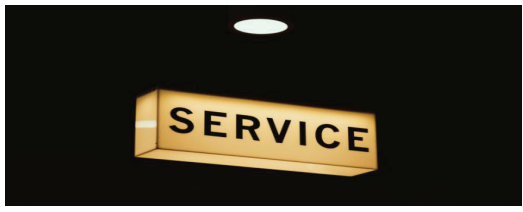


# NORTHERN NOTES

October 2022

A LETTER  
FROM A CENTRAL  
OFFICE WATCH  
VOLUNTEER &  
HOSPITAL PROGRAM  
DISPATCHER IN THE  
DISTRICT 21 CPC/PI  
COMMITTEE ~



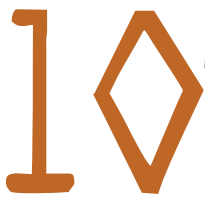
I will start with a story I heard regarding service to others.....

A man died and went to Hell. He found that all of the people there were emaciated. He went to the dining hall and saw that food was plentiful but everyone's health was bad. He noticed that the people were given long-handled ladles to use to eat, which were so awkward to use that very little food reached their mouths so they were starving. After several meals in hell, the man was miraculously transported to Heaven. He was dismayed to find that the same long-handled ladles were used there. However, everyone looked well-fed. Then he noticed that instead of trying to feed themselves, they were serving each other with the ladles.

I find storytelling makes connections between people, ideas, and concepts easier to grasp and retain. The above story reminds me that service is one of the 3 legacies of AA and key in helping me to maintain my sobriety. Service keeps me accountable, plugged into AA, and provides me with a sense of purpose. More importantly, service gets me out of self-focus (ego) and keeps me focused on the present.

My first sponsor in AA was a long-timer and saying "no" to doing service work in AA was not an option. I was the coffee maker for my homegroup the first week I came into AA, a year commitment. She encouraged me to stay after other meetings I attended to help clean up. This guidance she provided around service resulted in me getting out of my isolation, becoming responsible – when I say I will show up I follow through, and helping to build relationships with other AA members. I truly believe that this introduction to service early in my sobriety has strengthened the foundation of my program and as a result, I continue to make service a priority in my recovery today. I am the current AA Hospital Program Dispatcher for 6 area hospitals when the hand of AA is needed at hospitals in Loveland, FoCo, and Greeley. I recently accepted the position of GSR for my home group and look forward to learning about the interworking of AA. Service commitments can be minor activities such as making coffee once a week at a meeting, or cleaning up after a meeting you attend, or can be bigger, longer-term commitments. There are limitless opportunities to be of service in AA. Caution... once you start doing service it is infectious.

Diane B.  
1/09/2019



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

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

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

PRINCIPLES: **PERSEVERANCE** ✨ **HUMILITY** ✨ **CLARITY**

## UPCOMING THIS MONTH

### NCIG Steering Committee:

Monday, October 17th at 5:15 PM

### Intergroup Meeting:

Monday, October 17th at 6 PM

155 N College Ave #120 and Online

Meeting ID: 826 2737 9047

### District 21 Meeting:

Sunday, November 6th at 5:00 PM

301 E Drake, basement room

### District 23 Meeting:

Tuesday, October 4th at 7 PM

35 Carlson Blvd, Johnstown, CO

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

## 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.

## A.A. Quote for October:

So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.

-- *Alcoholics Anonymous* (Big Book), Page 132

**I'M AN ALCOHOLIC**



**BUT I'M IN DENIAL, SO I'M NOT AN ALCOHOLIC, WHICH IS NICE**

The goal isn't to be sober.

The goal is to love yourself so much that you don't need to drink.

Options, for sending a 7th tradition contribution:

Venmo: @NCIGAA

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

Web: <https://noco-intergroup.square.site>

Send a check or drop off cash at:

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>. 2**

# October 2022 ANNIVERSARIES

Amy F. - 8 years  
Andrea - 1 year  
Barb M. - 31 years  
Duane S. - 28 years  
Jane F. - 14 years  
Karen K. - 12 years  
Yesi - 1 year

## CONGRATULATIONS!

ARE YOU OR A SPONSEE CELEBRATING? LET US KNOW.

Email us for upcoming months  
contact@nocoaa.org

**I want you on here for your next anniversary, you shy one you!**

## CENTRAL OFFICE

### Colorado Holidays:

MONDAY, NOVEMBER 11, VETERAN'S DAY - CLOSED  
THURSDAY, NOVEMBER 24, THANKSGIVING - CLOSED  
FRIDAY, DECEMBER 26, CHRISTMAS - CLOSED

We will still be available by phone.

