

# NORTHERN NOTES

Northern Colorado Intergroup/  
Central Office of Alcoholics Anonymous

October 2023

*A letter from our  
new Assistant  
Treasurer  
Zoe A.~*



Hi everyone! My name is Zoe A., and I am your Intergroup assistant treasurer!

My very first service position was manning the phones for Night Watch at Central Office back when I first got sober in 2015. Since then, I have have worn many different service hats: everything from being in charge of coffee at my home group to serving as the Intergroup Treasurer.

No matter how "small" the service has been, I have always tried to give back to AA in some way for saving my life. And without a doubt, being of service to the program and other alcoholics continues to save my life everyday. It gets me outside of myself, and gets me focused on our primary purpose.

I am grateful for the opportunity to serve our community in the service position I am in today. Central Office's mission is so, so important and it is something I continue to believe in wholeheartedly. As a member of the Steering Committee, it is our duty to make sure the hand of AA is always there for whoever reaches out. And as your assistant treasurer: I am responsible!

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 issues of Grapevine, the "meeting in print", to check out.

## **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 help to continue to make Central Office thrive and fulfill its primary purpose for the Northern Colorado area.

## **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](mailto:bridgethegapnoco@gmail.com) or fill out the BTG form on [nocoaa.org](http://nocoaa.org) if this service is of interest to you.

**CORRECTIONS** - Contact Jerry at [jerrythedad1@gmail.com](mailto: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](mailto:nocotreatment@gmail.com).

For **District 23 (Weld County)** information, contact their DCM, Sean W. at [walker.sean42@gmail.com](mailto:walker.sean42@gmail.com).



# Northern Colorado Intergroup

## Evening of Gratitude 2023

Sunday  
November 12, 2023

5:30 pm—8:30 pm

**Speaker: Troy E**

**Club Tico**

1599 City Park Dr  
Fort Collins, CO

Bring a dessert or appetizer of your choice  
to share and join in the fellowship

Tickets: \$20

On-line 10/4/23

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

Capacity 200 – Get your ticket  
early!

To volunteer for set-up and/or clean up, contact: 970-224-3552



# 2024

## FELLOWSHIP ROUNDUP

*Hosted by Berthoud Groups*

**When:**

February 24, 2024 • (doors open at: 2:00)

**Where:**

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

**Cost:**

Come for fellowship, AA and Al-Anon guest speakers, food & fun, for only \$30.00!

Multiple raffles throughout the evening; bring cash to buy a "full arm's length!"

**Schedule:**

2:30 PM: Fellowship

3:30 PM: Al-Anon Speaker: *To Be Announced*

5:00 PM: Dinner

6:30 PM: AA Speaker: *To Be Announced*

7:45 PM: Desserts and Closing  
(doors close at: 8:45)

**Theme:**

H.O.P.E. (Happy Our Programs Exist)

**Donations Appreciated!**

**Questions?**

**Call Brandon O: 970.699.2697**

**We're looking forward to an enjoyable night of  
Fellowship, Speakers and Dinner!**

Area 10

# WINTER ASSEMBLY 2023



## DoubleTree Hotel DTC

7801 E Orchard Rd,  
Greenwood Village, CO

**NOVEMBER  
17-19, 2023**

### Parking details

- Daily parking: free
- Overnight parking: inquire with hotel

## Accommodations

DoubleTree Hotel DTC

\$119/night

Group Code: CDTWAA

Reserve by October 26 for discount

[Follow this link](#) or call 800.222.8733

### Food & Beverage Information

Please pay onsite with cash or PayPal

- Lunch Buffet | Saturday, \$23
- Ice Cream Social | Saturday night, \$16
- Coffee | \$4 per cup or \$10 for 3 cups

**Join us for the open Saturday speaker meeting at 7 pm!**

Hosted by District 13 | Service opportunities available  
Contact Laura S. at [winterassembly2023@gmail.com](mailto:winterassembly2023@gmail.com)

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

Send it to [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)

Want 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 what to do.



*"This is what I call LIVING...music...soft lights...romance..."*



The Half-Hour Variety Hour  
AA Grapevine's Podcast

## 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.**

# 10

**STEP** - Continued to take personal inventory and when we were wrong promptly admitted it.

**TRADITION** - Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**CONCEPT** - Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

**PRINCIPLES:** PERSEVERANCE Δ HUMILITY Δ CLARITY

## A.A. Quote for October:

“This was our course: We realized that the people who wronged us were perhaps spiritually sick. Although we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, 'This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done'.”

