

# NORTHERN NOTES



*May 2022*

## ▲ LETTER FROM OUR NEW CHAIR:

Hi all,

I'm Lindsey M and I'm grateful to be serving as the new Chairperson for the Northern Colorado intergroup. My home group is Let them Eat Cake. I've lived in Colorado for over a year and I thoroughly enjoy our AA community.

The fellowship in Fort Collins is amazing! I hope to serve in continuing to create and host memorable events which foster this energy, while also raising funds for the northern Colorado Central Office. I look forward to meeting many more members and working together!

Many thanks,

Lindsey

**WELCOME LINDSEY! THANK YOU FOR YOUR SERVICE!**

**5** STEP - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION - Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

CONCEPT - Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."

-- *Alcoholics Anonymous*, page 456

### UPCOMING THIS MONTH

**NCIG Steering Committee:**

Monday, May 16th - 5:15 PM

**Intergroup Meeting:**

Monday, May 16th at 6 PM

Meeting ID: 826 2737 9047

**District 21 Meeting:**

Sunday, June 5th at 5:00 PM

301 E Drake, basement room

**District 23 Meeting:**

Tuesday, June 7th at 7 PM

35 Carlson Blvd, Johnstown, CO

Visit [www.nocoaa.org](http://www.nocoaa.org) or  
email [contact@nocoaa.org](mailto:contact@nocoaa.org)

### CENTRAL OFFICE STATEMENT OF PURPOSE

The purpose of NCIG's Central Office is to receive, distribute & follow up on 12 step calls, to answer inquiries about A.A., and to cooperate with local public information committees. Central Office also maintains information about local hospitals & recovery facilities for alcoholics. We provide local meeting lists, a newcomer packet, a newsletter, order, sell & distribute A.A. literature, and more.



*By unspoken group conscience, the meeting decided to not let Murray know he was on mute.*

Options, for 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  
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.nocoaa.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](http://www.aagrapevine.org/podcast)

## May 2022 ANNIVERSARIES

Barbara H. - 38 years

Betsy C. - 37 years

David C. - 24 years

Ellen F. - 11 years

Henry K. - 48 years

Lucy S. - 7 years

Nathon C. - 22 years

## CONGRATULATIONS!

ARE YOU OR A SPONSEE CELEBRATING?

LET US KNOW.

Email us for upcoming months:  
[contact@nocoaa.org](mailto:contact@nocoaa.org)

## 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...

**Brad Van Whye, Fort Collins, April 2022**

If someone close to you in the fellowship has passed away, **you can contact us at NCIG Central Office - officemanager@nocoaa.org**. 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.

“AA doesn’t actually work, I read an article that said.....”



**News - Central Office**  
Hardcover Big Books, Pass It  
On, & AA Comes of Age...  
are back in stock!

w w w . n o c o a a . o r g

24/7/365 • 970-224-3552

## Up and Coming: AREA 10

**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  
Pueblo Convention Center  
320 Central Main St in Pueblo  
[convention.coloradoaa.org](http://convention.coloradoaa.org)

**2022 Winter Assembly**  
November 4-6, 2022  
Doubletree by Hilton,  
Greenwood Village, CO

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

# CENTRAL OFFICE

**OPEN Mondays - Fridays 9:00 AM - 5:00 PM**

**CLOSED May 30th for Memorial Day**

## BOOKS

155 N College Ave #120  
Fort Collins, Colorado 80524

## CHIPS

Central Office has a **Lending Library**. There are books of all types and speaker cassette tapes & CDs. We also have extra Grapevines, a meeting in print, 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.*

### 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, North Colorado Medical Center Greeley, Banner Medical Center, and McKee Medical Center), there is an active **Peer Support Hospital Visitation Program**.

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 4th Monday of the month at 6 pm-- Harmony Pres Church, 400 E Boardwalk, Fort Collins.

The AA Hospital Program offers volunteer training/education sessions. Please contact Diane B. at 814-934-9074 if you have any questions regarding the service or on becoming a volunteer for the AA Hospital Program. Education/training session can be on Zoom and Diane can provide more information to you.

**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. Contact D21 BTG at [bridgethegapnoco@gmail.com](mailto:bridgethegapnoco@gmail.com) or fill out the BTG form on [nocoaa.org](http://nocoaa.org) if this service is of interest to you.

**TREATMENT** - Join the D21 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 [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).

## ARE THERE?

Are there any changes to  
your meeting?

Send it to us at  
[officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

What do you want to see  
under Resources on the  
Intergroup website?

Send it to us at  
[officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

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

Send it to us at  
[officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

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

You know.

