

NORTHERN NOTES

January 2023



A letter from the Office Manager ~

Dearest Fellowship,

As we head into a new year, I wanted to convey my undying gratitude for you. We managed to finish out 2022 *not* in the negative financially thanks to you. The Gratitude Banquet, our first since 2019, sealed it for the Central Office. The UNITY was strong. And for those who didn't see the artwork below at



the Banquet - by one of the volunteers, Jennifer C. - I wanted to share it on this New Year occasion. I, for one, feel the love and I will always remember how you all came through. Central Office are here for you for sure, and your appreciation shows.

May you all have an outstanding year! In service and unity,
Beth S.



Northern Colorado
Intergroup
presents
12 Traditions Workshops

Tradition One

UNITY: OUR COMMON WELFARE

**"What does the 1st Tradition
have to do with your sobriety?"**

George M. – The history

Janna C. – Your home group and safety

Cat G. – Your relationships

Q&A

Sunday, January 15, 2023

6-7pm

600 S. Shields

(AB Church, downstairs)

in Fort Collins

1

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

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

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

PRINCIPLES: **HONESTY** ✈ **UNITY** ✈ **RESPONSIBILITY** k a m n

A.A. Quote for the New Year:

"Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

-- *Twelve Steps and Twelve Traditions*, Tradition Nine, Long Form

UPCOMING THIS MONTH

NCIG Steering Committee:

Monday, January 16 at 5:15 PM

Intergroup Meeting:

Monday, January 16 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

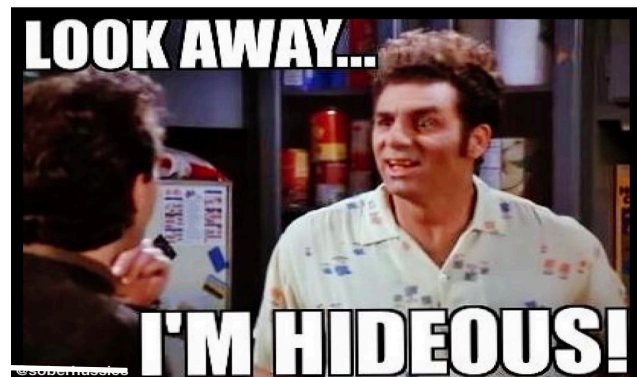
35 Carlson Blvd, Johnstown, CO

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

Waiting for my my glow up from drinking water instead of ten shots of vodka a night



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>. 3

January 2023 ANNIVERSARIES

Debra B. - 26 years
Diane B. - 4 years
Dianna D. - 33 years
Donna M. - 6 years
Laurel T. - 28 years
Lindsay K. - 37 years
Marilyn N. - 24 years
Matt P. - 28 years
Ruben L. - 17 years
Tamara P. - 22 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!

OK, NOW SERIOUSLY.
CAN YOU REMEMBER
THIS DATE OR WHAT?
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.

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

-Anonymous

New @ Central Office

NEW HARDBACK BBs & 12+12s
CHIP DISPLAY OPTIONS
SIGNS, PINS, WALLET CARDS,...

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.

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.

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

CHIPS

155 N College Ave #120
Fort Collins, Colorado 80524

Central Office serves the groups and the next alcoholic. We have 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.



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

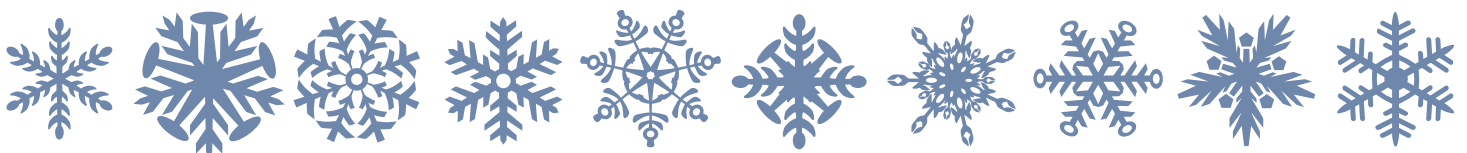
Pre-registration is \$30 a person. Checks can be made out to Greeley AA Stampede and sent to
 PO Box 336841,
 Greeley, CO 80633

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:

"This is A.A." - A pamphlet for newcomers (P-1)

Only you can Decide

It really is up to you, and when you're ready. "If you seem to be having trouble with your drinking, or if your drinking has reached the point where it worries you a bit, you may be interested in knowing something about Alcoholics Anonymous and the A.A. program of recovery from alcoholism." Notice how it says, "you may be interested in knowing," because we will not try and convince or push anyone into any decisions about what they should do. If you try it and it's not for you, we will 'refund your misery' (as the saying goes) and you can try something else, or not.

Here's who we are

"We are part of an **informal** international fellowship, which now has members in more than 180 countries."