— *Alcoholics Anonymous* [Big Book], pp. 66-67



Continuing to ignore the problem out of fear or convenience

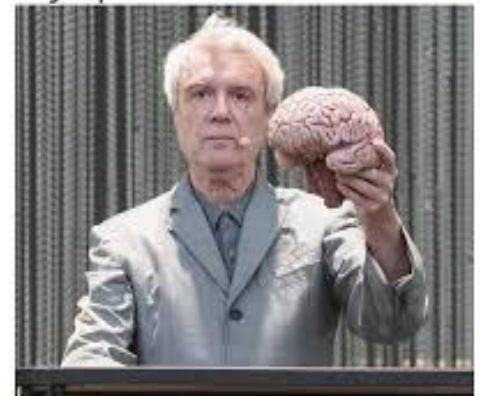


Remembering that acceptance is the first and most important step



Me: OMG what's wrong with me?

My sponsor:



### How to send an Intergroup / Central Office 7th tradition contribution:

Venmo: @NCIGAA

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

Web: <https://nocooa.org/contribute>

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.nocooa.org/contribute>.

October 2023

## ANNIVERSARIES

CONGRATULATIONS! CONGRATULATIONS!

Amy F. ~ 9 years  
Andrea ~ 2 years  
Barb M. ~ 32 years  
Duane S. ~ 29 years  
Haley M. ~ 17 years  
Jack N. ~ 33 years  
Jane F. ~ 15 years  
Karen K. ~ 13 years  
Steve U. ~ 9 years (Sept)  
Yesi ~ 2 years

Please email  
contact@nocoaa.org if  
you don't see your anniversary.

## New Year's Eve Sober Dance

**December 31, 2023** 301 E Drake in Fort Collins  
Doors open 7 PM, Speaker 7:30PM -8:30 PM,  
Dance 9 PM to Midnight

### Wanna Help? Volunteers are needed!

Hall Monitors for Church  
Decorations  
Greeters  
Coffee/Sodas/Water table  
Bring snacks/treats  
Set Up and ready Dance Floor  
Clean up-- Extra help on this activity because church  
services are on Sunday Morning.  
Snow Shovelers  
Cleanup check early Sunday morning

Contact officemanager@nocoaa.org

## 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...

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

## CENTRAL OFFICE

### STATEMENT OF PURPOSE

The purpose of NCIG / Central Office is to support meeting groups in the area and to assist in helping and carrying the message to the next alcoholic by receiving, distributing & following up on 12 step calls, answering inquiries about A.A., and cooperating with Area public information committees. Central Office also maintains information about Northern Colorado meetings and events. We provide 24-hour phone service, a centralized website and office, newcomer packets, workshops, a newsletter. We also order, sell & distribute A.A. literature and more.

# - CALENDAR -

**Sunday, October 1st, 5 PM**

District 21 Meeting

@ 301 E Drake (downstairs), Fort Collins

**Tuesday, October 3rd, 7 PM**

District 23 Meeting

@ 35 Carlson Blvd, Johnstown

**Sunday, October 15, 2023, 6 PM**

Tradition 10 Workshop

@ 2000 Stover St, Fort Collins

**Monday, October 16, 6 PM**

NoCo Intergroup Meeting

Zoom ID: 826 2737 9047

**Sunday, November 5th, 5 PM**

District 21 Meeting

@ 301 E Drake (downstairs), Fort Collins

**Tuesday, November 7th, 7 PM**

District 23 Meeting

@ 35 Carlson Blvd, Johnstown

**Sunday, November 12th, 5:30 PM**

*An Evening of Gratitude*

Club Tico, 1599 City Park Dr, Fort Collins

Tickets on sale October 4th at [nocoaa.org](http://nocoaa.org) & Central Office

Next Planning Meeting on October 29, 2023

*Speaker, Coffee, Tea, & Beverages - Doors open at 5 PM*

*Dessert/Appetizer Potluck*

**November 17 - 19, 2023**

Winter 2023 Assembly

DoubleTree Denver Tech

Greenwood Village, CO

**Sunday, November 19, 2023, 6 PM**

Tradition 11 Workshop

@ 2000 Stover St, Fort Collins

# Northern Colorado Intergroup Committees

## Fundraising & Events Committee

Join this committee if you are interested in planning community events. You do not need be an IGR.

