

# NORTHERN NOTES

November 2022



## A UNITY LETTER FROM SOME OF THE GRATITUDE BANQUET VOLUNTEERS ~

Is there a “we” in Unity?  
Well, there is a U.  
And there is an I.

When YOU and I come together in fellowship, WE experience UNITY.

#GratitudeBanquet  
Jennifer C.

I've witnessed the Unity of Alcoholics Anonymous in action as multiple committee chairs worked together to plan this year's Gratitude Banquet. Already, 90 plus volunteers stepped up to be of service to help raise funds for Northern Colorado Intergroup. This Unity ensures that A.A. is there when the next suffering alcoholic reaches out for help. I'm grateful to be but a small part of this and for the opportunity to be of service to our Fellowship.

Nancy K.

"AA is more than just a set of principles; it is a society of alcoholics in action." I am forever grateful for the community and service that AA and the Gratitude Banquet has brought me over the years!

-Carley R.

I met my sponsor at a gratitude banquet so it holds a special place in my heart. it's one of the few times you can gather with people from all different meetings. In my opinion, It's one of the best events in the area for service and fellowship.

Kelsey B.

I am GRATEFUL to be of Service for the Gratitude Banquet and to support Northern Colorado Central Office. The Gratitude Banquet offers opportunities for over 70 Service Positions. We have been planning the event since June and I'm looking forward to serving food and sharing fellowship!

Marlene B.

Any event where we can a bunch of drunks together to celebrate our recovery are my favorite events of the year. There's nothing like the feeling of hearing hundreds of alcoholics say the serenity prayer together because it's the purest reminder that I no longer have to feel the aloneness that I felt when I was drinking. Just like a story in the big book, "there is no more aloneness, that awful ache so deep in the heart of every alcoholic, nothing before could ever reach it... Now there's a sense of belonging, of being wanted and needed and loved. In return for a bottle and a hangover, we have been given the Keys of the Kingdom." After the last couple of years, I think we need to feel the impact of those Keys more than ever, and I think this year's Gratitude Banquet is a manifestation of gratitude, unity, and what it feels like to no longer be alone.

Jamie H.

I want to thank the Northern Colorado AA Community for supporting the Gratitude Banquet 2022. It's our opportunity for fellowship and celebrating our Gratitude for our Sobriety and our Northern Colorado Central Office that helps us carry the AA message to still suffering Alcoholic. Serving on the committee helps me have gratitude for what's it takes to put on event. It was events like this where I find a purpose. I'm grateful to be of service as "Kitchen Flow". Here's to hoping we can have several more events to celebrate our sobriety and fellowship.

In Service, Rhonda N.

I'm grateful to have the opportunity to be apart for this year's Gratitude Banquet. This is a much needed fundraiser for our central office. They do so much for our AA community and work closely with other districts in the area. I think I use the website everyday! It is fun to be able to be apart of the planning and I am looking forward to spending some time with other alcoholics.

With gratitude, Erica B.



**STEP** - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**TRADITION** - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

**CONCEPT** - The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

PRINCIPLES: **SPIRITUALITY**  **ATTRACTION**  **RESPECT**

## UPCOMING THIS MONTH

### NCIG Steering Committee:

Monday, November 21st at 5:15 PM

### Intergroup Meeting:

Monday, November 21st at 6 PM  
155 N College Ave #120 and Online  
Meeting ID: 826 2737 9047

### District 21 Meeting:

Sunday, November 6th at 5:00 PM  
301 E Drake, basement room

### District 23 Meeting:

Tuesday, December 6th at 7 PM  
35 Carlson Blvd, Johnstown, CO

Visit [www.nocoaa.org](http://www.nocoaa.org) or email  
[contact@nocoaa.org](mailto:contact@nocoaa.org) for latest.

## A.A. Quote for November:

"So at the outset, how best to live and work together as groups became the prime question. In the world about us, we saw personalities destroying whole peoples. The struggle for wealth, power, and prestige was tearing humanity apart as never before. As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out... Thus it has been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which –God willing– shall sustain us in unity for so long as he may need us."

-- *Twelve Steps and Twelve Traditions*, Pages 130-131

## CENTRAL OFFICE STATEMENT OF PURPOSE

The purpose of NCIG's Central Office is to support meeting groups in the area and to assist in helping the next alcoholic by receiving, distributing & following up on 12 step calls, answering inquiries about A.A., and cooperating with local public information committees. Central Office also maintains information about local hospitals & recovery facilities for alcoholics. We provide local meeting lists, a centralized website, a newcomer packet, a newsletter, order, sell & distribute A.A. literature, and more.