"We do not recruit new members, but we do **welcome** them. We do not impose our experience with problem drinking on others, but we do share it when we are asked to do so."

'Informal' - so, we're people who have had numerous different and mostly unfortunate consequences from drinking alcohol. We've ended up in A.A. either by choice, desperation, or grace of some kind or another.

"We do not think we are the only people who have the answer to problem drinking. We know that the A.A. program **works** for us, and we have seen it work for every newcomer, almost without exception, who honestly and sincerely wanted to quit drinking."

Here's what we know... this is an addiction that is centuries old.

"While there is no formal 'A.A. definition' of alcoholism, most of us agree that, for us, it could be described as a physical compulsion, coupled with a mental obsession. We mean that we had a distinct physical desire to consume alcohol beyond our capacity to control it, and in defiance of all rules of common sense."

"We have **learned the hard way** that willpower alone, however strong in other respects, was not enough to keep us sober." And stopping for others or enduring the dry way will not bring on a release from it.

IT'S AN ILLNESS THAT CAN NEVER BE CURED, BUT IT CAN BE TREATED. IT'S JUST EVER-SO-HARD TO STOP DRINKING.

Making a decision

Only you know whether you are an alcoholic. There are no requirements for membership, only that you want to, or even may want to, stop drinking.

"It soon became apparent to us that A.A. has only a **minimum of organization** and has nobody giving orders. Arrangements for meetings are handled by group officers who move on regularly to make room for new people. This 'rotation' system is very popular in A.A."

Staying sober

We have found that certain 'tools' and guides have helped which you are **free to choose** of course to accept or reject.

* **The 24-hour plan, one day at a time**

* **The Twelve Steps**, and for this there is literature and the guidance of a sponsor of your choosing.

"We do not all interpret or live the A.A. program in exactly the same way. We can all testify, however, that A.A. works for us when many other ventures into sobriety have failed."

Anyone who turns to A.A. can be assured that his or her anonymity will be protected.

This pamphlet ends with how one can find A.A.

Information: at the General Service Office and aa.org.

"Look for 'A.A.' or 'Alcoholics Anonymous' as listed online or in the community telephone directory.

Information about local meetings may often be obtained from doctors and nurses, from the clergy, newspaper people, police officials, and alcoholism facilities that are familiar with our program."

THIS PAMPHLET IS ALSO IN THE NEWCOMER PACKET AT CENTRAL OFFICE (NCIG).

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



When newcomers join your
homegroup and want to start
changing the meeting format



Kitty, congrats on
a year in recovery.
You are an
inspiration.

You've come so
far from when
you first
walked in.

JUST KIDDING!
KEEP
COMING
BACK!

"I AM A MIRACLE"

January 01

The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

ALCOHOLICS ANONYMOUS, p. 25

This truly is a fact in my life today, and a real miracle. I always believed in God, but could never put that belief meaningfully into my life. Today, because of Alcoholics Anonymous, I now trust and rely on God, as I understand Him; I am sober today because of that! Learning to trust and rely on God was something I could never have done alone. I now believe in miracles because I am one!

CENTRAL OFFICE

Observed Holidays:

MONDAY, JANUARY 16, MLK JR DAY - CLOSED

MONDAY, FEBRUARY 20, PRESIDENT'S 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. And of course you can wear a mask if needed.

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.



