

NORTHERN NOTES

Northern Colorado Intergroup/
Central Office of Alcoholics Anonymous

March 2023

*A letter from a
Central Office Watch
Volunteer and District
21 Archives Committee
Member ~*



My name is Kent and I am an alcoholic.

I was just getting my 4-month chip when I realized I truly wanted a service position in AA and to work with fellow alcoholics. I didn't know what might all be out there, but 'Last House on the Block' always mentioned (and mentions) that the office always has service opportunities. At my homegroup, there was a very fine lady who always left a bit early. When I asked why, she told me she was going to her shift at the office. I asked a bit about what that was.


A while later, she offered to let the office know I was interested in getting on the list for a daywatch shift.

And then I caught COVID.

I didn't know right away. I know I was coughing a lot and had to cut my sponsor meeting short that week. I met Julie while leaving that meeting, who had brought a sign-up sheet just for me. I found out I had COVID the next day and had to have it announced to my homegroup, my sponsor, and Julie that they had all been exposed. Thankfully, no one else caught it at that time.

I have worked my day watch shift ever since and am nearly at my 2 year sobriety mark. I hope to explore other service opportunities within AA later in May. All in all, I am happy I am sober. I am happy to be of service. I am happy.

-Kent B.



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 on March 18th for the link.*

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

We encourage you to contribute in advance at 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*

3 STEP - Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
TRADITION - The only requirement for A.A. membership is a desire to stop drinking.
CONCEPT - To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”
PRINCIPLES: **FAITH / WILLINGNESS** △ **RECOVERY** △ **TRUST**

A.A. Quote for March:

When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, . . . our friends gasp and exclaim, "This simply can't be. . . ."

— TWELVE STEPS AND TWELVE TRADITIONS, p. 132

Are there any changes to your meeting or do you have a suggestion for Central Office?
 Send it to officemanager@nocoaa.org

What do you want to see under Resources on the Intergroup website?
 Send it to us at officemanager@nocoaa.org

Want 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 what to do.

CALENDAR

Sunday, March 5 at 5 PM

District 21 Meeting:

301 E Drake, basement

Tuesday, March 7 at 7 PM

District 23 Meeting:

35 Carlson Blvd, Johnstown

Saturday, March 18 at 7:30 PM

We Aren't A Glum Lot Comedy Show

Rialto Theater, 228 E 4th St, Loveland

Monday, March 20, 5:15 PM

NCIG Steering Committee Meeting

Monday, March 20, 6 PM

Intergroup Meeting:

Meeting ID: 826 2737 9047

March 24-26, 2023

Spring 2023 Assembly:

Hosted by District 23

Island Grove Regional Park, Greeley, CO

July 21-23, 2023

Summer 2023 Assembly

Hosted by District 30

DoubleTree Denver Tech Greenwood Village, CO

How to send an Intergroup / Central Office 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 us at <https://www.nocoaa.org/contribute>.

March 2023

ANNIVERSARIES

Don E. - 20 years

Joe E. - 42 years

Judy B. - 53 years

Kim G. - 35 years

Kolby - 11 years (Feb)

Kris C. - 6 years

KT - 42 years

CONGRATULATIONS!

CENTRAL OFFICE

STATEMENT OF PURPOSE

The purpose of NCIG / 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, by answering inquiries about A.A., and by cooperating with area public information committees. Central Office also maintains information about local meetings and events for alcoholics. We provide 24-hour phone service, a centralized website and office, newcomer packets, workshops, a newsletter. Also, we order, sell & distribute A.A. literature and more.

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

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.

New @ Central Office

- NEW HARDBACK Big Books & 12+12s
- Daily Readers
- Stickers
- Grateful Heart Chips
- Bookmarks

Live and Let Live

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

Central Office

OPEN Mondays - Fridays 9 AM - 5 PM

155 N College Ave #120

Fort Collins, Colorado 80524

970-224-3552 • 24/7/365

Central Office serves the groups and the next alcoholic.

We have a **Lending Library** with conference-approved literature and books of all types along with 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):

DCMs - Marcus and Steve

ARCHIVES - Meets 3rd Wednesday of the month 4:45pm at 213 Jefferson St (Millenium Tattoo), Fort Collins. They also host the Longtimers' Tales speaker meeting on the first Wednesday of the month at 7 PM, 1 Aspen Dr in Loveland (see next page).

BRIDGING 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.

