

# NORTHERN NOTES

February 2023

## A letter from the previous District 23 DCM ~



Hello, Northern Colorado  
A.A.,

My name is Alfredo and I'm an alcoholic. I've had the pleasure of serving as DCM for District 23 over the last couple of years. I recently rotated out and was asked to write about the experience and what it did for my sobriety.

When I was approached about taking the DCM position, my first question was how can I say no in the kindest way? I was given time to pray about it. At that time, my mother was hospitalized with Covid making it a tough time for me to be of service. Or so I thought. I instead leaned into the program and knew I needed this service position more than it needed me.

It was an opportune time for us. For a while, our district had been in Zoom meetings and locked down. The pandemic was finally lifting and it was time to let everyone know the lights were still on. Not only were they still on, but they burned brighter than ever. See our District was eager to work. So we started planning events that would reunite us. We held a few Day In AAs going over the 12 Steps, Concepts, and Traditions. In December we held our first-ever New Year's Eve celebration speaker meeting with over 80 alcoholics in attendance! We likely had something going on every quarter!

We didn't stop there, however. We formed a committee to look at potential Assembly spots in our district. Several of us started calling high schools, churches, and other venues. Then the Greeley Stampede happened and it was perfect for an assembly. So, this year the Spring assembly will be held at Island Grove, in Greeley. After that, the State Convention will be in the very same spot! And now we are looking into a 2024 Assembly.


Serving as DCM took my sobriety to a whole new level. If you have a chance to be of service in any capacity, don't hesitate. Okay pray about it, but you don't want to miss the blessings you get from helping others in a whole new way.

In closing, some special shoutouts must be given!

- Archives and The Rule 62 group of Frederick for hosting our first ever "Day In AA History"!
- The 2608 Club of Greeley for hosting A Day In AA (Traditions & Concepts) and the hospitality you have year-round with your events and potlucks!
- The New Hope Group in Firestone for hosting the New Year's Eve celebration and the first Summer Unity Cookout over the summer!
- To everyone who participated as a speaker, helped with chairs, or just attended, thank you for making the events a success!

It's going to be a very exciting year for our district and I invite everyone to come and experience it.

District 23, thank you for letting me be of service.



Headliner:

**Tom McTigue from Austin, TX**

With David Rodriguez,  
Gabby Gutierrez-Reed,  
and your host and emcee,  
George McClure

**RIALTO THEATER**

228 E. 4th St in Loveland

**MARCH 18th**

**7:30 PM**

DOORS OPEN AT 6:30 PM

*We'll also be streaming the show; visit  
[nocoaa.org](http://nocoaa.org) on March 18th for the link.*

**No tickets necessary; \$20/seat suggested donation.**

We encourage you to contribute in advance at [nocoaa.org/contribute](http://nocoaa.org/contribute) (please note "Comedy" on your donation) or bring cash the night of the show. Call 720-280-7038 with any questions.

*You're invited  
to the eighth*

**WE AREN'T A  
GLUM LOT**

*COMEDY NIGHT TO BENEFIT  
Northern Colorado  
Intergroup*



**STEP** - Came to believe that a Power greater than ourselves could restore us to sanity.

**TRADITION** - For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**CONCEPT** - The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

**PRINCIPLES: HOPE / OPEN-MINDEDNESS**  **TRUST**  **CONSCIENCE**

## A.A. Quote for February:

"For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity."

— *Alcoholics Anonymous*, page 68

## UPCOMING THIS MONTH

**NCIG Steering Committee:**

Monday, February 19  
at 5:15 PM

**Intergroup Meeting:**

Monday, February 19 at 6 PM  
Zoom only meeting month  
Meeting ID: 826 2737 9047

**District 21 Meeting:**

Sunday, February 5  
at 5:00 PM  
301 E Drake, basement

**District 23 Meeting:**

Tuesday, February 7 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 the 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.

Where to send an Intergroup 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

# February 2023 ANNIVERSARIES

Dana B. - 2 years  
Deb H. - 11 years  
DeDe VK. - 38 years  
Jeffrey O. - 8 years  
Larry M. - 18 years  
Michael R. - 18 years  
Natasha W. - 17 years  
Nicole P. - 2 years  
Rory R. - 4 years  
Sandy K. - 10 years

## CONGRATULATIONS!

ARE YOU OR A SPONSOR CELEBRATING? LET US KNOW.

Email us for upcoming months  
contact@nocoaa.org

*I am Responsible . . .*



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

## Things We Cannot Change

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

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

Bob Fleming, *January 2023*  
Celebration of Life  
February 11th, 1:30pm  
2500 N Garfield, Loveland  
Fellowship Hall

John D., *January 2023*

Ryan, *January 2023*

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 send their name, city where they lived, and the month of the year they passed, which can be shared here.

