

NORTHERN NOTES

Northern Colorado Intergroup/
Central Office of Alcoholics Anonymous

May 2023

*A letter from our new
Secretary and Outreach
Committee Chair
Laurel T. ~*



In late July of 2017, I arrived at the Denver airport as a first stop in my move from CA to Fort Collins, CO. I had been here before, of course, to visit my folks over the years and more recently, my mother after my step dad passed in 2013. I had even been to a few Fort Collins meetings during those visits, but I knew no one in particular. As the flight attendant helped me into the wheelchair and pushed me past the gates to the train, I was comforted by the fact that my mom and her best friend would be picking me up.

Even though I had never met Judy, I knew she was in recovery. She had given my mom the green light to break her anonymity earlier in the year when the solution of a move from California became imminent. When I was wheeled into the luggage area, I spotted the pair and threw my hands up and shouted, “My people!” To this day, although I am sure my mother thinks I referenced her, Judy knew I meant “my people”, my tribe, my sober community, family, support. In the months that followed as I graduated from the wheelchair to a walker, I began to attend meetings here in Fort Collins.

Despite my twenty two years of sobriety, I felt like a newcomer daily and was also mourning the loss of all the things. My home, my children (the youngest who stayed in CA to finish HS, the middle who went to school at UNC, the oldest in South Africa, the dogs I had rehomed, the teaching job I had needed to give up after the spinal surgeries. I was in physical pain daily and waiting for hip joint replacements. I especially missed my homegroup and support system. I was, however, so comforted and impressed by this welcoming community and how focused the meetings were on solution and serving the newcomer.

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You were especially kind to me when the “feeling of uselessness and self pity” started to creep back in. I cried...a lot. I lamented the fact that I wasn’t being “of service” and more than one member shared that being present in the meetings was a way of serving the group. I felt better every time I was in a meeting, so I went to a meeting every day. Many of you were kind enough to pick me up and transport me.

It wasn’t long before I had a homegroup of my own. I started out as the Grapevine Rep for that meeting and the following year was elected as the Intergroup Rep. Ironically, this was the position bestowed on me by my original homegroup back in the 1987 when I had less than one year of sobriety. I was in relatively early recovery and was willing to do all the things; making coffee, washing ashtrays, greeting at the door, literature rep, set up and clean up. At a business meeting when no one volunteered to be the IGR, some guy pointed at me (the energizer bunny on steroids) and said, “Hey, pick her. She’ll do it.” There was some debate about the length of my sobriety but the group conscience won out.

Two months later I was on the plane to Sacramento as the IGR for my group at the P.R.A.A.S.A. (Pacific Regional A.A. Service Assembly) and I had no idea what I was doing. This service and that feeling accompanied me to many such assemblies, I took notes at every workshop and spent three days every year learning about the service structure, the concepts and traditions and legacies. I wrote reports for two years and in 1989 became the secretary of that homegroup and AAIG in North Orange County.

Between 1990-1992 I had a series of consecutive accidents that put me in hospital and eventually out of work. I went to lots of meetings but failed to enlarge my spiritual condition or work the steps. During the medical leave I also met “him” in the rooms. Within a year we were both dry with only an occasional meeting. The pain medication prescribed then was not regulated as it is now, either. Cunning, baffling, powerful and progressive, the disease took hold and in 1994 I (we) drank again. In a short period of time I was beaten into what longtimers often call, the “gift of desperation and no other plan”.

Fortunately, my HP had a plan and I was graced with another recovery. I went all in. My sobriety date is January 22, 1995. It is truly a miracle that I am alive. I am a grateful member of this program and honored to serve the NCIG as the Secretary to the 2023 Steering Committee and Intergroup. I have a homegroup, a sponsor and I sponsor women through the Steps of recovery as outlined in the Big Book of AA. I love my life today. This year we started an Outreach program and I am able again to pass on what was so freely given to me. I want to give special thanks to the members of the NCIG who have served with me since 2019. A huge shout out to the Central Office manager as well. Working together we were able to navigate a pandemic of monumental proportions. The doors remain open, the phones charged, the platforms available, the meetings listed, the volunteers coordinated and together we are able to continue to make recovery possible for the next suffering alcoholic. I hope many more will join us at our monthly IG meetings. Who knows, someone may simply point at you as say, “Pick that one.” Then you can buckle up and join us for the service ride of a lifetime! Until then, see you in the rooms.

