basket and poll questions during the workshop.

CENTRAL OFFICE DAY WATCH STATS

DEC 2021

	DEC 2021
Voicemails	6
A.A. Information	47
Al-Anon	1
Detox/Treatment	0
12th Step	0
Other Calls*	25
Visitors	66
TOTAL CALLS	75

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

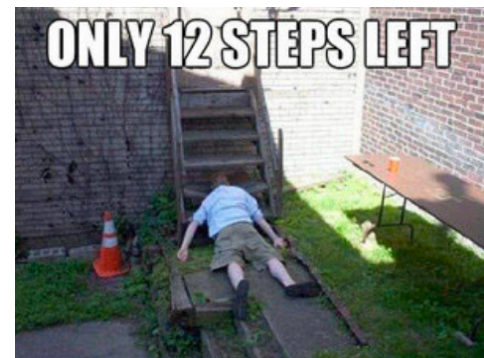
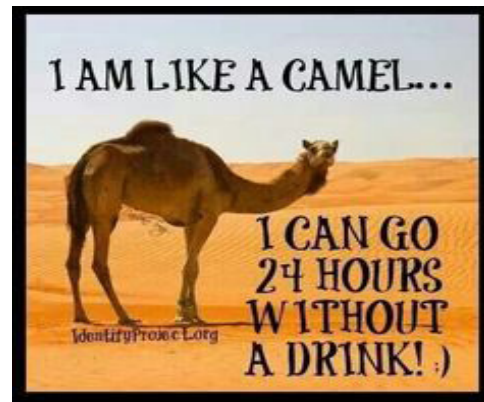
BE A CENTRAL OFFICE WATCH VOLUNTEER

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. We really need substitutes and 12th step callers.



Contact Julie or Beth at
contact@nocoaa.org



Please direct all
communications to:

Grand Central Station,
P.O. Box 459,
New York, NY 10163
Fax: (212) 870-3003

Dear A.A. Friends,

First and foremost, thank you for your participation in our Seventh Tradition with contributions to the General Service Board. Our co-founder Bill W. posed the question, where do A.A.'s services fit into our scheme of things and why should we provide these functions with money? His answer was simple and still holds true today, that "Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office...or the world service Headquarters." It is with this spirit that the General Service Office (G.S.O.) supports your efforts to carry the message of hope to the still-suffering alcoholic.

For decades, all correspondence to G.S.O., including our contributions, have been sent to Box 459, Grand Central Station, New York, NY 10163. Over the years, Box 459 became such an integral part of A.A. that we named the G.S.O. newsletter after it.

Now, your office and board are excited to announce that we are embracing a new method of processing our Seventh Tradition contributions that will reduce costs, ultimately allowing for more investment in services to members and groups. To this end, we are excited to announce that **a separate post office box has been established for Seventh Tradition contributions only.** This change will enable us to process contributions much more efficiently and at a significant savings to the Fellowship.

Effective immediately, please send contribution checks to:

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Over the next few months, we will be updating and reprinting our contribution envelopes and literature to reflect this change. To help this change be embraced as fully and quickly as possible, we ask for your assistance in sharing this information with fellow A.A. members and groups.

We have tried to anticipate and answer questions you may have about this change. If you do not see your question below, please contact our Member Services team for assistance at memberservices@aa.org or 212-870-3023.