## A.A. Outreach Committee

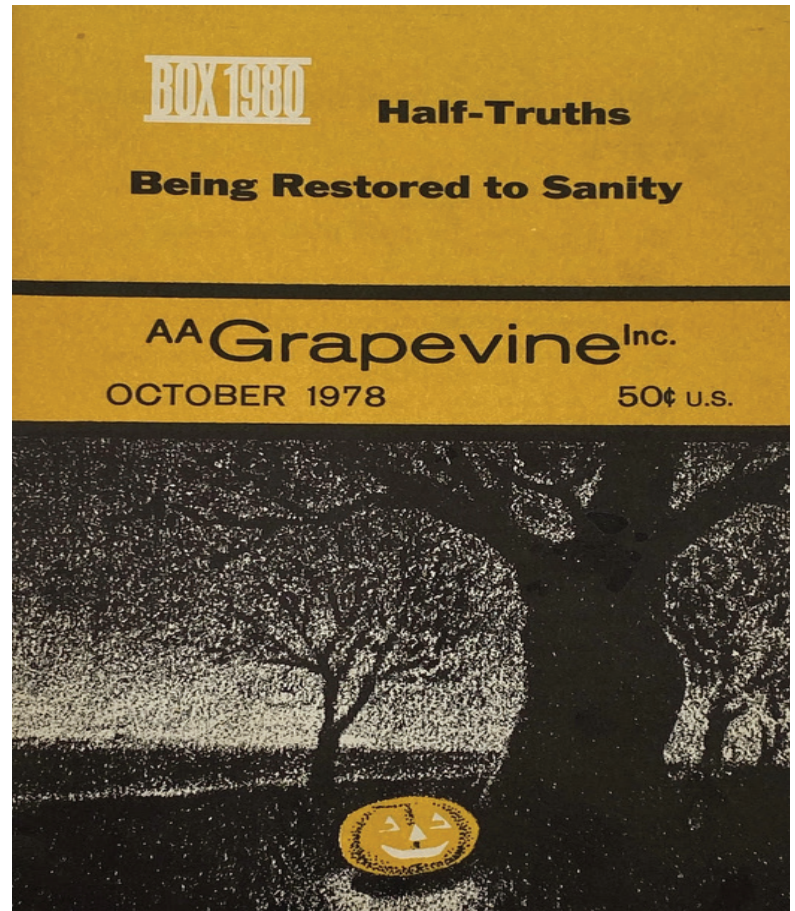
You are welcome to join us. You do not need to be an IGR to be on any of the service lists outlined below. We provide 3 services:

**12 Step Calls:** People who are experiencing symptoms of alcoholism call in to the Central Office. Central Office keeps a list of volunteers who are willing to call the person back and share on the phone. There is also another list of persons we want to enlarge of those who are willing to make a 12th-step visit with another member of AA - same gender, to the next 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 list of AA members who, when available, take a meeting to people who are temporarily shut in or homebound for a variety of reasons: Recent surgery, transportation limitations, living at a facility or unable to leave the home for any reason.

**Road Trip AA Outreach:** This service 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, meet at a central location and carpool to the meeting together.

**CONTACT:** To volunteer to do service on either or both of these committee options, please email [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org).



## **New @ Central Office**

- Service Manual is back in stock & new AA DVDs
- Pocket Wisdom Booklet, Meeting in a Pocket Booklet, Greeting Cards, and NCIG bookmarks.
- 2024 Grapevine Calendars



A Virtual Open House Tour of the Area 10 Archives

*Come and see where Colorado AA's history  
is collected and preserved for the  
fellowship!*

**SATURDAY, OCTOBER, 14 2023**

**2:00 TO 3:30 PM MST**

**Presented by the Area 10  
Archives Committee**



**Zoom#: 494 319 9492**

**Passcode: 082891**

***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.***

# MEETING CHANGES

GROUP/MEETING	UPDATE
A Way Home	New Meeting on Wednesdays at 6:30 PM 1709 W Elizabeth St in Fort Collins
Early Worms Women's Meeting	New Meeting in Estes Park - Mondays 12 pm
Fall River Group	Estes Park Meeting - New schedule: Sunday, Noon - online Zoom: 999 829 166 Monday, Noon - 453 Elkhorn & Monday 7 pm - Hybrid Tuesday, Noon - Online Zoom: 999 829 166 Wednesday, Noon & Wednesday, 7 pm - both Hybrid Thursday, Noon - Online Zoom: 999 829 166 Friday, Noon - Online Zoom: 999 829 166 Saturday, Noon - 453 Elkhorn - Hybrid
Honor and Integrity Through Sobriety	New meeting on Fridays at 7 PM South Club, 2608 7th Ave in Greeley/Garden City
NCIG Steering Committee Meeting	Changed Day & Time: 2nd Wednesdays at 6 pm, new online Zoom info: 832 3789 2431
One Day at a Time	New meeting on Thursdays at 6:30 PM 5420 N Taft Ave in Loveland
Platteville Sippers	Time Change: now at 6 PM on Mondays
Windsor Women Unite	New Schedule: Tuesdays, Thursdays, and Saturdays at 8:30 AM
You Are Not Alone	New Meeting on Saturdays at Noon 1159 Main St, Foundations Church in Windsor



October 01

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

**ALCOHOLICS ANONYMOUS, p. 85**

When I am in pain it is easy to stay close to the friends I have found in the program. Relief from that pain is provided in the solutions contained in A.A.'s Twelve Steps. But when I am feeling good and things are going well, I can become complacent. To put it simply, I become lazy and turn into the problem instead of the solution. I need to get into action, to take stock: where am I and where am I going? A daily inventory will tell me what I must change to regain spiritual balance. Admitting what I find within myself, to God and to another human being, keeps me honest and humble.