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

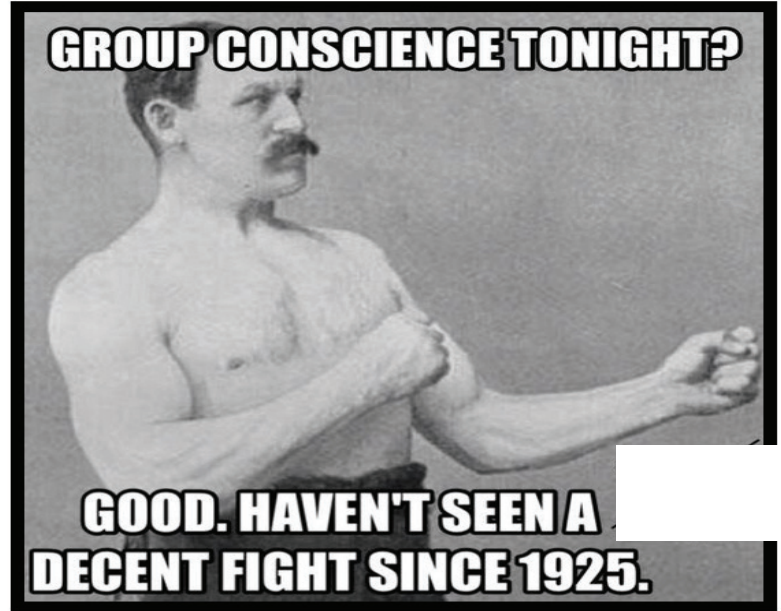
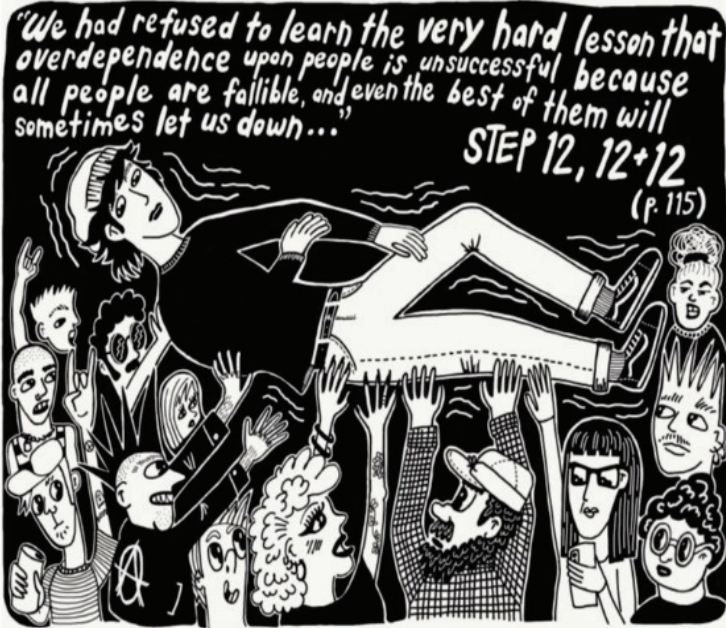
SEE www.nocooa.org/meetings
-OR-
the meeting guide app from A.A.W.S

EATON

Eaton Crow Group
Thursday & Sunday at 7 PM
Maple Ave & 3rd St

FORT COLLINS

ABC Group
Sunday at 7:30 PM
600 S Shields St



CENTRAL OFFICE DAY WATCH STATS

DEC 2022

| | |
|--------------------|-----------|
| Voicemails | 0 |
| A.A. Information | 44 |
| Al-Anon | 1 |
| Detox/Treatment | 1 |
| 12th Step | 1 |
| Other Calls* | 17 |
| Visitors | 42 |
| TOTAL CALLS | 64 |

* 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@nocooa.org

When you got a few months and you try to stop smoking



WEBSITE & GOOGLE SEARCH STATS for December 2022:

| WEBSITE | GOOGLE SEARCH PROFILE ----> | WEBSITE VISITS | PHONE CALLS |
|--------------|-----------------------------|----------------|-------------|
| 2,434 USERS* | 3,685 VIEWS | 516 | 45 |

*Distinct single user visits to nocooa.org

Northern Colorado Intergroup Meeting Minutes - November 21, 2022

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 11 (long form): *"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."* (Lindsey M.)
3. Introductions of Steering Committee and IGRs with Group Updates/Announcements
4. Quorum (> 7 IGRs)
 - a. Lindsey - Chair - IGR Let Them Eat Cake
 - b. Laurel - IGR Step sisters updating webpage - CMAL
 - c. Mike B - IGR 539 Group
 - d. Carolyn - 21 Rep
 - e. Lisa Z - IGR LaPorte meeting, Monday Dec12, Gratitude meeting and Potluck
 - f. Kathy W - IGR Loveland Group BBS thur 5:30 Hybrid
 - g. Jamie - IGR Women of Faith - Co-Chair GB
 - h. Lori M - new IGR Basic Text, replacing Marc
 - i. Julie - Treasurer
 - j. Jimmy C - IGR Shoulder to shoulder
 - k. Kent B - Volunteer Joining meeting today
 - l. Karen - Asst Treasurer
 - m. Beth - Office Manager
 - n. Andrew H - IGR Awakenings - may be reintroducing in person meetings soon
 - o. Julie F - IRG Breakfast with Bill and Bob
 - p. Marilyn F - IGR Daily Noon Zoom
 - q. Chelsey - CMAL
 - r. Jessica - Secretary - IGR Women Seeking Sobriety - changing to 5pm on Sundays starting Jan 8th.
5. Motion to accept the meeting minutes from last month? Laurel motion, Lisa 2nd

We show the November minutes in this issue of NN because the Intergroup Reps have not approved the December minutes yet, not until January's meeting on 1/16 my friends.

