

NORTHERN NOTES

December 2022



A LETTER FROM OUR NEW ASSISTANT CHAIR ~

Hello everyone!



I am so honored and excited to be accepted as the assistant chair under Lindsey M. Thank you so much.

I am also looking forward to working with everyone on the Steering Committee and all the Intergroup and District Reps. I will do my best to assist in all matters related to the A.A. cause.

I hope everyone reading this will have a Merry Christmas and a Happy New Year.

Michael B.





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.



PRINCIPLES: **SERVICE**  **ANONYMITY**  **SPIRITUALITY**

A.A. Quote for December:

"High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give your self that others may survive and rediscover life."

-- Alcoholics Anonymous, Pages 152-153

UPCOMING THIS MONTH

NCIG Steering Committee:

Monday, December 19 at 5:15 PM

Intergroup Meeting:

Monday, December 19 at 6 PM

155 N College Ave #120 and Online
Meeting ID: 826 2737 9047

District 21 Meeting:

Sunday, January 8 at 5:00 PM

301 E Drake, basement room

District 23 Meeting:

Tuesday, January 3 at 7 PM

35 Carlson Blvd, Johnstown, CO

Visit www.nocoaa.org or email contact@nocoaa.org for latest.

CENTRAL OFFICE STATEMENT OF PURPOSE

The purpose of NCIG's Central Office is to support meeting groups in the area and to assist in helping the next alcoholic by receiving, distributing & following up on 12 step calls, answering inquiries about A.A., and cooperating with local public information committees. Central Office also maintains information about local hospitals & recovery facilities for alcoholics. We provide local meeting lists, a centralized website, a newcomer packet, a newsletter, order, sell & distribute A.A. literature, and more.

r t y h s

Options, for sending a 7th tradition contribution:

Venmo: @NCIGAA

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

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.nocoaa.org/contribute>. 2

December 2022 ANNIVERSARIES

Dennis G. - 3 years

Don N. - 40 years

Erica B. - 7 years

G - 1 year

Mary P. - 35 years

Pedro - 2 years

Polly E. - 19 years

Shannon L. - 2 years

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! It helps others to see the sobriety.

SAVE THIS DATE IN A
PLACE WHERE YOU
WILL FORGET:

MARCH 18, 2023

FOR THE
WE'RE NOT A GLUM LOT
COMEDY SHOW

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.

Twelve Rewards of Sobriety

1. Hope instead of desperation
2. Faith instead of despair
3. Courage instead of fear
4. Peace of mind instead of confusion
5. Self-respect instead of self-contempt
6. Self-confidence instead of helplessness
7. The respect of others instead of their pity and contempt
8. A clean conscience instead of a sense of guilt
9. Real friendships instead of loneliness
10. A clean pattern of life instead of a purposeless existence
11. The love and understanding of our families instead of doubts and fears
12. The freedom of a happy life instead of the bondage of an alcoholic obsession



New @ Central Office

2023 SOBRIETY CALENDARS
SPECIAL ANNIVERSARY CHIPS
CARDS, KEYCHAINS, STICKERS...

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

24/7/365 • 970-224-3552

Up and Coming: AREA 10 & Beyond

Spring 2023 Assembly
March 24-26, 2023
Hosted by District 23
Island Grove Regional Park,
Greeley, CO

Summer 2023 Assembly
July 21-23, 2023
Hosted by District 30
DoubleTree Denver Tech
Greenwood Village, CO

2023 Colorado State Convention
September 1-3, 2023
Island Grove Regional Park
501 North 14th Avenue
Greeley, CO

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*

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 or fill out the BTG form on 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.

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

AS THERE!

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

Send it to us at
officemanager@nocoaa.org

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

Send it to us at
officemanager@nocoaa.org

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

Send it to us at
officemanager@nocoaa.org

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

You know.



February
3rd, 4th & 5th
 Friday
 5pm-10pm
 Saturday
 7am-10pm
 Sunday
 7am-12PM

Scan QR Code to
 get our discounted
 hotel rate!

Willingness is the Key In 2023

**Join us for fellowship,
 food, AA & AI Anon
 speakers, workshops,
 speaker panel
 and fun!**

**Location:
 Island Grove Regional Park
 501 N 14th Ave, Greeley, CO 80631**

**Contact: aastampedegreeley@gmail.com
 All info can be found at:
www.greeleyaastampede.org**



\$30 Pre-
 registration online.
 \$35 at the door.
 Scholarships
 available.
 Email us with
 questions!



Pre-Registration Form

Pre-registration is \$30 a person. Checks can be made out to Greeley AA Stampede and sent to
 PO Box 336841,
 Greeley, CO 80633

Name: _____ # of people paying for: _____ # of Scholarships _____

Email: _____ Phone Number: _____

Home Group/City _____

Names as you'd like them to appear on badges _____



A.A. PAMPHLET OF THE MONTH:

"A.A. Tradition: How It Developed -- by Bill W."

A tour of the historical events that led to our unique Twelve Traditions

"This pamphlet tells the story in A.A. co-founder Bill W.'s own words of the emergence and development of the essential principles central to A.A. unity and survival.

[...]

There are two pieces by Bill W. [in this pamphlet] on the Anonymity Traditions, one written when the Fellowship was eleven years old; the other nine years later. Together they buttress our best known—and perhaps least understood—Traditions Eleven and Twelve."

Forward by Bill W. (1955)

"How shall we A.A.'s best preserve our unity? That is the subject of this booklet.