CORRECTIONS - Contact Britt H.

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 Larissa at 970-691-1073 or 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.

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 their DCM Sean W. at walker.sean42@gmail.com.

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

Northern Colorado Intergroup / Central Office

NCIG AA Outreach Committee - You are welcome to join us.

12 Step Calls: 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 longtime sober AA's who have gone before us.

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: 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 3 committee options or to share ideas and suggestions, please call Central Office 970-224-3552, email officemanager@nocoaa.org or contact a committee member. Laurel T, Julie McD and/or Beth.

MEETING SPOTLIGHT

SEE www.nocoaa.org/meetings

-OR-

the meeting guide app from A.A.W.S

FORT COLLINS

GYST: Get Your Sobriety Together

Wednesdays at 12 & 9 PM

109 Cameron Dr

JOHNSTOWN

Primary Purpose Group
Mon & Thurs at 7 PM

35 Carlson Blvd

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/

Or

Email Registration Chair at 23Convention@gmail.com



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

Lodging: TBA
Questions: Gina M. (970)215-2260 – 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
(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

One of the things I most appreciate about being clean and sober in AA is how we share our solutions. We share what works and what doesn't, and we share how we use the tools we've been given. It has occurred to me that we who are in recovery are similar to car batteries. When we arrive at the rooms, many of us are like drained car batteries. We've got a little charge left in us, but not enough to start the car.

There are only two questions to ask when dealing with a car battery in that state. Will it take a charge? And, will it hold a charge? If a car battery cannot take or hold a charge, then it's time for a new battery. The big difference between us and car batteries is that our ability to take or hold a charge is proportional to our ability to be willing, honest, and open-minded.

We know fairly quickly if a car battery will take a charge, because the charger tells how many amps the battery is accepting. If it's not accepting a charge, then the battery will need to be replaced.

This is where we are luckier than car batteries, because willingness is enough to start the charging process for us no matter how drained our batteries are. With all the earnestness of a drowning man, we grab onto the life preserver we call recovery. We see others who were once just as hopeless and they have gotten well, thus helping us to become open-minded enough to find a Higher Power that works for us, and to help us start working the steps.

It all starts with willingness. Willingness is the key. Sometimes, being willing to be willing was the best I could do, and it turned out to be enough to connect the charger. Being open-minded helped the electricity flow into my drained battery.

There is no way to know if a car battery has held a charge until the day after it has been fully charged. When you first remove the charger you get a higher voltage reading than you do the next day when it is "at rest". Once the battery has shown to be reliable again it stays charged by driving the car regularly. If the car isn't driven regularly the battery will eventually run down again. We maintain the charge of our recovery through working the steps and continuing to be willing, honest, and open-minded.

In AA, the charge is "the message", whether we are working the steps or are working with another alcoholic, either helping guide them through the steps or simply carrying the message to the still suffering alcoholic.

When we are working the steps, we are charging the battery inside of us. We keep the battery charged by maintaining conscious contact with God as we understand Him, and through continued working of the steps and giving freely of what we have found without

expectation of anything in return.

Honesty is a big factor in both taking a charge and holding a charge. Without self-honesty and its application in working the steps, you can put the charger on the battery all day long and probably not make very much progress. But, when you really get honest with yourself and seek to know the true nature of your condition, the charge begins to take and hold. To know what our character defects are and how our behavior has affected others will put us on the path to becoming useful human beings again.

When we carry the message to others, we are trying to give them a jump start. Whether or not they are able to accept our help is not up to us. We connect the charger and leave the rest up to them and their Higher Power. The more willing they are to accept our help, and the help of their Higher Power, the more they accept and hold the charge. If they are willing, they are well on their way to recovery. Where there is willingness, honesty, and open-mindedness, there is hope.

And, where there is hope, you will surely find a room full of people grateful to be sharing their experience, strength and hope with each other. Gratitude for the joy of living is genuine. It is the result of being made whole again because of the miracles that happen when working the steps.