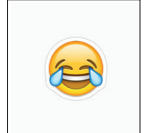


**My Sponsor**



Starts talking about solution before I even get to describe the problem. Answers questions with more questions. Doesn't make time to talk --- tells me to bring things to "God." Wasn't impressed when I returned money that didn't belong to me in the first place. Implies it's rude for me to text during meetings. Flat-out told me that when my family forgives me is *up to them!* Thanks but no thanks - I'm now looking for a better volunteer.

Was this review ...?



**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:**

PHONE (forwarded):

- 4th Friday of the month, 5 PM - 8 AM

You can also be a substitute and/or be a 12th step caller on our **help-the-next-alcoholic** list.

Contact Beth at [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

**CENTRAL OFFICE  
DAY WATCH PHONE STATS**

	SEPT 2023
A.A. Information	<b>43</b>
Al-Anon	<b>5</b>
Bridging the Gap	<b>0</b>
Detox/Treatment	<b>0</b>
12th Step	<b>4</b>
Other Calls*	<b>20</b>
Visitors	<b>55</b>
Voicemails**	<b>4</b>
<b>TOTAL CALLS</b>	<b>76</b>

\* 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 & are returned.

STAY TUNED FOR NIGHT WATCH STATS

**WEBSITE & GOOGLE SEARCH STATS for SEPT 2023:**

FROM WEBSITE WORD PRESS INSIGHTS	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
<b>2,273 USERS*</b>	<b>1,947 VIEWS</b>	<b>492</b>	<b>42</b>

\*Distinct single user visits to nocoaa.org

# Tell us what you think...



## Grapevine and La Viña Apps

Imagine having all of this at your fingertips:



Scroll through monthly magazine



Archives of every magazine since 1944



Search tool



Audio playlist of every current article



Popup day count



Input your meeting schedule



Create a Daily Spiritual Maintenance Checklist



Podcast link



Daily Quote



Meeting Guide



Sobriety Calculator



Build a library of favorite articles



Grapevine Store



Link to YouTube channel

We show the August minutes in this issue of NN because the Intergroup Reps have not approved the September 2023 minutes yet, not until October's meeting on 10/16/2023.

**Northern Colorado Intergroup / Central Office  
Intergroup Meeting- Minutes  
August 21 2023 - NCIG Virtual Platform**

Call to order: 6:01 PM

**1) Serenity prayer + welcome**

**2) (Quorum > 7 IGRs)** Amy D (Happy D), Amy J (Secretary), Amy S (Women Stepping Up), Cindy (District 21), George C (RUS Loveland), Heather (Union Colony), Jessica J (Women Seeking), Julie McD (Volunteer Coordinator), Karen K (Treasurer), Kathy W (Loveland Group), Kent B (Alt-BBB), Marilyn (Member at Large), Marilyn G (Daily Noon Zoom), Molly W (Women of Faith), Beth S (Office Manager), Paula B (FoCo Group), Rhonda N (Chair), Tina P (Member at Large), Zoe A (Assistant Treasurer)

**3) Group Updates/Announcements –**

- a) Jessica J: Greeley Stampede, want to talk to Central Office about 2024 service opportunities
- b) Heather (Union Colony): Would like for Rhonda to come to their business meeting to discuss the Budget
- c) Approval of August 2023 NCIG Meeting Minutes - *Zoe A., motion, Marilyn second, (19-0-0)*

**4) Reports:**

- a) Chairperson - Rhonda N - Report attached to email sent with meeting minutes
- b) Treasurer- Karen K – *Paula B. motions to approve the June 2023 Treasurer Report; Tina P. seconds (19-0-0). Report approved.*

TOTAL JULY INCOME	\$4,112.80
Total Cost of Goods Sold (COGS)	\$1,179.10
TOTAL GROSS INCOME	\$2,933.70
TOTAL EXPENSES	\$5,751.79
NET JUNE INCOME	\$(2,818.09)
- c) District 21 - Cindy B. – Report attached with meeting minutes.
- d) District 23 - vacant
- e) Central Office - Beth S. - *Garcia House at Summit Stone is asking groups to send members for in-house meetings. Contact Beth for more information*
- f) Volunteer Coordinator - Julie - *All office spots are filled, night and day. Have a volunteer spot Friday 5pm - Saturday 8am (6 months sobriety minimum)*

