

NORTHERN NOTES

May 2024

*A letter from our
new Treasurer:*



Hi! My name is Nancy L. I'm the new treasurer for the Northern Colorado Intergroup. I am delighted to be of service for NCIG. I come by the job honestly as I had been a controller for a large New Jersey insurance company for over 30 years. It was a God thing that I got this position. I heard that NCIG was looking for a Treasurer. I prayed long and hard about whether I should apply for the job. I knew that it was going to be doing work that I hadn't done in 15 years since I retired. I didn't know whether I wanted to get back in the game that I had stopped playing in favor of quilting and other pleasurable pursuits. But I wanted to do more service work. AA has saved my life and it was an honor to be able to give back in a way that used my skill sets. So I applied and left the results up to God. No one was more surprised than I was that I got the assignment.

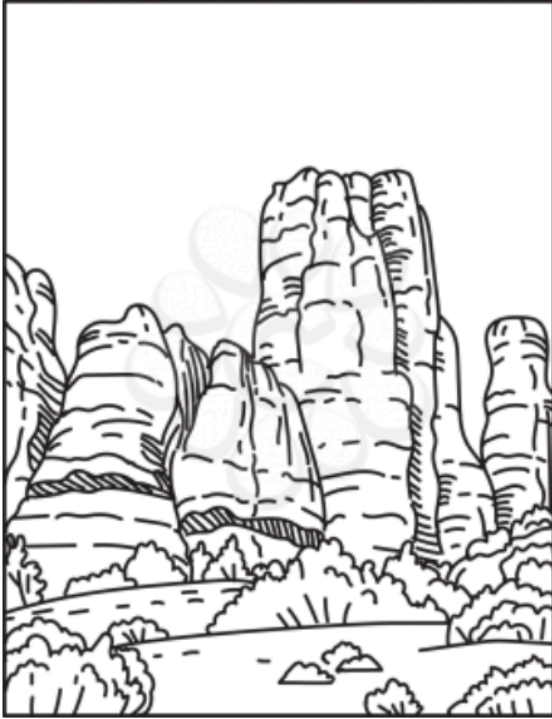
I look forward to working with the wonderful people on the Steering Committee. To be sure, there are some challenges to overcome. My sponsor tells me that there isn't an Intergroup in the nation that doesn't have kinks to work out. This isn't the first time I've run into issues in a work environment that need to be resolved. That's the way of life for most of us. With God's help, I'm up for the challenge. I bought a small calculator and I'm ready to go!

When I started in AA I never thought I'd be able to say that I have 20 years sober. It has been the best years of my life. AA has brought me true joy. Working the steps has changed me from a grumpy, angry mean spirited woman to a peaceful, humble (usually) contented individual. I share my experience, strength and hope with six sponsees who keep me honest in the program and teach me sometimes more than I do them.

I hope someday to meet more of the people who keep the Intergroup afloat: the Faithful Fivers, the groups who diligently send in their self-supporting 7th tradition contributions and the attendees of our special fundraisers. Many thanks for your generosity! May God bless each and every one of you. Thanks to the Intergroup for giving me this unique opportunity. I will do my best to be worthy of their support. To all who read this message, I'd like to add, any help you can give me in prayer would be greatly appreciated. A special note to the newcomer: Thanks for coming to AA. Your presence keeps me sober and we are very glad you are here.

Nancy L.

Fellowship At The Foot Of The Flattop II
Area 10 Summer Assembly 2024 - Grand Junction
Welcome Back!



FREE Parking

Lunch Buffet | Saturday 13th, *price tba*
Fellowship and Ice Cream | Saturday night, *price tba*
Coffee | *price tba*
Please pay onsite with cash or check

Open Saturday Speaker Meetings. Join Us!
Alanon Speaker at 7:00 PM
AA Speaker at 8:00 PM

July 12-14, 2024
DoubleTree Hotel
743 Horizon Drive
Grand Junction, CO
1-970-241-8888

Make hotel reservations by
June 28, 2024 for discount
rate (\$119 per night)

[LINK HERE](#)

or call the number above

Hosted by District 2 | Service Appointments Available
Contact Heather O at heatheroaa@gmail.com

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 at jwsnowboarder@gmail.com.