When an alcoholic applies the Twelve Steps of our recovery program to his personal life, his *disintegration* stops and his *unification* begins. The Power which now holds him together in one piece overcomes those forces which had rent him apart.

[...]

A.A. unity cannot automatically preserve itself. Like personal recovery, we shall always have to work to maintain it. Here, too, we surely need honesty, humility, openmindedness, unselfishness, and, above all—vigilance. So we who are older in A.A. beg you who are newer to ponder carefully the experience we have already had of trying to work and live together. We would like each A.A. to become just as much aware of those disturbing tendencies which endanger us as a whole as he is conscious of those personal defects which threaten his own sobriety and peace of mind. For whole movements have, before now, gone on benders, too!

The "Twelve Points of A.A. Tradition" reproduced herein is our first attempt to state sound principles of group conduct and public relations. As one of the originators of A.A., I was asked to publish these "Points," together with supporting articles, serially in our principal monthly journal, The A.A. Grapevine. Many A.A.'s already feel that these Twelve Traditions are sound enough to become the basic guide and protection for A.A. as a whole; that we ought to apply them as seriously to our group life as we do the Twelve Recovery Steps to ourselves individually. Of this, it will take time to tell.

May we never forget that without permanent unity we can offer little lasting relief to those scores of thousands yet to join us in their quest for freedom."

Our A.A. experience has taught us

In this first section after the forward, Bill lays out the twelve points in long form first, and then followed by the summarized short form of each tradition, as they stand now. The standout phrase is how he prefaces them by stating the need for them and their nascent purpose, "I shall venture to place in words these suggestions for An Alcoholics Anonymous Tradition of Relations—Twelve Points to Assure Our Future."

WHO IS A MEMBER OF ALCOHOLICS ANONYMOUS? (1946)

Bill W. wrote something for Grapevine and from that entry Tradition Three began to form. He elaborates on how groups began to experience problems with panhandlers, gossips, mental health, drunkenness, "slippees", atheists, meeting makers but not steppers – and group elders started to think that they must be controlled.

"Charters, bylaws and membership rules are excitedly passed and authority is granted committees to filter out undesirables and discipline the evildoers.

[...]

Perhaps this trend signifies something much deeper than a mere change of attitude on the question of membership. Perhaps it means that we are losing all fear of those violent emotional storms which sometimes cross our alcoholic world; perhaps it bespeaks our confidence that every storm will be followed by a calm; a calm which is more understanding, more compassionate, more tolerant than any we ever knew before.

Tradition 3. The only requirement for A.A. membership is a desire to stop drinking.

District 21 Archives
Presents



Longtimers Tales



Experience,
strength and hope
freely dispensed
the 1st
Wednesday of the
month.

SOBER 20+ YEARS

7PM ONLINE &
IN PERSON

1 ASPEN DR. LOVELAND

ID 764 055 0883 PWD 12345

669-900-6833



The gifts of sobriety 🍷



WHEN THE CHIPS ARE DOWN

December 06

When we developed still more, we discovered the best possible source of emotional stability to be God Himself. We found that dependence upon His perfect justice, forgiveness, and love was healthy, and that it would work where nothing else would. If we really depended upon God, we couldn't very well play God to our fellows nor would we feel the urge wholly to rely on human protection and care.

TWELVE STEPS AND TWELVE TRADITIONS, p. 116

It has been my experience that, when all human resources appear to have failed, there is always One who will never desert me. Moreover, He is always there to share my joy, to steer me down the right path, and to confide in when no one else will do. While my well-being and happiness can be added to, or diminished, by human efforts, only God can provide the loving nourishment upon which I depend for my daily spiritual health.

CENTRAL OFFICE

Observed Holidays:

MONDAY, DECEMBER 26, CHRISTMAS OBS. - CLOSED

MONDAY, JANUARY 2, NEW YEAR'S OBS. - CLOSED

MONDAY, JANUARY 16, MLK JR DAY - CLOSED

We will still be available by phone.

Northern Colorado Intergroup is starting a new service committee for Homebound Meetings, 12th Step Home Visits, and Small Town Meeting Visits

We are looking for any volunteers who would be willing to do any, either or all.

More info and explanation on each:

Homebound Meetings - a group of folks take a meeting (format of their choice) to someone who is sober and can't leave their house due to a disability, surgery, terminal illness, or being in assisted living or a retirement home.

12th Step Home Visits - 2+ people visit someone's home or predetermined location to share their story with someone who asks for a visit and has a desire to stop drinking.

Small Town Meeting Visits - the Northern Colorado area is quite large and, when planned, 2+ people will visit a meeting location to support the meeting until all small town meetings have been visited. Most likely, the visits would then start again through the list.

We need people who want to be a part of this important and life-saving committee (and come up with a name for the committee!) and/or we need folks that can and are willing to be on one or more of the above 3 service visit list(s) and be contacted when a request comes up.

Agreeing to be on any of the 3 lists does not mean you have to commit to going, but it would just be a commitment to be open to being asked sometimes via text or email. We don't anticipate that to happen all that often when we start up.

Please tell someone you know, and if you or they are interested at all, please contact Beth via email at officemanager@nocoaa.org or call the Office. Thank you for considering.

"You don't have to see the whole staircase. Just take the first step."