## 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 can contact us at NCIG Central Office - officemanager@nocoaa.org - for a mention in Northern Notes to let others know.** 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.

when you know deep down you crave intimacy but tragically the very thought of it disgusts you (probably as a defense mechanism for your debilitating fear of rejection and abandonment) so you are condemned to a life of recoiling whenever you catch yourself forming the attachment you secretly seek



first 30 days sober be like:



## New @ Central Office

E. FOX'S THE GOLDEN KEY  
GET YOUR NCIG BOOKMARK  
BIG BOOK INDEX

W W W . N O C O A A . O R G

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 & Beyond

### SWRAASA 2022

October 7-9, 2022

Renaissance Convention

Center

6808 S 107th East Ave

Tulsa, OK

### 2022 Winter Assembly

November 4-6, 2022

Doubletree by Hilton,

Greenwood Village, CO

### Spring 2023 Assembly

March 24-26, 2023

Hosted by District 23

Island Grove Regional Park,

Greeley, CO

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

## AS THERE!

Are there any changes to  
your meeting or do you  
have a suggestion?

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.

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 3rd Wednesday of the month at 5:30 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).

2022

# Gratitude Banquet

a FUNdraiser for  
Northern Colorado Intergroup



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

*Speaker:*

**MARTHA M.  
Erie, CO**

**"THE UNITY OF ALCOHOLICS ANONYMOUS IS THE MOST CHERISHED QUALITY OUR SOCIETY HAS."**

-BILL W.

Reprinted from 12 Steps and 12 Traditions, page 129, with permission of AA World Services, Inc.

## Tickets Available Now

\$20 through 11/1  
\$25 on and after 11/2

**\*\*Space is limited\*\***

Buy tickets in person at Central Office or at:  
[nocoaa.org/gratitudebanquet](http://nocoaa.org/gratitudebanquet)

**Scan  
for  
tickets:**



### Northside Aztlan Community Center

112 E Willow St, Fort Collins

Doors open at 3:15 PM

Dinner Served at 4:00 PM

Sobriety Countdown at 5:15 PM

Speaker at 6:00PM

\*Please bring a side dish or dessert dish to share at your table!



### Parking:

Parking can be found behind the Aztlan Center, some nearby businesses, Street Parking, and Old Town Parking Structures, Parking in Old Town Fort Collins is limited.

### Information:

Questions? Contact:  
Jamie H. 970-821-6587  
Nancy K. 970-290-3336  
[gratitudebanquet@nocoaa.org](mailto:gratitudebanquet@nocoaa.org)

**TICKETS ON SALE NOW**

# A.A. PAMPHLET OF THE MONTH: "Inside A.A."

## Understanding the Fellowship and its Services

A.A.'s Ninth Tradition notes that each A.A. group needs the least possible organization, "the aim of our services is to bring sobriety within reach of all who want it." This starts with the A.A. group.

### Service – our Third Legacy

As noted by Bill W., "Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. **We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.**

A.A. service is anything that helps us to reach a fellow sufferer – ranging all the way from the Twelfth Step itself to a phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

### A G.S.R. represents your group

In order to stay connected, groups often elect a **general service representative** (G.S.R.) to represent it within the wider A.A. service structure.

Usually elected to serve two-year terms, they:

- Keep group members informed about general service activities and opportunities in their local areas.
- Represent the group at district meetings and area assemblies.
- Receive and share with their groups all mail from the General Service Office (G.S.O.).

### Service beyond the group

The G.S.R. usually participates along with the G.S.R.s of other local groups in monthly or quarterly district meetings, where plans are discussed and decisions are made on how to best serve the needs of the local fellowship and to learn more about A.A.'s world services. A district committee member (D.C.M.) passes on the district's thinking to area committees and service workers and carries information back to local G.S.R.s, who in turn keep their group members informed on various A.A. issues.

Periodically, all G.S.R.s and D.C.M.s from a given area get together in an **area assembly** to discuss matters of interest to the Fellowship as a whole and to elect an **area delegate** to attend A.A.'s annual **General Service Conference**, which serves as "the actual voice and the effective conscience for our whole Society."

*Adapted and quoted from the "Inside A.A." pamphlet (F-18) from A.A.W.S.*

MEETING GROUP

↑  
INTERGROUP /  
CENTRAL OFFICE

↓  
G.S.R.

