

NORTHERN NOTES

April 2024

*A letter from one of
our Central Office
volunteers:*



Letter from a fellow alcoholic:

My name is Cherri P. I started my AA journey in Denver in 1997. Four years ago, I moved to Northern Colorado where I have been attending meetings for the past year.

I have always been a grateful alcoholic. I could easily admit I was powerless over alcohol, but that was only the first half of Step One. The second part of Step One, is admitting my life was unmanageable. I was clueless that my life was unmanageable.

Shocking? No. It's called being a dry drunk. I was physically sober, but not emotionally sober. I never wanted to drink again, so I thought I had it figured out. I quit working the program of Alcoholics Anonymous, stopped going to meetings, and stopped reaching out to other alcoholics. It worked for a while but eventually, I just wanted to die. The desire to take my life had become greater than my will to live. The worst part was I didn't know why.

What happened is my H/P or God, however you identify, intervened! A young woman was put before me wondering how to stay sober. I knew the solution! I took her to a Women's Meeting. After years of not attending a meeting, I sat my backside in a chair and listened. The more I listened, the more my desire to die was removed. My eyes filled with tears of joy. I was home. The girl I brought to the meeting was never heard from again, but my life was saved.

In discovering I was emotionally and spiritually bankrupt, I learned that growing and nurturing our emotional sobriety is as important as not drinking. My fellow members embraced me with love, patience, and tolerance. Working the program, volunteering at the main office, partnering with sponsors and sponsees, and having a position with my home group fill my bucket. The desire to live is what I receive on a daily basis when I am spiritually fit doing what is so freely given to me. My motto truly is, "When anyone, anywhere reaches out, I want the hand of A.A. to be there. And for this I am responsible."

A grateful fellow.



HELP CARRY THE MESSAGE TO ALCOHOLICS IN TREATMENT FACILITIES - Calling ALL

Bridgers, Group Committee Members & Facility Presenters

**Please join District 21 Bridging The Gap Training Workshop
(for current and new Volunteers)**

Sunday 4/28/2024 12:30 - 2pm

Zoom information:

[https://us02web.zoom.us/j/8458463994?
pwd=bURTUy83TDRnUVJndm5WWmRnOHITQT09&omn=85048413679](https://us02web.zoom.us/j/8458463994?pwd=bURTUy83TDRnUVJndm5WWmRnOHITQT09&omn=85048413679)

Meeting ID: 845 846 3994

Passcode: 121212

**Christ United Methodist 301 E Drake Rd Fort Collins 80525
*(downstairs last room on the right)***

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

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

Consider signing up to be a Bridger at:

www.nocoaa.org/bridging-the-gap/

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

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

**Join the Northern
Colorado
Intergroup**

STEERING COMITTEE

What positions are open?

We are currently looking for AA members to fill 3 roles:

- Treasurer
- Assistant Treasurer
- Assistant Secretary

Learn more about each via this QR code



Who are we?

Learn more about how Intergroup encourages mutual support and cooperation among A.A. groups in our Bylaws and Procedure Guide OR explore what it means to participate in NCIG in our IGR packet, found at: nocoaa.org/resources/

Got questions?

Learn more about how Intergroup works in our Bylaws and Procedure Guide, found at nocoaa.org/resources/ncig-bylaws/

Nominate yourself or a peer

Learn more & express interest at <https://forms.gle/bD1dXkp1GQjpgPAx9> or scan the QR code



[Nocoaa.org](https://nocoaa.org)

WWW.NOCOAA.ORG

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. Office closed Jan 15th.

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 Mike R.

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. 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 22 (Morgan, Logan, & Washington Counties)** information, their DCM is Jeremy.

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



HOSTED BY
DISTRICT
10

2024 AREA 10 CORRECTIONS CONFERENCE

The Purpose of the Area 10 Corrections Conference is to serve, both as an educational tool, and as an exchange of information, between A.A. members and corrections related-professionals, as well as those interested in becoming involved in this rewarding area of service work.”

BREAKFAST BURRITOS & CHILI POTLUCK LUNCH

Want to contribute chili, Contact Bruce 303-550-6559

20 | April 2024
8 Am - 4 Pm

19491 E Smoky Hill Rd, Centennial 80015

Chairperson Angelica R. 303-828-6179

CCYPAA 2024

April 19-21, 2024



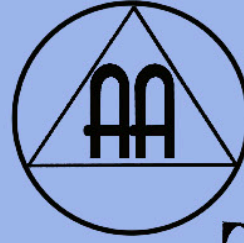
An Experience You Must Not Miss



Glenwood Springs, CO

ccypaa.com

District 21 Archives
Presents



Longtimers Tales

Longtimers speakers.