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

NEW!! SATURDAY NIGHTS

The Last Call

A.A. Meeting

7PM

**BEGINNING
MAY 11**

2101 S. LEMAY

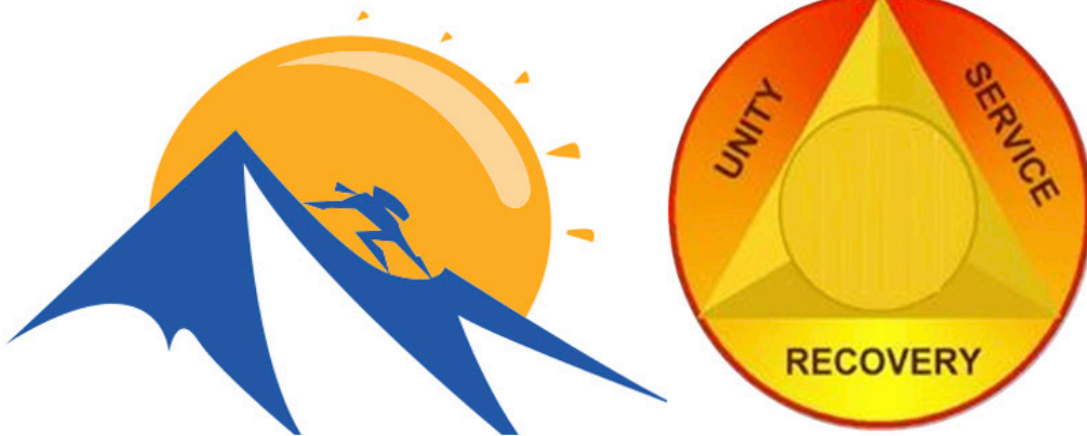
**LEMAY AND
DARTMOUTH**

**EMMAUS
ROAD
CHURCH**

**COURTYARD
WELCOME
CENTER**



Spring Into Sobriety Hike at Bobcat Ridge Natural Area



Interested in getting out and meeting active sober people in your community?

Upcoming Hikes

When: May 9th 5:00pm

Where: Bobcat Ridge Natural Area 10184 Co Rd 32C, Loveland, CO 80538 (Meet at the Trail Map Kiosk)

Stats: We'll plan to do the Valley View Loop and go 4.0 miles while climbing 700 feet in elevation gain

If you're interested in being on the distribution [list](#) please email Garrison at edgeofthemtn@gmail.com to RSVP or check out Rocky Mountain Serene and Sober on meetup at

<https://www.meetup.com/rockymountain-sober-serene-activities-meetup-group/>



Scenic Estes Park, Colorado

YMCA of The Rockies

32nd Annual Fellowship of The Spirit Conference Registration is Now Open!

July 25-28, 2024

AA and Al-Anon
12 Step work shop



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

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

PRIMARY PURPOSE

DEMOCRACY

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 May:

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”

— *Alcoholics Anonymous* [Big Book], pp. 87-88

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!

May 2024

ANNIVERSARIES

Barbara H. ~ 40 years

Betsy C. ~ 39 years

David C. ~ 26 years

Ellen F. ~ 13 years

Henry K. ~ 50 years

Lucy S. ~ 9 years

Nathon C. ~ 24 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.

Things We Cannot Change

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

If someone close to you in the fellowship has passed away, you can **contact us at NCIG Central Office - officemanager@nocoaa.org** - for a mention in Northern Notes to let others know. Please send their name, town where they lived, and the month of the year they passed, which can be shared here.

New @ Central Office

- Grapevine Book (see below)
- Chip Display Stands and Stickers
- One-Time Bronze Month Chips, and
- One-Time Enamel Anniversary Chips Sale



OUR TWELVE STEPS

Members share experience, strength and hope as they work the AA program

2024 CALENDAR



Sunday, May 5th, 5 PM

District 21 Meeting

@ 301 E Drake (downstairs), Fort Collins



Tuesday, May 7th, 7 PM

District 23 Meeting

@ 35 Carlson Blvd, Johnstown



May 31-June 2nd

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



Sunday, June 2nd, 5 PM

District 21 Meeting

@ 301 E Drake (downstairs), Fort Collins



Tuesday, June 4th, 7 PM

District 23 Meeting

@ 35 Carlson Blvd, Johnstown



July 4-7th

International 64th ICYPAA Conference
Austin, TX @ JW Marriot



July 12-14th

Summer Assembly in Grand Junction
@ DoubleTree by Hilton Grand Junction, 743 Horizon Dr



July 25-28th

Fellowship of the Spirit Conference in Estes Park

August 16-18th

Area 10 State Convention in Pueblo
@ Pueblo Convention Center, 320 Central Main St



October 11-13th

SWRAASA in Richardson, TX
@ Renaissance Dallas Richardson Hotel, 900 E Lookout Dr