“Among them you will make lifelong friends.” p.152

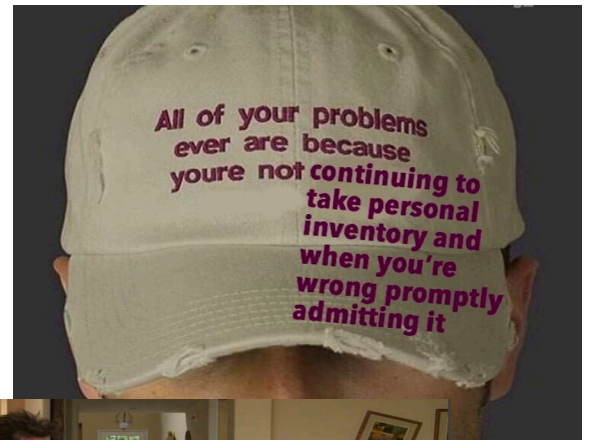
Listen to Grapevine's New Weekly **PODCAST!**

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

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

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

To listen to new or past episodes, visit:
aagrapevine.org/podcast (or wherever you get your podcasts)



IT WORKS

March 01

It works—it really does.

ALCOHOLICS ANONYMOUS, p. 88

When I got sober I initially had faith only in the program of Alcoholics Anonymous. Desperation and fear kept me sober (and maybe a caring and/or tough sponsor helped!). Faith in a Higher Power came much later. This faith came slowly at first, after I began listening to others share at meetings about their experiences—experiences that I had never faced sober, but that they were facing with strength from a Higher Power. Out of their sharing came hope that I too would—and could—"get" a Higher Power. In time, I learned that a Higher Power—a faith that works under all conditions—is possible. Today this faith, plus the honesty, openmindedness and willingness to work the Steps of the program, gives me the serenity that I seek. It works—it really does.

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@no-coaa.org

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 group's 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.

DAY WATCH STATS

	FEBRUARY 2023
A.A. Information	40
Al-Anon	3
Bridging the Gap	0
Detox/Treatment	1
12th Step	1
Other Calls*	9
Visitors	39
TOTAL CALLS	54

* 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 February 2023:

WEBSITE	GOOGLE SEARCH PROFILE ---->	WEBSITE VISITS	PHONE CALLS
2,755 USERS*	3,275 VIEWS	518	36

*Distinct single user visits to no-coaa.org

Northern Colorado Intergroup Meeting MINUTES - January 16, 2023

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. **Tradition 1** (long form): *“Our common welfare should come first; personal recovery depends upon A.A. unity.”* (Julie M.)
3. Introductions
 - a. Steering Committee and IGRs with Group Updates/Announcements
Quorum (> 7 IGRs)
 - Lindsay S-Chair
 - Mike-Assistant/Co-Chair; IGR 539 group
 - Julie McD- Treasurer
 - Karen K- Assistant Treasurer
 - Kent-Assistant IGR Breakfast with Bill and Bob
 - John- GSR Loveland Big Book Group
 - Dave- IGR Greeley Westside Group
 - Laurel- IGR StepSisters; Member-At-Large; Interim Assistant Secretary
 - Jessica- Secretary; Chair of The Greeley AA Stampede
 - Beth- Central Office Manager
 - Cindy- District 21 Rep, R.U.S. Loveland Home Group
 - Susan-welcomed by all and had some audio difficulties
 - Lindsay K- IGR It's 5:00 Somewhere (and stand in for Campus Group)
 - Kathy W. IGR Loveland Group
 - Andrew H. IGR Awakenings and intro Dan C., Assistant IGR Awakenings
 - Jamie H- IGR Women of Faith; Co-Chair 2022 Gratitude Banquet
 - Marlene- (stand in IGR) Basic Text; new Chair Bridging the Gap- There will be a 45 minute BTG training before the meeting on Sunday, Feb. 5th, 4:00pm at 301 E Drake, FC. Info available at nocoaa.org/bridge-the-gap
 - Amy- IGR Happy Destiny
 - Heidi R- New to program; happy to be with us! Listening and learning
 - Carlos- IGR Berthoud (the first and only!)

We show the January minutes in this issue of NN because the Intergroup Reps have not approved the February 2023 minutes yet, not until March's meeting on 3/20/2023.