**5) Old Business:**

- a) Vote to **not** approve budget to send Office Manager to ICOAA. *Molly W. motions to not approve 2023 ICOAA budget; Amy J. seconds (16-2-1). Report approved.*

- b) Central Office/Intergroup Inventory - Table till next month
- c) Gratitude Event venue - Club Tico (190) Dessert and fellowship. Block One in Old Town, parking is a problem. Investigate two places, cost, date. Dessert, fellowship, speaker. 5:30 - 8:30, Sunday or Saturday.
- d) Update from Bylaws adhoc committee. Next meeting, table for now

**6) New Business:**

- a) NYE event volunteers needed - IGRs asked to take the volunteer list back to groups and ask for volunteers.

7<sup>th</sup> Tradition - Venmo @NCIGAA other ways to donate: [www.nocooa.org/contribute](http://www.nocooa.org/contribute)

Northern Colorado Intergroup Volunteer to read **Tradition 8** next month: Paula B.

Motion to **Adjourn:** \_\_\_\_\_ **Kent B.** \_\_\_\_\_ (no 2nd required)

**In Closing: Responsibility Statement,** "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."

Time Adjourned: 7:03 PM

Next Meeting: September 18 ,2023

Northern Colorado Intergroup

## NCIG / CENTRAL OFFICE FINANCE REPORT - AUGUST 2023

### Income

Income Source	Amount	Comments	QB # Category
7th Tradition Contributions	\$ 2,305.55	Individuals & Groups	5000
Faithful Fiver Contributions	\$ 355.05	Individuals	5020
Birthday Club Contribution	\$ 30.00	Individuals	5015
Central Office	\$ 1,621.30	August 2023 Sales Total	
<i>Literature Sales</i>	\$ 961.65		5200
<i>Chip Sales</i>	\$ 525.15		5205
<i>Recovery Item Sales</i>	\$ 55.00		5210
<i>NCIG Sales</i>	\$ 79.50	Includes Newcomer Packets and Meeting Lists	7100
Shipping Income	\$ 14.00	For Shipping an order to New Hope Group	5000
Tradition 8 Workshop	\$ 28.00	7th Tradition	5400
<b>TOTAL AUGUST INCOME</b>	<b>\$ 4,353.90</b>		

### Cost of Goods Sold (COGS)

Expense	Amount	Notes	QB # Category
Cost of Literature*	\$ 2,005.12	A.A.W.S. conference-approved Literature & Pamphlets. Hazelden and Amazon (incl special orders) - AAWS BACKORDERS & 70% Convention Prep	6000
<i>A.A. World Services</i>	\$ 1,338.22	<i>Breakdown of the Cost of Literature</i>	
<i>Hazelden</i>	\$ 47.80		
<i>AA Grapevine</i>	\$ 619.10		
Cost of Chips and Recovery Items	\$ 315.83	From Recovery Shop 90% chips	6025
Cost of Shipping and Postage	\$ 9.55	New Hope Shipping Cost	6200
Cost of Printing (Ink Works)	\$ 33.38	NCIG items sold tax-free	6015
<b>Total Cost of Goods Sold (COGS)</b>	<b>\$ 2,363.88</b>		
<b>TOTAL GROSS INCOME</b>	<b>\$ 1,990.02</b>		

### Administrative & Operating Expenses

Expense	Amount	Notes	QB # Category
Comcast	\$ 183.91	Monthly: Cable Internet + Phone Service	7124
State Farm Insurance	\$ 37.66	Monthly	7150
El Dorado Artesian Springs	\$ 17.81	Monthly: water & dispenser rental	7213
Zoom Software Subscription	\$ 17.20	Monthly	7234
Quickbooks Software Subscription	\$ 88.27	Monthly	7235
Office Supplies & Expenses	\$ 112.59	Occasional - removable stickers, display signs, book of stamps, and candy for the Convention sales	7300
Central Office Rent	\$ 735.00	Monthly	7500
Website: Cloudflare	\$ 25.00	Monthly	7754