AGE OF MIRACLES



SWACYPAA 9

SOUTHWESTERN AREA CONFERENCE FOR YOUNG PEOPLE IN AA

AUGUST 17 - 20 ALBUQUERQUE, NM

Double Tree Hilton & Convention Center

Room Rate: \$135 Per Night - Room Rate Cutoff Date: July 25th

Join Us for an Experience You Must Not Miss!

Pre-Register Now for \$25 Before Price Increases!!!



Book Room Online Now!
<< Scan the QR Code
Or Call 800.584.7058 and
Use Reference Code: SWA

Pre-Register Now!
Scan the QR Code >>
Or Register Online at
www.swacypaa9.org



5

STEP - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION - Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

CONCEPT - Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

PRINCIPLES: INTEGRITY Δ PRIMARY PURPOSE Δ DEMOCRACY

A.A. Quote for May:

"For years I was sure the worst thing that could happen to a nice guy like me would be that I would turn out to be an alcoholic. Today I find it's the best thing that has ever happened to me. This proves I don't know what's good for me. And if I don't know what's good for me, then I don't know what's good or bad for you or for anyone."

— BIG BOOK OF ALCOHOLICS ANONYMOUS, p. 417

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 -

Tuesday, May 2nd, 7 PM
District 23 Meeting:
35 Carlson Blvd, Johnstown

Sunday, May 7th, 5 PM
District 21 Meeting:
301 E Drake, basement

Sunday, May 15th, 6 PM
Intergroup Meeting:
Zoom ID: 826 2737 9047

June 9-10, 2023
Area 10 Service Workshop
Grand Junction, CO (see flier on p.9)

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

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

Sept 29 - October 1, 2023
Southwest Regional Forum
Radisson Airport Hotel, El Paso, TX

November 17-19, 2023
Winter 2023 Assembly
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>.

May 2023 ANNIVERSARIES

CONGRATULATIONS!

Barbara H. ~ 39 years
Betsy C. ~ 38 years
David C. ~ 25 years
Ellen F. ~ 12 years
Henry K. ~ 49 years
Leslie W. ~ 16 years (March)
Lucy S. ~ 8 years
Nathon C. ~ 23 years

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.

New @ Central Office

- Book covers
- Black and Gold Anniversary Chips

AAWS FYI - temporarily not in stock: Large Print Big Books (complete version), Pocket (small 164) Big Books, Softcover 12 & 12s, Gift hardcover pocket 12 & 12s, the small softcover *As Bill Sees It*, *A.A. Comes of Age*, *'Pass It On'*, *A.A. in Prison*, Braille Big Book, the small version of *Living Sober*, and numerous pamphlets.

We have most of these still in stock, so far.

There are also price increases now from AAWS.

Things We Cannot Change

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

This April we acknowledge the following members for their incredible 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...

Bernie Weixelman
of Fort Collins

For Memorial information contact Jil at (772) 631-3414

David Amend
of Fort Collins

The Celebration of Life will be on Saturday, June 3, 2023 at City Park. More details soon...

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, town where they lived, and the month of the year they passed, which can be shared here.

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, CO 80524

970-224-3552 • 24/7/365

Central Office serves the meeting 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, the meeting in print, to take home.

Does your group need an Intergroup Representative?

We service over 75 groups in Northern Colorado. Talk to your homegroup in your town. 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.

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 Jerry at jerrythedad1@gmail.com.

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 the dispatcher Larissa at 970-691-1073 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 Larissa can provide more information.

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.