↓  
THE GROUP'S  
DISTRICT

District  
21, 23,  
etc

↓  
AREA  
ASSEMBLY

↓  
THE GROUP'S  
AREA

Area 10  
is  
Colorado

↓  
AREA  
DELEGATE

↓  
GENERAL SERVICE  
OFFICE &  
CONFERENCE

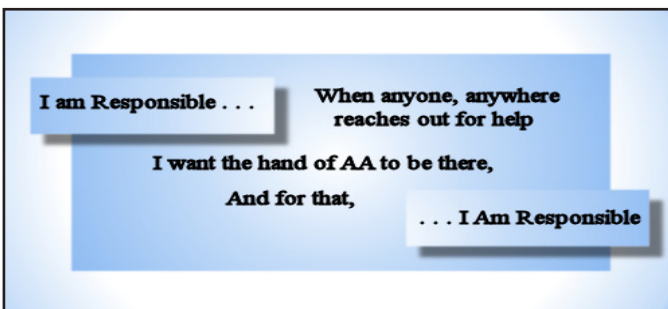


# 2022 WINTER ASSEMBLY

NOVEMBER 4-6, 2022

Hosted by District 24

Double Tree by Hilton – Greenwood Village  
7801 E Orchard Rd, Greenwood Village, CO 80111



ROOM RATE \$99  
BOOK BY 10/16/22

BOOK ONLINE AT THE  
LINK BELOW OR BY  
CALLING  
303-779-6161

LUNCH BUFFET  
\$20/PERSON

ICE CREAM  
SOCIAL  
\$14/PERSON

CONTACT PERSON  
JESSICA K.  
404-519-2927



Listen to  
Grapevine's New Weekly  
**PODCAST!**

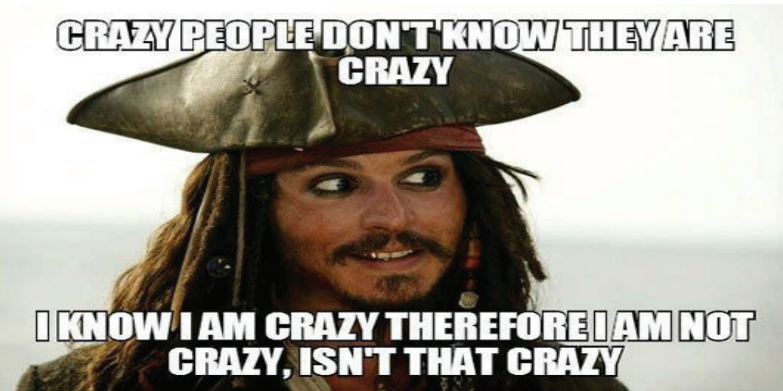
**AA Grapevine's half-hour variety podcast features...**

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual "meeting after the meeting" manner. **A new episode will be available in English each Monday at 9:00 a.m. EST.**

To listen to new or past episodes, visit:

[aagrapevine.org/podcast](http://aagrapevine.org/podcast) (or wherever you get your podcasts)



# GREELEY AA STAMPEDE

WILLINGNESS IS THE  
KEY  
2023

**Save the date**

February  
3rd, 4th, 5th

**Join us for fellowship, food,  
speakers, workshops and fun!**

Location: Island Grove Regional Park  
Greeley, CO

Contact:  
[aastampede Greeley@gmail.com](mailto:aastampede Greeley@gmail.com)  
[www.greeleyaastampede.org](http://www.greeleyaastampede.org)

## MEETING SPOTLIGHT

### LOVELAND

LoveLand A.A. Group

1 Aspen Dr

mon - sat 7 AM and 5:30 PM

mon and thurs 7:30 PM

sat 12 PM (women) & sun 8:30 AM, 5:30 PM, and 7:30 PM

### FORT COLLINS

Women Stepping Up

600 S Shields Ave

Thursdays at 6 PM

SEE [WWW.NOCAA.ORG/MEETINGS](http://WWW.NOCAA.ORG/MEETINGS) -OR- THE MEETING GUIDE APP FROM A.A.W.S

NORTHERN COLORADO INTERGROUP / CENTRAL OFFICE IS HOSTING

# 12 STEP WORKSHOPS FOR 2022

- A NOCO 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

at the American Baptist Church  
**600 S Shields St (downstairs)**  
 in Fort Collins  
 COFFEE, TEA, & GOODIES

**12 STEPS**  
 YOUR SUPPORT IS GREATLY APPRECIATED

VOLUNTEER TO CHAIR OR QUESTIONS?  
 EMAIL [contact@nocoaa.org](mailto:contact@nocoaa.org)  
[www.nocoaa.org](http://www.nocoaa.org)

## CENTRAL OFFICE DAY WATCH STATS

	SEPT 2022
Voicemails	2
A.A. Information	47
Al-Anon	2
Detox/Treatment	1
12th Step	5
Other Calls*	30
Visitors	65
<b>TOTAL CALLS</b>	<b>86</b>

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

STAY TUNED FOR NIGHT WATCH STATS

## SERVICE OPPORTUNITY: BE A CENTRAL OFFICE WATCH VOLUNTEER

Six months of sobriety required. Answer phones, give out information, speak with another alcoholic and families/friends, etc. We need a group or individual to do service for the following:

2nd Sunday of the month 8pm - 9am, phone night watch

We also need to add more substitutes to help out and 12th step callers to be on our list.