Northern Colorado Intergroup

- Tom McD- IGR Independence Group
 - Chelsey- Member-At-Large NCIG Steering Committee
 - Jenifer C- Treasurer of 2022 Gratitude Banquet
4. Motion to accept the meeting minutes from last month- Julie McD; Lindsey K seconds, all approve; pass
5. Active reports
- a. Chairperson - Lindsey; concedes time to financial reporting
 - b. Treasurer - Julie McD- Dave motions to approve report, Marlene seconds; all approve; pass
 - c. Central Office - Beth- reads her active report, will send to Secretary. Screen share of 2023 Budget proposal. Will be attached to minutes. WRNaGL comedy show will be held on March 18. More info to come. See new bus.
 - d. District 21 - New Rep: Cindy; District 21 has put in a bid to host the Area Assembly 2023; asks if Hard Cover Big Books avail. Yes, Central Office has a few with jackets
 - e. District 23 - Jessica- reports on time change for Women's meeting to 5:00 Sunday; reports on Greeley AA Stampede- panel discussions, four speakers, meditation meetings, comedian headliner, marathon meetings, karaoke, food, fellowship, fun. Need more registrations. Nocoaa.org for link. \$30.00 for all three days. Scholarships available.
 - f. Jenifer C- Report and information regarding the final Gratitude Banquet revenue and how the process working for the 2022 GB in order to be fully transparent in accounting. A written report will be made available to NCIG's(who attended online) via email following the meeting. Jamie (Co-Chair GB) also contributed to the discussion and made suggestions (following the report accounting) about the NCIG taking a group conscience regarding each aspect and function of the committee members moving forward. This would help facilitate the expectations of the group as a whole upon the committee members. She has subsequently conceded her position as Chair or Co-Chair for the 2023 G.B.

Northern Colorado Intergroup

6. Old Business

- a. **New Committee for 12th Step Visits, Area Meeting Visits, and Homebound Meetings-** Beth, Laurel and Julie McD will meet next week and begin to form committee, name group, make flyer for announcements. There is a paper and web form available for volunteers on the website.
- b. **Q & A about being an Intergroup rep for your group:** Some discussion and questions asked. Also about volunteer positions at C.O. and trainings available.

7. New Business

- a. **2023 Budget** (Beth and Julie) Budget proposal reviewed and discussed. Due to time constraints Laurel motioned to table the approval of Budget proposal until the February NCIG meeting. Jamie seconds; all approve; pass. Proposal and financial reports will be attached to the Meeting Minutes and sent to all IGR's. New members sent email addresses to Laurel and Jessica.
- b. **Open Positions** voted on next month: two Members-at-Large, Assistant Treasurer, and Assistant Secretary. Make announcements at your group level for nominations. Vote to take place at the February NCIG meeting and positions begin in March.

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

- a. the **Greeley AA Stampede** will be held in two weeks from Feb.3-5 at the Island Grove Conference center in Greeley. See the nocoaa.org website for flyer and link to register. Tickets are \$30.00 for all days.
- b. The **We're Not a Glum Lot comedy show** will be happening on March 18th at the Rialto Theater in Loveland. Stay tuned for tickets and suggested donation info. Great event, major fundraiser for C.O. George M. and Beth coordinating event. See upcoming flyer at nocoaa.org
- c. **12 Traditions Workshops** – every 3rd Sunday at 6pm, next one is on Feb 19th at 600 S Shields in Fort Collins and Tradition 2 will be discussed, Beth S panel chair. 3 panel speakers in one hour with coffee, tea, and cookies.

Northern Colorado Intergroup

Also, if anyone is interested in Chairing a Tradition and finding speakers, reach out to Beth or Julie McD- (officemanager@nocoaa.org or call Central Office 970-224-3552).

- d. There is a **New Intergroup committee for 12th step visits, community outreach and home-bound meetings**, contact Beth, Laurel or Julie McD or go to the website if interested in participating and/or being included in this committee or one of the volunteer lists being created for these new service opportunities." We are responsible when anyone reaches for recovery, we want the hand of AA to be there." Go to nocoaa.org for info.
- e. **Intergroup has open service position opportunities and voting will be held on February 20th at 6:00 pm.** Read the positions available at your home group. Bring your nominees or volunteers interested in service and join us, we have a wonderful time keeping AA active and alive in Northern Colorado. *Assistant Treasurer, *Assistant Secretary, and two Members-At-Large needed for the 2023 Intergroup Board. Position descriptions below:

*One year or more of sobriety recommended; Do not need to be an active Intergroup Rep. *Assistants attend the meetings once a month and observe how the positions are fulfilled. The hope that assistants will step into the position at the end of the term. The Member-at-large attends the meeting once a month and help us make quorum and votes in the Steering Committee. All are welcome.