Northern Colorado Intergroup

MailChimp Automated Email Platform	\$ 27.52	Monthly - mailing list and subscription svcs	7751
Cache Accounting	\$ 70.00	Payroll and consult	7472
State Payroll Liabilities	\$ 306.00	Quarterly - Q2 (Withholding)	7400
Payroll Processing Fee	\$ 1.75	Monthly - Quickbooks Direct Deposit Fee	7370
Office Manager Net Payroll	\$ 2,096.49	Monthly - actual paid	7600
Square Merchant Fees	\$ 39.35	Monthly - actual taken out	
<b>TOTAL EXPENSES</b>	<b>\$ 3,758.55</b>		
<b>NET AUGUST INCOME</b>	<b>\$ (1,768.53)</b>		

### August Actuals (Profit & Loss)

Income	\$ 4,353.90
Expenses (COGS & Operating Expenses)	\$ 6,122.43
<b>Net August Income</b>	<b>\$ (1,768.53)</b>

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

Income	\$ 45,951.00
Expenses (COGS & Operating Expense)	\$ 49,913.61
<b>Net YTD Income</b>	<b>\$ (3,962.61)</b>

### Bank Statements - Canvas Credit Union

Checking Account - Ending Balance 8/31/23	\$ 1,223.69
Savings Account/Prudent Reserve 8/31/23*	\$ 7,917.65
Current Checking Account Balance 9/7/23	\$ 2,728.08

\* NOTE: \$600 was transferred out of Prudent Reserve and into the Checking Account on 8/29/2023

### Monthly Payroll Breakdown

Monthly Payroll Breakdown		NOTES
<b>August Gross Payroll Salary</b>	<b>\$ 2,683.89</b>	
<b>August Payroll Taxes (Employer FICA)</b>	<b>\$ 205.31</b>	paid to the IRS in Q3 (10/2023)
<b>August Payroll Liabilities (Employee)</b>	<b>\$ (587.40)</b>	FICA, FAMILI, and State and Fed Withholding
<b>August Net Payroll Salary</b>	<b>\$ 2,096.49</b>	Office Manager's net July 2023 pay
Payroll Processing Fee (Quickbooks)	\$ 1.75	Charged to NCIG & taken out before above is deposited
<b>Total taken out of NCII's bank account on 8/30/2023</b>	<b>\$ 2,098.24</b>	
Hours	121.33	28 hours/week

Northern Colorado Intergroup

## 7th Tradition Contributions by Group

Group Name	August Amount	YTD Amount
539		\$551.64
7am Freedom		\$68.00
AA Recovery Group of Windsor		\$768.68
Acceptance		\$232.81
Awakenings	<b>\$175.68</b>	\$1,516.78
Basic Text		\$80.72
Berthoud Group		\$50.00
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland	<b>\$50.00</b>	\$450.00
Breakfast with Bill and Bob		\$2,339.51
Broad Highway of Recovery (Al-Anon)		\$200.00
Burlington AA Group		
Campus Group 2		\$87.10
Daily Noon Zoom	<b>\$195.59</b>	\$1,942.06
Early Worms		\$150.00
Eaton Crow Group		
Fort Collins Group		\$202.00
Friends of Bill W.		\$93.60
Friends of Bill W. 7 AM		\$144.98
Great Fact Group		
Greeley Group 2	<b>\$20.00</b>	\$160.00
Greeley High Noon		
Greeley Westside Group	<b>\$67.00</b>	\$174.00
GYST Harmony		\$368.50
Happy Destiny		\$587.79
Happy, Joyous, and Free	<b>\$80.00</b>	\$80.00
High Noon FoCo		
Johnstown Primary Purpose		\$520.06
Keep It Simple Group	<b>\$385.00</b>	\$2,628.00
Kitchen Table A.A.		\$38.00
Laporte 287 AA Group	<b>\$160.00</b>	\$432.00
Last House on the Block	<b>\$739.90</b>	\$2,957.96
Let Them Eat Cake		
Loveland AA Group	<b>\$94.21</b>	\$857.77
New Beginnings		
New Hope		
NOCO Pathfinders		\$150.00
Rule 62 YPAA	<b>\$24.00</b>	\$141.62
RUS		\$101.07
Shoulder to Shoulder		\$364.80
Spring Creek		\$150.00
Step Sisters	<b>\$20.00</b>	\$160.00
Steps on the Mountain	<b>\$140.00</b>	\$140.00
Sterling AA Group		
Union Colony Group		\$477.19
Windsor Triangle		\$880.12
Windsor Women Unite AA		\$410.33
Women in Recovery		\$287.50
Women of F.A.I.T.H.		\$712.00
Women's Recovery Through the Steps		\$228.00
Women Steppin Up	<b>\$15.00</b>	\$120.00
Women Seeking Sobriety		
YAGBT		\$50.00
Your Life Group		\$60.00
<b>TOTAL AUGUST GROUP CONTRIBUTIONS</b>	<b>\$2,166.38</b>	<b>\$22,114.59</b>