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 (or wherever you get your podcasts)

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

GREELEY

Greeley 12 and 12

2608 7th Ave

Wednesdays at 7 PM

NORTHERN COLORADO INTERGROUP / CENTRAL OFFICE IS HOSTING

12 STEP WORKSHOPS FOR 2022

TRADITIONS IN 2023

1 2 3 4 5 6 7 8 9 10 11 12

- 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

LAST ONE for 2022

VOLUNTEER TO CHAIR OR QUESTIONS?
 EMAIL contact@nocoaa.org
www.nocoaa.org

12 STEPS

YOUR SUPPORT IS GREATLY APPRECIATED

CENTRAL OFFICE DAY WATCH STATS

	NOV 2022
Voicemails	1
A.A. Information	34
Al-Anon	0
Detox/Treatment	1
12th Step	4
Other Calls*	30
Visitors	44
TOTAL CALLS	69

* Usually local members requesting anything from a meeting change to a special order, but also hang-ups.
 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.

Available?

- Fridays 3-5pm in the Office

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

Contact Julie or Beth at contact@nocoaa.org

when you're in early recovery and the feelings just keep coming



WEBSITE & GOOGLE SEARCH STATS for November 2022:

WEBSITE	GOOGLE SEARCH PROFILE ---->	WEBSITE VISITS	PHONE CALLS
5,876 SESSIONS*	3,607 VIEWS	504	31

*A session is the browsing session of a single user to nocoaa.org.

Northern Colorado Intergroup

Northern Colorado Intergroup Meeting MINUTES · October 17, 2022

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 10 (long form): *"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."* (Lindsay)
3. Introductions of Steering Committee and IGRs with Group Updates/Announcements
 - a. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
 - b. Karen - Asst Treasurer
 - c. Amy S - IGR Happy Destiny - no longer tues/thurs online
 - d. Laurel - IGR Step Sisters - CMAL
 - e. Marilyn - Daily Noon Zoom group - alternate
 - f. Lisa - IGR Laporte 287
 - g. Mike B - IGR 539 Group
 - h. Kathy - IGR Loveland District 21 group - now Hybrid certain days, Elected people in
 - i. G - IGR ABC group Sunday nights at 7:30
 - j. Mark M - IGR Basic Text
 - k. Jamie H - IGR Women of Faith, Co-Chair GB
 - l. Chelsey - IGR Spring Creek Group, CMAL
 - m. Donnalee - Basic text, potential IGR
 - n. Bill G - Alt IGR Breakfast with Bill and Bob
 - o. Jessica - IGR Women Seeking sobriety
 - p. Julie - Treasurer
 - q. Lindsey - Chair
 - r. David - Last house on the block
4. Quorum (> 7 IGRs)
5. Motion to accept the meeting minutes from last month? Laurel motion - Lisa 2nd
6. Active reports
 - a. Chairperson - Lindsey - Still looking for assistant chair, actively helping sell tickets to gratitude banquet
 - b. Treasurer - Julie - Income: 9,395.52 Expenses: 8,497.8. Net Income: 897.69

We show the October minutes in this issue of NN because the Intergroup Reps have not approved the November minutes yet, not until December's meeting on 12/19 my friends.

Northern Colorado Intergroup

- c. Central Office - Beth - 87 calls, 65 visitors, volunteer needed for Sunday shift. Almost double the page views on the website. Need night watch Sunday night/Monday morning. Created Faithful fiver bookmarks
 - d. District 21 - Carolyn - absent, replacement has been chosen. Marcus M - Now have 2 DCMs himself and Steve C. New Treasurer is Daniel. Area officers will be elected at the Nov 6th assembly, some noco people will be involved. Corrections - Britt
 - e. District 23 - Jessica - New meetings in Greeley - 12x12 at 7pm on Wednesdays starting 11/2/22. Puttin Sober Friday at 8pm. All at 2608 7th ave in Greeley. Stampede is holding a chili cook-off fundraiser on Nov 5th at 1:30-4:30. Stampede committee meet the 3rd Thursday of the month at 6:30pm.
7. What to take back to your group...
- a. Central Office has almost one month of prudent reserve (average monthly budget amount is \$6,384.46)
 - b. Central Office is currently in the negative - Year-to-date is (-\$1,338.94)
 - c. The annual Gratitude Banquet tickets are on sale for \$20 - nocoaa.org (red banner at top) - November 13 at 4pm at the Northside Aztlan Community Center in old town Fort Collins.
 - d. 10th step workshop is the last Sunday of the month at 600 S Shields in Fort Collins - October 30th
 - e. Sign up for Northern Notes newsletter; over 420 subscribe.
8. Old Business
- a. Gratitude Banquet
 - i. Update (Jamie) - Sold about 200 tickets total. Behind on Hams and Turkeys currently have 22 Turkeys and 17 Hams pledged, about half of what's needed. There is a form on nocoaa.org surpassing the deadline listed (Reminder: cooked required, carved preferably) Oct 23rd next meeting and Nov 6th. Potato Peeling Party prior to event, days leading up to.
 - 1. Jamie opened for feedback:
 - a. Concerned about the online purchasing process - there is an issue that the cart doesn't show the number
 - b. People are still concerned about covid, and being in a crowd.
 - c. Physical ticket sales are going to help, giving multiple to certain people to sell at meetings.

Northern Colorado Intergroup

- 2. May hand out physical tickets to IG members to take to meetings, but will not be able to buy seats at a table.
- 3. Online - sometimes it pops up saying it's in their cart, sometimes it doesn't. Help people you see if they are having trouble purchasing.
- b. Open Position on the Steering Committee: Asst Chair
 - i. Nominations?

9. New Business

- a. Q & A about being an Intergroup rep for your group

10. 7th Tradition - Venmo @NCIGAA www.nocooa.org/contribute

11. Volunteer to read the 7th tradition next month? Lindsey M.

Close 7:00 PM - Jamie motioned

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 21, 2022

www.nocooa.org



Hank Parkhurst - New York's AA #2

Hank Parkhurst was a salesman, an agnostic, a former Standard Oil of New Jersey executive, who had lost his job because of drinking and wound up at Towns Hospital, where Bill found him in the fall of 1935.