Options, for sending a 7th tradition contribution:

Venmo: @NCIGAA

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

Web: <https://noco-intergroup.square.site>

Send a check or drop off cash at:

Northern Colorado Intergroup

155 N College Ave #120

Fort Collins, CO 80524

BE A FAITHFUL FIVER

or

BIRTHDAY  
CONTRIBUTOR

5ER

support

Sign up for a monthly contribution of \$5 (or more),

or the number of years you've been sober. Visit our

contribute page at <https://www.nocoaa.org/contribute>. 2

# November 2022 ANNIVERSARIES

Bobby A. - 3 years  
Carolyn M. - 10 years  
Cortney M. - 13 years  
Deb S. - 7 years  
Donna McK. - 30 years  
Jack N. - 32 years (Oct)  
Kathy U. - 22 years  
Mike F. - 9 years  
Nancy K. - 24 years  
Randy B. - 4 years  
Richard M. - 22 years

## CONGRATULATIONS!

ARE YOU OR A SPONSEE CELEBRATING? LET US KNOW.

Email us for upcoming months  
contact@nocoaa.org

SAVE THIS DATE  
SOMEWHERE YOU  
WILL FORGET:  
MARCH 25, 2023

FOR THE  
WE'RE NOT A GLUM LOT  
COMEDY SHOW



## Things We Cannot Change

This column acknowledges the passing of our A.A. friends and family within the Northern Colorado community. This month we pause for the passing and devastating loss\* of

*Emily B.*

*Fort Collins, November 2nd*



We are immensely grateful for the time we did have with her. She will be greatly missed.

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 give us their name, city where they lived, home group name and the month of the year they passed, which can be shared here.

\* If you or someone you know is struggling or in crisis, help is available. Call or text 988.

Me patiently listening to a friend describe in brutal detail how alcohol is destroying every aspect of their life but how AA is too intense and they'd never consider it for themselves



## New @ Central Office

KEY RINGS  
LITTLE RED BOOK  
SMALL BOOKS ON RELAPSE

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

24/7/365 • 970-224-3552

# Central Office

OPEN Mondays - Fridays 9:00 AM - 5:00 PM

## Books

155 N College Ave #120  
Fort Collins, Colorado 80524

## Chips

Central Office has a **Lending Library**. There are books of all types and speaker cassette tapes & CDs. We also have extra Grapevines, a meeting in print, to take home.

### Does your group need an Intergroup Rep?

We service over 73 groups in Northern Colorado. Talk to your homegroup in your city. *Be an IGR, and we will shower you with appreciation.*

### District 21 (Larimer County):

**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 Diane B. at 814-934-9074 if you have any questions regarding the service or on becoming a volunteer for the AA Hospital Program. Education/training session can be on Zoom and Diane can provide more information to you.

**BRIDGE 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.

**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 Alfredo at [jr.nevarez@gmail.com](mailto:jr.nevarez@gmail.com).

## Up and Coming: AREA 10 & Beyond

### 2022 Winter Assembly

November 4-6, 2022  
Doubletree by Hilton,  
Greenwood Village, CO

### Spring 2023 Assembly

March 24-26, 2023  
Hosted by District 23  
Island Grove Regional Park,  
Greeley, CO

### Summer 2023 Assembly

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

Go to [coloradoaa.org](http://coloradoaa.org) for more Area 10 information.

## AS THERE!

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

Send it to us at  
[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)

Wanna propose a theme or 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.

2022

# Gratitude Banquet

a FUNdraiser for  
Northern Colorado Intergroup



**Sunday, November 13**  
**4:00 PM**

Speaker:

**MARTHA M.**  
**Erie, CO**

**"THE UNITY OF ALCOHOLICS ANONYMOUS IS THE MOST CHERISHED QUALITY OUR SOCIETY HAS."**

-BILL W.

Reprinted from 12 Steps and 12 Traditions, page 129, with permission of AA World Services, Inc.

## Northside Aztlan Community Center

112 E Willow St, Fort Collins

Doors open at 3:15 PM

Dinner Served at 4:00 PM

Sobriety Countdown at 5:15 PM

Speaker at 6:00PM

## Parking:

Parking can be found behind the Aztlan Center, some nearby businesses, Street Parking, and Old Town Parking Structures, Parking in Old Town Fort Collins

Also the FC Museum of Discovery lot is limited.

## Information:

Questions? Contact:  
Jamie H: 970-821-6587  
Nancy K: 970-290-3336  
gratitudebanquet@nocoaa.org

\*Please bring a side dish or dessert dish to share at your table!