\* If you or someone you know is struggling or in crisis, help is available. Call or text 988.

## New @ Central Office

NEW HARDBACK BBs & 12+12s  
BB Study Guide  
BB Indexes and Dictionary

WWW.NOCOAA.ORG

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

# Central Office

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

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](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).

## 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.



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 & Al Anon  
 speakers, workshops,  
 speaker panel  
 and fun!

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

**Contact: [aastampedegreeley@gmail.com](mailto:aastampedegreeley@gmail.com)**  
**All info can be found at:**  
**[www.greeleyaastampede.org](http://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 \_\_\_\_\_



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



## RESCUED BY SURRENDERING

February 02

Characteristic of the so-called typical alcoholic is a narcissistic egocentric core, dominated by feelings of omnipotence, intent on maintaining at all costs its inner integrity. . . . Inwardly the alcoholic brooks no control from man or God. He, the alcoholic, is and must be the master of his destiny. He will fight to the end to preserve that position.

A.A. COMES OF AGE, p. 311

The great mystery is: "Why do some of us die alcoholic deaths, fighting to preserve the 'independence' of our ego, while others seem to sober up effortlessly in A.A.?" Help from a Higher Power, the gift of sobriety, came to me when an otherwise unexplained desire to stop drinking coincided with my willingness to accept the suggestions of the men and women of A.A. I had to surrender, for only by reaching out to God and my fellows could I be rescued.

## CENTRAL OFFICE

### Observed Holidays:

MONDAY, FEBRUARY 20, PRESIDENT'S DAY - CLOSED

We will still be available by phone.

# Northern Colorado Intergroup

## NCIG AA Outreach Committee - In Thirds!

The NCIG AA Outreach Committee met on Friday, January 20th to discuss coordinating volunteers, naming the three groups and informing the membership of our northern Colorado groups through IGR announcements.

**12 Step Calls:** We cannot improve upon the original name or purpose of the 12th step call. People who are experiencing symptoms of alcoholism call in to the Central Office. At times they ask if someone can come to share information (experience, strength and hope) with them. Central Office keeps a list of volunteers who are willing to call the person back and share on the phone. There is also a list of persons willing to make a visit with another member of AA-same gender to the suffering alcoholic. \*We never go alone and there are a series of guidelines and suggestions set down by GSO and the long time sober AA's who have gone before us. More information about these volunteer opportunities, training and service commitments can be found by calling Central Office or emailing [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org).

**Kitchen Table AA:** This is a (small) groups of sober AA members who volunteer to take a meeting to persons who are temporarily shut in or home bound for a variety of reasons: Recent surgery prevents attending in person meetings, no digital communication skills or device, residential restrictions; transportation limitations, living at a facility or unable to leave the home for any reason. Volunteers needed for this committee.

**Road Trip AA Outreach:** (Name subject to change) This group consists of a number of volunteers willing to come together and "road trip" to an outlying area meeting. The group will decide on a meeting a month, meet at a central location and carpool to the meeting together. We plan to arrive 10-15 minutes before the meeting to help the chair or secretary set up and also to stay 10-15 minutes after to help clean up. We will have a possibility of leaving literature and/or information with the chair about the NCIG and Central Office, inviting attendance on the zoom platform at our monthly NCIG meeting.

To volunteer time to any or all of these committee options or to share ideas and suggestions, please call Central Office 970-224-3552, email [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org) or contact a committee member. Laurel T, Julie McD and/or Beth are eager to hear from you.



### 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)

# 2023 Colorado State Convention

Presented by Area 10 Alcoholics Anonymous in cooperation with  
Area 5 Al-Anon Family Groups

Island Grove Regional Park, Greeley, Colorado - September 1st, 2nd, and 3rd, 2023



## Speakers & Events:

- Friday Evening AA Speaker: Paul M (Galveston, TX)
- Friday Evening: Ice Cream Social
- Saturday Al-Anon Luncheon: Monica H (Highlands Ranch, CO)
- Saturday Evening: Banquet Dinner
- Saturday Evening Al-Anon Speaker: Kari O (Boulder, CO)
- Saturday Evening AA Speaker: Devin C (Brooklyn, NY)
- Sunday Morning AA Speaker: Ashlee M (CO Springs, CO)