9. 7th Tradition - **Venmo @NCIGAA www.nocoaa.org/contribute**

10. Volunteer to read **Tradition 2** for us next month- Laurel

Close 7:01 PM

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

NCIG FINANCE REPORT - JANUARY 2023

January Gross Income

Income Type	Amount	Comments
7th Tradition	\$ 5,435.99	Individuals & Groups
Faithful Fiver	\$ 256.03	January 2023 Total
Central Office	\$ 2,124.18	January 2023 Sales Total
Tradition 1 Workshop	\$ 96.54	1/15/2022 event
TOTAL GROSS INCOME	\$ 7,912.74	

January Actuals (Profit & Loss)

Income	\$ 7,912.74
Expenses (COGS & Operating Expenses)	\$ 7,962.87
Net Income	\$ (50.13)

2023 Year to Date (YTD) Actuals (Profit & Loss)

Income	\$ 7,912.74
Expenses (COGS & Operating Expense)	\$ 7,962.87
NET INCOME as of January 2023	\$ (50.13)



January Expenses

Expense	Amount	Notes / Detail
Ink Works Printing Service	\$ 71.42	Meeting Lists and Newcomer Packets
A.A. World Services	\$ 1,075.53	A.A. conference-approved Literature & Pamphlets (incl special orders)
Recovery Shop, Token Shop, Sobriety Calendar	\$ 707.07	Medallions (chips), stickers, recovery items (incl special orders), 20 Calendars and 4 cards
Hazelden	\$ 45.35	Special Order and Literature
Anonymous Press	\$ 22.55	Requested Literature - Big Book Study Guide (2)
Amazon	\$ 46.61	Special Order and Literature
Literature & Recovery Goods (COGS)	\$ 1,968.53	

Literature & Recovery Goods (COGS) \$ 1,968.53

Expense	Amount	Notes
Central Office Rent	\$ 735.00	Monthly, February paid end of month
Partial Rent that was not paid in late December 2022, for January's rent	\$ 35.00	Forgot the rent went up
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 23.79	Monthly water & dispenser rental
Comcast	\$ 177.69	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Adobe Creative Suite Software	\$ 29.99	Meeting Lists, Newsletter, Filers, etc.
Website: Cloudflare and Hover.com	\$ 51.17	Monthly, backup web server, speed boost, domain renewal
MailChimp Automation & Email Platform	\$ 27.52	Monthly
Quickbooks Subscription	\$ 88.27	Monthly, bookkeeping software
Office Supplies	\$ 49.81	Folders and File Box for barcodes, Sharpies
City (Fort Collins) Sales Tax	\$ 156.08	Quarterly (Q1)
State (Colorado) Sales Tax	\$ 144.57	Quarterly (Q1)
Payroll Liabilities (Federal) Oct - Dec 2022	\$ 1,482.95	Q1, from employee gross salary: federal withholding \$867; and, FICA : social security \$499.20, medicare \$116.75.
Payroll Tax (Federal) Oct - Dec 2022	\$ 615.95	Q1, Employer FICA taxes (social security & medicare), see left image.
Special Event Expenses	\$ 226.28	Workshop space for 2022 and refreshments & 180 postcards, filers Traditions 1&2,
Office Manager Net Salary	\$ 2,096.49	Monthly - actual paid at end of month. Slight increase due to Colorado's FAMILI that started in Jan.
Total Operating Expense	\$ 5,994.34	
TOTAL JANUARY EXPENSES	\$ 7,962.87	

Bank Statements - Canvas Credit Union

Checking Account - Ending Balance 1/31/23	\$ 5,921.60
Savings Account / Prudent Reserve 1/31/23	\$ 6,513.90
Current Checking Account Balance 2/11/23	\$ 6,539.84

7th Tradition by Group ~ January 2023

Group Name (continued)	Amount	YTD Amount
Sterling AA Group		
TNT Group (New Beginnings)		
Union Colony Group	\$255.41	\$255.41
Windsor Triangle	\$220.50	\$220.50
Windsor Women Unite AA		
Women in Recovery		
Women of F.A.I.T.H.	\$388.00	\$388.00
Women's Recovery Through the Steps		
Women Seeking Sobriety		
YAGBT		
Your Life Group	\$30.00	\$30.00
TOTAL January 2023 GROUP CONTRIBUTIONS	\$5,112.20	\$5,112.20

Dec-22 \$2,097.91
Nov-22 \$1,694.33

Projected February 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 250.00	Meeting lists, newcomer packet
A.A. World Services	\$ 900.00	A.A. literature re-stock
Recovery Shop	\$ 300.00	Medallions (chips), Cards, Stickers, and special orders
Hazelden	\$ 50.00	Literature
Literature & Recovery Goods (COGS)	\$ 1,500.00	