6. Active reports

- a. Chairperson - Lindsey - GB was a success
- b. Treasurer - Julie - - Monies have not come in for GB yet in October, will be on next month's report. Income - 9,003.70, Expenses - \$9,960.52 Net - (\$956 86).
- c. Central Office - Beth - - Calls - 45, Visitors - 77.
 - i. 12 Step Workshops are still going - December's will be on 12/18
 - ii. Google search - 3,802 profile views, 568 visits.
 - iii. Wordpress - 5,998 sessions, 14,333 views. 2,424 users.
 - iv. Need Volunteer for 2nd Sunday of the month - Phones 8p-9a**
 - v. Was out two weeks, worked on GB
 - vi. MailChimp went over 500 users and that increased the price of our services.
 - vii. Bookmarks - talks about the Faithful Fivers, Sell for \$1 each
 - viii. Will send out Faithful Fiver Flier.
 - ix. Now have Sober Calendars to offer for sale
- d. District 21 - Carolyn - Need officers - lots of committees and for CPCPI, elections coming up in December at the next meeting
- e. District 23 - Jessica - Stampede - Chili Cook-off was a success and very fun, still meeting on the 3rd Thursday of the month. December 15th is the next meeting.

7. What to take back to your group...

- a. Central Office is in the negative still, but should receive Gratitude Banquet funds by the end of this month (*average* monthly budget amount is \$6,384.46; Year-to-date is (-\$2,295.76)).
- b. The ***We're Not a Glum Lot comedy show will be happening*** on March 25th at the Rialto Theater in Loveland.
- c. 11th step workshop is the last Sunday of the month at 600 S Shields in Fort Collins - November 27th. Lindsey, the Chair will be chairing Step 12 on 12/18. 3 speakers in one hour.
- d. We would like to start a new Intergroup Committee for 12th Step visits and Homebound Meetings, contact Beth if interested in playing a crucial part. Need people to take meetings to people that are homebound, or take them to meetings.

8. Old Business

a. Gratitude Banquet

- i. Update (Jamie) - 436 seats sold, 100 volunteer, plenty of food, extra was donated to the Mission, raised funds - at least \$6,000 raised - will be finalized soon. Link for feedback -
<https://forms.gle/8J6KtWxLPYiQeNDJ7>
 1. Future Banquets - will still be discussed and revealed
 2. Looking for some continuity with committee members, will be discussing next year's soon.

b. Open Position on the Steering Committee: Asst Chair

- i. Nominations - Mike B - nominated by Andrew H
 1. All IGRs present - Aye - is now Co-Chair
- ii. Asst Secretary - Open

9. New Business

- a. WNAGL - will be happening on March 25th at the Rialto Theater
- b. Valentine's Day Dance - Possibly Feb 11th - would need money fronted from IG, Beth will ask person who would like to run this bring a proposal to the next meeting to vote on.
- c. New Intergroup Committee: 12th step visits and homebound meetings - would be in a pool of people who are willing to lead a meeting at their home. Need volunteers and committee members.
- d. Q & A about being an Intergroup rep for your group - not discussed

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

11. Volunteer to read the 12th tradition next month? Jimmy

Close 6:59 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."

Next Meeting: December 21, 2022

www.nocoaa.org

NCIG FINANCE REPORT - NOVEMBER 2022

November 2022 Actuals

| | | |
|-------------------------------------|-----------|---------------|
| Income | \$ | 6,711.10 |
| Expenses (COGS & Operating Expense) | \$ | 6,318.41 |
| Net Income | \$ | 392.69 |

Income for November

| Income Type | Amount | Comments |
|-------------------|-------------|-----------------------------|
| 7th Tradition | \$ 2,208.58 | Individuals & Groups |
| Faithful Fiver | \$ 299.67 | November 2022 Total |
| Central Office | \$ 1,133.31 | November 2022 Sales Total |
| Amazon Smile | \$ 5.64 | Q3 donations |
| Step 11 Workshop | \$ 12.00 | 11/27/2022 event |
| Gratitude Banquet | \$ 3,051.90 | Ticket Sales and Transfers* |

TOTAL GROSS INCOME \$ 6,711.10

* expense reimbursements transfers, also includes day of drinks

2022 Year to Date (YTD) Actuals

| | |
|---------------------------------------|----------------------|
| Income | \$73,949.40 |
| Expenses (COGS & Operating Expense) | \$75,852.47 |
| NET INCOME as of November 2022 | \$ (1,903.07) |

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 | \$6,711.10 | \$6,318.41 | \$392.69 | \$73,949.40 | \$75,852.47 | -\$1,903.07 |
| December | | | \$0.00 | \$73,949.40 | \$75,852.47 | -\$1,903.07 |

Bank Statements

| | | |
|---|----|-----------------|
| Canvas CU Checking Ending Balance 11/30/22 | \$ | 2,550.52 |
| Canvas CU Savings Prudent Reserve 11/30/22 | \$ | 4,012.70 |
| Current Canvas CU Checking Balance 12/16/22 | \$ | 7,831.63 |