**SAVE THE DATE**



**2022**  
**GRATITUDE**  
**BANQUET**



**a fundraiser for**  
**Northern Colorado Intergroup**

**Sunday, November 13, 2022**  
**4:00 PM**

**Northside Aztlan Center, Fort Collins**

**Learn more or sign up to volunteer at**  
**[www.nocooa.org/gratitudebanquet](http://www.nocooa.org/gratitudebanquet)**

**Questions? Contact:**

Jamie H: 970-821-6587

Nancy K: 970-290-3336

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





# Founder's Day Event

Saturday, June 11th, 2022

301 E. Drake Rd., Fort Collins, CO

11:30am-3:00pm



***The celebration will include a speaker, a round table forum, sobriety count down, coffee and CAKE!***

Contributions to support this event can be made via  
Venmo@Founders\_Day\_NoCo (4 digit code 5557) or by check made payable to:  
Founders Day AA NoCo & mailed to:  
District 21 AA, PO Box 272684, Fort Collins, CO 80527

Volunteers needed-set up and break down at 10:00 am and 3:00 pm  
contact rowdyble@gmail.com to sign up



*Create the Fellowship We Crave*  
**Area 10 – Colorado  
State Convention  
August 26–28, 2022  
Now in Pueblo!**

**We Hope You'll Join Us!**

The convention runs from  
3 PM Fri. to 12 PM Sun.

**Questions:**

Eric H. 720-940-3060  
a10convention@hotmail.com

**Register online:**

with a credit card at  
convention.coloradoaa.org or  
by check with the mail in  
registration form below.

**Location:** Pueblo Convention Center, 320 Central Main St  
Pueblo CO 81003 • 719-542-1100

**Lodging:** Please see [convention.coloradoaa.org](http://convention.coloradoaa.org)

**Parking:** Free garage parking across Convention Center

**Speakers & Events:**

Fri. Night.....Ashlee M, Denver, CO

Fri. Night.....Ice Cream Social

Sat. Luncheon.....Al-Anon: Alice G. Arvada, CO

Sat. Night.....Banquet Dinner

Sat. Night.....Al-Anon: Fr. Tom W. Oakland, CA.

Sat. Night.....AA: Bob D. Las Vegas, NV

Sun. Morning.....Jennifer H-K. Plano, TX

Mail in registration form - One per person  
Must be postmarked by 8/19/2022  
Checks payable to: Area 10 Convention – Do not send cash

Detach & mail to: 2022 State Convention  
P.O. Box 346  
Longmont, CO 80502

**Full Name:** \_\_\_\_\_

**Name on badge:** \_\_\_\_\_

**Home Group:** \_\_\_\_\_ **Street:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **City:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

- Scholarship \$ \_\_\_\_\_
- I'd like to volunteer!
- Registration \$35
- Bottomless Coffee Mug \$20
- Ice Cream Social \$10
- Saturday Luncheon \$30
- Saturday Banquet \$40
- Dance \$5
- Package \$120 (includes registration)
- Total \$ \_\_\_\_\_



For special needs consideration, please email: a10convention@hotmail.com

Greetings from G.S.O.

We are reaching out to connect with you regarding the recent calls for shared experience/stories for the 4<sup>th</sup> Edition Spanish BB, the 5<sup>th</sup> Edition English BB, the pamphlet *AA for the Black and African American Alcoholic*, and the link below to the “*Inside*” Sponsorship from the corrections desk.

<https://www.aa.org/sites/default/files/literature/Request%20for%20Shared%20Experience%20Inside%20Sponsorship.pdf>

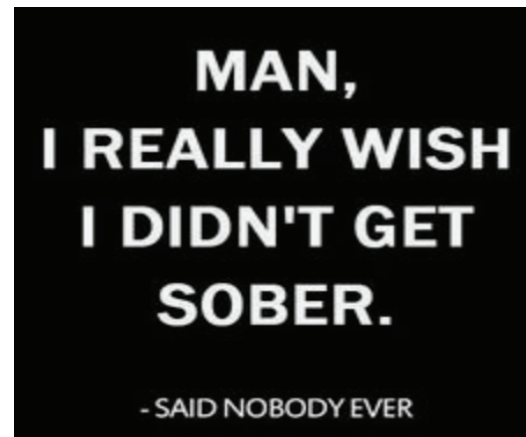
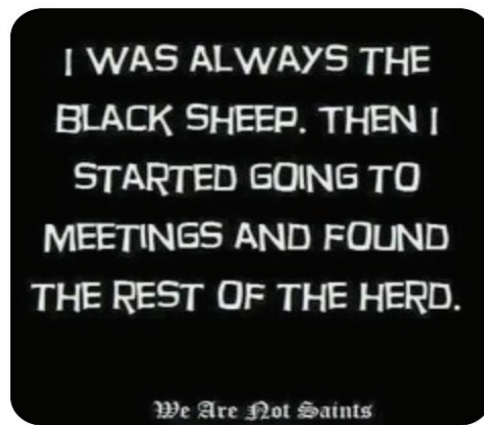
Please join us in helping cast the widest net possible to gather shared experience for our A.A. literature.