## Tickets Available Now

\$20 through 11/1  
\$25 on and after 11/2

**\*\*Space is limited\*\***

Buy tickets in person at Central Office or at:  
[nocoaa.org/gratitudebanquet](https://nocoaa.org/gratitudebanquet)

Scan for tickets:



**SOLD OUT!**



# A.A. PAMPHLET OF THE MONTH: "Self-Support: Where Money and Spirituality Mix"

## Based on the 7th Tradition: Self-Supporting or Footing the Bill

From its earliest beginnings, A.A. has always incurred expenses – whether it be the cost of a pot of coffee or the price of a place to meet. In the early days, these costs were often absorbed by individual A.A.s or nonalcoholic friends who offered their parlors and living rooms for A.A.s to meet in. However, as A.A. outgrew the generosity of these early friends and members, the Fellowship's need for income became more and more apparent.

### Where they mix...

Twelfth Step work is the lifeblood of Alcoholics Anonymous – carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money.

According to Bill, "The answer is simple enough. Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office . . . or the world service Headquarters."

### Group participation

Once the basic group expenses have been taken care of (for example, rent, refreshments, A.A. literature, Grapevine literature, local meeting lists, G.S.R. travel expenses to attend service functions) and a "prudent reserve" has been set aside to cover any emergency contingencies that might arise, the group may decide to further carry the message by sending money to the following A.A. service entities: local district, area committee, local intergroup / central office, A.A.'s general service office.

Money has never been a requirement for A.A. membership, and to keep it that way all of A.A.'s trusted servants have an ongoing obligation to inform groups and individuals about the value of self-support and the need for voluntary contributions throughout the Fellowship.

*Quoted from the "Self-Support" pamphlet (F-3) from A.A.W.S.*

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members.

We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise.

Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

— Tradition Seven (long form)

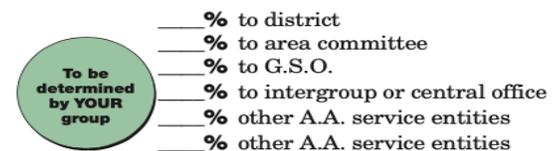
**Q After group expenses for rent, prudent reserve, etc., what is your informed group conscience for distribution of excess funds?**

**A** Sample distribution plans follow:

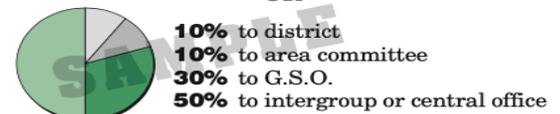
#### Samples of Group Contributions to A.A. Service Entities

Distribution Plan of \_\_\_\_\_  
(YOUR GROUP NAME)

Your Group Service # \_\_\_\_\_  
(Be sure to write group name and service # on all contributions.)

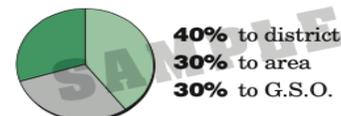


OR



OR

If you have no intergroup/central office:



### What is a Prudent Reserve?

Any suggested prudent reserve for a group should be dependent on local needs. A suggested prudent reserve for central offices, intergroups, and area committees could be one to 12 months' operating expenses, depending on local needs.

District 21 Archives  
Presents



# Longtimers Tales



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

SOBER 20+ YEARS

7PM ONLINE &

IN PERSON

1 ASPEN DR. LOVELAND

ID 764 055 0883    PWD 12345

669-900-6833

ROCK BOTTOM  
BECAME THE SOLID  
FOUNDATION  
ON WHICH I  
REBUILT MY LIFE.

YOU KNOW WHAT'S  
FUNNY IN RECOVERY?

NOTHING



## CENTRAL OFFICE

### Observed Holidays:

FRIDAY, NOVEMBER 11, VETERAN'S DAY - CLOSED  
THURSDAY, NOVEMBER 24, THANKSGIVING - CLOSED  
FRIDAY, DECEMBER 26, CHRISTMAS OBS. - CLOSED

We will still be available by phone.

IF YOU HOLD ON TO EXPECTATIONS

YOU'RE GONNA HAVE A BAD TIME

me calculating how many weekend mornings i've spent hangover-free:



LITTLE MISS SOBER QUEEN



If you do what you've always done, you'll get what you've always gotten.

# GREELEY AA STAMPEDE

WILLINGNESS IS THE

KEY

2023

Save the date

February

3rd, 4th, 5th

Join us for fellowship, food, speakers, workshops and fun!