Northern Colorado Intergroup Committees

Fundraising & Events - Join the committee to plan community events. Currently, we need 2 co-chairs to help organize with other volunteers for the 2023 Gratitude Banquet. **CONTACT:** Call Central Office 970-224-3552, email officemanager@nocoaa.org, contact a committee member, or come to an Intergroup meeting.

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.

CONTACT: To volunteer a small amount of time to do service on any or all of these 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

High Noon
Mon, Wed, Thursday
201 E Drake at 12 PM

GREELEY

High Noon
Mon - Sat at 12 PM
2608 7th Ave

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

Central Office Steering Committee Officers for 2023/2024

Chair ~ Rhonda N.

Vice Chair ~ George McC.

Treasurer ~ Karen K.

Asst Treasurer ~ Zoe A.

Secretary ~ Laurel T.

Asst Secretary ~ Amy J.

Member-At-Large ~ Tina P.

Member-At-Large ~ Marilyn N.



**GOD IS ALREADY
FIXING THE
PROBLEMS YOU'RE
WORRYING
ABOUT.**

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.

**PART OF THE DISEASE
IS RELENTLESS
OBSESSION AND
WANTING DESPERATELY
TO BE IN CHARGE SO
YOU END UP THIRSTY--
NOTHING IS MORE
IMPORTANT THAN YOUR
SOBRIETY AND OTHERS.**

AREA 10 SERVICE WORKSHOP 2023

in Western Slope A.A.

June 9th and June 10th

Welcome to all AA members!

Friday June 9th Alano Club Grand Junction 4-6pm

404 Glenwood Ave, Grand Junction, CO 81501

Food and Drinks!!!

Saturday June 10th Christian Church Alamosa 1-4pm

Corner of State Ave and 1st St. Alamosa, CO Potluck starts at 1pm. Meeting at 2pm

Area representatives will be sharing their experience, strength and hope regarding their service in multiple levels of the AA service structure including;

Patrick M. Area 10 Chair

AA Service Structure

Jan B

Corporation with the Professional Community

Jennifer S

Hi Country News

Kate H

Public Information

Brad S

Treatment/Accessibilities

Bruce B

Corrections

These workshops will focus on the rewards of general service and the expansion of individual recovery through service. Speakers will also discuss the various avenues of their respective journeys into general service.



LIGHTING THE DARK PAST

May 02

Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert death and misery for them.

ALCOHOLICS ANONYMOUS, p. 124

No longer is my past an autobiography; it is a reference book to be taken down, opened and shared. Today as I report for duty, the most wonderful picture comes through. For, though this day be dark – as some days must be – the stars will shine even brighter later. My witness that they do shine will be called for in the very near future. All my past will this day be a part of me, because it is the key, not the lock.

DAILY Reflections

What is Intergroup???

Intergroup has been formed so that each group may elect a representative from their group to participate in 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 their group informed about what Central Office is doing, as well as the other groups. Make sure your group has a vote and a voice! Intergroup helps the next alcoholic and the Central Office.

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.

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 (meeting) group:

- 1st Saturday of the month, 8 AM - 8 PM
- 3rd Saturday of the month, 8 AM - 8 PM (phone forwarded to you - anonymously)
- Tuesdays 11 AM - 1 PM (Office)
- Tuesdays 1 - 3 PM (Office)

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

CENTRAL OFFICE DAY WATCH STATS

	APRIL 2023
A.A. Information	36
Al-Anon	2
Bridging the Gap	0
Detox/Treatment	0
12th Step	1
Other Calls*	12
Visitors	63
Voicemails*	2
TOTAL CALLS	53

* Usually local members requesting anything from a meeting change to a special order, but also includes hang-ups. Voicemails are from night.watch missed calls.

STAY TUNED FOR NIGHT WATCH STATS in JUNE 2023

WEBSITE & GOOGLE SEARCH STATS for APRIL 2023:

FROM WEBSITE WORD PRESS SOFTWARE	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
2,322 USERS*	2,836 VIEWS	418	24

* Distinct single user visits to nocoaa.org

We show the March minutes in this issue of NN because the Intergroup Reps have not approved the April 2023 minutes yet, not until May's meeting on 5/15/2023.