He was Bill's first success in New York, the first alcoholic in New York to ever stay sober even for a little while. (He stayed sober for four years.)

The first mention of Hank in the Big Book is on page xxix of "The Doctor's Opinion." He was the man Dr. Silkworth described who "seemed to be a case of pathological mental deterioration. ... He adopted the plan outlined in this book." One year later Dr. Silkworth didn't recognize him.

He is also the man mentioned on page 136 who "was living in a large community." The community was Montclair, New Jersey, where Hank apparently had moved from Teaneck, New Jersey, where he was living when he first stopped drinking."

when you have been telling the universe that you are soft on the inside, but life and its inevitabilities keep happening



my sober squad putting alcohol to rest for good like



NCIG FINANCE REPORT - OCTOBER 2022

October 2022 Actuals

Income	\$	9,003.70
Expenses (COGS & Operating Expense)	\$	9,960.52
Net Income	\$	(956.82)

Income for October

Income Type	Amount	Comments
7th Tradition	\$3,586.08	Individuals & Groups
Faithful Fiver	\$ 298.84	October 2022 Total
Central Office	\$1,700.78	October 2022 Sales Total
Step 10 Workshop	\$ 19.00	10/30/2022 event
Gratitude Banquet	\$ 3,399.00	Ticket Sales, 10/1-10/30

TOTAL GROSS INCOME \$9,003.70

2022 Year to Date (YTD) Actuals

Income	\$67,238.30
Expenses (COGS & Operating Expense)	\$69,534.06
NET INCOME as of October 2022	\$ (2,295.76)

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	\$9,395.52	\$8,497.83	\$897.69	\$58,234.60	\$59,573.54	-\$1,338.94
October	\$9,003.70	\$9,960.52	-\$956.82	\$67,238.30	\$69,534.06	-\$2,295.76
November			\$0.00	\$67,238.30	\$69,534.06	-\$2,295.76
December			\$0.00	\$67,238.30	\$69,534.06	-\$2,295.76
Total YTD	\$67,238.30	\$69,534.06	-\$2,295.76			

Bank Statements

Canvas CU Checking Ending Balance 10/31/22	\$	3,347.81
Canvas CU Savings Prudent Reserve 10/31/22	\$	4,012.70
Current Canvas CU Checking Balance 11/19/22	\$	4,381.75

Expenses for October

Expense	Amount	Notes
Ink Works	\$ 52.22	Meeting Lists and bookmarks
A.A. World Services	\$ 681.94	A.A. conference-approved Literature & Pamphlets (incl special orders)
Recovery Shop	\$ 220.58	Medallions (chips), stickers, recovery items (incl special orders)
Amazon	\$ 23.02	Literature
Pass It On Recovery	\$ 74.70	Special Order and new display
Hazelden	\$ 76.37	Special Order and Literature
Grapevine	\$ 215.50	Literature

Literature & Recovery Goods (COGS) \$ 1,344.33

Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly, for March
State Farm Insurance	\$ 37.66	Monthly
EI Dorado Artesian Springs	\$ 21.00	Monthly fee
Comcast	\$ 162.50	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Office Supplies and Postage	\$ 28.83	Halloween candy for the volunteers
Cloudflare	\$ 20.00	Monthly
Mail Chimp	\$ 11.42	Monthly
Quickbooks Subscription	\$ 88.27	Monthly
Cache Accounting	\$ 243.60	Annual 2 of 2 payment
Payroll Taxes (Q3), Federal and State	\$ 2,098.90	Quarterly
Sales Tax, City and State	\$ 403.01	Quarterly
Special Events Expenses	\$ 24.98	GB Signage + workshop cookies
Transfer to Gratitude Banquet account	\$ 2,675.57	Requested by Treasurer of GB
Office Manager Monthly Salary	\$ 2,084.33	Monthly - actual paid at end of month

Total Operating Expense \$ 8,616.19

TOTAL OCTOBER EXPENSES \$ 9,960.52

7th Tradition by Group

Group Name	October Amt	YTD Amount
539		\$1,769.73
7am Freedom		\$70.00
AA Recovery Group of Windsor	\$272.50	\$641.07
Acceptance		\$766.92
Awakenings		\$1,718.56
Basic Text	\$303.18	\$523.18
Berthoud Hump Day	\$25.00	\$50.00
Big Book Enthusiasts	\$126.05	\$164.77
Big Book of Loveland		\$450.00
Booze Busters		\$262.72
Breakfast with Bill and Bob		\$2,580.13
Broad Highway of Recovery (Al-Anon)		\$50.00
Burlington AA Group		\$110.00
Campus Group		\$10.00
Campus Group 2		\$20.00
Daily Noon Zoom		\$1,347.40
District 21		\$1,588.53
Early Worms		\$350.00
Eaton Crow Group		\$47.00
Fort Collins Group		\$558.54
Friends of Bill W.		\$427.02
Friends of Bill W. 7 AM		\$139.42
Great Fact Group	\$150.00	\$200.00
Greeley Group 2	\$10.00	\$110.00
Greeley High Noon		\$75.00
Greeley Westside Group		\$198.00
GYST Harmony		\$31.50
Happy Destiny		\$517.85
High Noon FoCo		\$541.39
Johnstown Primary Purpose	\$156.33	\$1,168.45
Keep It Simple Group	\$485.00	\$4,347.00
Laporte 287 AA Group		\$623.00
Last House on the Block	\$884.00	\$2,614.70
Let Them Eat Cake		\$115.48
Loveland AA Group		\$976.76
New Hope		\$353.32
NOCO Pathfinders		\$194.82
Rule 62 YPAA		\$49.53
RUS		\$175.29
Shoulder to Shoulder	\$244.50	\$244.50
Spring Creek		\$75.00
Step Sisters	\$20.00	\$201.00