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

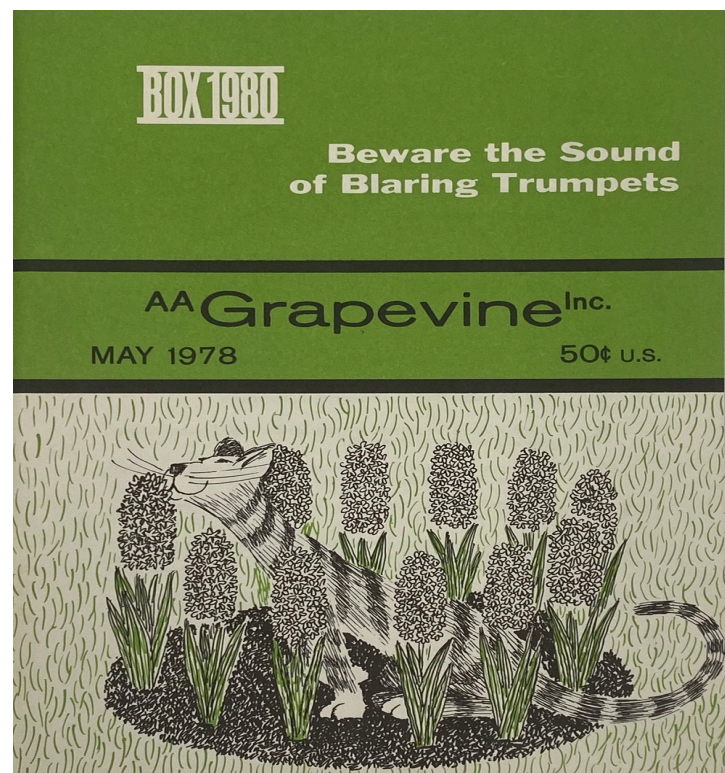
You are welcome to join us. You do not need to be an IGR to be on any of the service lists outlined below. We provide 3 services:

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 one or both of these committees, please email contact@nocoaa.org, or call 970-224-3552. 10



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 20th Ave in Greeley
Greeley Group 2	New Meeting on Saturdays at 7:30 PM (11th Step Meditation) 801 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
The Last Call	New Meeting on Saturdays at 7 PM Emmaus Road Church 2101 S Lemay Ave in Fort Collins
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
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

DAILY Reflections

HEALING HEART AND MIND

May 01

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

TWELVE STEPS AND TWELVE TRADITIONS, p. 55

Since it is true that God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way.

It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace.

By revealing my secrets – and thereby ridding myself of guilt – I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.

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

	APRIL 2024
A.A. Information	33
Al-Anon	1
Bridging the Gap	0
Detox/Treatment	3
12th Step	3
Other Calls*	21
Visitors	60
Voicemails**	6
TOTAL CALLS	67

* 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

	APRIL 2024*
A.A. Information	10
Al-Anon	1
Bridging the Gap	0
Detox/Treatment	0
12th Step	0
Other Calls	0
TOTAL CALLS	11**

* Incomplete, missing several uncompleted volunteer entries.

WEBSITE & GOOGLE SEARCH STATS for April 2024:

FROM WEBSITE WORD PRESS INSIGHTS	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
5,363 USERS*	1,587 VIEWS	434	19

* 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

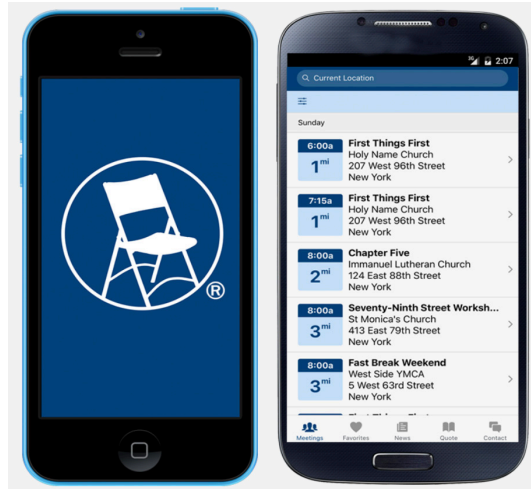
Does anyone know about an intensive 12 Steps weekend (primary purpose-type) workshop coming up in the NoCo area or Colorado?

Contact officemanager@nocoaa.org



Time & Location

Jul 04, 2024, 12:00 PM – Jul 07, 2024, 12:00 PM
Austin, Austin, TX, USA



<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.

Reprinted from Grapevine, GSO/AAWS



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

Please note: We show the March 2024 minutes in this May issue of NN because the Intergroup Representatives (IGRs) have not approved the April 2024 minutes yet, not until May's meeting on 5/20/2024. Again, apologies, the finance reports are quite behind as we had yet another accountant change. Thank you for your patience.