Jul-23 \$2,426.76

Jun-23 \$1,779.04

## Projected September 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 190.00	Meeting lists, newcomer packet, new pamphlet, bookmarks, and new booklets
A.A. World Services	\$ 450.00	A.A. literature re-stock
Recovery Shop	\$ 210.00	Medallions (chips), Cards, Stickers, and special orders
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 850.00</b>	
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	\$ 183.69	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 17.20	Monthly
Quickbooks Software Subscription	\$ 88.27	Monthly, bookkeeping for May
Office Supplies	\$ 50.00	Monthly (as needed)
Cloudflare	\$ 25.00	Monthly Website Boost & Backup
Cache Accounting	\$ 114.00	Payroll and Tax Return
Hover Domain Renewal	\$ 21.17	Annual, for nocoaa.org
<b>Total Operating Expenses</b>	<b>\$ 1,305.96</b>	
Quickbooks Payroll Processing Fee	\$ 1.75	Payroll Processing Fee
Office Manager Monthly Net Salary	\$ 2,096.50	Monthly - actual paid at end of month
<b>Total Administrative Expenses</b>	<b>\$ 2,098.25</b>	
<b>TOTAL PROJECTED SEPTEMBER BUDGET</b>	<b>\$ 4,254.21</b>	paid bn 9/1 - 9/7 in red*

\*Some COGS expenses as well

## Payroll Detail - For Reference

The July/August 2023 finance report includes the 2nd Quarter federal and state payroll taxes and liabilities for April, May, June 2023.

The **state withholding** that comes out of the gross pay was paid August 2nd, which was **\$306**. Every employer is obligated to remit all payroll liabilities, what comes out of an employee's gross pay, to the IRS & State every quarter.

The Office Manager gross salary is \$32,206.68 for 28 hours/week. The monthly gross is **\$2,683.89**; net is \$2,096.49.

Q2 gross salary --> \$2,683.89 x 3 = **\$8,051.67**

The **employee FICA** is 7.65% of the above amount = **\$615.95** for Q2 (which is a payroll liability NCIG is "obligated to remit" as part of the gross salary) and the employee federal withholding is \$804 -- totaling **\$1,419.95**.

In 2023, the FAMILI Colorado (Initiative) started and is \$12.08 per month of the gross pay.

In Q2, \$12.08 x 3 = **\$36.24**. This is also part of the Payroll Liabilities.

NCIG's (**the employer's**) **FICA** is also 7.65% of the gross pay amount for Q2 (\$8,051.67), which is exactly the same as the employee's FICA): \$205.32 x 3 = **\$615.95** for Q2. This is the "Payroll Taxes."

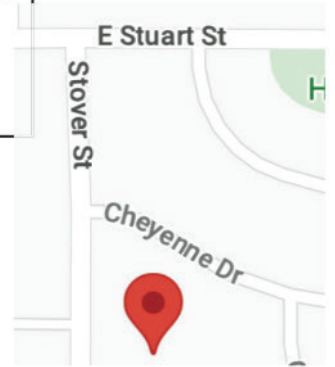
The federal (and state) monthly payroll liabilities and taxes are paid by our accountant every quarter.

**NCIG**  
**Profit and Loss**  
August 2023

	TOTAL
<b>Income</b>	
5000 7th Tradition Income	2,305.55
5015 Birthday Club 7th Tradition	30.00
5020 Faithful Fivers	355.05
5200 Literature Sales Income	961.65
5205 Medallion Sales Income	525.15
5210 Recovery Sales Income	55.00
5300 Shipping Income	14.00
5400 Special Events Income	28.00
7100 Sales of CO Lit Income	79.50
<b>Total Income</b>	<b>\$4,353.90</b>
<b>Cost of Goods Sold</b>	
6000 Cost of Literature - COGS	2,005.12
6015 Cost of Printing - COGS	33.38
6025 Cost of Medallions - COGS	315.83
6200 Postage and Shipping - COGS	9.55
<b>Total Cost of Goods Sold</b>	<b>\$2,363.88</b>
<b>GROSS PROFIT</b>	<b>\$1,990.02</b>
<b>Expenses</b>	
7124 Cable and Phone Services	183.91
7150 Insurance	37.66
7213 Water Services	17.81
7234 Zoom Subscription	17.20
7235 Quickbooks Subscription	88.27
7300 Office Supplies	112.59
7370 Payroll Expenses	1.75
7400 Payroll taxes	306.00
7600 Salaries	2,096.49
<b>Total 7370 Payroll Expenses</b>	<b>2,404.24</b>
7470 Professional fees	
7472 ACCOUNTANT SERVICES	70.00
<b>Total 7470 Professional fees</b>	<b>70.00</b>
7500 Rent	735.00
7750 Website	
7751 Mailchimp	27.52
7754 Web Server Space	25.00
<b>Total 7750 Website</b>	<b>52.52</b>
Square Fees	39.35
<b>Total Expenses</b>	<b>\$3,758.55</b>
<b>NET OPERATING INCOME</b>	<b>\$ -1,768.53</b>
<b>NET INCOME</b>	<b>\$ -1,768.53</b>