*With an Attitude of Gratitude,*

Craig Weidner

G.S.O. Staff- Groupservices Coordinator

General Service Office of Alcoholics Anonymous



## MEETING SPOTLIGHT

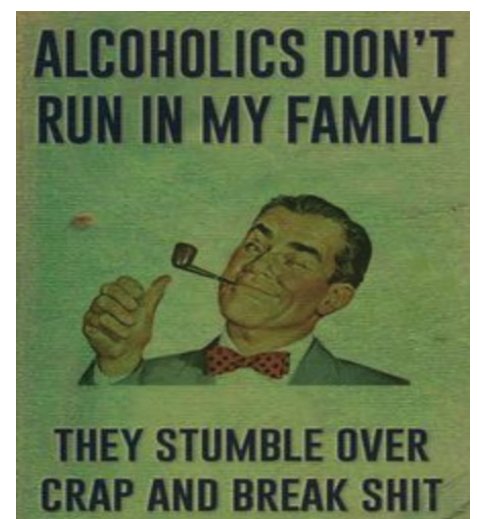
MILLIKEN

NoCo Pathfinders  
1169 S Quentine Ave  
wednesday at 6:30 PM

FORT COLLINS

Gal Pals Big Book Study  
301 E Drake Rd  
thursday at 5:30 PM

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



NORTHERN COLORADO INTERGROUP / CENTRAL OFFICE

# 12 STEPS WORKSHOPS 2022

- An A.A. COMMUNITY EVENT -

## 12 STEPS WORKSHOPS

TWELVE STEPS OVER 2022 ON THE LAST SUNDAY OF EACH MONTH AT 6 PM EXCEPT DECEMBER

### DATES

Step 1	JAN 30
Step 2	FEB 27
Step 3	MAR 27
Step 4	APR 24
Step 5	MAY 29
Step 6	JUN 26
Step 7	JUL 31
Step 8	AUG 28
Step 9	SEP 25
Step 10	OCT 30
Step 11	NOV 27
Step 12	DEC 18

EVERY STEP WORKSHOP IS ONE HOUR & HAS A DIFFERENT 3 SPEAKER PANEL WITH A Q & A

**600 S Shields St in Fort Collins**  
**Zoom ID: 873 901 4086**  
**PHONE IN: 669-900-6833**

VOLUNTEER TO CHAIR OR QUESTIONS? DONATIONS APPRECIATED  
 EMAIL CONTACT@NOCOAA.ORG Thank you for your support

## CENTRAL OFFICE DAY WATCH STATS

	APR 2022
Voicemails	1
A.A. Information	46
Al-Anon	1
Detox/Treatment	1
12th Step	1
Other Calls*	15
Visitors	64
<b>TOTAL CALLS</b>	<b>65</b>

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



## 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 are currently in need of the following office or phone watch volunteers:

- 2nd Sunday 8pm - 9am
- Thursdays 11-1pm
- Thursdays 3-5pm

We also need to add more substitutes and 12th step callers to our list.

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



When your friends are talking about the future and you gotta pretend you were always planning to live that long instead of dying young from alcoholism



## Northern Colorado Intergroup Meeting - March 21, 2022

### Call to order: 6:03 PM

1. Serenity prayer + welcome
2. Tradition 3: *"The only requirement for membership is a desire to stop drinking."*  
(Lindsey K.) - Read by Laurel
3. Introductions and IGR Group Updates or Announcements
  - a. Jamie - Secretary, serving as chair, IGR for Women of Faith, WOF zoom link had issues, have been resolved
  - b. Beth - Office manager Cental Office
  - c. Jessica - Asst Secretary, acting today, IGR Women Seeking Sobriety
  - d. Julie - Treasurer
  - e. Mike - IGR 539 Group
  - f. Chelsey - CMAL, IGR Spring Creek, first in person meeting, Tuesday and Friday at Noon, Church off of Stuart starting 3/22/22. Masks are still required.
  - g. Karen - here to observe
  - h. Kimberly - IGR Daily Noon Zoom
  - i. Laurel - IGR Step Sisters, Noon Wednesdays
  - j. Lindsey M - IGR Let them eat cake, available for service positions
  - k. Lisa Z - IGR Laporte meeting
  - l. Marcus M - IGR Basic Text
  - m. Bob - IGR Loveland group, Kelsey W, new chairperson, **Gratitude Banquet** April 9th, 9 health fair
  - n. Rory - IGR Shoulder to Shoulder Men's group Mondays
  - o. Ross - IGR Last House on the Block
  - p. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
4. Quorum ( > 7 IGRs) 10 present
5. Motion to accept the meeting minutes from last month? Rory Motion, Laurel 2nd