**Northern Colorado Intergroup / Central Office
Intergroup Meeting- MINUTES
March 18th, 2024- NCIG Virtual Platform**

Call to order: 6:01 PM

- 1. Serenity prayer and welcome**
- 2. Tradition 3 (12x12): Long Form: Marilyn N.**
- 3. Concept 3 (Service Manual): Tina P.**
- 4. Introductions; Roll Call by substitute Secretary, Laurel T include: IGRs, Steering Committee members, District Reps, Group Updates and Announcements- 22 in attendance. New IGR, Adam-Happy, Joyous and Free. Dasha, Alt IGR for Women of Faith (voting proxy for Christine tonight), Julie, New IGR for Berthoud Group. All new reps directed to nocoaa.org for the New IGR packet and info along with Amy J's email address to be added to NCIG IGR Contact list. A note from "reports" (Cindy F.) that there are two new groups in Red Feather Lakes and Wellington that have reached out to be included soon in the Northern Colorado Intergroup. As soon as they are registered with GSO, they are encouraged to contact the Central Office (by Rhonda) for NCIG contact and meeting information and Amy will send Agenda to the appropriate IGRs.**
- 5. Approval of February 2024 NCIG Meeting Minutes: Motion; Paula B, Second; Diane B; 2 abstentions. Motion carries. Minutes approved.**
- 6. Reports:**
Rhonda N; Chair- Shares gratitude for all who attended the NCIG Group Inventory. The process flowed very well and the feedback she and the SC members have received has all been positive. She felt that many questions were answered and thanked the Moderator (not in attendance tonight) and Amy J (NCIG Secretary) for taking notes and to all the IGRs who participated in the Q and A and discussions. She describes in detail the procedures happening at Central office with many hours being put in by herself and the volunteers, and thanks the Steering Committee with regard to the Annual Budget Prep, the change in Accounting firm, the reduced

hours of work for the Central Office manager (Special Worker) and how they are proceeding with the application and hiring process for the job opening since Beth S resignation. Beth is still managing the website, the newsletter, and organizing a procedure manual of sorts for the next incoming Manager in order to make a smooth transition for this position. George McC; Vice Chair-Shares a briefing of the recent event, We Are Not A Glum Lot Comedy Show, the final figures from sales are not in and will be tallied by the April monthly meeting, fun was had by all. Wonderful turn out! Rhonda; Stand in Treasurer: Laurel shares January Statement of Financial Position on screen. IGRs received this document earlier in the month with the Agenda. Rhonda goes over each item in detail and answers questions. The February Statement of Financial Position will be addressed at the April meeting. Once we have the Treasurer position filled (after tonight's election) and lined up with our Accountant RLR, we will be on track for a cohesive report each month.

District 21; Cindy B- Briefly goes over the written report sent with the Agenda for THIS meeting. She will attend the March 22-24 Spring Assembly. Some discussion about the bid given by District for the 2025 Assembly to (potentially) be held at the Embassy Suites, Loveland. See report for details.

Volunteer Coordinator; Julie McD-There are open shifts available: The first is for nightwatch on the first Saturday of each month from 8:00am-8:00pm and the second is the Friday shift at Central Office answering the phone and providing meeting info and literature, etc to persons who come to the Central Office. 3:00-5:00 Fridays, no experience necessary, all training provided. Please contact Julie or nocoaa.org to volunteer and IGRs please share with your groups.

7. Steering Committee Board Elections:

Introductions of our Nominating Committee members, Lori M., Randy K. and Christine A. along with a brief overview of positions (Treasurer, Assistant Treasurer and Assistant Secretary) given by our Nominating

Committee member, Christine. This is followed by a detailed process of how the election ballot will be cast, counted and confirmed. Nominees (including Nancy L., Alice B., and Suzanne W. are introduced and given an opportunity to tell us a bit about their experience and willingness to be elected starting with the Treasurer position. Candidates are given questions from the floor, including what is the nominee(s) sobriety date and homegroup, whether or not they are willing to travel to Fort Collins (twice) a month for monthly meetings, and in the position of Treasurer that would include the once weekly trip for deposits and bookkeeping. Also, whether they are familiar with Google Drive, Docs, Excel and/or Quickbooks, or any other asset to the position, etc. Their backgrounds in regard to any skill set required for this position. All candidates agree if they are the second choice for Treasurer, post election, they are willing to serve on the Board as an Assistant Treasurer.

Christine notifies us that there was a last minute concession with one nominee who declined to stand for the position of Assistant Secretary. With this information, the position of Assistant Secretary is removed from the Ballot tonight.