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



I AM NOT DEFINED BY MY **RELAPSES**, BUT BY MY DECISION TO REMAIN IN **RECOVERY** DESPITE THEM

## WEBSITE & GOOGLE SEARCH STATS FOR SEPT 2022:

WEBSITE VISITS	GOOGLE SEARCH PROFILE ---->	WEBSITE VISITS	PHONE CALLS
5,931 SESSIONS	4,156 VIEWS	611	59

## Northern Colorado Intergroup Meeting

August 15, 2022

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 8 (long form): *"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."* (Julie)
3. Introductions of Steering Committee and IGRs with Group Updates/Announcements
  - a. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
4. Quorum ( > 7 IGRs)
  - a. Beth S - Office Manager
  - b. Lindsay K - IGR It's 5 o'clock Somewhere, could use some support Sunday at 5pm. Also wants to bring the History of AA up north.
  - c. G. I - IGR ABC Group Sunday at 7:30 pm, Speaker meeting, could use some support
  - d. Laurel - IGR Step Sister - Wed at 12, hybrid. Committee MAL on Steering. Archives committee chair has stepped down, looking for new chair, resource for Lindsay K with History of AA.
  - e. Julie - IGR Breakfast with Bill and Bob
  - f. Lisa Z - IGR La Porte 287 Group 8pm Tuesday will be a 15 min meditation
  - g. Julie F - Treasurer
  - h. Karen K - Asst Treasurer
  - i. Mike B - IGR 539 Group Loveland
  - j. Marc M - IGR Basic Text
  - k. Dave M - IGR Greeley West Side
  - l. Bob E - IGR Loveland Group - new chair, have been leaving cards at libraries and liquor stores, also works with the hospital program, it is doing well
  - m. Jamie H - IGR Women of Faith (For All Insanity There is Hope) changed name to acronym to clarify, Co-Chair of GB, had group inventory and updated a few things.
  - n. Kathy W - IGR Loveland Group, District 21 rep
  - o. Bill G

We show the August minutes in this issue of NN because the IGRs have not approved the September minutes yet, not until October's meeting on 10/17 my friends.

## Northern Colorado Intergroup

- p. Lindsey M - Chair
  - q. Jessica J - IGR Women Seeking Sobriety, Secretary, Greeley Stampede Chair
5. Motion to accept the meeting minutes from last month? Lindsay motioned, Laurel 2nd
6. Active reports
- a. Chairperson - Lindsay - Gratitude Banquet trying to get the word out. Trying to spread the word about intergroup, not a lot of groups know what it is. A raffle to get higher attendance, was suggested by Laurel. Will address this in September
  - b. Treasurer - Julie - July Income - 6104.08, Expenses - 7,509.09, Net - (1405.01). motion to approve - Julie F, Lindsay K 2nd
  - c. Central Office - Beth - Step 7 workshop had a good turnout, added Coffee, tea, and cookies, will continue to draw more people in, need someone to lead Step 11. 65 calls and 46 visitors. First Friday of the month, 5p-8a watch volunteers needed. 4,283 Profile views through Google, 5,679 to the website. Will discuss insurance with agent
  - d. District 21 - Kathy W - New interim GSR - Brett E. Donna Lee had to Step down as DCM and Marcus has stepped up for DCM.
  - e. District 23 - Jessica - Stampede will be Feb 3-5th, meetings are the 3rd Thursday of the month at 6:30
7. Old Business
- a. Gratitude Banquet
    - i. Update - Jamie - all service positions are filled, discussing the logistics of using two rooms. AV will not be doable for 2nd room, more to come. Pre-sale coming soon \$20, increase to \$25 later. Hams and Turkeys are usually donated by groups, if a group would like to donate, please bring it cooked by 1:30pm the day of. Form will be attached.
  - b. Open Position on the Steering Committee: Asst Chair
8. New Business
- a. Accountant Bill for 2021 Income Tax - \$487.20 - Will pay half in August and half in September
9. 7<sup>th</sup> Tradition - **Venmo @NCIGAA [www.nocoaa.org/contribute](http://www.nocoaa.org/contribute)**
10. Volunteer to read the 7th tradition next month?