## 6. Steering Committee Elections

- a. Nominating and voting procedures. (Note: Anyone who is running has to be present and nominated by an IGR.)
- b. Positions:
  - i. Chair - Lindsey M - Mark Nominate, Ross 2nd, motion carries
  - ii. Co-Chair - no nominations
  - iii. Treasurer - Julie - Kimberly 1st, Laurel 2nd -motion carries
  - iv. Asst Treasurer - Karen K - Laurel motion, Rory 2nd motion carries
  - v. Secretary - Jessica - Lisa 1st, Bob 2nd, motion carries
  - vi. Asst Secretary - no nominations
  - vii. Committee Member-At-Large 1 - Laurel - motion Rory, 2nd Ross, motion carries
  - viii. Committee Member-At-Large 2 - Chelsey - motion Rory, 2nd Ross, motion carries
    1. Clarification for why there is only one. See Bylaws, page 5. - Covid

## 7. Active reports

- a. Chairperson - Jamie covering - no report
- b. Treasurer - February Income - 5,943.25, Expenses - 5,887.66, Net Income 55.59.
  - i. Bob motioned to accept the report, Rory 2nd
- c. Central Office - Beth - Made postcard for the comedy show (on photo paper), can be picked up to take to meetings, flyers will be on the website soon. Opened account for Gratitude banquet, put down a deposit. Planned and will chair Step 3 workshop her brother will be speaking, come join! One position is open at Central office on the phone 3rd Saturday of the month. 60 calls, 53 Visitors. Ross motion, Mark - 2nd
- d. District 21 - Carolyn - not present. Bob will be taking over in the future.
- e. District 23 - Jessica - A Day in AA on April 9th 8am-8pm, located at 2608 7th Ave in Greeley

## 8. Old Business

- a. Gratitude Banquet - Jamie - Sunday November 13th - largest fundraising event, Northside Aztlan Center at Cherry and College. Sunday, November 13th. Dinner, sobriety countdown, and speakers. Logistics are still in process. Max occupancy 350 seated at tables, 450 if in lines. 2nd room could potentially be for overflow, throwing around different ideas. Will be a potluck. Nancy K and Jennifer are on the committee with Jamie currently.
  - i. Email - [gratitudebanquet@nocoaa.org](mailto:gratitudebanquet@nocoaa.org)
  - ii. Future website - [nocoaa.org/gratitudebanquet](http://nocoaa.org/gratitudebanquet)
- b. Fundraising & Events Committee
  - i. 12 Step Workshops - Sunday, March 27, 2022, at 6 PM (Step 3)
    1. Info for Zoom on [nocoaa.org](http://nocoaa.org)
    2. Hybrid Meeting: 600 S Shields, masks still required currently. The meeting is downstairs, there is an exit off of Shields.
    3. Does anyone want to chair a Step 8 meeting? Julie volunteered
    4. Postcards in office
    5. If anyone is interested in leading a workshop, reach out to Beth
- c. NAGL Comedy Show - April 23, 2022, at the Rialto Theater in Loveland
  - i. \$20 suggested donation, no ticket fees
  - ii. Postcards and fliers in office and online [nocoaa.org](http://nocoaa.org)

## 9. 7<sup>th</sup> Tradition - **Venmo @NCIGAA**

10. Volunteer to read the 4th tradition and share next month

**Close 7:03 PM**

**In Closing**, "I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."



NCIG FINANCE REPORT - March 2022

March 2022 Actuals

<b>Income</b>	<b>\$ 3,917.71</b>
<b>Expenses (COGS &amp; Operating Expense)</b>	<b>\$ 4,749.04</b>
<b>Net Income</b>	<b>\$ (831.33)</b>

2022 Year to Date (YTD) Actuals

Income	\$ 17,657.45
Expenses (COGS & Operating Expense)	\$ 18,503.12
<b>Net Income</b>	<b>\$ (845.67)</b>

Note: See page 5, YTD chart

Income for March

Income Type	Amount	Comments
7th Tradition	\$ 1,897.03	Individuals & Groups
Faithful Fiver	\$ 299.67	March 2022 Total
Central Office	\$ 1,686.52	March 2022 Sales Total
Step 3 Workshop	\$ 33.50	3/27/2022
Interest Income	\$ 0.99	Quarterly