Jan. Joe E.

Feb. Susan A.

Mar. Jeff N.

Apr. Erin P.



Experience,
strength and hope
freely dispensed
the 1st
Wednesday of the
month.

SOBER 20+ YEARS

7PM ONLINE &

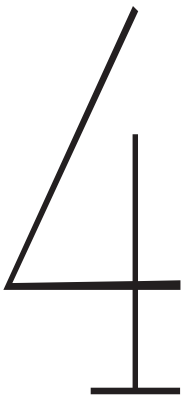
IN PERSON

1 ASPEN DR. LOVELAND, CO

ID 860 9176 1168 PSWD drbob

669-900-6833

NO
MEETING
IN JULY
2024



STEP - Made a searching and fearless moral inventory of ourselves.

TRADITION - Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

CONCEPT - At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

PRINCIPLES:

COURAGE

AUTONOMY

PARTICIPATION

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.

A.A. Quote for April:

“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. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will. .”

— *Alcoholics Anonymous* [Big Book], pp. 85

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

Venmo: @NCIGAA

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

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

CONGRATULATIONS!

April 2024 ANNIVERSARIES

- Beth P. - 13 years
- Beth S. - 12 years
- Brenda - 35 years
- Denise C. - 16 years
- Duane S. - 36 years
- Geena R. - 9 years
- George M. - 31 years
- Jim S. - 46 years
- Joni B. - 38 years
- Kirt B. - 37 years
- Kristin - 13 years
- Leslie W. - 17 years
- Sarah K. - 12 years
- Terry - 40 years
- Wendy W. - 15 years
- Wes P. - 31 years

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

CENTRAL OFFICE STATEMENT OF PURPOSE

The purpose of NCIG / Central Office is to support meeting groups in the area and to assist in helping to carry 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, a place to go to get newcomer packets, meeting lists, and literature.

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 Booklets
- Grapevine books
- Pens and Stickers
- One-Time Bronze Month Chip Sale!!



2024 CALENDAR

Tuesday, April 2nd, 7 PM

District 23 Meeting
@ 35 Carlson Blvd, Johnstown

Wednesday, April 3rd, 7 PM

Longtimers Tales (Speaker) from D21 Archives
Online and @ 1 Aspen Dr in Loveland

Sunday, April 7th, 5 PM

District 21 Meeting
@ 301 E Drake (downstairs), Fort Collins

Monday, April 15th, 6 PM

Intergroup Meeting on Zoom # 826 2737 9047

April 19-21st

CCYPAA in Glenwood Springs @ Hotel Colorado

Saturday, April 20th, 8 AM – 4 PM

Corrections Conference in Centennial @ 19491 E Smoky Hills Rd

Saturday, April 20th, 9 AM - 3:30 PM

Fort Collins @ 400 Boardwalk (AA Speaker & Lunch)

Sunday, April 28th, 2:30 PM

District 21 Bridging the Gap Training Workshop on Zoom &
@ 301 E Drake, Fort Collins

Sunday, May 5th, 5 PM

District 23 Meeting
@ 35 Carlson Blvd, Johnstown

Tuesday, May 7th, 7 PM

District 21 Meeting
@ 301 E Drake (downstairs), Fort Collins

May 31-June 2nd

Area 76 Convention in Cheyenne, WY @ Little America,
2800 West Lincolnway

This calendar is also @ nocoaa.org/upcoming-events



Northern Colorado Intergroup Committees

Fundraising & Events Committee

Join this committee if you are interested in planning community events. You do not need to be an IGR. We are starting to plan workshops for 2024.

WE CURRENTLY LOOKING FOR AN EVENTS CHAIR!

The Events Chair will not necessarily chair any specific event, but chair this NCIG committee. See below for the contact information to inquire and volunteer for this fun and rewarding committee.