Location: Island Grove Regional Park  
Greeley, CO

Contact:

aastampedegreeley@gmail.com

www.greeleyaastampede.org



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

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

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

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

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

# MEETING SPOTLIGHT

## LOVELAND

LoveLand A.A. Group

1 Aspen Dr

mon - sat 7 AM and 5:30 PM

mon and thurs 7:30 PM

sat 12 PM (women) & sun 8:30 AM, 5:30 PM, and 7:30 PM

## GREELEY

Put N Sober

2608 7th Ave

Fridays at 8 PM

SEE [WWW.NOCAA.ORG/MEETINGS](http://WWW.NOCAA.ORG/MEETINGS) -OR- THE MEETING GUIDE APP FROM A.A.W.S

NORTHERN COLORADO INTERGROUP / CENTRAL OFFICE IS HOSTING

# 12 STEP WORKSHOPS FOR 2022

12  
11  
10  
9  
8  
7  
6  
5  
4  
3  
2  
1

- A NOCO A.A. COMMUNITY EVENT -

# 12 STEPS WORKSHOPS

TWELVE STEPS OVER 2022 ON THE LAST SUNDAY OF EACH MONTH AT 6 PM EXCEPT DECEMBER

EVERY STEP WORKSHOP IS ONE HOUR & HAS A DIFFERENT 3 SPEAKER PANEL WITH A Q & A

## DATES

- Step 1 **JAN 30**
- Step 2 **FEB 27**
- Step 3 **MAR 27**
- Step 4 **APR 24**
- Step 5 **MAY 29**
- Step 6 **JUN 26**
- Step 7 **JUL 31**
- Step 8 **AUG 28**
- Step 9 **SEP 25**
- Step 10 **OCT 30**
- Step 11 **Nov 27**
- Step 12 **DEC 18**

at the American Baptist Church  
**600 S Shields St (downstairs)**  
 in Fort Collins  
 COFFEE, TEA, & GOODIES

YOUR SUPPORT IS GREATLY APPRECIATED

VOLUNTEER TO CHAIR OR QUESTIONS?  
 EMAIL [contact@nocoaa.org](mailto:contact@nocoaa.org)  
[www.nocoaa.org](http://www.nocoaa.org)

## CENTRAL OFFICE DAY WATCH STATS

	OCT 2022
Voicemails	2
A.A. Information	26
Al-Anon	0
Detox/Treatment	1
12th Step	1
Other Calls*	15
Visitors	77
<b>TOTAL CALLS</b>	<b>45</b>

\* Usually local members requesting anything from a meeting change to a special order.

STAY TUNED FOR NIGHT WATCH STATS

## 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.

- 2nd Sunday of the month 8pm - 9am, phone night watch
- Fridays 3-5pm in the Office

We also need to add more substitutes and 12th step callers to be on our list.

Contact Julie or Beth at [contact@nocoaa.org](mailto:contact@nocoaa.org)



sober ladies ready to slay another booze free weekend like:



## WEBSITE & GOOGLE SEARCH STATS FOR October 2022:

WEBSITE	GOOGLE SEARCH PROFILE ---->	WEBSITE VISITS	PHONE CALLS
5,998 SESSIONS	3,802 VIEWS	568	42

Northern Colorado Intergroup

**Northern Colorado Intergroup Meeting MINUTES September 19, 2022**  
**Call to order: 6:00 PM**

1. Serenity prayer + welcome
2. Tradition 9 (long form): *"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."* (Mike)
3. Introductions of Steering Committee and IGRs with Group Updates/Announcements
  - a. IGR Packet: <https://nocoaa.org/resources/igr-packet/>
    1. David H - IGR - Last House -
    2. Ronda - Noco Sober spotlight - Tate R will speaking, more info on [nocoaa.com](http://nocoaa.com)
    3. Julie Treasurer
    4. Beth - Office Manager
    5. Lindsey M - IGR Let Them eat cake, chair
    6. Mike B - IGR 539 Group
    7. Laurel - IGR Step Sisters
    8. Lisa Z - IGR Laporte 287 group
    9. Karen K - Asst Treasurer
    10. Julie F - IGR Bfast with Bill and Bob
    11. Karen R - District 21, visiting
    12. Kathy W - IGR - Loveland Group
    13. Lindsay K - IGR - It's 5 O'clock somewhere, could use support, might go to 3 Sundays per month
    14. Chelsey - IGR - Spring Creek Group, Member at Large
    15. G I - IGR
    16. Jamie H. - IGR Women of Faith
    17. Cody - IGR Friends of Bill, asst secretary
    18. Jessica J - IGR Women Seeking Sobriety, Secretary, Stampede Chair
4. Quorum (> 7 IGRs)
5. Motion to accept the meeting minutes from last month? Lindsay K motion - Lisa Z 2nd
6. Active reports
  - a. Chairperson - Lindsey - Still trying to find a co-chair, promoting IG at meetings, and working on the Grat banquet

We show the September minutes in this issue of NN because the Intergroup Reps have not approved the October minutes yet, not until November's meeting on 11/21 my friends.