Workshops, Continuous Meetings, and Videos in  
English & Spanish

## PLEASE JOIN US!

The convention runs from 3 p.m. Friday to 12 p.m. Sunday

For Preliminary Program and Updated Information

Go Online: [https://www.coloradoaa.org/convention\\_info/](https://www.coloradoaa.org/convention_info/)

Or

Email Registration Chair at [23Convention@gmail.com](mailto:23Convention@gmail.com)



Island Grove Regional Park  
421 N. 15<sup>th</sup> Ave., Greeley, CO 80631  
Enter on Southwest side of facility

Lodging: TBA  
Questions: Gina M. (970)215-2260 – [23Convention@gmail.com](mailto:23Convention@gmail.com)

Register online at <https://www.convention.coloradoaa.org>,

or complete the form below and **MAKE CHECKS PAYABLE TO: 2023 State Convention**

Mail To: 2023 Colorado Convention, 2519 Shields St., Suite 1K #172 Fort Collins, CO 80526. *One person per form, please.*

- AA       Al-Anon/Alateen       Other
- Registration \$30.00      After 8/18/23 \$35.00
  - Friday Evening Ice Cream Social \$10.00
  - Saturday Al-Anon Luncheon \$25.00
  - Saturday Evening Banquet Dinner \$40.00
  - Dance \$5.00
  - Bottomless Coffee Mug \$15.00
  - Discounted Package Price \$115.00 (Total Savings of \$10.00 for Registration postmarked by 8/18/23)
  - Contributions \$ \_\_\_\_\_
  - Total Enclosed      \$ \_\_\_\_\_

## Member Registration Information:

Name on \_\_\_\_\_  
 Badge \_\_\_\_\_  
 Home Group \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip Code \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Email \_\_\_\_\_

I'd like to volunteer!

For "Special Needs" consideration, please e-mail Gina M.  
at [23Convention@gmail.com](mailto:23Convention@gmail.com)  
(every effort will be made to accommodate special requests).

On-site registration will be open from 3 p.m.—9 p.m. Friday, September 1, 2023, and at 8 a.m., Saturday, September 2, 2023

# MEETING SPOTLIGHT

SEE [www.nocoaa.org/meetings](http://www.nocoaa.org/meetings)  
-OR-  
the meeting guide app from A.A.W.S

**MILLIKEN**  
NOCO Pathfinders  
Wednesdays at 6:30 PM  
1169 S. Quentine Ave

**LOVELAND**  
539 Group  
Everyday at Noon and  
5:30pm + much more  
Unity Club, 102 E 3rd St



## 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 shift for one person or a group:

- 1st Saturday of the month, 8 AM - 8 PM (phone forwarded to you)

You can also be a substitute and/or 12th step caller on our [help-the-next-alcoholic](#) list.

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

## CENTRAL OFFICE DAY WATCH STATS

	JANUARY 2023
Voicemails	<b>2</b>
A.A. Information	<b>44</b>
Bridging the Gap	<b>1</b>
Detox/Treatment	<b>1</b>
12th Step	<b>1</b>
Other Calls*	<b>13</b>
Visitors	<b>72</b>
<b>TOTAL CALLS</b>	<b>62</b>

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

STAY TUNED FOR NIGHT WATCH STATS in MAY 2023



## WEBSITE & GOOGLE SEARCH STATS for January 2023:

WEBSITE	GOOGLE SEARCH PROFILE ---->	WEBSITE VISITS	PHONE CALLS
<b>2,665 USERS*</b>	<b>4,116 VIEWS</b>	<b>668</b>	<b>49</b>

\*Distinct single user visits to [nocoaa.org](http://nocoaa.org)

## Northern Colorado Intergroup

### **Northern Colorado Intergroup Meeting MINUTES - December 19, 2022**

**Call to order: 6:00 PM**

1. Serenity prayer + welcome
2. Tradition 12 (long form): *"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."* (Jimmy)
3. Introductions of Steering Committee and IGRs with Group Updates/Announcements
4. Quorum ( > 7 IGRs)

#### IN ATTENDANCE

- Lindsey - Chair ; IGR Let Them Eat Cake
- Laurel - IGR Step Sisters Women's; CMAL
- Mike B - Co-Chair; IGR 539 Group
- Lisa Z - IGR LaPorte meeting
- Kathy W - IGR Loveland Group BBS thur 5:30 Hybrid
- Jamie - IGR Women of Faith - Co-Chair GB
- Lori M - new IGR Basic Text, replacing Marc
- Julie - Treasurer
- Jimmy C - IGR Shoulder to shoulder
- G - IGR Women Stepping Up-new meeting at 600 S. Shields, Thurs 6:00pm upstairs
- Karen - Asst Treasurer
- Beth - Office Manager
- Tom McD - New IGR Independence Group
- Julie F - IRG Breakfast with Bill and Bob
- Marilyn G - IGR Daily Noon Zoom
- Chelsey - CMAL
- Jessica - Secretary - IGR Women Seeking Sobriety - changing to 5pm on Sundays starting Jan 8th.