Votes are cast by active IGR's or their Alternate proxy for Treasurer. Sixteen homegroups are represented, including: 539 Group, 7 AM Freedom Group, Basic Text, Berthoud Group, Breakfast with Bill and Bob, Daily Noon Zoom, District 21 Rep, Fort Collins Group, Happy, Joyous and Free, LaPorte 287 Group, R.U.S. (Loveland) Group, Spring Creek, Women of Faith (AGR), Women Stepping Up and (3) Steering Committee Members.

(as reported by Committee member, Christine A, at the end of the meeting).

Our newly elected Officers are presented: For Treasurer (with 61.1% of the votes), Nancy L. And (with a secondary vote and concession prior to vote by Alice B who lives in Longmont and 88.9% of the votes) our new Assistant Secretary, Suzanne W.

Congratulations to all the nominees and newest Board Members by our Chair and the IGRs. They were all highly skilled and experienced group of volunteers and we are very fortunate to have their support and service moving forward. Much gratitude to the 2024 Nominating Committee members for their diligent efforts in vetting candidates and structuring an electronic ballot and voting process.

8. Old Business:

- A. WRNAGL Show information had been given by George McC previously.**
- B. Central Office Manager Position Update: The hiring committee would like to extend the application deadline (Amy J.) in order to increase the pool of candidates for the position of Central Office Manager. One application has been received and will be scheduled for an interview following the deadline. Discussion of dates, Steering Committee members and the hiring committee agree to extend the date until March 29th, 2024. Question from the floor (William P.) “Is Beth still working for NCIG?”
Chair, Rhonda- “Yes. With reduced hours. In order for the transition to be smooth for the new hire. And also we have required assistance setting forth the procedures for the website, the newsletter and the inventory.” Vice Chair, George McC- “Beth is vital to the continuity of the office structure and will remain on the payroll until the new manager takes the position, potentially by May 1st”.**

9. New Business

A. Review of the 2024 Central Office Budget- Laurel T. shares the screen for the Chair, Rhonda. A detailed and itemized Budget comparison (actualized) and the 2024 Annual Budget Review has been approved by the SC members and Rhonda will be calling for an IGR endorsement at the April NCIG meeting. Copies of the Budget Review and Proposal will be delivered to the IGRs to take back to

their meetings when these Minutes are sent. Questions and discussion taken from the floor. Each item was explained and the process for year to year analysis explained. William P. has addressed the question of the difference from the January 2023 Budget for the Prudent Reserve and why is different from the 2024 prudent reserve total. After some discussion, Rhonda wrote down the total from the January 2023 and will research before answering him directly. She is sure that any difference will result in necessity of the funds and not a discrepancy (“money well spent”) and tried to explain how a prudent reserve is met and kept and why there may be a lower balance now as some groups are not contributing on a monthly basis and may be making donations based on the fiscal year. George C compliments the Steering Committee members and Rhonda individually for their efforts on our (NCIG) behalf and their dedication to clarity and transparency with regard to all the financials and also the Group Inventory which went very well.

B. The Steering Committee voted in favor to move to an in-person/hybrid setting in April. The next meeting will be held at the Central Office (after hours) on April 10th. All are welcome to attend (via the link at nocoaa.org).

Chair; Rhonda: proposes discussion amongst the IGRs as to whether they may also consider moving to in-person. Venues are being researched so that we may continue to provide an online platform for the Reps who may not be able to travel to Fort Collins at this time. She asks if they would like to entertain a motion. As no motion is forthcoming from the group(s), this discussion and potential motion is tabled until the next NCIG meeting in April.

C. NCIG is still in need of an Assistant Secretary and the IGRs are encouraged to take this request for volunteer nominations to their groups. The job description and suggested requirements can be found at nocoaa.org under the resources tab. IGRs please contact Central Office with nominee/volunteer information.

D. Volunteer for April NCIG to read Tradition 4, Long Form: George C and Concept 4 from the Service Manual: Tina P.

Meeting adjourned at 7:42 pm

District 21 Archives
Presents

Founders Day Pot Luck Picnic June 9, 2024

Bring your favorite recipe to share, chips, dips or whatever. Archives will provide utensils, plates, napkins, coffee and water.

Potluck 4-5 PM

Archive pres. 5 PM

Speaker Panel 6 PM

**Pavilion Edora Park
1420 E Stuart Fort Collins**

Founders Day AA NoCo

@Founders_Day_NoCo



venmo

CHECKS PAYABLE TO:
Founders Day AA NoCo

MAIL TO:
District 21 AA
PO Box 272684
Ft. Collins, CO 80527

THANK YOU FOR YOUR CONTRIBUTION

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!**