- b. Treasurer - Julie - August - Income \$5,926.47, expenses - 5,522.40. Lindsay K motion, Julie 2nd
- c. Central Office - Beth - 99 calls in August, 62 visitors. Need a volunteer for the first Friday of the month 5pm-8am (phone). Google stats - 4,513 views. We are no longer using Wordpress on the only server, switched to a new server, complete stats not available. Attended ICOAA in Denver. Worked on Gratitude Banquet
- d. District 21 - Kathy W - Put up some signs in the room. Asked to be put in the Noco Newsletter in the Spotlight.
- e. District 23 - Jessica - AA Stampede will be holding a Chili Cook-off in November, more info to follow. Area 10 Conference will be in Greeley at Island Grove in March 2023

#### 7. What to take back to your group...

- a. Central Office has almost one month of prudent reserve (average monthly budget amount is \$6,384.46)
- b. Central Office is currently in the negative - (Year-to-date is -\$2,236.63)
- c. The annual Gratitude Banquet tickets are on sale for \$20 - [nocoaa.org](http://nocoaa.org) (red banner at top) main source of fundraising for Intergroup. 436 tickets available
- d. 9th step workshop is the last Sunday of the month (or 10th, depending on when your business meeting is) at 600 S Shields in Fort Collins.
- e. Sign up for Northern Notes newsletter; over 400 subscribe.

#### 8. Old Business

- a. Gratitude Banquet
  - i. Update - to buy scholarships contact IG. 2 rooms, probably won't have to have overflow in the 2nd room, there should be enough in the gymnasium room. Working on budgets for committees. Please remember to bring a side dish! Still need Turkey and Ham donations from groups and individuals, please bring it cooked, if possible, carved. [nocoaa.org/gratitudebanquet](http://nocoaa.org/gratitudebanquet) to sign up. Committee is now using a Google drive to share docs more easily. Over 100 tickets already purchased. Need help peeling potatoes the day of, more info on how to sign up. Everyone is buying a ticket, even the planning committee, the end goal is to raise money.
- b. Open Position on the Steering Committee: Asst Chair - Still looking
- c. State Farm - followup - Current policy is written as a Medical office, need to correct that. As far as liability it should extend to all the groups without an extra charge. Beth will double check.

9. New Business

a. Q & A about being an Intergroup rep for your group (tabled - out of time)

Northern Colorado Intergroup

10. 7<sup>th</sup> Tradition - Venmo @NCIGAA [www.nocoaa.org/contribute](http://www.nocoaa.org/contribute)

11. Volunteer to read the 10th tradition next month? Lindsay K

**Close 7:00 PM (Julie motion to close, Lindsay K 2nd.)**

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

Next Meeting: October 17, 2022 [www.nocoaa.org](http://www.nocoaa.org)



## KEEPING OPTIMISM AFLOAT

November 02

The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, . . .

### THE LANGUAGE OF THE HEART, p. 240

A sober alcoholic finds it much easier to be optimistic about life. Optimism is the natural result of my finding myself gradually able to make the best, rather than the worst, of each situation. As my physical sobriety continues, I come out of the fog, gain a clearer perspective and am better able to determine what courses of action to take. As vital as physical sobriety is, I can achieve a greater potential for myself by developing an ever-increasing willingness to avail myself of the guidance and direction of a Higher Power. My ability to do so comes from my learning—and practicing—the principles of the A.A. program. The melding of my physical and spiritual sobriety produces the substance of a more positive life.

## New York Intergroup



# BILL W. 2022

Fundraiser Celebration  
December 3, 2022 7:00PM  
Virtual Speaker Meeting  
and DJ Dance  
Zoom ID: 845 2684 1748

**NCIG FINANCE REPORT - SEPTEMBER 2022**

September 2022 Actuals		
Income	\$	9,395.52
Expenses (COGS & Operating Expense)	\$	8,497.83
<b>Net Income</b>	<b>\$</b>	<b>897.69</b>

Income for September

Income Type	Amount	Comments
7th Tradition	\$4,822.54	Individuals & Groups
Faithful Fiver	\$ 351.72	September 2022 Total
Central Office	\$1,121.95	September 2022 Sales Total
Step 9 Workshop	\$ 26.00	9/25/2022 event
Gratitude Banquet	\$3,073.31	Ticket Sales, 9/1-9/29
<b>TOTAL GROSS INCOME</b>	<b>\$9,395.52</b>	

**2022 Year to Date (YTD) Actuals**

Income	\$58,234.60
Expenses (COGS & Operating Expense)	\$59,573.54
<b>NET INCOME as of September 2022</b>	<b>\$ (1,338.94)</b>