A.A. Outreach Committee

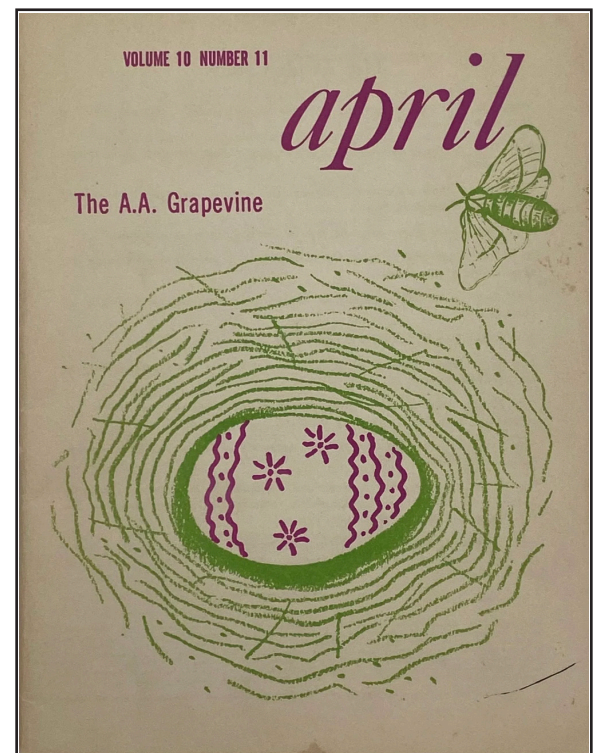
You are welcome to join us. You do not need to be an IGR to be on any of the service lists outlined below. We provide 3 services:

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 is volunteers willing to come together and "road trip" to an NoCo 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 contact@nocoaa.org, or call 970-224-3552.



MEETING CHANGES

GROUP/MEETING	UPDATE
A Way Home	New Meeting on Wednesdays at 6:30 PM 1709 W Elizabeth St in Fort Collins
Fall River Group	Now "AA Fall River Group" Estes Park Meeting - New schedule: Sunday, Noon - 453 Elkhorn & online Zoom: 999 829 166 - Hybrid Monday, Noon - 453 Elkhorn (in-person) & 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 - 453 Elkhorn & online Zoom: 999 829 166- Hybrid Saturday, Noon - 453 Elkhorn & Zoom - Hybrid
Greeley Group 2	New Meeting on Thursdays at 7 PM (Big Book) 801 A 20th Ave in Greeley
Honor and Integrity Through Sobriety	New meeting on Fridays at 7 PM South Club, 2608 7th Ave in Greeley/Garden City
Loveland AA Group	Changes: Monday 7 AM - now a Big Book Meeting (both in-person and online) Tuesday 7 AM - now a 12 & 12 Meeting (both in-person and online) Tuesday 5:30 PM - Closed
One Day at a Time	New meeting on Tuesdays and Thursdays at Noon: 1700 Brodie Ave in Estes Park
Steps of Courage	New meeting on Wednesdays at 6 PM: 118 Main St in Sterling
Windsor Rule 62	New meeting on Wednesdays at 7:30 PM: 311 6th St in Windsor
Women's Roundtable	Meeting closed in Estes Park May reopen at a different time/location. Stay tuned.
You Are Not Alone	New Meeting on Saturdays at Noon 1159 Main St, Foundations Church in Windsor

LOOKING WITHIN

April 01

Made a searching and fearless moral inventory of ourselves.

TWELVE STEPS AND TWELVE TRADITIONS, p. 42

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to re-solve them, they become fewer and fewer.

**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.

*** 1st Saturday, 8 AM - 8 PM (phones)**

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

Contact Beth at officemanager@nocoaa.org

**CENTRAL OFFICE
DAY WATCH PHONE STATS**

	MARCH 2024
A.A. Information	38
Al-Anon	1
Bridging the Gap	2
Detox/Treatment	0
12th Step	4
Other Calls*	13
Visitors	60
Voicemails**	5
TOTAL CALLS	63

* 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.

NIGHT WATCH PHONE STATS

	MARCH 2024*
A.A. Information	11
Al-Anon	1
Bridging the Gap	0
Detox/Treatment	0
12th Step	2
Other Calls	1
TOTAL CALLS	15**

* Incomplete, missing several uncompleted volunteer entries.

WEBSITE & GOOGLE SEARCH STATS for March 2024:

FROM WEBSITE	FROM GOOGLE SEARCH	WEBSITE	PHONE
WORD PRESS INSIGHTS	PROFILE ---->	CLICKS	CALLS
5,753 USERS*	1,877 VIEWS	475	33

* Distinct single user visits/sessions to nocoaa.org

ANNOUNCEMENTS

Calls & Questions to the Fellowship

☼ CALLS

Central Office is looking for:

- Display Racks of any kind
- A large monitor or TV Screen
- A swivel mounting bracket

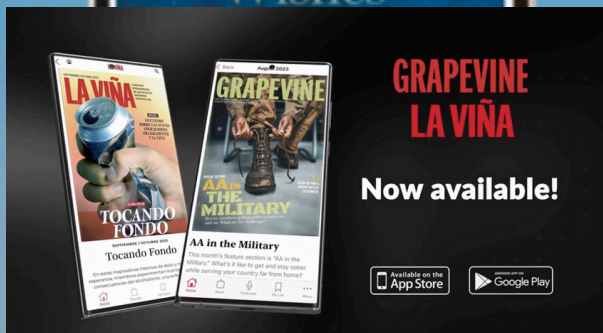
☼ QUESTIONS

Does anyone know about an intensive 12 Steps weekend (primary purpose-type) workshop coming up in the NoCo area or Colorado?