Current Savings \$6,512.70

Expenses for November

| Expense | Amount | Notes |
|----------------------------|-----------|---|
| Ink Works Printing Service | \$ 75.65 | Meeting Lists and Newcomer Packets |
| A.A. World Services | \$ 352.87 | A.A. conference-approved Literature & Pamphlets (incl special orders) |
| Recovery Shop | \$ 126.43 | Medallions (chips), stickers, recovery items (incl special orders) |
| Doing It Sober | \$ 87.49 | Special Order, Medallions, & Recovery Items |
| Hazelden | \$ 74.38 | Special Order and Literature |
| Grapevine | \$ 122.25 | Literature |

Literature & Recovery Goods (COGS) \$ 839.07

| Expense | Amount | Notes |
|---------------------------------------|-------------|---|
| Central Office Rent | \$ 700.00 | Monthly, for December |
| State Farm Insurance | \$ 37.66 | Monthly |
| El Dorado Artesian Springs | \$ 45.52 | Monthly (varies), water & dispenser rental |
| Comcast | \$ 162.33 | Monthly, Cable Internet + Phone |
| Zoom Software Subscription | \$ 16.12 | Monthly |
| Adobe Creative Suite Software | \$ 29.99 | For Meeting Lists, Newsletter, Fliers, etc. |
| Cloudflare | \$ 20.00 | Monthly, backup web server space & speed boost |
| MailChimp Automation & Email Platform | \$ 36.35 | Monthly, incl. mid-month upgrade with over 500+ subscribers |
| Quickbooks Subscription | \$ 88.27 | Monthly, bookkeeping software |
| Office Supplies and Postage | \$ 46.61 | 2 Orders Shipped, Stamps, and Pens |
| Office Expenses | \$ 95.43 | Mini-Keurig Coffee Maker (\$44.99) and 42 starter k-pods for the volunteers |
| Cache Accounting | \$ 114.00 | Quarterly Taxes and Payroll |
| Colorado State Payroll Taxes | \$ 321.00 | Q3 Holdover |
| Special Events Expenses | \$ 746.42 | GB Signage and temp reimbursement of food, drinks, and supplies for Barb S. |
| Transfer to Gratitude Banquet account | \$ 935.32 | Requested by GB Treasurer (ticket sales) |
| Office Manager Monthly Salary | \$ 2,084.32 | Monthly - actual paid at end of month |

7th Tradition by Group ~ November 2022

| Group Name | November Amt | YTD Amount | Group Name (continued) | November Amt | YTD Amount |
|-------------------------------------|--------------|------------|------------------------------------|----------------------|--------------------|
| 539 | | \$1,769.73 | Sterling AA Group | | \$200.00 |
| 7am Freedom | | \$70.00 | TNT Group | | \$69.00 |
| AA Recovery Group of Windsor | | \$641.07 | Union Colony Group | | \$520.73 |
| Acceptance | | \$766.92 | Windsor Triangle | | \$717.03 |
| Awakenings | \$227.40 | \$1,945.96 | Windsor Women Unite AA | | \$305.91 |
| Basic Text | | \$523.18 | Women in Recovery | | \$100.00 |
| Berthoud Hump Day | \$100.00 | \$150.00 | Women of F.A.I.T.H. | | \$721.18 |
| Big Book Enthusiasts | | \$164.77 | Women's Recovery Through the Steps | | \$112.60 |
| Big Book of Loveland | \$50.00 | \$500.00 | Women Seeking Sobriety | | \$20.00 |
| Booze Busters | | \$262.72 | YAGBT | | \$25.00 |
| Breakfast with Bill and Bob | | \$2,580.13 | Your Life Group | | \$160.00 |
| Broad Highway of Recovery (Al-Anon) | | \$50.00 | TOTAL GROUP CONTRIBUTIONS | \$1,694.33 | \$30,882.36 |
| Burlington AA Group | | \$110.00 | | October \$2,953.65 | |
| Campus Group | | \$10.00 | | September \$4,664.55 | |
| Campus Group 2 | | \$20.00 | | | |
| Daily Noon Zoom | \$231.00 | \$1,578.40 | | | |
| 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 | \$10.00 | \$149.42 | | | |
| Great Fact Group | | \$200.00 | | | |
| Greeley Group 2 | \$10.00 | \$120.00 | | | |
| Greeley High Noon | | \$75.00 | | | |
| Greeley Westside Group | \$200.00 | \$398.00 | | | |
| GYST Harmony | | \$31.50 | | | |
| Happy Destiny | | \$517.85 | | | |
| High Noon FoCo | | \$541.39 | | | |
| Johnstown Primary Purpose | | \$1,168.45 | | | |
| Keep It Simple Group | \$345.00 | \$4,692.00 | | | |
| Laporte 287 AA Group | \$72.00 | \$695.00 | | | |
| Last House on the Block | | \$2,614.70 | | | |
| Let Them Eat Cake | | \$115.48 | | | |
| Loveland AA Group | \$301.07 | \$1,277.83 | | | |
| New Hope | | \$353.32 | | | |
| NOCO Pathfinders | | \$194.82 | | | |
| Rule 62 YPAA | \$36.56 | \$86.09 | | | |
| RUS | \$16.30 | \$191.59 | | | |
| Shoulder to Shoulder | | \$244.50 | | | |
| Spring Creek | \$75.00 | \$150.00 | | | |
| Step Sisters | \$20.00 | \$221.00 | | | |