5. Motion to accept the meeting minutes from last month:

Julie McD motioned/ Karen K 2nd/ motion passed

6. Active reports

- a. Chairperson - Lindsey=no report at this time
- b. Treasurer - Julie McD= read the treasurer's report. GB brought in 6500.00, group donations listed monthly and per year/ Balance reflected will change and we will be out of the red in January and the Annual Budget will be ratified at that time. Current Treasurer's report is always available on the website.
- c. Central Office - Beth=Report included all Beth's help working on the GB and her goals for 2023. Laurel asked for an email of the report.

## Northern Colorado Intergroup

- d. District 21 - no report
- e. District 23 - Jessica= The Gratitude Banquet has acquired a comedian to headline, lots of volunteer work going on ([greeleyaastampede.org](http://greeleyaastampede.org)) there will be speakers, marathon meetings, literature tables, coffee, beverages, food and fun! Ticket prices will go up from 30.00 to 35.00 on the first of January.

### 7. Old Business

- a. Open Position on the Steering Committee: Asst Secretary  
Nominations= Julie McD nominated Laurel. Laurel accepted. Vote carries. Laurel will interim Asst Sec. until official elections in March. She will continue to act as NCIG SC MAL until that time and then the MAL position will open up for nominations.
- b. New Committee for 12th Step Visits, Area Meeting Visits, and Homebound Meetings. Beth S, Julie McD and Laurel are current committee members. This service committee will offer 3 opportunities for volunteers to provide in home or residential facility meeting for alcoholics requesting a home-bound meeting. Also, 2 or more members will be able to go back to in person 12 step calls for people requesting help. A list of volunteer opps will soon be circulated. If you or someone you know has an interest in these or the opportunity to do outreach by traveling to smaller outlying community meetings, contact Beth, Laurel or Julie. They will be meeting to devise formats soon.
- c. Q & A about being an Intergroup rep for your group: A question posed was, "When do we make announcements at our home group?" Some discussion included the answers 1) at your monthly business meetings 2) prior to ongoing or upcoming events, and 3) doing both; announcing to homegroup and have a designated person to announce at each meeting during the month.
- d. The New Year's "DecaDance" will be tabled until next year due to time constraints. Some discussion of a Valentine's Day Dance or Event. Shannon and a few volunteers are researching now.

### 8. What to take back to your group...

- a. **Loveland Group Alkathon: December 24th (aka Christmas Eve) 11:30 am – 9 pm:** Meetings at Noon, 3pm, 5:30pm, and candlelight at 7:30pm **December 25th (aka Christmas!) 8:30 am – 7 pm:** Meetings at 8:30am, 10am, Noon, 3pm, and 5:30pm

Northern Colorado Intergroup

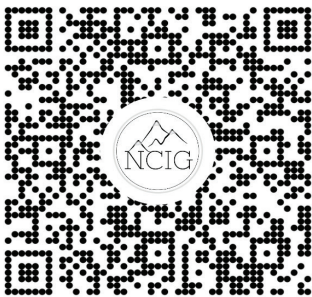
- b. Central Office received **\$6,500 from the Gratitude Banquet** and, for January's finance report, we will most likely be solvent for the first time. The Annual Budget Proposal will be provided at the January meeting.
  - c. Plans are in the making for the **2023 Gratitude Banquet**.
  - d. The **Greeley AA Stampede** will be held February 3-5 at the Island Grove Regional Park (Fri 5-10 pm/ Sat 7am-10pm/ Sun 7-12 noon) there will be a sobriety countdown, a comedian to headline, speakers, marathon meetings, literature tables, coffee, beverages, food and fun! (greeleyaastampede.org) **Ticket prices will go up from 30.00 to 35.00 on the first of January.**
  - e. The **We're Not a Glum Lot comedy show** will be happening on March 18th at the Rialto Theater in Loveland. We have booked the theatre with a deposit.
  - f. **12th Step Workshop** – This meeting will change days and be held on the **3rd Sunday of the month at 6pm at 600 S Shields in Fort Collins**. 3 speakers in one hour. **We move on to the 12 Traditions beginning in 2023.**
  - g. We are starting a **new Intergroup Committee for 12th Step visits and Homebound Meetings**, (name TBD) contact Beth S, Julie McD or Laurel T if interested in participating in these service opportunities which will include 12 step calls with 2 or more AA's, outreach taking meeting to small communities in CO and in home or facility meetings for members who are unable to get out to attend meetings
  - h. The **Friday 3:00 pm-5:00 pm** volunteer position at **Central Office** is open for service possibility. If you are able to volunteer or split the shift with another member, please contact Julie McD or the Central Office at 970-224-3552 or go to [nocoaa.org](http://nocoaa.org) and email link.
9. 7<sup>th</sup> Tradition - **Venmo @NCIGAA [www.nocoaa.org/contribute](http://www.nocoaa.org/contribute)**
10. Volunteer to read the 1st tradition next month: Julie M