Group Name (continued)	October Amt	YTD Amount
Sterling AA Group		\$200.00
TNT Group		\$69.00
Union Colony Group	\$94.59	\$520.73
Windsor Triangle	\$162.50	\$717.03
Windsor Women Unite AA		\$305.91
Women in Recovery		\$100.00
Women of F.A.I.T.H.		\$721.18
Women's Recovery Through the Steps		\$112.60
Women Seeking Sobriety	\$20.00	\$20.00
YAGBT		\$25.00
Your Life Group		\$160.00
TOTAL GROUP CONTRIBUTIONS	\$2,953.65	\$29,208.03

September \$4,664.55
August \$3,161.77

Projected November 2022 Expenses Budget

Expense	Amount	Notes
Ink Works	\$ 100.00	Meeting lists, GB signs
A.A. World Services	\$ 700.00	A.A. literature re-stock
Recovery Shop	\$ 300.00	Medallions (chips), Cards, Stickers, and special orders
Amazon	\$ 25.00	Literature, special order
Grapevine	\$ 65.00	Literature
Hazelden	\$ 40.00	Literature
Literature & Recovery Goods (COGS)	\$ 1,230.00	
Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly
Slate Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 45.52	Monthly (water), varies
Mail Chimp Software Subscription	\$ 17.00	Monthly - email marketing software
Comcast	\$ 162.20	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 88.27	Monthly, bookkeeping
Adobe Creative Suite Software	\$ 29.99	For Meeting Lists, Newsletter, Flyers, etc.
Office Supplies and Postage	\$ 100.00	Monthly (as needed)
Cache Accounting	\$ 114.00	Quarterly
Special Event Expense	\$ 50.00	GB
Cloudflare	\$ 20.00	Monthly Website Boost & Backup
Transfer to Gratitude Banquet account	\$ 1,000.00	Requested by Treasurer of GB - estimate
Office Manager Monthly Salary	\$ 2,084.32	Monthly - actual paid at end of month
Total Operating Expense	\$ 4,465.08	
TOTAL PROJECTED BUDGET	\$ 5,695.08	paid between 10/1 - 10/21 in red*

*Some COGS as well

12 TIPS TO HELP YOU STAY SOBER THROUGH THE HOLIDAYS



ATTEND
ALKATHONS



TAKE A RUNNING
BUDDY TO EVENTS
WHERE YOU KNOW
ALCOHOL WILL BE
SERVED



MAKE AN EXTRA
COMMITMENT AT
YOUR HOMEGROUP



SKIP AN EVENT
YOU'RE NERVOUS
ABOUT ATTENDING



DOUBLE UP
ON MEETINGS



COMMIT TO
GIVING SOMEONE
A RIDE TO MEETINGS
THROUGH THE END
OF JANUARY



HOST AN AA
MEETING
IN YOUR HOME



COMMIT TO
ATTENDING
30 MEETINGS
IN 30 DAYS



CALL YOUR SPONSOR
BEFORE & AFTER
EVENTS



GET INVOLVED
IN SERVICE WORK



READ AA
LITERATURE YOU
HAVEN'T READ
BEFORE



REACH OUT TO 12
NEW AA MEMBERS

May your resolution to give up drinking this January make it clear you need to give up drinking from February to December.



Life in #RecoveryPosse:



Life in active addiction:



It's Tuesday...

Not in jail

Not lying to yourself that ur gonna get drunk one last time tonight and you will quit tomorrow for good

Not in a casket

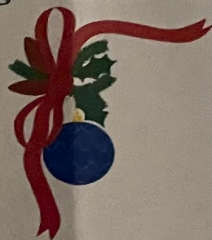
Thank God for another day!

Good Morning Y'all!

LaPorte 287 AA Group Holiday Potluck and December Birthday Meeting

Families welcome~

Bring a dish to share



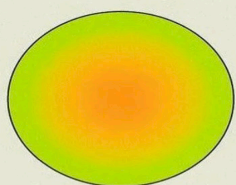
When: Monday, December 12, 2022

Potluck at 6:30 PM

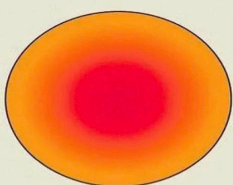
Followed by a Birthday Meeting

**Where: LaPorte Presbyterian Church
3820 W County Road 54g**

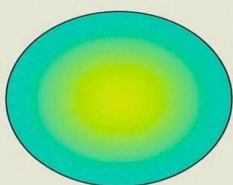
THE LAWS OF DETACHMENT



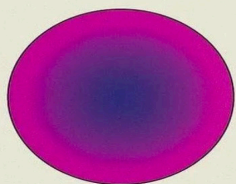
Allow others to be who they are.



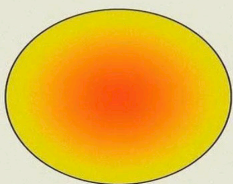
Allow yourself to be who you are.



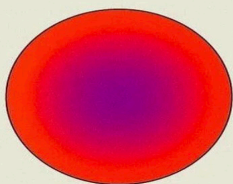
Don't force situations.