**YTD Numbers Breakdown**

2022	Income	Expenses	Monthly Net Income	YTD Income	YTD Expenses	YTD Net Income
January	\$7,796.49	\$7,866.42	-\$69.93	\$7,796.49	\$7,866.42	-\$69.93
February	\$5,943.25	\$5,887.66	\$55.59	\$13,739.74	\$13,754.08	-\$14.34
March	\$3,917.71	\$4,749.04	-\$831.33	\$17,657.45	\$18,503.12	-\$845.67
April	\$11,330.45	\$9,254.64	\$2,075.81	\$28,987.90	\$27,757.76	\$1,230.14
May	\$5,045.85	\$4,023.17	\$1,022.68	\$34,033.75	\$31,780.93	\$2,252.82
June	\$2,774.78	\$6,263.29	-\$3,488.51	\$36,808.53	\$38,044.22	-\$1,235.69
July	\$6,104.08	\$7,509.09	-\$1,405.01	\$42,912.61	\$45,553.31	-\$2,640.70
August	\$5,926.47	\$5,522.40	\$404.07	\$48,839.08	\$51,075.71	-\$2,236.63
September	\$9,395.52	\$8,497.83	\$897.69	\$58,234.60	\$59,573.54	-\$1,338.94
October			\$0.00	\$58,234.60	\$59,573.54	-\$1,338.94
November			\$0.00	\$58,234.60	\$59,573.54	-\$1,338.94
December			\$0.00	\$58,234.60	\$59,573.54	-\$1,338.94
<b>Total YTD</b>	<b>\$58,234.60</b>	<b>\$59,573.54</b>	<b>-\$1,338.94</b>			

**Bank Statements**

Canvas CU Checking Ending Balance 9/30/22	\$	4,316.03
Canvas CU Savings Prudent Reserve 8/31/22	\$	4,011.68
Current Canvas CU Checking Balance 10/13/22	\$	6,070.97

Expenses for September

Expense	Amount	Notes
Ink Works	\$ 156.31	Meeting Lists, bookmarks, and fliers
A.A. World Services (still some pre-orders)	\$ 1,038.47	A.A. conference-approved Literature & Pamphlets (incl special orders)
Recovery Shop	\$ 221.95	Medallions (chips), stickers, recovery items (incl special orders)
Amazon	\$ 52.09	Special Order and Literature
Sober Medallions	\$ 117.47	Special Order and new display
Hazelden	\$ 34.35	Special Order and Literature
Grapevine	\$ 212.35	Literature
AI-Anon Family Groups	\$ 33.00	Special Order of Literature
Fellowship of the Spirit / Elaine Jones	\$ 143.50	Buy-back of Big Books not sold

**Literature & Recovery Goods (COGS) \$ 2,009.49**

Expense	Amount	Notes
Central Office Rent	\$ 700.00	Monthly, for March
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 13.36	Monthly fee
Comcast	\$ 162.50	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Office Supplies and Postage	\$ 40.72	Barcode Labels, paper, and envelopes
Cloudflare & Hover.com	\$ 41.17	Monthly
Quickbooks Subscription	\$ 88.27	Monthly
Cache Accounting	\$ 243.60	Annual 1 of 2 payment
Hotel for ICOAA	\$ 131.20	1 night
Special Events Expenses	\$ 58.47	One-time for GB Signage + workshop coffee and cookies
Transfer to Gratitude Banquet account	\$ 2,870.95	Requested by Treasurer of GB twice
Office Manager Monthly Salary	\$ 2,084.32	Monthly - actual paid at end of month
<b>Total Operating Expense</b>	<b>\$ 6,486.34</b>	
<b>TOTAL SEPTEMBER EXPENSES</b>	<b>\$ 8,497.83</b>	

7th Tradition by Group

Group Name	Sept Amount	YTD Amount
539	\$1,769.73	\$1,769.73
7am Freedom		\$70.00
AA Recovery Group of Windsor		\$641.07
Acceptance	\$122.80	\$766.92
Awakenings	\$244.85	\$1,718.56
Berthoud Hump Day		\$25.00
Big Book Enthusiasts		\$38.72
Big Book of Loveland	\$50.00	\$400.00
Booze Busters		\$262.72
Breakfast with Bill and Bob	\$1,060.00	\$2,580.13
Broad Highway of Recovery (Al-Anon)		\$50.00
Burlington AA Group		\$110.00
Campus Group		\$10.00
Campus Group 2		\$20.00
Daily Noon Zoom	\$210.21	\$1,347.40
District 21		\$1,588.53
Early Worms		\$350.00
Eaton Crow Group		\$47.00
Fort Collins Group		\$558.54
Friends of Bill W.		\$427.02
Friends of Bill W. 7 AM		\$139.42
Great Fact Group		\$50.00
Greeley Group 2	\$10.00	\$90.00
Greeley High Noon		\$75.00
Greeley Westside Group		\$198.00
GYST Harmony		\$31.50
Happy Destiny		\$517.85
High Noon FoCo		\$541.39
Johnstown Primary Purpose	\$51.25	\$1,012.12
Keep It Simple Group	\$875.00	\$3,862.00
Laporte 287 AA Group	\$104.00	\$623.00
Last House on the Block		\$1,730.70
Let Them Eat Cake		\$115.48
Loveland AA Group	\$8.41	\$976.76
New Hope		\$353.32
NOCO Pathfinders	\$97.30	\$194.82
Rule 62 YPAA		\$49.53
RUS		\$175.29
Spring Creek		\$75.00
Step Sisters	\$21.00	\$181.00