NCIG Monthly Meeting-MINUTES **March 20, 2023 - NCIG Virtual Platform**

Call to order: 6:03 PM

1. Serenity prayer + welcome
2. Lindsey detained at work; Laurel opens meeting; call to order
3. **Tradition 3** long form - Lindsay K absent; Marilyn G. reads Tradition 3
"The only requirement for membership is a desire to stop drinking."
4. **Meeting Etiquette and Protocol** -Chair is detained; Laurel reads the Meeting Etiquette and Safety protocol, explains how to "raise hand" and all IGR's received a copy of the Safety card along with the agenda. The Meeting Safety is placed in the "Chat" feature and explained.
5. **Introductions**
 - a. Steering Committee and IGRs with Group Updates/Announcement
Quorum (> 7 IGRs)
17 IGR's in attendance; 2 GSR's; 2 District Reps; 7 AA members
 - b. Lindsey still not arrived to chair, Laurel call Group conscience to proceed.
6. **Approval of February Meeting Minutes**- It is noted that Lori M, IGR Basic Text has not received minutes. Jessica to correct contact info and send. Secretary and Interim Asst. Secretary email addresses shown in the "chat" feature and short discussion on the elimination of sharing IGR information in the chat. If members are receiving email from anyone other than the Secretary or Asst Secretary of the NCIG, they are not reflective of the Steering Committee or NCIG as a whole. (Breaking member anonymity and the Traditions 2, 4, 12, and Concepts of Service in this way have been discouraged and have been addressed by the Steering Committee as reflected in the Special meeting (3/8/23) Minutes. Apologies to Lori; all members are encouraged to add the secretary and asst. secretary email addresses to their contacts. The information for our emails has been placed in the chat. Chat is limited to the Host and Co-Host and sharing of emails is not required. Julie McD motions to approve the February minutes as read; Dave seconds; no abstentions; motion carries

7. Active reports

- a. **Chairperson** - Lindsey; absent-no report (Laurel to read the Statement from Lindsey recusing herself from her Chair position, effective as of this meeting). Laurel volunteers to chair, with IGR approval. No rebuttal. Moving on to reports:
- b. **Treasurer** - Karen K- Reads the Finance Report for February; Beth “shares screen” so all can see. Before call to motion for approval, Karen shares that there was an error found in the S.C. mtg and that the corrections will be made accordingly. She calls to attention a line item regarding a payroll processing fee in the amount of \$1.75. Some discussion regarding the amount. Clarification finished and no further questions: A call to motion. Molly motions that we accept the Treasurer’s Report *as amended*; Marilyn seconds; no abstentions; motion carries
- c. **District 21** - Cindy B gives the report (see attached) Item of note: The Spring Assembly will be held in Greeley this upcoming weekend at the Island Grove Regional Park March 24-26. Laurel comments wonderful report and requests copy of the report be sent to the Secretary monthly to be included with the Agenda for the monthly meeting.
- d. **District 23** - Jessica J- No new items; no report
- e. **NCIG A.A. Outreach Committee**- Laurel T- NCIG AA Outreach is starting to grow; the committee has taken 4 “Kitchen Table AA” meetings into members homes in small groups. The “AA Roadtrip” will begin this Spring when members gather in a central location and carpool to outlying areas to attend meetings and lend support and information about the Central Office and IG and how it serves the whole of the Northern Colorado Area, including Cheyenne. To volunteer contact nocoaa.org.