Projected December 2022 Expenses Budget

| Expense | Amount | Notes |
|---|--------------------|---|
| Ink Works | \$ 100.00 | Meeting lists, cards |
| A.A. World Services | \$ 550.00 | A.A. literature re-stock |
| Recovery Shop | \$ 225.00 | Medallions (chips), Cards, Stickers, and special orders |
| Amazon | \$ 25.00 | Literature, special orders |
| Grapevine | \$ 65.00 | Literature |
| Hazelden | \$ 140.00 | Literature |
| Literature & Recovery Goods (COGS) | \$ 1,105.00 | |
| Expense | Amount | Notes |
| Central Office Rent | \$ 700.00 | Monthly |
| State Farm Insurance | \$ 37.66 | Monthly |
| El Dorado Artesian Springs | \$ 6.40 | Monthly (water), varies |
| Mail Chimp Software Subscription | \$ 25.00 | Monthly - email marketing software |
| Comcast | \$ 177.69 | 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, Fliers, etc. |
| Office Supplies and Postage | \$ 130.00 | Monthly (as needed) |
| Special Event Expense | \$ 492.00 | Rialto Theater for WNAAGL Comedy Show |
| Cloudflare | \$ 20.00 | Monthly Website Boost & Backup |
| Office Manager Monthly Salary | \$ 2,084.32 | Monthly - actual paid at end of month |
| Total Operating Expense | \$ 3,807.45 | |
| TOTAL PROJECTED BUDGET | \$ 4,912.45 | paid between 12/1 - 12/16 in red* |

*Some COGS as well



~ A NOCO A.A. FELLOWSHIP EVENT ~

Northern Colorado
Intergroup /
Central Office
presents

Twelve
Traditions
Workshop



at the
American Baptist Church
600 S Shields St
in Fort Collins
with
COFFEE, TEA, & COOKIES



VOLUNTEER TO CHAIR OR
HAVE QUESTIONS?

EMAIL contact@nocoaa.org
www.nocoaa.org



Every Workshop
is one hour &
has a different
three speaker panel
with a Q & A

**TWELVE TRADITIONS
WORKSHOPS IN 2023
EVERY 3RD SUNDAY AT 6PM**

workshop dates

- One JAN 15
- Two FEB 19
- Three MAR 19
- Four APR 16
- Five MAY 21
- Six JUN 18
- Seven JUL 16
- Eight AUG 20
- Nine SEP 17
- Ten OCT 15
- Eleven NOV 19
- Twelve DEC 17

Looking for my motivation to
write on the steps



ASKED TO CLOSE THE MEETING WITH THE SERENITY PRAYER



Judging people does not define who
they are, it defines who you are.