Contact officemanager@nocoaa.org



Tell us what you think...



In the Top 40 on the App Store!

31 AA Grapevine
International Journal of AA [Open](#)

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



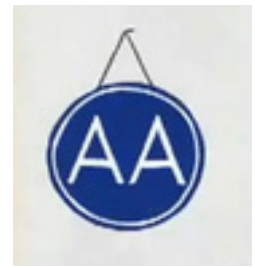
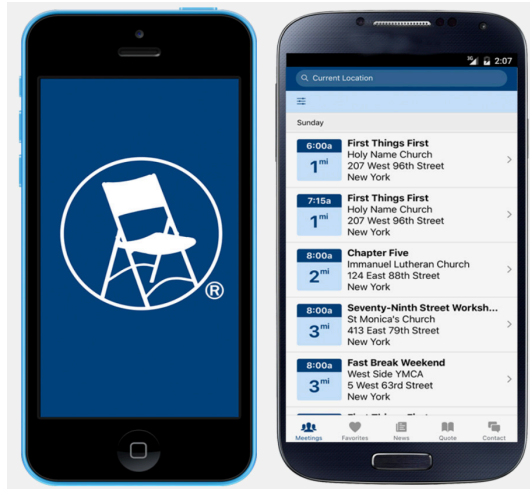
Build a library of favorite articles



Grapevine Store



Link to YouTube channel



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

Tradition 4 Checklist

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA “as a whole”?
3. Do I judge or criticize other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—their lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don’t do things how I believe AA should be done?

Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.



Founders' Day Herald

89th Anniversary of Alcoholics Anonymous

June 7, 8, & 9, 2024 | Akron, Ohio | Birthplace of A.A.

FRIDAY ACTIVITIES

A.A. 12 Step Panel • 10:00 a.m. - 10:00 p.m.
Discussion of One Step Per Hour
Chaired by: Mary K.

A.A. Early Bird Meeting* • 3:00 p.m.
Ron M. - Louisville, OH
"Never Missed A Founders Day"
Chaired by: Jeanne R.

Actors Guild Play • 5:00 p.m. & 8:00 p.m.
"Snow White And The Seven Character Defects"

A.A. Speaker Meeting* • 7:00 p.m.
Will M. - Sergeant Bluff, IA
"Good Is The Evil Of Great"
Chaired by: Karen K.

Serenity Singers • 8:00 p.m. - 9:00 p.m.
Olin Hall

A.A. Speaker Meeting* • 9:00 p.m.
Debbie G. - Vista, CA
"AA Gives Us Sobriety And The Tools For Living"
Chaired by: Scott T.

Junta en Español • 9:00 p.m. - 11:00 p.m.
Open Discussion
Chaired by: Hay una solución

A.A. Alkathon • 11:30 p.m. - 2:00 a.m.

SATURDAY ACTIVITIES

Bus Tours of Historic A.A. Sites
9:00 a.m. - 4:00 p.m.
2 buses continuously - Bierce Circle

A.A. Archives
Located in Akron Intergroup Office
(Stop on bus tour)

The 12 Traditions • 9:00 a.m.
Debbie D. - Concord, CA
Chaired by: Jerry C.

A.A. Old Timers' Panel* • 10:30 a.m.
Topic: "It Should Continue For Our Lifetime"
Ethel N. - Philadelphia, PA
Jim B. - Jamestown, NY
Don C. - Colorado Springs, CO
Chaired by: Jerry C.

La Viña Workshop • 11:00 a.m. - 3:00 p.m.
El Coordinador: Raymundo L. and
Hay una solución

Actors Guild Play • 12:00 p.m. & 2:30 p.m.
"Snow White And The Seven Character Defects"

A.A. & Al-Anon Speaker Meeting* • 12:30 p.m.
Speakers - Kelly P. & Jeff M. - Helena, MT
"Manufacturing Misery or Learning Love: Growing in Recovery"
E.J. Thomas Hall Chaired by: Julie & Adam C.

A.A. Speaker Meeting* • 2:00 p.m.
Drew E. - Atlantic Highlands, NJ
"Inspiration-Desperation-Perpetuation"
Chaired by: Mary K.

The History of Our Big Book • 4:00 p.m.
Presented by: Gail L. - Akron, OH
Chaired by: Jeanne R.