Expense	Amount	Notes
Central Office Rent	\$ 735.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 6.45	Monthly (water), varies
Mail Chimp Software Subscription	\$ 27.00	Monthly - email marketing software
Comcast	\$ 183.51	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	\$ 40.00	Monthly (as needed)
Special Event Expense	\$ 15.00	workshop
Cloudflare	\$ 20.00	Monthly Website Boost & Backup
Office Manager Monthly Salary	\$ 2,096.49	Monthly - actual paid at end of month
Cache Accounting	\$ 144.00	Quarterly, Payroll and Taxes
Payroll Liabilities (State) Oct - Dec 2022	\$ 321.00	Q1, from employee gross salary
Total Operating Expense	\$ 3,760.49	
TOTAL PROJECTED FEBRUARY BUDGET	\$ 5,260.49	paid bn 2 / 1 - 2 / 11 in red*

*Some COGS and Office/event expenses as well

Group Name	Amount	YTD Amount
539		
7am Freedom	\$3.00	\$3.00
AA Recovery Group of Windsor	\$240.50	\$240.50
Acceptance		
Awakenings	\$191.86	\$191.86
Basic Text	\$80.72	\$80.72
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland	\$100.00	\$100.00
Booze Busters		
Breakfast with Bill and Bob	\$1,291.00	\$1,291.00
Broad Highway of Recovery (Al-Anon)	\$75.00	\$75.00
Burlington AA Group		
Campus Group		
Campus Group 2		
Daily Noon Zoom	\$478.87	\$478.87
District 21		
Early Worms		
Eaton Crow Group		
Fort Collins Group		
Friends of Bill W.	\$93.60	\$93.60
Friends of Bill W. 7 AM	\$17.98	\$17.98
Great Fact Group		
Greeley Group 2	\$20.00	\$20.00
Greeley High Noon		
Greeley Westside Group	\$40.00	\$40.00
GYST Harmony	\$226.00	\$226.00
Happy Destiny	\$118.42	\$118.42
High Noon FoCo		
Johnstown Primary Purpose		
Keep It Simple Group	\$326.00	\$326.00
Laporte 287 AA Group		
Last House on the Block	\$858.06	\$858.06
Let Them Eat Cake		
Loveland AA Group		
New Hope		
NOCO Pathfinders		
Rule 62 YPAA	\$12.08	\$12.08
RUS	\$25.20	\$25.20
Shoulder to Shoulder		
Spring Creek		
Step Sisters	\$20.00	\$20.00



SCAVENGER HUNT

Looking for a 1993 Sober Fest coffee cup. Clear glass with blue writing.

Winner gets a prize!

Contact Rhonda N. at rudalu@msn.com or call.

- 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

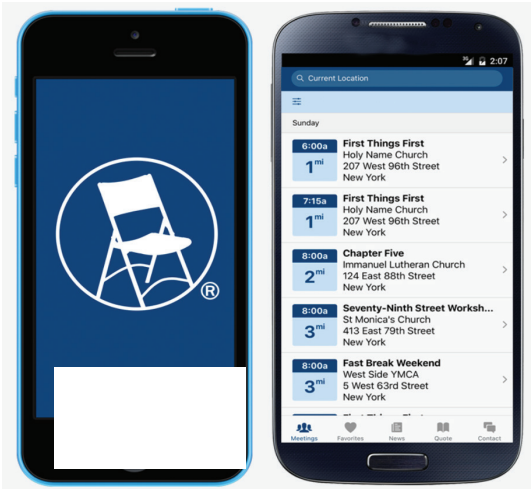
- One JAN 15
- Two FEB 19
- Three MAR 19
- Four APR 16
- Five MAY 21
- Six JUN 18
- Seven JUL 16
- Eight AUG 20
- Nine SEP 17
- Ten OCT 15
- Eleven NOV 19
- Twelve DEC 17

@NCIGAA



venmo

Looking for a meeting space? A representative of St. Lukes Episcopal Church in Fort Collins contacted Central Office to put the word out that they would like to host A.A. meetings. Contact kennethpettine@me.com



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

Tradition 3 Checklist

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Tradition Three: The only requirement for AA membership is a desire to stop drinking.

Reprinted from Grapevine, GSO/AAWS