**Close 7:00 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: January 16, 2023

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



**venmo**

NCIG/CENTRAL OFFICE FINANCE REPORT - DECEMBER 2022

December 2022 Actuals

Income	\$	10,518.76
Expenses (COGS & Operating Expense)	\$	5,170.62
<b>Net Income</b>	<b>\$</b>	<b>5,348.14</b>

Income for December

Income Type	Amount	Comments
7th Tradition	\$ 2,207.52	Individuals & Groups
Faithful Fiver	\$ 341.79	December 2022 Total
Central Office	\$ 1,456.25	December 2022 Sales Total
Savings Dividend	\$ 1.20	Quarterly
Step 12 Workshop	\$ 12.00	12/18/2022 event
Gratitude Banquet	\$ 6,500.00	Transfer on 12/3/2022
<b>TOTAL GROSS INCOME</b>	<b>\$ 10,518.76</b>	

2022 Year to Date (YTD) Actuals

Income	\$	76,104.50
Expenses (COGS & Operating Expense)	\$	73,422.52
<b>NET INCOME as of December 2022</b>	<b>\$</b>	<b>2,681.98</b>

YTD Numbers Breakdown

2022	Income	Expenses	Monthly Net Income	YTD Income	YTD Expenses	YTD Net Income
January	\$ 7,872.74	\$ 7,086.42	\$ 786.32	\$ 7,872.74	\$ 7,086.42	\$ 786.32
February	\$ 6,013.63	\$ 5,883.37	\$ 130.26	\$ 13,886.37	\$ 12,969.79	\$ 916.58
March	\$ 3,915.21	\$ 4,531.93	\$ (616.72)	\$ 17,801.58	\$ 17,501.72	\$ 299.86
April	\$ 11,885.45	\$ 9,951.64	\$ 1,933.81	\$ 29,687.03	\$ 27,453.36	\$ 2,233.67
May	\$ 4,570.85	\$ 4,011.77	\$ 559.08	\$ 34,257.88	\$ 31,465.13	\$ 2,792.75
June	\$ 2,879.66	\$ 6,263.29	\$ (3,383.63)	\$ 37,137.54	\$ 37,728.42	\$ (590.88)
July	\$ 6,104.08	\$ 7,512.09	\$ (1,408.01)	\$ 43,241.62	\$ 45,240.51	\$ (1,998.89)
August	\$ 5,802.47	\$ 5,475.72	\$ 326.75	\$ 49,044.09	\$ 50,716.23	\$ (1,672.14)
September	\$ 6,323.23	\$ 5,599.86	\$ 723.37	\$ 55,367.32	\$ 56,316.09	\$ (948.77)
October	\$ 5,711.55	\$ 7,299.14	\$ (1,587.59)	\$ 61,078.87	\$ 63,615.23	\$ (2,536.36)
November	\$ 4,506.87	\$ 4,636.67	\$ (129.80)	\$ 65,585.74	\$ 68,251.90	\$ (2,666.16)
December	\$ 10,518.76	\$ 5,170.62	\$ 5,348.14	\$ 76,104.50	\$ 73,422.52	\$ 2,681.98
<b>Total YTD</b>	<b>\$ 76,104.50</b>	<b>\$ 73,422.52</b>	<b>\$ 2,681.98</b>			

Bank Statements

Canvas CU Checking Ending Balance 12/31/22	\$	5,117.18
Canvas CU Savings Prudent Reserve 12/31/22	\$	6,513.90
Current Canvas CU Checking Balance 1/14/23	\$	7,661.78

Expenses for December

Expense	Amount	Notes
Ink Works Printing Service	\$ 99.02	Meeting Lists and Newcomer Packets
A.A. World Services	\$ 623.34	A.A. conference-approved Literature & Pamphlets (incl special orders)
Recovery Shop	\$ 329.03	Medallions (chips), stickers, recovery items (incl special orders)
Hazelden	\$ 221.36	Special Order and Literature
Amazon	\$ 68.10	Special Order and Literature
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,340.85</b>	

Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly, for December
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 6.40	Monthly (varies), water & dispenser rental
Comcast	\$ 177.69	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	\$ 23.89	Monthly
Quickbooks Subscription	\$ 88.27	Monthly, bookkeeping software
Office Supplies	\$ 149.76	Printer Ink, Barcode Labels, small displays for medallions and signage, cleaning supplies
Special Events Expenses	\$ 495.67	Rialto Theater for WNAAGL (\$492), workshop refreshments
Office Manager Monthly Salary	\$ 2,084.32	Monthly - actual paid at end of month

<b>Total Operating Expense</b>	<b>\$ 3,829.77</b>
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**TOTAL DECEMBER EXPENSES \$ 5,170.62**

7th Tradition by Group ~ December 2022

Group Name	December Amt	YTD Amount	Group Name (continued)	December Amt	YTD Amount
539	\$832.72	\$2,602.45	Sterling AA Group		\$200.00
7am Freedom		\$70.00	TNT Group (New Beginnings)		\$69.00
AA Recovery Group of Windsor		\$641.07	Union Colony Group		\$520.73
Acceptance		\$766.92	Windsor Triangle		\$717.03
Awakenings	\$96.95	\$2,042.91	Windsor Women Unite AA		\$305.91
Basic Text		\$523.18	Women in Recovery		\$100.00
Berthoud Hump Day		\$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	\$550.00	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 (AI-Anon)		\$50.00			
Burlington AA Group		\$110.00			
Campus Group		\$10.00			
Campus Group 2		\$20.00			
Daily Noon Zoom	\$214.78	\$1,793.18			
District 21		\$1,588.53			
Early Worms		\$350.00			
Eaton Crow Group		\$47.00			
Fort Collins Group		\$558.54			
Friends of Bill W.	\$19.11	\$446.13			
Friends of Bill W. 7 AM	\$30.00	\$179.42			
Great Fact Group		\$200.00			
Greeley Group 2	\$10.00	\$130.00			
Greeley High Noon		\$75.00			
Greeley Westside Group		\$398.00			
GYST Harmony		\$31.50			
Happy Destiny	\$175.21	\$693.06			
High Noon FoCo		\$541.39			
Johnstown Primary Purpose		\$1,168.45			
Keep It Simple Group	\$491.00	\$5,183.00			
Laporte 287 AA Group	\$96.00	\$791.00			
Last House on the Block		\$2,614.70			
Let Them Eat Cake		\$115.48			
Loveland AA Group	\$62.14	\$1,339.97			
New Hope		\$353.32			
NOCO Pathfinders		\$194.82			
Rule 62 YPAA		\$86.09			
RUS		\$191.59			
Shoulder to Shoulder		\$244.50			
Spring Creek		\$150.00			
Step Sisters	\$20.00	\$241.00			

**TOTAL GROUP CONTRIBUTIONS\* \$2,097.91**  
 November \$1,694.33  
 October \$2,953.65

\* not including 34 other groups that did not contribute in 2022

**Projected January 2023 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	\$ 300.00	Medallions (chips), Cards, Stickers, and special orders
Amazon	\$ 25.00	Literature, special orders
Grapevine	\$ 70.00	Literature
Hazelden	\$ 60.00	Literature

Literature & Recovery Goods (COGS)	Amount	Notes
Central Office Rent	\$ 700.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 20.00	Monthly (water), varies
Mail Chimp Software Subscription	\$ 23.89	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, Flyers, etc.
Office Supplies and Postage	\$ 70.00	Monthly (as needed)
Special Event Expense	\$ 15.00	workshop
Cloudflare	\$ 20.00	Monthly Website Boost & Backup
Hover.com	\$ 31.17	Web domain renewals
Office Manager Monthly Salary	\$ 2,084.32	Monthly - actual paid at end of month
Sales Tax	\$ 400.00	Quarterly
Payroll Tax	\$ 2,419.00	Quarterly

**Total Operating Expense \$ 6,133.11**  
**TOTAL PROJECTED BUDGET \$ 7,238.11** paid between 1/1 - 1/14 in red\*

\*Some COGS and Office/levent expenses as well

# Traditions

- 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](mailto:contact@nocoaa.org)  
[www.nocoaa.org](http://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 |



Northern Colorado Intergroup  
*presents*

# 12 Traditions Workshops

Tradition Two

**ONE ULTIMATE AUTHORITY HERE**

**“How to apply  
Tradition Two  
to your sobriety?”**

David H.