A.A. Speaker Meeting* • 8:00 p.m.
Jeff V. - Fargo, ND
"Happy, Joyous and Free"
UA Infocision Stadium**
Chaired by: Aaron K..

****Stadium Weather Contingency Plan
for Saturday Night - See Web Site**

DANCE! DANCE! DANCE!
10:00 p.m. - 1:00 a.m.
Saturday Night

SUNDAY ACTIVITIES

MOTORCADE TO DR. BOB'S GRAVE*
7:30 a.m.
Motorcycle procession and graveside
memorial tribute to Dr. Bob & Anne S.
Speaker: Dolly A. & Paul G. - Akron, OH
Chaired by: Karen K.

A.A. Spiritual Panel Meeting • 9:00 a.m.
Topic: "A Moment Of Clarity"
Heather F. - Akron, OH
Trina R. - Olean, NY
Daryl M. - Cleveland, OH
Chaired by: Juanita W.

A.A. Closing Speaker Meeting*
10:30 a.m.
Ralph W. - Los Angeles, CA
"I'm So Glad God Doesn't Make
Misery Comfortable"
Chaired by: Tony T.

AL-ANON

FRIDAY ACTIVITIES

Al-Anon Panel • 1:00 p.m.
Topic: "Sponsorship; A Piece Of The
Al-Anon Puzzle"
Barbie C. - Lancaster, PA
Brandy F. - New Paris, OH
Erica B. - Toronto, Ontario, CA
Lisa F. - Madison, CT
Olin Hall Chaired by: Leslie S.

Al-Anon Panel • 2:30 p.m.
Topic: "Double Winners; Doubly Blessed"
Barbie K. - Akron, OH
Marc W. - Canton, OH
Janet F. - Akron, OH
Olin Hall Chaired by: Ian R.

Al-Anon Workshop • 4:00 p.m.
Topic: "Made A List Of All Persons We
Tried To Help - An 8th/9th Step Workshop"
Barbie C. - Lancaster, PA
Brandy F. - New Paris, OH
Lisa F. - Madison, CT
Olin Hall Chaired by: Evette W.

Al-Anon Speaker Meeting • 6:00 p.m.
Evette W. - San Francisco, CA
"Two Sides of the Same Coin; The Family Disease and Solutions"
Olin Hall Chaired by: Mary Anne C.

AL-ANON

SATURDAY ACTIVITIES

Al-Anon Workshop • 9:30 a.m.
"Resentment Ball - Removing the Boogie Man from Step 4"
Brandy F. - New Paris, OH
Evette W. - San Francisco, CA
Olin Hall Chaired by: Kristina H.

Alateen Panel • 11:00 a.m.
"Let It Begin With ME"
Olin Hall Chaired by: Lynda M.

A.A. & Al-Anon Speaker Meeting* • 12:30 p.m.
Speakers - Kelly P. & Jeff M. - Helena, MT
"Manufacturing Misery or Learning Love: Growing in Recovery"
E.J. Thomas Hall Chaired by: Julie & Adam C.

Al-Anon Speaker Meeting • 3:00 p.m.
Ken T. - Girard, PA
"Alateen to Al-Anon - Living Serenely"
Olin Hall Chaired by: Jane M.

Program Spoken Here
4:30 p.m. - 5:30 p.m.
Olin Hall Chaired by: Irena H.

REGISTRATION

UA STUDENT UNION

CREDIT CARDS ACCEPTED!

Friday 8:00 a.m. - 10:00 p.m.

Saturday 8:00 a.m. - 6:00 p.m.

Registrations must be picked up by

6:00 p.m. Saturday - NO EXCEPTIONS!

Package Plans must be picked up at designated
dormitories. Check confirmation letter or e-mail.

Coffee & Fellowship Room Student Union

A.A. Literature Sales

Friday 8:00 a.m. - 8:00 p.m.

Saturday 8:00 a.m. - 5:00 p.m.

CREDIT CARDS ACCEPTED!

* A.S.L. INTERPRETER



**CLEAR BAGS REQUIRED
SEE INSIDE FOR MORE INFORMATION**



FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.
Name badges & ribbons must be worn for admittance to all meetings — **NO EXCEPTIONS!**

Young People's Video Project is ongoing and there is not a deadline for submissions! Please send in your new content videos.



YOUNG PEOPLE'S VIDEO PROJECT

We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school and college settings.

SHARE YOUR EXPERIENCE!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

Share experiences that would relate to the "young" alcoholic who has yet to come to A.A.

BE CREATIVE AND HAVE FUN!