8. Old Business

- a. **2023 NCIG Budget Proposal Approval**- Beth the C.O.M. reviews the Proposal and shares on screen. A call to raise hands electronically and reminder that we asked the IGRs to prepare their questions in advance. Members are called on. Clarifications are made with regard to prudent

reserve, payroll expenses, taxes, and Special events (i.e. Gratitude Banquet projections) and the WNAGL comedy show. Those incomes are discussed and questions answered by Beth. Jessica motions to accept the 2023 NCIG Budget Proposal as read; Zoe seconds; no abstentions; motion carries. The 2023 Budget Proposal is approved and will reflect in the report when shared in the Northern Notes Newsletter.

b. Steering Committee: Elections and Nominating Committee-

Before we begin the process, will the outgoing members please share: Lindsey-outgoing Chair (statement read by Laurel); Julie McD-outgoing Treasurer; Jessica J-outgoing Secretary; Chelsey-outgoing Member at Large. Incoming: Karen K, outgoing Asst Treasurer. Laurel T, outgoing Interim Assistant Secretary.

As our previous volunteers for the Nominating Committee have had to decline the commitment; a call from the floor of the IGRs and other members is requested. It is explained that committee members must have no desire to serve on the board at this time. One year of continuous sobriety recommended and previous service work, particularly to the IG preferred. The call for volunteers results in two members with much service and committee work to NC AA, one member who is willing and able and one nomination, which is accepted. Nancy K will chair if committee so dictates, Molly, Lori M and William will also serve. Contact information to be shared to these members by the Secretary only and description of service provided within 48 hours. **IGR's are encouraged to share the open positions to their groups and gather names of member volunteers and/or nominations.** The election will be held in April with nominees being pre-screened by the nominating committee prior to acceptance to the ballot. Two years of continuous sobriety, Current IGRs, Service to the NCIG, GS or Area preferred. Members must be in good standing with their groups. Assistant and Co positions will be expected to assume the position into which they are elected during subsequent term. Open positions are as follows: **Chair; Vice**

Chair; Assistant Treasurer; Assistant Secretary; two Member-At-Large committee members.

9. New Business

- a.** Agenda Items Protocol-Due to time constraints this item will be addressed by the 2023 elected Steering Committee and reported to the NCIG at a monthly meeting.
- b.** NCIG ByLaws/Operating Guide/Procedure Guidelines- Due to time constraints and circumstances stated in the Steering Committee Minutes from March 8th, it is agreed by the Steering Committee that a thorough review of the ByLaws and subsequent rewritten articles and amendments will need to be conducted. Any such review and/or amendments to be done by the 2023 sitting Steering Committee in conjunction with a special committee to be selected from the 2023 NCIG membership. Discussion to follow the Election process in April.

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

Volunteer to read **Tradition 4** for us next month: A member volunteered. The secretary apologizes for not entering member's name into the minutes. Please contact LaurelT4nocoaa@gmail.com.

Adjourn: 7:09 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 and Annual Elections: April 17, 2023

www.nocoaa.org

NCIG / CENTRAL OFFICE FINANCE REPORT - MARCH 2023

Income

Income Source	Amount	Comments	QB # Category
7th Tradition Contributions	\$ 2,537.80	Individuals & Groups	5000
Faithful Fiver Contributions	\$ 288.44	Individuals	5020
Central Office	\$ 2,240.89	March 2023 Sales Total	
<i>Literature Sales</i>	\$ 1,133.44		5200
<i>Chip Sales</i>	\$ 727.95		5205
<i>Recovery Item Sales</i>	\$ 192.25		5210
<i>NCIG Sales</i>	\$ 173.25	Includes Newcomer Packets and Meeting Lists	7100
<i>Shipping</i>	\$ 14.00	New Hope Group Orders	5300
Savings Interest Earned	\$ 1.62	Quarterly	1009
Tradition 3 Workshop	\$ 16.00	3/19/202 event	5400
We Aren't A Glum Lot	\$ 6,470.76	Online, office, and at 3/18 event in-person (Venmo, PayPal, Credit Card, and Cash), see page 5	5400
TOTAL INCOME	\$ 11,555.51		

Cost of Goods Sold (COGS)