**Decision making and  
communication**

*(past Delegate for Area 10)*

Martha

**History and experience**

*(current Alt Delegate &  
previous Chair for Area 10)*

Cortney M.

**Relationships**

Q&A

**Sunday,  
February 19th  
6-7pm**

**600 S. Shields**

**AB Church, downstairs  
in Fort Collins**

## 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 2 Checklist

1. Do I criticize or do I trust and support my group officers, AA committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?
4. Do I often feel the need to “save face” in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with AA chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made?

Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.



**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/](http://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**



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

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## ***Parable of the Cracked Pot***

A water bearer had two large pots, one hung on each end of a pole which he carried across his neck.

One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. By the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

The cracked pot grew increasingly ashamed of its imperfection. It was able to accomplish only half of what it was intended to do.

One day, out of its bitter failure, the cracked pot lamented to the water bearer as he bent by the stream.

Words came slowly. "I ... I am ashamed of myself and my inability to fulfill my role. This crack in my side causes water to leak all the way back to your house."

Great compassion welled up in the bearer's heart, "Ah, my little friend!

As we return to the house, notice instead the beauty around you. Not your perceived inadequacies."

With pots full, the bearer rose from the stream and headed home. The meandering path led through a mostly parched land.

Before opening the wooden door to his humble home, the bearer said to the pot, "Did you notice the flowers and green grasses on your side of the path but not on the other pot's side?"

"Yes...well, no. I tried to see the beauty but the disgrace of my inadequacies blocks out much of my vision."

"Know this, my little friend... I have always known about your imperfection. I planted flower seeds on your side of the path. Every day while we walk back, you've watered them. You have brought beauty to the land!"

# FELLOWSHIP ROUND-UP

**20<sup>th</sup> 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)

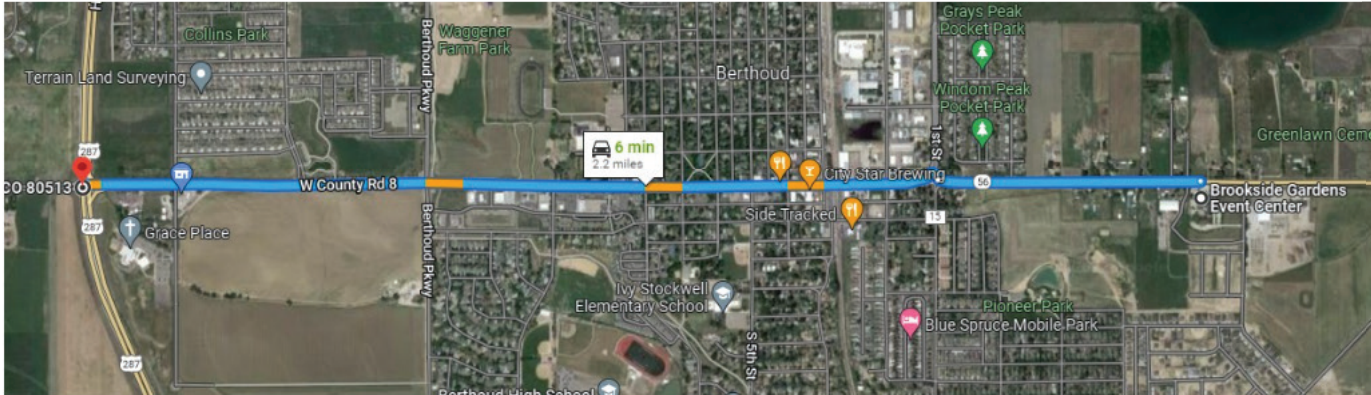


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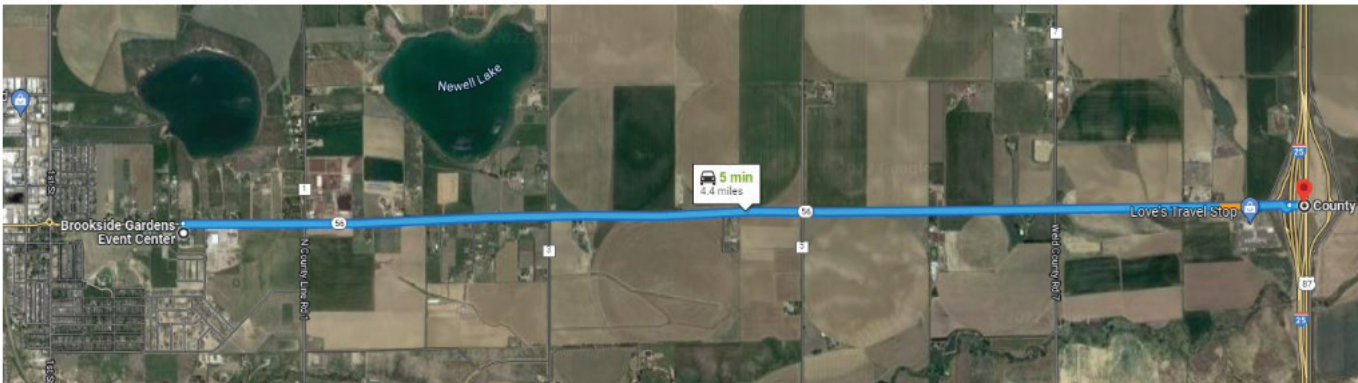
### **Brookside Gardens Event Center**