**Close 6:48 PM**

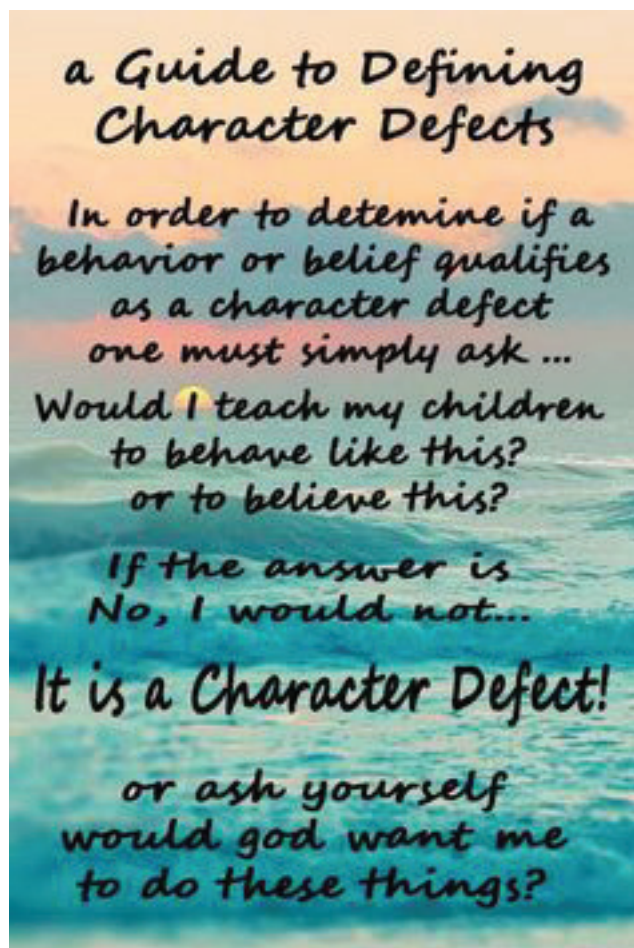
**In Closing**, "I am Responsible. When anyone, anywhere, reaches out for help, I want the hand

## Northern Colorado Intergroup

of A.A. always to be there. And for that: I am responsible.”

Next Meeting: September 19, 2022

[www.nocoaa.org](http://www.nocoaa.org)



### "THE ACID TEST"

October 02

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

TWELVE STEPS AND TWELVE TRADITIONS, p. 88

I know the Promises are being fulfilled in my life, but I want to maintain and develop them by the daily application of Step Ten. I have learned through this Step that if I am disturbed, there is something wrong with me. The other person may be wrong too, but I can only deal with my feelings. When I am hurt or upset, I have to continually look for the cause in me, and then I have to admit and correct my mistakes. It isn't easy, but as long as I know I am progressing spiritually, I know that I can mark my effort up as a job well done. I have found that pain is a friend; it lets me know there is something wrong with my emotions, just as a physical pain lets me know there is something wrong with my body. When I take the appropriate action through the Twelve Steps, the pain gradually goes away.



NCIG FINANCE REPORT - AUGUST 2022

August 2022 Actuals		
Income	\$	5,926.47
Expenses (COGS & Operating Expense)	\$	5,522.40
<b>Net Income</b>	<b>\$</b>	<b>404.07</b>

Income Type	Amount	Comments
7th Tradition	\$3,400.14	Individuals & Groups
Faithful Fiver	\$ 304.14	August 2022 Total
Central Office	\$2,089.19	August 2022 Sales Total
Step 8 Workshop	\$ 9.00	8/28/2022 event
Gratitude Banquet	\$ 124.00	Ticket Sales, 8/30-8/31
<b>TOTAL GROSS INCOME \$5,926.47</b>		

2022 Year to Date (YTD) Actuals		
Income		\$48,839.08
Expenses (COGS & Operating Expense)		\$51,075.71
<b>NET INCOME as of August 2022</b>	<b>\$</b>	<b>(2,236.63)</b>

YTD Numbers Breakdown						
2022	Income	Expenses	Monthly Net Income	YTD Income	YTD Expenses	YTD Net Income
January	\$7,796.49	\$7,866.42	-\$69.93	\$7,796.49	\$7,866.42	-\$69.93
February	\$5,943.25	\$5,887.66	\$55.59	\$13,739.74	\$13,754.08	-\$14.34
March	\$3,917.71	\$4,749.04	-\$831.33	\$17,657.45	\$18,503.12	-\$845.67
April	\$11,330.45	\$9,254.64	\$2,075.81	\$28,987.90	\$27,757.76	\$1,230.14
May	\$5,045.85	\$4,023.17	\$1,022.68	\$34,033.75	\$31,780.93	\$2,252.82
June	\$2,774.78	\$6,263.29	-\$3,488.51	\$36,808.53	\$38,044.22	-\$1,235.69
July	\$6,104.08	\$7,509.09	-\$1,405.01	\$42,912.61	\$45,553.31	-\$2,640.70
August	\$5,926.47	\$5,522.40	\$404.07	\$48,839.08	\$51,075.71	-\$2,236.63
September			\$0.00	\$48,839.08	\$51,075.71	-\$2,236.63
October			\$0.00	\$48,839.08	\$51,075.71	-\$2,236.63
November			\$0.00	\$48,839.08	\$51,075.71	-\$2,236.63
December			\$0.00	\$48,839.08	\$51,075.71	-\$2,236.63
<b>Total YTD</b>	<b>\$48,839.08</b>	<b>\$51,075.71</b>	<b>-\$2,236.63</b>			