Tradition 7 ~ July 16th  
Tradition 8 ~ August 20th  
Tradition 9 ~ September 17th  
Tradition 10 ~ October 15th  
Tradition 11 ~ November 19th  
Tradition 12 ~ December 17th

**NEW LOCATION:**  
St Luke's Church  
2000 Stover St  
in Fort Collins



**3rd Sundays at 6 PM in 2023**

1 hour ~ panel of 2-3 speakers ~ time for sharing and questions  
*coffee, tea, and cookies*

Northern Colorado Intergroup / Central Office • [www.nocoaa.org](http://www.nocoaa.org)

To curate a panel and/or speak for an upcoming workshop, contact Beth via email at [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

# You Are Not Alone



in  
Windsor, CO

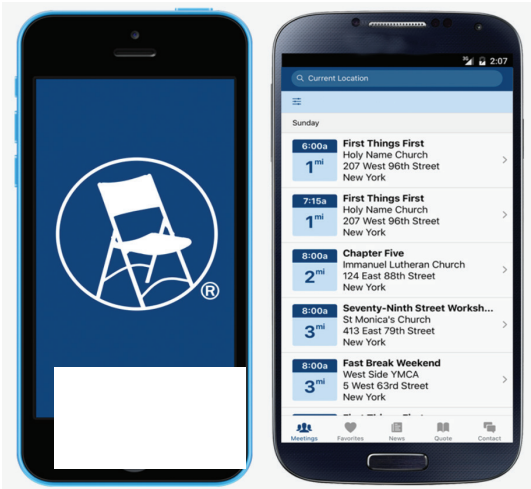
**Every Saturday @ Noon**  
starts  
**September 23, 2023**

Location: 1159 Main Street Windsor, CO  
Foundations Church

Directions: From I-25 take exit 262 for CO-392, east toward Windsor.  
(Near McDonalds and Wells Fargo off 11th)

Parking in Front (or Back for anonymity)

**Check out all meeting times and formats**  
**[www.nocooa.org](http://www.nocooa.org)**  
**970-224-3552 (24/7)**



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

## Tradition 10 Checklist

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

**Tradition Ten:** Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Reprinted from Grapevine, GSO/AAWS

Please direct all  
communications to:

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

## **STORY SOLICITATION**

“A.A. for the Native North American Alcoholic,” Pamphlet Update

**Deadline for submissions: December 31, 2023.**

**Submit your story form:**

<https://app.smartsheet.com/b/form/cef87490c3ae4c3b9e6e50ce9eb33b24>

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The trustees' Literature Committee has opened a call for recovery stories in response to the 2021 General Service Conference advisory action regarding the pamphlet “A.A. for the Native North American Alcoholic,” stating that the pamphlet be updated to include current stories of recovery and a new title that is respectful and inclusive. The committee is seeking stories of recovery from all Indigenous communities in the A.A. structure in the United States and Canada.

Stories of recovery may include but are not limited to:

- Experience, Strength, and Hope
- Steps, Traditions, Concepts
- Ethnic, cultural, gender and LGBTQ diversity
- Diversity of social status
- Sponsorship
- A.A. Service
- Safety & Racism
- Military
- Sobriety and Mental Health
- Experience in A.A. meetings
- Atheist/Agnostics
- Newcomer Experiences
- Cultural Reconnection

The suggested format for typed manuscripts is 500-1,000 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 8 pages. Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

**Deadline:** Please submit on or before **December 31, 2023.**

**Submit Your Story Form:**

<https://app.smartsheet.com/b/form/cef87490c3ae4c3b9e6e50ce9eb33b24>



**Email:** [pamphletstories@aa.org](mailto:pamphletstories@aa.org)

**Subject Line:** A.A. for the Native North American Alcoholic

**Postal Mail:** Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

**On the envelope:** The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Thank you for your participation in the process!

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### **SELF-SUPPORT**

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

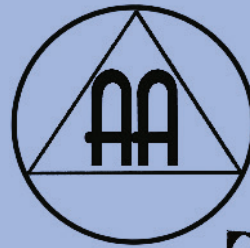
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Presents



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