Solutions will emerge.

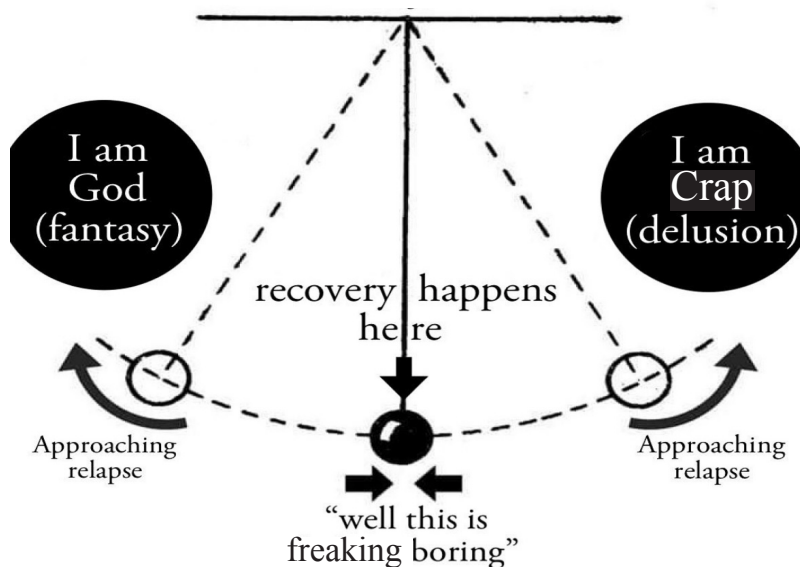


Uncertainty is reality.



Embrace it.

The Sober Experience



Friend: "Aren't you sad about not drinking booze anymore?"

Me:



When you been to 89 meetings and about to stop showin up but someone says "this stuff like pimpin, it aint easy but its worth it"



You are a
Shining
Sober Star



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.

Tradition 12 Checklist

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?



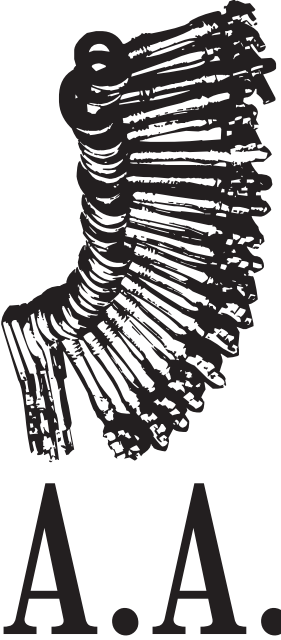
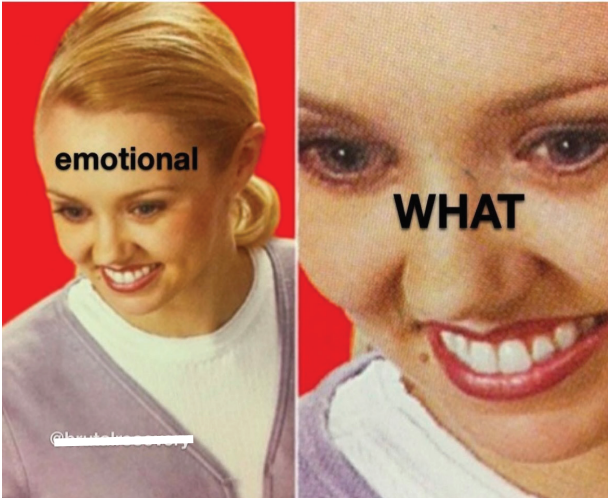
<https://www.aa.org/meeting-guide-app>

@NCIGAA



venmo

“well now you’ve managed to put the drink and drugs down it’s time to focus on emotional sobriety”



The Twelfth Tradition

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Let us always remember that anonymity—not taking credit for our own or others’ recovery—is humility at work.



Anonymity, as we observe it in A.A., is at root a simple expression of humility. When we use the Twelve Steps to recover from alcoholism, we are *each* trying to achieve real humility, to put our self-respect on a solid base of truth, rather than on fantasies about ourselves. When we use the Twelve Traditions to work together in A.A., we are *all* trying to achieve humility; as individual members, by recognizing our true place in A.A.; as a fellowship, by recognizing A.A.’s true place in the world.

Tradition One reminds each of us that we are not recovering on our own, that we should control our personal desires and ambitions in order to guard the unity of our group and our Fellowship. We ought not (Tradition Two) fancy ourselves as big shots in A.A., no matter what office we hold.

All of us are just alcoholics together, and in our groups we are not entitled (Tradition Three) to rule on the qualifications of other alcoholics seeking the same help that we’ve had. Yes, a group needs humility too. It may make its name public, but in the *spirit* of anonymity it should see the Whatever Group as merely part of a bigger whole (Tradition Four), careful in every enterprise to consider the welfare of all the other groups that make up A.A. In both group and individual activities, we should remember what the full name of our

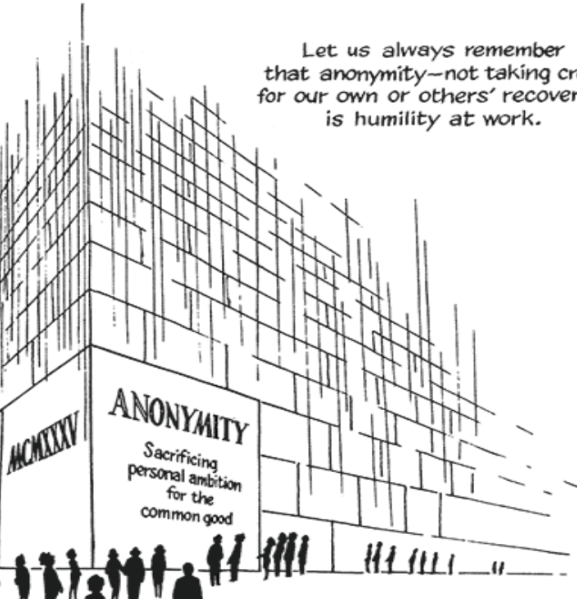
Fellowship is. It does not represent any established religion, nor is it a new religion. We are not evangelists or gurus out to save humanity; we are anonymous alcoholics trying to help other alcoholics (Tradition Five).