Bank Statements		
Canvas CU Checking Ending Balance 8/31/22	\$	3,497.40
Canvas CU Savings Prudent Reserve 8/31/22	\$	4,011.68
Current Canvas CU Checking Balance 9/19/22	\$	4,649.25

Expenses for August		
Expense	Amount	Notes
Ink Works	\$ 76.14	Meeting Lists, postcards, business cards, and fliers
A.A. World Services (still some pre-orders)	\$ 1,189.43	A.A. conference-approved Literature & Pamphlets (incl special orders)
Recovery Shop	\$ 309.31	Medallions (chips), stickers, recovery items & literature that AAWS did not have in stock (incl special orders)
Amazon	\$ 48.67	Special Order and Literature
Hazelden	\$ 63.09	Literature
Fellowship of the Spirit / Elaine Jones	\$ 455.66	Buy-back of Big Books not sold
<b>Literature &amp; Recovery Goods (COGS) \$ 2,142.30</b>		

Expenses for August		
Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly, for March
State Farm Insurance	\$ 39.58	Monthly
El Dorado Artesian Springs	\$ 5.34	Monthly fee
Mail Chimp Software Subscription	\$ 11.42	Monthly, email marketing software
Comcast	\$ 162.20	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Office Supplies and Postage	\$ 60.10	Barcode Labels, paper, envelopes, and display items
Cloudflare	\$ 20.00	Monthly
Quickbooks Subscription	\$ 88.24	Monthly
Cache Accounting	\$ 96.00	Quarterly
Special Events Expenses	\$ 96.78	One-time for GB tickets, GB Signage, + workshop coffee and cookies
Office Manager Monthly Salary	\$ 2,084.32	Monthly - actual paid at end of month

<b>Total Operating Expense</b>		<b>\$ 3,380.10</b>
<b>TOTAL AUGUST EXPENSES</b>		<b>\$ 5,522.40</b>

7th Tradition by Group

Group Name	Aug Amount	YTD Amount
7am Freedom	\$70.00	\$70.00
AA Recovery Group of Windsor		\$641.07
Acceptance		\$644.12
Awakenings	\$253.20	\$1,473.71
Berthoud Hump Day		\$25.00
Big Book Enthusiasts		\$38.72
Big Book of Loveland	\$50.00	\$350.00
Booze Busters		\$262.72
Breakfast with Bill and Bob	\$30.00	\$1,520.13
Broad Highway of Recovery (AI-Anon)		\$50.00
Burlington AA Group		\$110.00
Campus Group		\$10.00
Campus Group 2		\$20.00
Daily Noon Zoom	\$232.50	\$1,137.19
District 21		\$1,588.53
Early Worms	\$200.00	\$350.00
Eaton Crow Group		\$47.00
Fort Collins Group		\$558.54
Friends of Bill W.	\$223.80	\$427.02
Friends of Bill W. 7 AM	\$25.00	\$139.42
Great Fact Group		\$50.00
Greeley Group 2	\$10.00	\$80.00
Greeley High Noon		\$75.00
Greeley Westside Group		\$198.00
GYST Harmony	\$31.50	\$31.50
Happy Destiny		\$517.85
High Noon FoCo	\$541.39	\$541.39
Johnstown Primary Purpose		\$960.87
Keep It Simple Group	\$701.00	\$2,987.00
Laporte 287 AA Group		\$519.00
Last House on the Block		\$1,730.70
Let Them Eat Cake		\$115.48
Loveland AA Group	\$140.60	\$968.35
New Hope		\$353.32
NOCO Pathfinders		\$97.52
Rule 62 YPAA	\$8.18	\$49.53
RUS		\$175.29
Spring Creek	\$75.00	\$75.00
Step Sisters	\$20.00	\$160.00
Sterling AA Group		\$200.00

Group Name (continued)	Aug Amount	YTD Amount
The Basic Text Group		\$220.00
TNT Group		\$69.00
Union Colony Group	\$168.37	\$426.14
Windsor Triangle		\$554.53
Windsor Women Unite AA		\$305.91
Women in Recovery		\$100.00
Women of F.A.I.T.H.	\$381.23	\$721.18
Women's Recovery Through the Steps		\$112.60
YAGBT		\$25.00
Your Life Group		\$80.00
<b>TOTAL GROUP CONTRIBUTIONS</b>	<b>\$3,161.77</b>	<b>\$21,963.33</b>