Expense	Amount	Notes	QB # Category
Cost of Literature	\$ 1,099.67	A.A.W.S. conference-approved Literature & Pamphlets. Literature from Hazelden, Grapevine, and Amazon (incl special orders)	6000
<i>A.A. World Services</i>	\$ 797.16		
<i>Hazelden</i>	\$ 82.52		
<i>Grapevine</i>	\$ 210.45		
<i>Amazon</i>	\$ 9.54		
Cost of Chips and Recovery Junk	\$ 568.28	From Recovery Shop, 90% chips	6025
Shipping	\$ 14.55	Order sent to New Hope Group in Frederick	6200
Total Cost of Goods Sold (COGS)	\$ 1,682.50		
TOTAL GROSS INCOME	\$ 9,873.01		

Operating Expenses

Expense	Amount	Notes	QB # Category
Comcast	\$ 183.51	Monthly, Cable Internet + Phone	7124
State Farm Insurance	\$ 37.66	Monthly	7150
El Dorado Artesian Springs	\$ 23.93	Monthly water & dispenser rental	7213
Zoom Software Subscription	\$ 17.20	Monthly, note price increase	7234
Quickbooks Software Subscription	\$ 176.54	Monthly, paid twice (no charge in Feb)	7235
Office Supplies	\$ 84.76	Occasional - Amazon: 4 small storage boxes for 2022 checks and receipts and archives; barcode labels, pack of large notepads for day watch notes	7300
Payroll Processing Fee	\$ 1.75	Monthly - A Quickbooks Fee passed on from Cache Accounting	7370

Office Manager Net Payroll	\$ 2,096.49	Monthly - actual paid at end of month with above processing fee. Slight increase due to different tax percentages for 2023 and Colorado's FAML I that started in January 2023 at \$12.08/month.	7600
Cache Accounting	\$ 24.00	Monthly (differs), payroll	7472
Central Office Rent	\$ 735.00	Monthly, February paid end of month	7500
Website: Cloudflare	\$ 20.00	Monthly, backup web server, speed boost	7754
MailChimp Automation & Email Platform	\$ 27.52	Monthly - our mailing list and subscription mechanism	7751
Special Event Expenses	\$ 1,200.00	Occasional, based on events	8000
3 Comedians for WAAGL	\$ 1,200.00		
TOTAL EXPENSES	\$ 4,628.36		
NET MARCH INCOME	\$ 5,244.65		

March Actuals (Profit & Loss)

Income	\$ 11,555.51
Expenses (COGS & Operating Expenses)	\$ 6,310.86
Net March Income	\$ 5,244.65

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

Income	\$ 24,566.07
Expenses (COGS & Operating Expense)	\$ 20,039.66
NET YTD INCOME as of March 2023	\$ 4,526.41

Bank Statements - Canvas Credit Union

Checking Account - Ending Balance 3/31/23	\$ 8,361.62
Savings Account/Prudent Reserve 3/31/23	\$ 8,515.52
Current Checking Account Balance 4/14/23	\$ 9,095.50

Payroll Breakdown

NOTES

March Gross Payroll Salary	\$ 2,683.89	
Payroll Taxes (Employer FICA)	\$ 205.32	paid to the IRS in May 2023
Payroll Liabilities (Employee Portion)		
Employee FICA	\$ (205.32)	paid to the IRS in May 2023
Federal Withholding	\$ (268.00)	paid to the IRS in May 2023
State Withholding	\$ (102.00)	paid to the IRS in May 2023
FAML I - Colorado	\$ (12.08)	paid to the Colorado Dept of Revenue in May 2023
Total Employee Payroll Liabilities	\$ (587.40)	
March Net Payroll Salary	\$ 2,096.49	Office Manager's net March pay
Payroll Processing Fee (Quickbooks)	\$ 1.75	Charged to NCIG & taken out before above is deposited
	\$ 2,098.24	Total taken out of NCIG's bank account
Hours	121.33	28 hours/week