Individuals submitting videos must be at least 18 years of age and must reside within the boundaries of the U.S. and Canada A.A. General Service Structure. Submissions should be in English, Spanish or French.

For more information, contact the Public Information Coordinator at publicinfo@aa.org.

www.aa.org

Scan me!

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.

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.

Service Material from the General Service Office



venmo

Gorski on the 4th Step (From Understanding the Twelve Steps)

The First Step teaches alcoholics that they are chemically dependent and that addictive use is destroying their lives. The Second Step teaches them that they lack the expert knowledge and the strength to solve the problem of addiction by themselves. The Third Step shows them that there is a source of courage, strength, and hope and a body of technical know-how that can show them the way out. Now they are ready for Step Four, learning how to take an inventory of current strengths and weaknesses.

It is frightening to take an honest look at yourself, perhaps for the first time in your life. Doing an inventory takes courage because you discover things about yourself that you don't want to know. Taking a Fourth Step inventory is a lot like shining a bright light into a cave. When you turn on the light, you can see all sorts of scary things crawling around inside.

A good Fourth Step is "searching." It challenges you to look at all aspects of yourself. It shows you that you are a fallible human being with strengths and weaknesses and that in order to recovery, you must decide what you are bringing with you on your road to recovery so that you can build on your strengths and your weaknesses. Gorski makes five basic points about the Fourth Step which are as follows:

- * You recognize the need to complete a personal inventory of both strengths and weaknesses (character defects).
- * You recognize and overcome the denial and excuses that blocked you from completing this inventory.
- * You select a knowledgeable and experienced person (an A.A. sponsor, spiritual adviser, or counselor) to assist
- * You develop a list of questions about your strengths and weaknesses to be used in completing the inventory.
- * You complete the inventory by writing a list of your strengths and weaknesses.

Many psychologists hate the words "character defects" because they get paid to call them "personality problems," but they are talking about the same thing. A character defect is a personality problem that is composed of automatic irrational thoughts, unmanageable feelings, and self-defeating behaviors.

Character defects operate on five levels. Level one is **situational**. Into what situation does the nature of your problem force you? The second level is **behavioral**. What behavior is your character defect driving you to do? The third level is **thinking**. What irrational thoughts are being created by the character defect? The fourth level is **feeling**. What unmanageable feelings and emotions are being created? The fifth level is **belief—the core mistaken belief**. This is the basic character defect that fuels the whole problem. "What is the fundamental mistaken belief at the core of your value system that's driving you to behave in this manner?" It is the core mistaken beliefs for which you search in a thorough Fourth Step inventory."

Please note: We show the February 2024 minutes in this April issue of NN because the Intergroup Representatives (IGRs) have not approved the March 2024 minutes yet, not until April's meeting on 4/17/2024. Again, the finance reports are a bit behind. Thank you for your patience.

**Northern Colorado Intergroup / Central Office
Intergroup Meeting- Minutes
February 19th, 2024 - NCIG Virtual Platform**

Call to order: 6:03 PM

1. Serenity prayer + welcome
2. (Quorum > 7 IGRs)

Alice B.	District 23 Rep	Lisa Z	LaPorte 287 Group
Amy D	Happy Destiny	Marilyn G	Daily Noon Zoom
Amy J	Secretary	Marilyn N	SC Member at Large
Bill G	Breakfast with Bill and Bob	Paula B	Fort Collins Group
Chelsea B	Women Stepping Up	Pete N.	Group 2 (Greeley)
Christine A	Women of Faith	Randy K	Last House on the Block
Cindy B	District 21 Rep	Rhonda N	NCIG SC Chair
Diane B.	Loveland Group	Sheila B	A Way Home
George C	R.U.S. Group (Loveland)	Tina P.	SC Member at Large
George McC	SC Assistant Chair & Spring Creek	William P	539 Group
Jay S.	7AM Freedom Group	Zoe A	Rule 62
Julie McD.	Volunteer Coordinator		

3. Group Updates/Announcements –

- a. Happy Destiny: Group inventory was held, Tina P. moderated. Good takeaways and attendance is up!
- b. Breakfast w/Bill and Bob: Group inventory will be held on 2/25/24 (Sunday) from 9am – 12pm.
- c. Loveland Group: Had to close Sunday night 7:30pm meeting, not enough attendance
- d. 539 group: Chili cookoff Saturday 2/24/24 after noon meeting:

- i. 539 group questions/concerns:
- ii. General warrantee: Why did the Steering Committee vote on hiring the new accounting firm (RLR), without an IGR vote for approval?