July: \$2,318.80  
June: \$959.72

Projected September 2022 Expenses Budget

Expense	Amount	Notes
Ink Works	\$ 100.00	Meeting lists, bookmarks
A.A. World Services	\$ 700.00	A.A. literature re-stock
Recovery Shop	\$ 200.00	Medallions (chips), Cards, Stickers, and special orders
Fellowship of the Spirit / Elaine Jones	\$ 143.50	buy-back--more Big Books
Amazon	\$ 25.00	Literature, special order
Grapevine	\$ 220.00	Literature
Hazelden	\$ 40.00	Literature
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,428.50</b>	
<b>Expense</b>	<b>Amount</b>	<b>Notes</b>
Central Office Rent	\$ 700.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 13.36	Monthly (water), varies
Mail Chimp Software Subscription	\$ 11.42	Monthly - email marketing software
Comcast	\$ 162.20	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 40.00	Monthly (July), bookkeeping
Office Supplies and Postage	\$ 25.00	Monthly (as needed)
Cache Accounting	\$ 243.60	Annual - Income Tax Return (1 of 2 payments)
Transfer to Gratitude Banquet account	\$ 1,809.49	Requested by Treasurer of GB
Cloudflare & Hover	\$ 41.17	Another annual domain Renewal plus Monthly Website Boost & Backup
ICOOA Conference Hotel in Denver	\$ 131.20	One-time, 1 night at conference location
Office Manager Monthly Salary	\$ 2,084.32	Monthly - approx. amount
<b>Total Operating Expense</b>	<b>\$ 5,345.54</b>	
<b>TOTAL PROJECTED BUDGET</b>	<b>\$ 6,744.04</b>	paid



# Women Stepping Up

*Women's Open Step Study*

**Thursdays, 6:00 p.m.  
600 S Shields  
Fort Collins, Colorado**

**First Meeting: Sept 29**

*Upstairs  
Library*



hangover-free, up early on sunday, on my way to make coffee like





# 59TH INTERNATIONAL WOMEN'S CONFERENCE

## DALLAS, TEXAS



**FEBRUARY 16-19, 2023**

RENAISSANCE HOTEL ADDISON/DALLAS  
[InternationalWomensConference.org](http://InternationalWomensConference.org)

TO JOIN THE VOLUNTEERS OR PROVIDE SILENT AUCTION OR SCHOLARSHIP CONTRIBUTIONS, CONTACT:

**VOLUNTEERS**

✉ [VOLUNTEERS59IWCDALLAS@GMAIL.COM](mailto:VOLUNTEERS59IWCDALLAS@GMAIL.COM)

**FUNDRAISING**

✉ [FUNDRAISING59IWCDALLAS@GMAIL.COM](mailto:FUNDRAISING59IWCDALLAS@GMAIL.COM)

**GET OUR NEWSLETTER**



CHAIR, TERRI O: [CHAIR59IWCDALLAS@GMAIL.COM](mailto:CHAIR59IWCDALLAS@GMAIL.COM)



**WHAT!!**  
 At Least I'm Sober



me handing out life advice to my friends even though I am emotionally 14 years old and still don't know how to make a doctor's appointment

Can everyone with 24 hours or more clean and sober please raise your hand to show others they are not alone and that recovery DOES work.





my higher self that has the strength and wisdom to help me face anything whatever the conditions

me who will get out of bed and make a meal today

## What is Intergroup???

Intergroup has been formed so that each group may elect a representative from their group, who participates in the monthly business meetings with other group representatives. Each month they share their groups experience in carrying the A.A. message, lets all the members of Intergroup know how their home group is doing, numbers of attendance, when and where they meet. The Intergroup representative keeps the group informed about what Central Office is doing, as well as the other groups. Make sure your group has a vote and a voice!

All actions of the Northern Colorado Intergroup shall be guided by the Twelve Traditions, Twelve Concepts, and the A.A. Service Manual.

Governed by the By-Laws and Amendment documents.