7th Tradition Contributions by Group

Group Name	March Amount	YTD Amount
539		\$551.64
7am Freedom		\$3.00
AA Recovery Group of Windsor		\$240.50
Acceptance		\$196.58
Awakenings	\$213.45	\$598.41
Basic Text		\$80.72
Berthoud Group		\$50.00
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland		\$200.00
Breakfast with Bill and Bob		\$1,291.00
Broad Highway of Recovery (Al-Anon)		\$75.00
Burlington AA Group		
Campus Group		
Campus Group 2		\$60.90
Daily Noon Zoom	\$284.62	\$889.42
Early Worms		
Eaton Crow Group		
Fort Collins Group		
Friends of Bill W.		\$93.60
Friends of Bill W. 7 AM	\$50.00	\$82.98
Great Fact Group		
Greeley Group 2	\$20.00	\$60.00
Greeley High Noon		
Greeley Westside Group		\$40.00
GYST Harmony		\$226.00
Happy Destiny	\$180.88	\$299.30
High Noon FoCo		
Johnstown Primary Purpose		
Keep It Simple Group	\$630.00	\$956.00
Kitchen Table A.A.	\$38.00	\$38.00
Laporte 287 AA Group	\$60.00	\$172.00
Last House on the Block		\$858.06
Let Them Eat Cake		
Loveland AA Group	\$109.66	\$240.89
New Hope		
NOCO Pathfinders		\$150.00
Rule 62 YPAA	\$17.40	\$47.48
RUS		\$25.20
Shoulder to Shoulder	\$364.80	\$364.80
Spring Creek	\$75.00	\$75.00
Step Sisters	\$20.00	\$60.00
Sterling AA Group		
TNT Group (New Beginnings)		
Union Colony Group	\$136.82	\$477.19
Windsor Triangle		\$220.50
Windsor Women Unite AA		\$410.33
Women in Recovery		\$200.00
Women of F.A.I.T.H.		\$388.00
Women's Recovery Through the Steps	\$120.00	\$120.00
Women Steppin Up	\$15.00	\$45.00
Women Seeking Sobriety		
YAGBT	\$25.00	\$25.00
Your Life Group		\$30.00
TOTAL March 2023 GROUP CONTRIBUTIONS	\$2,360.63	\$9,942.50

23-Feb \$2,650.55

Jan-23 \$5,112.20

Projected April 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 150.00	Meeting lists, newcomer packet
A.A. World Services	\$ 850.00	A.A. literature re-stock
Recovery Shop	\$ 300.00	Medallions (chips), Cards, Stickers, and special orders
Hazelden	\$ 65.00	Literature
Literature & Recovery Goods (COGS)	\$ 1,365.00	
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	\$ 27.52	Monthly - email marketing software
Comcast	\$ 183.51	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 176.54	Monthly, bookkeeping for Feb & March (no Feb payment so it is doubled in March)
Office Supplies	\$ 100.00	Monthly (as needed)
City & State Sales Tax	\$ 300.00	Quarterly
Cloudflare	\$ 20.00	Monthly Website Boost & Backup
Quickbooks Payroll Processing Fee	\$ 1.75	Payroll Processing Fee
Office Manager Monthly Salary	\$ 2,096.49	Monthly - actual paid at end of month
Cache Accounting	\$ 270.00	March Payroll and phone calls (Beth and Karen, etc). Partially contesting due to mistake on the hours.
Total Operating Expense	\$ 3,971.04	
TOTAL PROJECTED APRIL BUDGET	\$ 5,336.04	paid bn 4/1 - 4/14 in red*

*Some COGS expenses as well

Payroll Detail - For Reference

The January 2023 finance report included the 4th Quarter federal payroll and liability taxes for Oct, Nov, Dec 2022.

The **state withholding** that comes out of the gross pay was paid February 1st, which was **\$321**. Every employer is obligated to remit all payroll liabilities, what comes out of an employee's gross pay, to the IRS every quarter.

The Office Manager gross salary is \$32,206.68. The monthly gross is **\$2,683.89**.