In the rising battle against alcoholism, we ought not let our pride in A.A. mislead us into linking our Fellowship with other agencies, in order to bid for a share in their power, prestige, and funds. If we keep Traditions Six and Seven in mind, we will instead direct all our efforts toward A.A.’s own unique purpose.

When we go on Twelfth Step calls, we should not tell ourselves how noble we are for doing such valuable work without pay. The meaning of Twelfth Step work cannot be measured in money (Tradition Eight), and we *have* received advance pay for it, in coin of far greater worth—our very lives. In the same Tradition, it’s suggested that a service center maintains A.A. humility by paying its employees decent wages—rather than considering A.A. so virtuous an outfit that employment there is a favor.

When we are given special responsibilities within A.A., Tradition Nine defines these as opportunities to *serve*, not titles to flaunt. The humility of the Fellowship itself is safeguarded by Tradition Ten, with the refusal to set ourselves up as general authorities, swinging our collective weight around in the public arena.

We do not want to sell our program as a “surefire remedy” in the extravagant terms of a promotional campaign (Tradition Eleven), or dramatize it by identifying noted people in A.A., thereby implying that recovery has been for each of us an individual accomplishment. As Tradition Twelve reminds us, we have something stronger than our human personalities to rely on. Our principles come first—and they are not our own invention. They reflect eternal spiritual values. With this Tradition, both as individuals and as a fellowship, we humbly acknowledge our dependence on a power higher than ourselves.





34th International Men's Conference 2023 Washington DC

“Keeping the Legacy ALIVE 2023 and BEYOND”

www.IAAMC-DC23.org

When: April 21-23, 2023

Where: The Doubletree by Hilton Crystal City
300 Army Navy Drive, Arlington VA, 22202

<https://book.passkey.com/go/AAMensConference>

Make room reservations **AS SOON AS POSSIBLE** due to **limited rooms availability** at \$149.00 per night. **For Room Reservations:** Call (703) 416-4100. Use **Promo Code:** IAA and mention IAA to receive conference rate of **\$149.00** (plus tax per night) visit our webpage: www.IAAMC-DC23.org

for more information contact:

Chair	Lee M.	(202) 441-0111	Chair.IAAMCDC23@gmail.com
Co-chair	Willie S.	(301) 257-3320	Co-chair.IAAMCDC23@gmail.com
Treasurer	Stan C.	(301) 598-5953	Treasurer.IAAMCDC23@gmail.com

Conference Registration Options

Reserve Banquet AS SOON AS POSSIBLE Due to Limited Seating	Price	Quantity	Amount
General registration and banquet <i>(Circle your meat choice: Salmon, chicken or sliced pork tenderloin, vegetarian)</i>	\$ 120.00	_____	_____
Registration Only	\$ 50.00	_____	_____
Tour of Washington, DC by Motor Coach	\$ 39.00	_____	_____
Ball Cap	\$ 17.00	_____	_____
Tee-shirt (sizes Large to 5X): State size: _____ (sizes run small)	\$ 23.00	_____	_____
Donate to the 34 th IAAMC 2023		_____	_____
	Total	_____	_____

please visit our website for details and updates @ www.IAAMC-DC23.org

Mail Registration to: IAAMC-DC23, PO Box 12226, Silver Spring, MD 20906-1548

Make check or money order payable to: IAAMC-DC23 or register online using our webpage: www.IAAMC-DC23.org

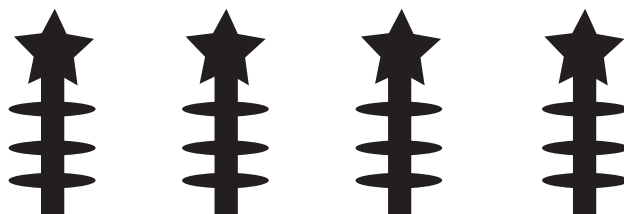
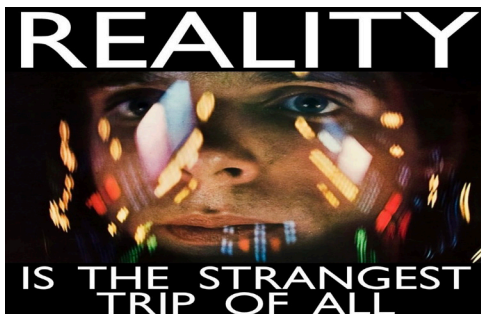
Name: _____ Phone: _____

Address: _____ City, State, Zip: _____

Email: _____ Home Group: _____

Meal Preference: _____ Amount Enclosed: _____

Badges Required for ALL Sessions



FELLOWSHIP ROUND-UP

20th Anniversary

Hosted by: Berthoud Group

Located at Brookside Gardens Event Center
619 E. County Rd. 8, Berthoud, CO 80513

Come for fellowship, food and fun, for only \$20.00!