IF THIS FLAG OFFENDS YOU



I'LL HELP YOU PACK

THAT MOMENT WHEN YOUR HOMEGROUP MEMBERS ARE SLOWING DOWN



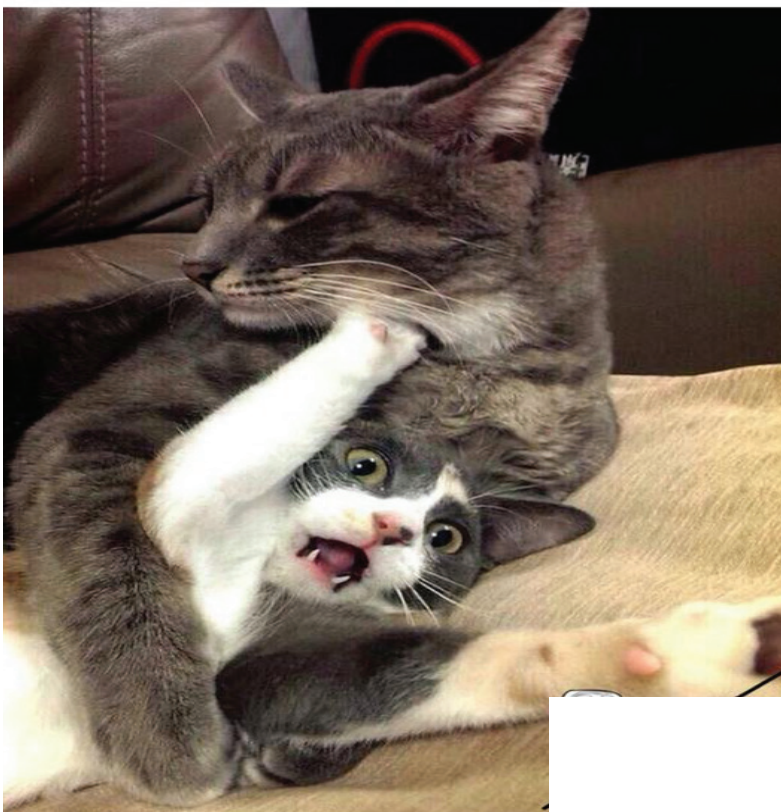
THE BUSINESS MEETING

I HAVE A "BURNING DESIRE"



TO TAKE THE MEETING HOSTAGE

When you're at your first meeting and everyone gets up to hug you...



WHEN YOU TRY TO SNEAK A FART BEFORE A MEETING



AND SOMEONE COMES UP TO HUG YOU



When you hear a juicy story at an AA meeting but know it can't leave the room

Grab a plate and throw it on the ground.

-Okay done .

Did it break?

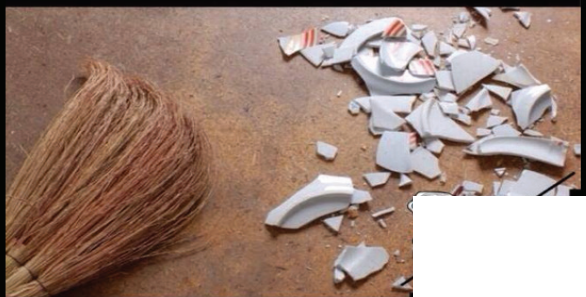
-Yes .

Now say you're sorry to it.

-Sorry.

Did it go back to the way it was before?

-No.



**Do you understand why
an amends is more than
an apology now?**

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 1 Checklist

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

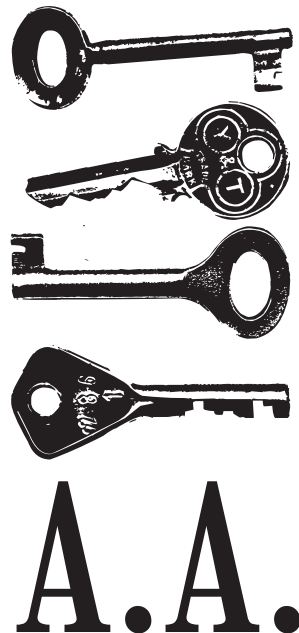
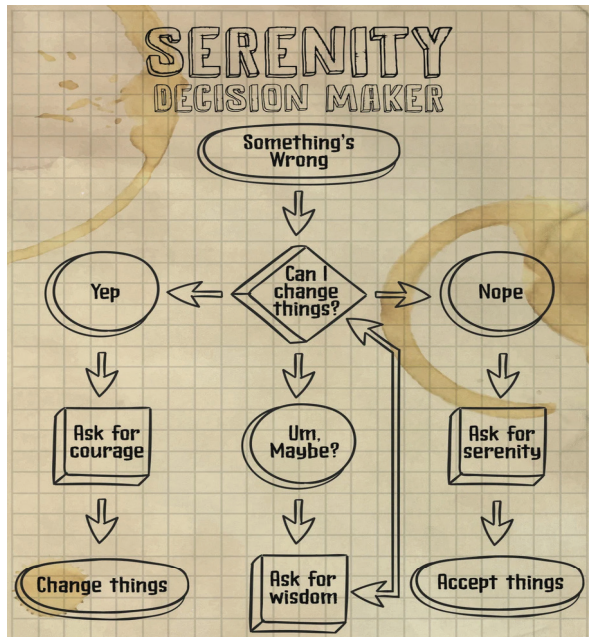


<https://www.aa.org/meeting-guide-app>

@NCIGAA



venmo



EMOTIONAL MATURITY

The mature person has developed attitudes in relation to themselves and their environment which have lifted them above "childishness" in thought and behavior.



**My Mind Is My Garden
My thoughts Are My Seeds.
I Will Harvest
Either Flowers or Weeds.**

1. He accepts criticism gratefully, being honestly glad for an opportunity to improve.
2. He does not indulge in self-pity. He has begun to feel the laws of compensation operating in all life.
3. He does not expect special consideration from anyone.
4. He controls his temper.
5. He meets emergencies with poise.
6. His feelings are not easily hurt.
7. He accepts the responsibility of his own actions without trying to "alibi."

8. He has outgrown the "all or nothing" stage. He recognizes that no person or situation is wholly good or wholly bad, and he begins to appreciate the Golden Mean.
9. He is not impatient at reasonable delays. He has learned that he is not the arbiter of the universe and that he must often adjust himself to other people and their convenience.
10. He is a good loser. He can endure defeat and disappointment without whining or complaining.
11. He does not worry about things he cannot help.
12. He is not given to boasting or "showing off" in socially unacceptable ways.