Q4 - \$2,683.89 x 3 = **\$8,051.67**

The **employee FICA** is 7.65% of the above amount = **\$615.95** for Q4 (which is a payroll liability for NCIG for which they are "obligated to remit" as part of the gross salary). In addition, the employee federal withholding is **\$867**. The federal (FICA & withholding) total is **\$1,482.95**.

The state withholding is 3.99% of \$8,051.67, which is **\$321**. Colorado rounds up or down.

NCIG's (**the employer's**) **FICA** is also 7.65% of the above amount, \$8,051.67, which is the same: **\$615.95** for Q4. This is the "Payroll Taxes."

WE AREN'T A GLUM LOT Comedy Night	
INCOME (Donations)	
Online and Credit*	\$ 2,080.04
Office (cash and check)	\$ 80.00
Cash and Check (day of)	\$ 2,754.00
Venmo and PayPal*	\$ 1,845.30
Total Income	\$ 6,759.34
EXPENSES	
Comedians	\$ 1,200.00
Rialto Theater	\$ 492.00
Fliers	\$ 9.45
Total Expenses	\$ 1,701.45
NET INCOME	\$ 5,057.89

* After fees (from Square and PayPal)

How I feel about working step 4



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)





SCAVENGER HUNT

Still 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

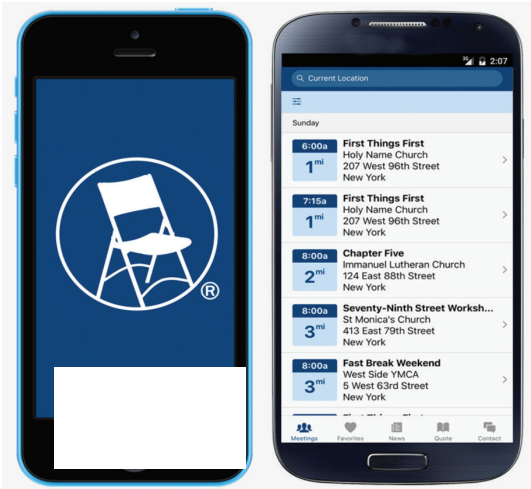
- One JAN 15
- Two FEB 19
- Three MAR 19
- Four APR 16
- Five MAY 21
- Six JUN 18
- Seven JUL 16
- Eight AUG 20
- Nine SEP 17
- Ten OCT 15
- Eleven NOV 19
- Twelve DEC 17

@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. Email officemanager@nocoaa.org



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

Tradition 5 Checklist

1. Am I willing to firmly explain to newcomers the limitations of AA help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
2. Have I ever imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
3. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
4. Do I help my group in every way to fulfill our primary purpose?
5. Do I remember that AA long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
6. Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?

Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

SAVE THE DATE!

**2023 SOUTHWEST REGIONAL
FORUM**

SEPTEMBER 29-OCTOBER 1, 2023

**RADISSON AIRPORT HOTEL
EL PASO, TEXAS**

For information on Regional Forums,
visit www.aa.org



EMOTIONAL MATURITY

The mature person has developed attitudes in relation to himself and his environment which have lifted him above "childishness" in thought and behavior.

Some of the characteristics of the person who has achieved true adulthood are suggested here:

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. He accepts the responsibility of his own acts without trying to "alibi."
7. He has outgrown the "all or nothing" stage.
8. 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.

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10. He is a good loser. He can endure defeat and disappointment without whining or complaining
11. He does not worry unduly about things he cannot help.
12. He is not given to boasting or "showing off" in socially unacceptable ways.
13. He is honestly glad when others enjoy success or good fortune. He has outgrown envy and jealousy.
14. He is open-minded enough to listen thoughtfully to the opinions of others.
15. He is not a chronic "fault finder."
16. He plans things in advance rather than trusting to the inspiration of the moment.

Last of all, we think in terms of spiritual maturity.

1. He has faith in a Power greater than himself.
2. He feels himself an organic part of mankind as a whole, contributing his part to each group of which he is a member.
3. He obeys the spiritual essence of the Golden Rule: "Thou shalt love thy neighbor as thyself."