\$25.00 at the Door | Scholarships available

Items raffled *throughout* the evening @ \$1.00/ticket

Multiple raffles throughout evening-bring cash to buy a full arm length!

SATURDAY | FEBRUARY 11, 2023

Doors open at 2:00 PM

2:30 PM | Fellowship

3:30 PM | Al-Anon Speaker | Deb C. | Berthoud, CO

5:00 PM | Dinner

6:30 PM | AA Speaker: Scott M. | Golden, CO

7:45 PM | Desserts and Closing

Doors close at 8:45

THEME: H.O.P.E | Happy Our Program Exists

Please PRE-Register as seating is limited and we need a headcount for dinner.

Thank you for your support and we are looking forward to an enjoyable night of Fellowship, Speakers and Dinner!

The Berthoud Group

Yes! I would like to attend!

_____ # People @ \$20.00 = _____ (please enclose)

Name _____

Address _____

City _____ Zip _____ Phone _____

Please send your registration to:

Karen C, 316 Rhubarb Dr., Berthoud, CO 80513 |
417.860.4679

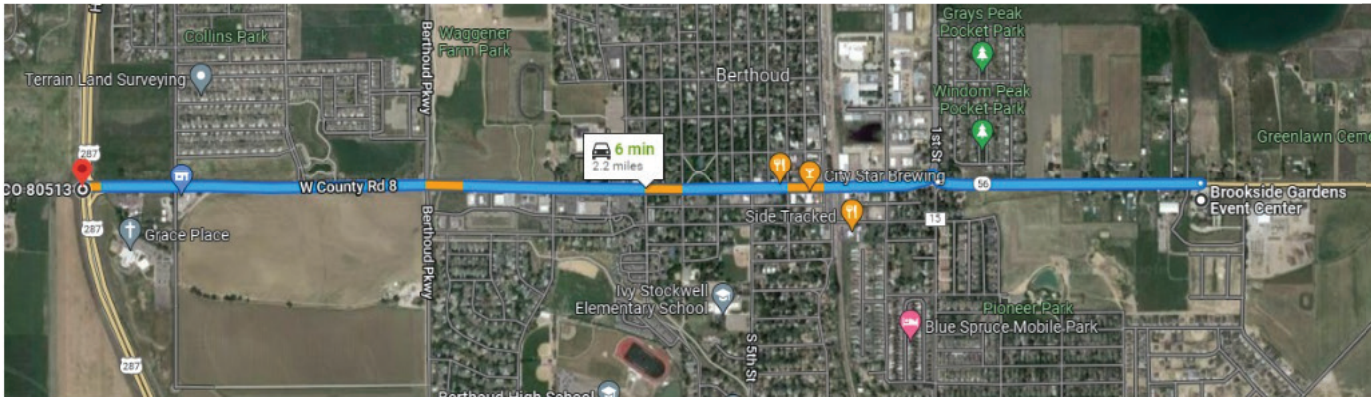


-OR- Pay via Venmo App: @berthoudgroup
(Brandon Olsen)

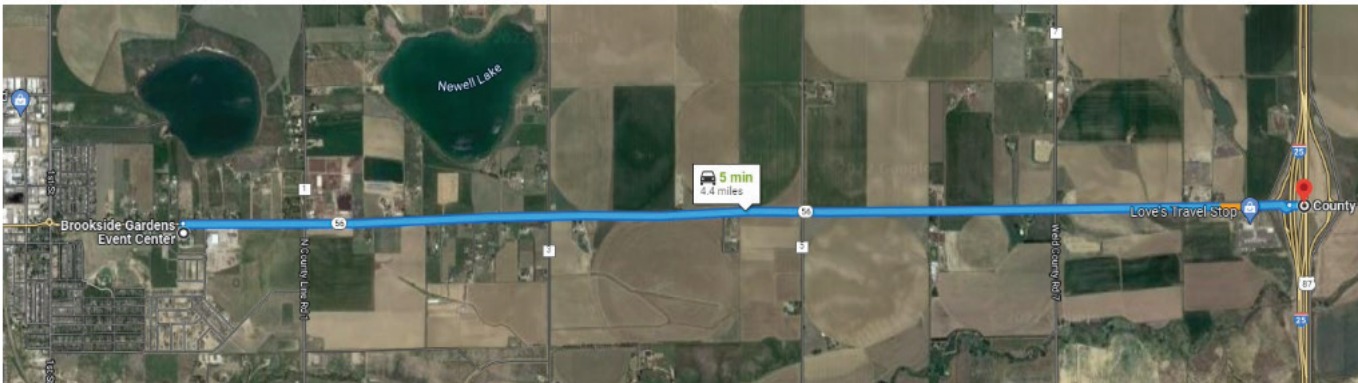
Brookside Gardens Event Center

619 E. County Rd. 8, Berthoud, CO 80513

From 287 | 2.2 miles East on W. County Rd. 8



From I-25 | 4.4 miles West on W. County Rd. 8





I WILL SUCCEED



WHERE THE GRINCH HAS FAILED



Holiday Vegetable Leaf
39¢ TO 46¢ A PORTION*
Holiday Vegetable Leaf • Broccoli • Fluffy Potatoes
Cranberry Turkeys on Apple Ring
Get a free recipe table Leaf together. They're all free a table Department for yours today!



CHRISTMAS CANDLE SALAD—Cherry and Banana Mold



Exciting new Cranberry Surprise



FROZEN FRUITCAKE SALAD 39¢
MORE FROZEN DESSERTS AND SALADS