**TOTAL GROSS INCOME \$ 3,916.72**

Bank Statements

Canvas Checking Ending Balance 3/31/22	\$ 4,422.56
Canvas Savings Prudent Reserve 3/31/22	\$ 4,010.68
Current Checking Acct Balance 4/13/22	\$ 6,328.83

7th Tradition by Group

Group Name	Amount
Awakenings	\$ 160.15
Big Book of Loveland	\$ 50.00
Campus Group 2	\$ 20.00
Daily Noon Zoom	\$ 254.06
Friends of Bill W.	\$ 10.00
Greeley Group 2	\$ 10.00
Happy Destiny	\$ 115.89
Johnstown Primary Purpose	\$ 82.10
Keep It Simple	\$ 473.00
Rule 62 YPAA	\$ 7.19
Step Sisters	\$ 20.00
Union Colony Group	\$ 46.78
Women of Faith	\$ 339.95
Women's Recovery Through the Steps	\$ 112.60
YAGBT	\$ 25.00

**TOTAL GROUP CONTRIBUTIONS \$ 1,589.12**

March 2022

February 2022 \$ 3,127.41

January 2022 \$ 4,756.08

December 2021 \$ 2,193.19

March 2022 Expenses

Expense	Amount	Notes
Ink Works	\$ 59.97	Meeting Lists, Newcomer Packet wraps
A.A. World Services	\$ 753.44	A.A. conference-approved Literature & Pamphlets (incl special orders)
Recovery Shop	\$ 235.40	Medallions (chips), stickers, & literature (incl special orders)
Hazelden	\$ 78.94	Back to Basics
Grapevine	\$ 110.75	Literature
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,238.50</b>	
Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly, for March
State Farm Insurance	\$ 39.58	Monthly
Ink Works / Special Event Expense	\$ 17.11	Postcards about WNAGL
El Dorado Artesian Springs	\$ 21.51	Monthly fee and water
Mail Chimp Software Subscription	\$ 11.42	Monthly, email marketing software
Comcast	\$ 162.30	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Office Expenses, Supplies and Postage	\$ 72.02	As Needed - conference microphone, speaker, and adapter cord
Cloudflare	\$ 20.00	Monthly - Web Server Space
Aztlan Community Center	\$ 200.00	One-time refundable deposit for the Gratitude Banquet
Quickbooks Subscription	\$ 166.16	2 months
Office Manager Monthly Salary	\$ 2,084.32	Monthly - actual paid at end of month
<b>Total Operating Expense</b>	<b>\$ 3,510.54</b>	

**TOTAL MARCH EXPENSES \$ 4,749.04**

Projected April 2022 Budget

Expense	Amount	Notes
Ink Works	\$ 50.00	Meeting lists
A.A. World Services	\$ 900.00	A.A. conference-approved literature re-stock
Recovery Shop	\$ 260.00	Medallions (chips), Cards, Stickers
Grapevine	\$ 65.00	Literature
Amazon	\$ 30.00	Literature
Hazelden	\$ 72.00	Special Order, Literature
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,377.00</b>	
Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
El Dorado Artesian Springs	\$ 5.34	Monthly, varies
Mail Chimp Software Subscription	\$ 11.42	Monthly - email marketing software
Comcast	\$ 162.30	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 83.08	Monthly (Feb & March), bookkeeping
Office Expenses, Supplies and Postage	\$ 50.00	Monthly (as needed) - recycling bin, etc
Sales Taxes (City & State)	\$ 245.00	Quarterly Estimate
Cloudflare	\$ 20.00	Monthly - Web Server Space
Payroll Taxes	\$ 2,475.00	Quarterly Estimate
Office Manager Monthly Salary	\$ 2,084.30	Monthly - approx. amount
<b>Total Operating Expense</b>	<b>\$ 5,892.14</b>	

**TOTAL PROJECTED BUDGET \$ 7,269.14**

paid

# 2022 GRATITUDE BANQUET

## SERVICE POSITIONS AVAILABLE

Chairs &  
Committee Members for:

Secretary/Historian  
Servers

Food Coordination

Food Preparation

Coffee

Decorations

Set up

Clean up

Box Office/Ticketing

Runners

Bussers

**FIRST COMMITTEE MEETING**

**Sunday, June 12 @ 11am**

Dazbog Coffee (Basement)  
401 Mason Ct #105, Fort Collins, CO 80524

**Sign up to volunteer at**  
[www.nocoaa.org/gratitudebanquet](http://www.nocoaa.org/gratitudebanquet)