### Trad's Checklist

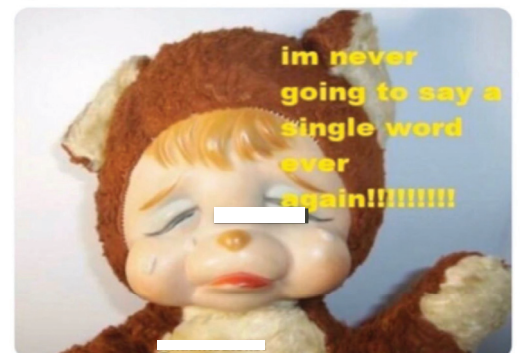
**Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**

1. Do I ever give the impression that there really *is* an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

when you turn a corner in recovery and all your silly little self-esteem building tasks start working



me after i sober up and the shame spiral hits

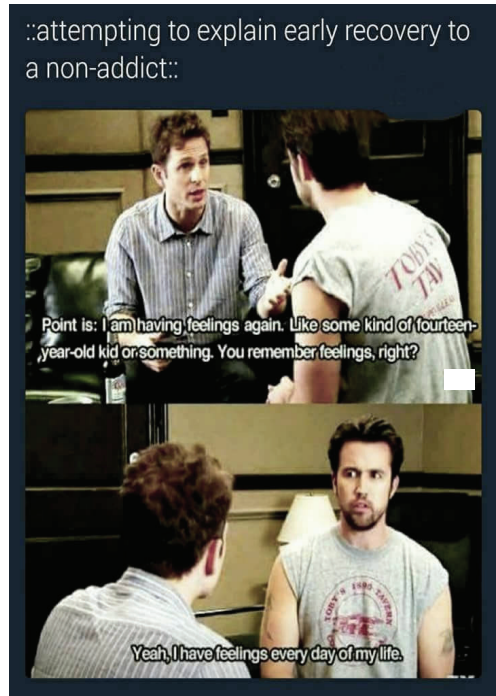




<https://www.aa.org/meeting-guide-app>



YOU DON'T GET OVER AN ADDICTION BY STOPPING USING. YOU RECOVER BY CREATING A NEW LIFE WHERE IT IS EASIER TO NOT USE. IF YOU DON'T CREATE A NEW LIFE, THEN ALL THE FACTORS THAT BROUGHT YOU TO YOUR ADDICTION WILL CATCH UP WITH YOU AGAIN.



my sneaky ass maintaining a double life and performing elaborate damage control after a night of rampant alcoholism

my emotionally stunted ass trying to perform normal tasks that people my age worked out how to do about a decade ago



# 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

MEETINGS EVERY 2nd SUNDAY  
OF THE MONTH @ 11 AM

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

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

**WHEN YOUR SPONSOR TAKES  
YOU THROUGH STEP ONE**



**ONLY TWO DAYS SOBER**



Southwest Regional Alcoholics Anonymous Service Assembly

# SWRAASA 2022

*Hosted by Area 57*

**Oct 7 8 9**

**Tulsa OK**

**Renaissance Hotel**

6808 S 107th E Ave, Tulsa, OK 74133

\$124 per night 1-800-264-0165 for reservations

Free Airport Shuttles Available



Visit us at

[www.SWRAASA2022.org](http://www.SWRAASA2022.org)



*In the Heartland of Service*



**\$15 REGISTRATION**

*Do you have any questions?*

[SWRAASA2022@GMAIL.COM](mailto:SWRAASA2022@GMAIL.COM)



*Mail to:* SWRAASA 2022 PO Box 702641 Tulsa OK 74170

Name:

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Address:

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City, State, Zip:

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Email:

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# NoCo Sober Spotlight

Presents

Fellowship, Dinner  
and  
Guest Speaker

Saturday, October 22, 2022

Northside Aztlan Community Center

112 E Willow Street  
Fort Collins, CO 80524

Speaker at 7:00 p.m.

**Kate R**

Denver, CO



**\$20 at the Door**

Doors Open: 5:30 p.m.

Dinner: 6:00 p.m.

For more information:

Phil A: 970-691-0282

Erich M: 954-529-5115

DEAR SOBER ME,

YOU MAY HAVE PERMANENTLY  
CHANGED YOUR LIFESTYLE BUT YOU  
ARE STILL YOU. YOU WILL STILL  
ENJOY ALL THE GREAT, FUN THINGS  
IN LIFE - THE DIFFERENCE IS YOU  
WILL BE FULLY FUNCTIONAL DURING  
THOSE FUN TIMES AND HAVE NO  
REGRETS IN THE MORNING.



=W=

## Addiction vs. Recovery

It's all about me and what  
I want

Lying, Cheating and  
Manipulating to get what I  
want

"I can take care of  
myself!"

Rationalize, justify and  
minimize when I'm  
wrong.

Projecting a false image  
of myself

Hide and deny my fears  
so as not to appear  
weak.

"How can I be of help  
to other others?"

Willingness, honesty and  
open-mindedness allow  
me to get what I need.

"There is something  
bigger than me."

Owning my part,  
admitting my faults and  
trying to grow from them.

I am no better and no  
less than anyone else.

Acknowledging my fears  
and limitations and asking  
for help.

## THE WORLD RIGHT NOW:



ME:



**Grateful to be here, grateful to be sober**