*The Steering Committee came to the IGRs in October, November, and December of 2023 with announcements of a search for a new accounting firm. In January 2024, the SC recommended RLR and announced that, if hired, they will be taking over the books as opposed to the Office Manager. RLR was recommended by multiple organizations in Northern Colorado because of their expertise in working with non-profits. At the same meeting, The Steering Committee asked for feedback from the IGRs and if there were any objections to hiring RLR. There were no objections, so the SC voted to hire RLR after receiving **consensus** from the Group Conscience.*

- iii. Why were groups not allowed to ask Jeff O questions for the 2024 NCIG inventory?
In October 2023 (minutes posted on NoCo AA website), the IGRs were asked to go back to their Home Groups and gather questions for the upcoming 2024 NCIG inventory. Answers we received were summarized and Jeff O. was informed. Jeff O. was recommended as an

experienced facilitator, and the Steering Committee is trusting that the process he brings will adhere to the Traditions and spiritual concepts of AA.

- iv. Concerns of new by-laws sent to Amy were not added to the agenda
Over 25 questions and a line by line edit of the Bylaws and Procedure Guide (60+ comments) have been sent to Amy from the 539 Group since January 1st, 2024. Many of the questions/concerns have already been addressed or are currently being addressed by the SC in the form of updates to Central Office procedures and the hiring of RLR accounting. The Bylaws and Procedure Guide received a majority vote of approval from the IGRs in December 2023, and any motions to amend the documents can and will be entertained during the regular NCIG monthly meeting.

4. Approval of January 2024 NCIG Meeting Minutes – Zoe A, *motion*, Diane B. *second*, (22-0-0); *motion carried*

5. Reports:

- a. Chairperson - Rhonda N – **Full report will be sent out with meeting minutes.** Central Office inventory of sellable goods complete, Office Manager description and annual review documents completed, SC nomination & position descriptions complete Grapevine calendars are available at the Central Office (\$12 each).
- b. Treasurer – vacant
- c. District 21 - Cindy B: 2/4/24 meeting; No GSR concerns, good attendance. Full report will be sent out with the minutes. Marcus is hoping to get Zoom/internet issues resolved before the next meeting. Next meeting March 3rd at 5pm (301 E Drake, Fort Collins)
- d. District 23 – Alice B: Almost completed group inventory March 9th, Unity Event flyer will be sent out to IGRs
- e. Volunteer Coordinator- Julie McD: All phone slots covered except for two: 1st Sat of month 8am – 8pm & 5th Sat of month 8pm – 8am. Get ahold of Julie or Central Office to volunteer! Sobriety requirement for phone volunteers is 6 months, have a home group, and a sponsor

6. Old Business:

- a. Central Office Literature/Recovery items inventory complete
- b. Colorado Department of Revenue Letter, "Based on the information provided, the Department was able to reconcile your account for 2020. At this time there is no additional tax due."
- c. We Are Not a Glum Lot reminder: Asking for people to contribute \$20 ahead of time on NoCo AA website. Also accepting cash and Venmo at the door.
- d. NCIG Inventory March 2, 2024, will be held no matter what the weather conditions, we have a backup facilitator as it gets closer will inform the body. If your Home Group IGR is not able to attend, Alt-IGR is able to substitute.
 - i. Zoe A. will transcribe, Marilyn G. will be the time keeper.
- e. Update from Nominating Committee for Steering Committee.
 - i. Lori, Randy, and Christine are committee. Deadline for nominations was Monday 2/19. We only had one person nominated.
 - ii. Christine updated job descriptions in the flyer! Please, please, please take back to your Home Groups and encourage members to nominate.

- iii. *Motion to postpone the deadline to March 1st, with nominations submitted on March 2nd Marilyn G Marilyn N (22-0-0)*