Group Name (continued)	Sept Amount	YTD Amount
The Basic Text Group		\$220.00
TNT Group		\$69.00
Union Colony Group		\$426.14
Windsor Triangle		\$554.53
Windsor Women Unite AA		\$305.91
Women in Recovery		\$100.00
Women of F.A.I.T.H.		\$721.18
Women's Recovery Through the Steps		\$112.60
YAGBT		\$25.00
Your Life Group	\$40.00	\$120.00
<b>TOTAL GROUP CONTRIBUTIONS</b>	<b>\$4,664.55</b>	<b>\$26,627.88</b>

August: \$3,161.77

July: \$2,318.80

Projected October 2022 Expenses Budget

Expense	Amount	Notes
Ink Works	\$ 100.00	Meeting lists, postcards
A.A. World Services	\$ 700.00	A.A. literature re-stock
Recovery Shop	\$ 200.00	Medallions (chips), Cards, Stickers, and special orders
Amazon	\$ 25.00	Literature, special order
Grapevine	\$ 120.00	Literature
Pass It On Recovery	\$ 41.00	Special Order and Drunk Junk
Hazelden	\$ 40.00	Literature

Expense	Amount	Notes
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,226.00</b>	
Central Office Rent	\$ 700.00	Monthly
State Farm Insurance	\$ 39.58	Monthly
El Dorado Artesian Springs	\$ 20.00	Monthly (water), varies
Mail Chimp Software Subscription	\$ 11.42	Monthly - email marketing software
Comcast	\$ 162.20	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 88.00	Monthly, bookkeeping
Office Supplies and Postage	\$ 25.00	Monthly (as needed)
Cache Accounting	\$ 243.60	Annual - Income Tax Return (2 of 2 payments)
Payroll Taxes (Q3), Federal and State	\$ 2,300.00	QUARTERLY
Cloudflare	\$ 20.00	Monthly Website Boost & Backup
Sales Tax, City and State	\$ 400.00	QUARTERLY, based on income
Transfer to Gratitude Banquet account	\$ 1,000.00	Requested by Treasurer of GB, estimate
Office Manager Monthly Salary	\$ 2,084.32	Monthly - approximate amount
<b>Total Operating Expense</b>	<b>\$ 7,110.24</b>	

HOSTED BY GREELEY A.A. / AL-ANON STAMPEDE

# CHILI COOK-OFF



SOUTH CLUB

2608 7TH AVENUE

GARDEN CITY, COLORADO 80631

NOVEMBER 5TH, 2022

1:30-4:30PM

WE WILL ALSO HAVE A BAKE SALE. PLEASE BRING YOUR FAVORITE BAKED GOOD TO DONATE.

PROCEED WILL SUPPORT THE 71ST ANNUAL GREELEY AA / AL-ANON STAMPEDE!

(FEBRUARY 3RD, 4TH & 5TH 2023)

DRINKS WILL BE PROVIDED AND THE WINNER WILL GET A PRIZE! ALL TYPES OF CHILI ARE WELCOME. CHILI BEAN, WHITE CHICKEN CHILI, ETC!

\$10/ PERSON

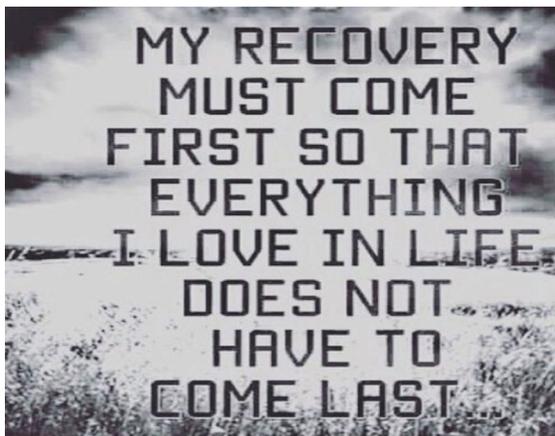
YOU WILL BE OUR JUDGES!