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





# 34<sup>th</sup> International Men's Conference 2023

## Washington DC

**“Keeping the Legacy ALIVE 2023 and BEYOND”**

[www.IAAMC-DC23.org](http://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.paskey.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](http://www.IAAMC-DC23.org)

**for more information contact:**

Chair	Lee M.	(202) 441-0111	<a href="mailto:Chair.IAAMCDC23@gmail.com">Chair.IAAMCDC23@gmail.com</a>
Co-chair	Willie S.	(301) 257-3320	<a href="mailto:Co-chair.IAAMCDC23@gmail.com">Co-chair.IAAMCDC23@gmail.com</a>
Treasurer	Stan C.	(301) 598-5953	<a href="mailto:Treasurer.IAAMCDC23@gmail.com">Treasurer.IAAMCDC23@gmail.com</a>

### Conference Registration Options

<b>Reserve Banquet AS SOON AS POSSIBLE Due to Limited Seating</b>	<b>Price</b>	<b>Quantity</b>	<b>Amount</b>
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 <sup>th</sup> IAAMC 2023			_____
	<b>Total</b>		_____

**please visit our website for details and updates @ [www.IAAMC-DC23.org](http://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](http://www.IAAMC-DC23.org)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Home Group: \_\_\_\_\_

**Meal Preference:** \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

**Badges Required for ALL Sessions**



15<sup>th</sup> ANNUAL

# SPRING FLING CONVENTION

## “Rocketed Into a Fourth Dimension”

### April 21 - 23, 2023



Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m.

James L. – Tallahassee, FL

Friday 10:00 p.m. Young Person

Tina H. – Waukesha, WI

Saturday 8:30 a.m. Al-Anon Meeting

Saturday 10:00 a.m. Speaker Panel

Saturday 12:00 p.m. Al-Anon Lunch

Saturday 1:00 p.m. Al-Anon Speaker

Larcine G. – Hawthorne, CA

Saturday 3:00 p.m. Speaker

Workshop – James L. “Flames before the Spark”

Saturday 4:30 p.m. Al-Anon Meeting

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Don L. – Bellingham, WA

Saturday 9:30 p.m. Games w/prizes

Saturday 10:15 p.m. DJ & Dancing

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

Belinda F. – New Orleans LA

#### ACTIVITIES

##### FRIDAY

BBQ & Washer Games  
Young People’s Meeting  
Ice Cream Social  
Games w/prizes

##### SATURDAY

Banquet  
Table Trivia  
Speaker Panel  
Speaker Workshop  
Games w/prizes  
DJ & Dancing

Merchandising &  
Marathon Meetings &  
Activities Room Open  
All weekend long

### Hilton St. Louis Airport

Special Room Rate \$95

Mention Spring Fling code: **SPR**

Reserve before 3/22/23 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

[www.springflingstl.com](http://www.springflingstl.com)

Spring Fling Chair – Emily S. 314-760-7151

Registration Chair – Zoya R. 636-259-0720

[springflingconvention@yahoo.com](mailto:springflingconvention@yahoo.com)

## FREE PARKING

**PLEASE REGISTER EARLY!!!**

To register, get information or sign up for Service: [www.springflingstl.com](http://www.springflingstl.com)

#### CONVENTION REGISTRATION FORM

- Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126
- Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.
- Make checks/money orders payable to Spring Fling Convention
- To sit together, please submit together – 10 people per table

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ AA  Al-Anon

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Pre-Registration or PayPal	\$20	_____
Door Registration	\$25	_____
Friday Night BBQ	\$15	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$40	_____
Sunday Breakfast Buffet	\$15	_____
Hospitality / Scholarship Donation		_____
Total Amount to be Paid		_____

Please list any special needs here: \_\_\_\_\_

Flyer revised 9-16-22

Cut-off for mail-in registration is April 8, 2023