7. New Business:

- a. Financials prepared by RLR for Oct, Nov, Dec 2023. Reports pulled directly from QuickBooks; payroll accrual is now included.
 - i. Approval of October 2023 NCIG treasurer report – *Tina P, motion, Lori M. second, (22-0-0); motion carried*
 - ii. Approval of November 2023 NCIG treasurer report – *Lori M, motion, George C. second, (22-0-0); motion carried*
 - iii. Approval of December 2023 NCIG treasurer report – *Marilyn G. motion, Amy J. second, (22-0-0); motion carried*
- b. 2024 Central Office Budget will be complete by 2/23/24
- c. We have implemented processes and procedures for the following:
 - Daily Closing Cash Procedure effective, 02/01/2024
 - Weekly Cash/Check Log for Reconciliation to Square and Deposits to Bank, in place 02/09/2024
 - Central Office Petty Cash Guidelines and Procedures, effective 02/15/2024
 - Canvas Credit Union Bank, Debit Cards, 1. Office Manager, 2. Treasurer, 3. "Gratitude Banquet" Treasurer, effective in place 02/14//2024
 - Central Office Budget Process Effective 02/01/2024
- d. "Evening of Gratitude" Event: Saturday 9th or 16th of November, we need to reserve Club Tico now.
 - i. *Motion to use Central Office funds to reserve Club Tico space for 2025 Gratitude Event. Marilyn N. motion, Zoe A. second (22-0-0)*
- e. Literature Sales at Greeley Stampede; sold of literature
- f. Resignation of Central Office Manager and need for a Candidate Search Committee.
 - i. Job announcement and application packet will be sent to all IGRs. Application deadline is March 22nd, 2024
 - ii. Amy D. and Jay S. will serve as search committee, distributing job announcement flyers to NCIG meetings.

7th Tradition - Venmo @NCIGAA other ways to donate: www.nocoaa.org/contribute

Northern Colorado Intergroup Volunteer to read Tradition 3 next month: Pete N.

Motion to Adjourn: Marilyn G

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: 7:18 PM

Next Meeting: March 18th, 2024

Scenic Estes Park, Colorado

YMCA of The Rockies

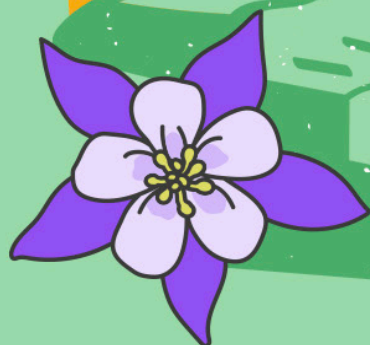
32nd Annual Fellowship Of The Spirit Conference

Save The Date!

July 25-28, 2024

Room reservations available now

Registration Opens March 1st 2024



**More Information: www.fots.com
registration_chair@fots.com**



When: April 26-28, 2024
Where: Hampton Inn & Suites
301 West Hiway 26
Scottsbluff, NE 69361
Phone: 308-635-5200

What: **Panhandle AA Jamboree**

Why: **Fun and Fellowship**

Speakers Banquet Fellowship Raffle Al-Anon Ice Cream Social AA Workshops

For info: Abbey J (308) 672-9292 or panhandlejamboree@gmail.com

Colorado State Convention 2024

Presented by Area 10 Alcoholics Anonymous in cooperation with
Area 5 Al-Anon Family Groups
320 Central Main St, Pueblo, CO 81003- August 16th - 18th, 2024
For Preliminary Program and Updated Information

Go Online: https://www.coloradoaa.org/convention_info/

Or

Email Registration Chair at conventioneven@coloradoaa.org

speakers & Events:

Friday Evening AA Speaker: TBD

Friday Evening: Ice Cream Social

Saturday Al-Anon Luncheon: TBD

Saturday Evening: Banquet Dinner

Saturday Evening Al-Anon Speaker: TBD

Saturday Evening AA Speaker: TBD

Sunday Morning AA Speaker: TBD

Workshops, Continuous Meetings, and Videos in

English & Spanish

PLEASE JOIN US!

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

Lodging: Courtyard by Marriott Pueblo Downtown

Address: 110. W. 1st Street, W City Center Dr, Pueblo, CO 81003

Phone:

[\(719\) 542-3200](tel:(719)542-3200)

<https://www.marriott.com/events/start.mi?id=1690831546618&key=GRP>

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

or complete the form below and MAKE CHECKS PAYABLE TO: 2024 State Convention

- AA Al-Anon/Alateen.
- Registration \$35.00 After 7/12/24 \$40.00
- Friday Evening Ice Cream Social \$12.00
- Saturday Al-Anon Luncheon \$35.00
- Saturday Evening Banquet Dinner \$42.00
- Dance \$5.00
- Bottomless Coffee Mug \$20.00
- Package Price \$149.00
- 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 us at conventioneven@coloradoaa.org (every effort will be made to accommodate special requests). On-site registration will be open from 3 p.m.—9 p.m. Friday, August 16th, and at 8 a.m., Saturday, August 17th, 2024





SAVE THE DATE

OCTOBER 11-13, 2024

Renaissance Dallas Richardson Hotel
900 E Lookout Drive
Richardson, TX 75082

**Registration and Hotel Booking
Information Available
October 7, 2022**

swraasa2024.org

Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of our Fellowship's founding.

Please check the Convention webpage at www.aa.org/international-convention for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Let's celebrate sobriety together in
Vancouver in 2025!**