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

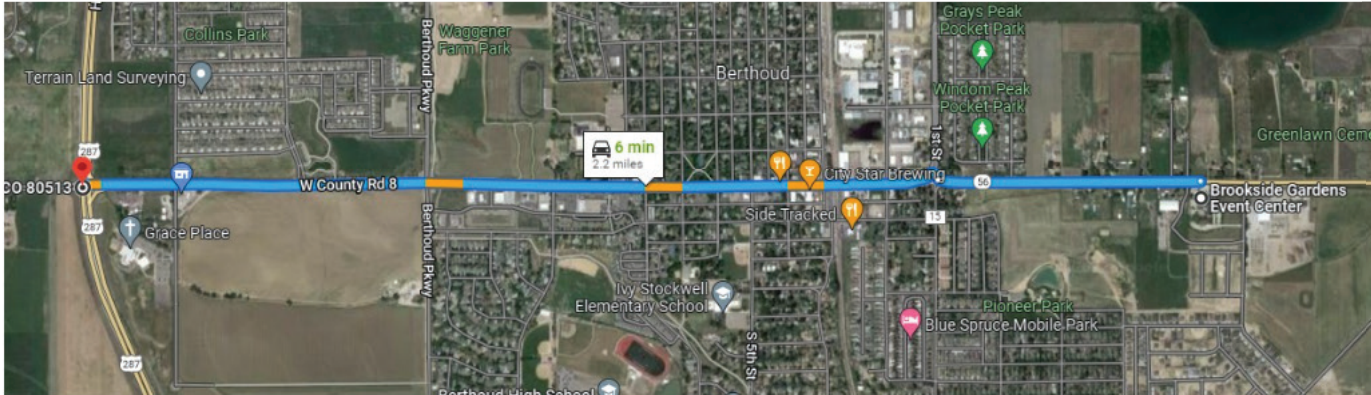
-OR- Pay via Venmo App: @berthoudgroup
(Brandon Olsen)



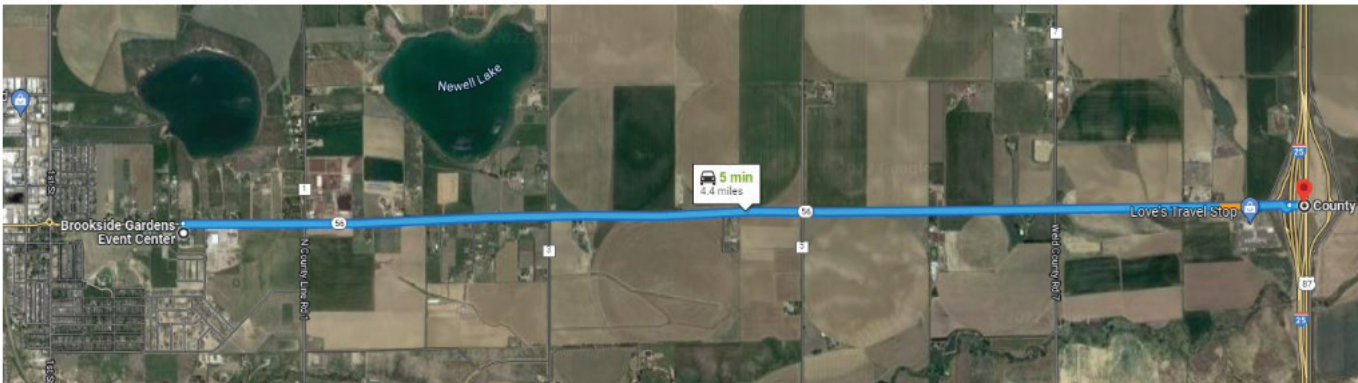
Brookside Gardens Event Center

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





**HELP CARRY THE MESSAGE TO ALCOHOLICS IN
TREATMENT FACILITIES**

Calling ALL Bridgers !!! Volunteers Needed !!!

Please join District 21 Bridging The Gap Committee

Sunday 2/5/2023

4 - 4:45pm

Christ United Methodist 301 E Drake Rd Fort Collins 80525

**Carry the message of hope and recovery in Alcoholics
Anonymous by helping with this vital 12 step work.**

**Bridging the Gap is a Temporary Contact Program which
helps to Bridge The Gap between a Treatment Facility to an
Alcoholics Anonymous meeting.**

**Consider signing up to be a Bridger at:
www.nocooa.org/bridging-the-gap/**

**One year of sobriety is encouraged and be able to answer some
basic questions about AA. Hope to see you there!**

Questions? Contact: Marlene B. at 970-889-5557