TO ENTER THE CHILI COOK OFF, PLEASE EMAIL:

[AASTAMPEDEGREELEY@GMAIL.COM](mailto:AASTAMPEDEGREELEY@GMAIL.COM)



me, feeling like the most popular person at the meeting after giving a 20-minute speaker share about pissing myself, totaling cars, breaking limbs, and sabotaging every meaningful relationship in my life



"meditation is a fantastic way to slow down and calmly observe your inner world:

my inner world:



## Why Service?

- What's in it for me? (I'm selfish and self-centered.)
- (You will grow)
- How much time is involved? (That depends)
- I don't know how to do this? !!!!!
- (You'll learn)
- I don't know anyone. (You'll meet them)
- What if I make a mistake? (You can't break AA)



Virtual 3rd Annual Stepping Stones

# Day of Gratitude

Bill W., Lois W. & Friends

Sunday, November 6, 2022

6-7:30 p.m. Eastern (New York time) /

3-4:30 p.m. Pacific (Los Angeles time)

Registration:

→ <https://DOG3.eventbrite.com>

An Event for Gratitude Month Supporting  
Stepping Stones - Historic Home of Bill & Lois Wilson, NY

Featuring:

- History Talk: Jimmy O., Long Beach, NY - Stories about the Wilsons & memorabilia.
- Launch Party for Online Archive Portal - Highlights from the Bill W. Collection.
- First Ever "Spirit of Stepping Stones Awards" - Honors for Past & Present Champions of the National Historic Landmark Home of the Wilsons.
- Trivia & Prizes



A real life photo of me rolling up to the anniversary meeting next month



## ONE DAY AT A TIME

The idea of giving up alcohol or drugs for the rest of your life is overwhelming. The good news is that you do not have to do this. You can approach recovery one day at a time. You do not have to worry about what is going to happen tomorrow or next week. You just have to get up each morning and commit to staying sober for the rest of the day - you do not need to commit to anything more than that. By sticking to one day at a time, the days turn into weeks, and the weeks turn into years.

Me doing my 5th step sex inventory



A real pic of me after only writing the word "mom" on my fourth step



**Recovery  
is about  
progression  
not perfection.**



### What is Intergroup???

Intergroup has been formed so that each group may elect a representative from their group, who participates in the monthly business meetings with other group representatives. Each month they share their groups experience in carrying the A.A. message, lets all the members of Intergroup know how their home group is doing, numbers of attendance, when and where they meet. The Intergroup representative keeps the group informed about what Central Office is doing, as well as the other groups. Make sure your group has a vote and a voice!

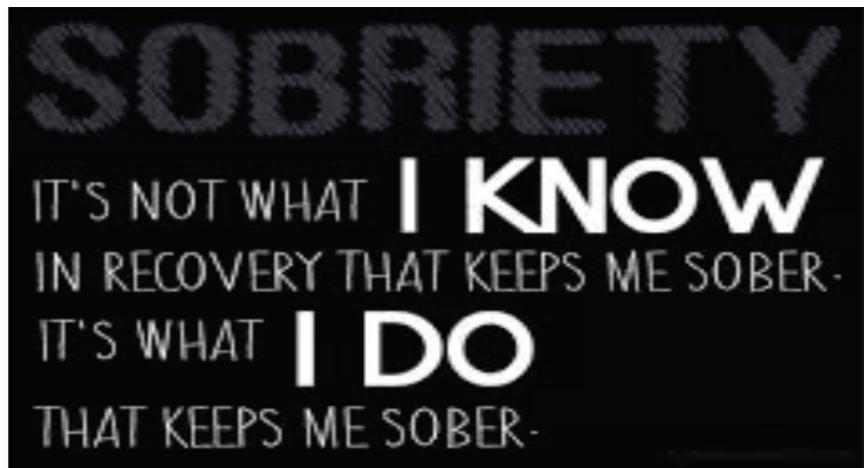
All actions of the Northern Colorado Intergroup shall be guided by the Twelve Traditions, Twelve Concepts, and the A.A. Service Manual.

Governed by the By-Laws and Amendment documents.

## Tradition 11 Checklist

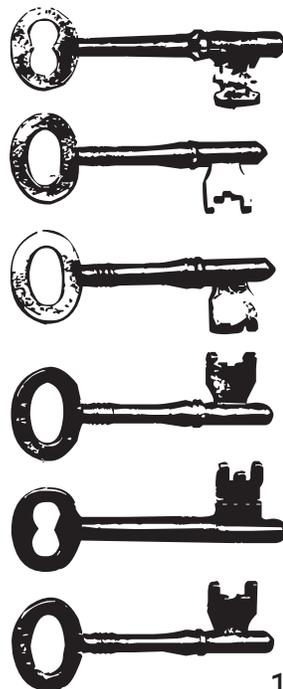
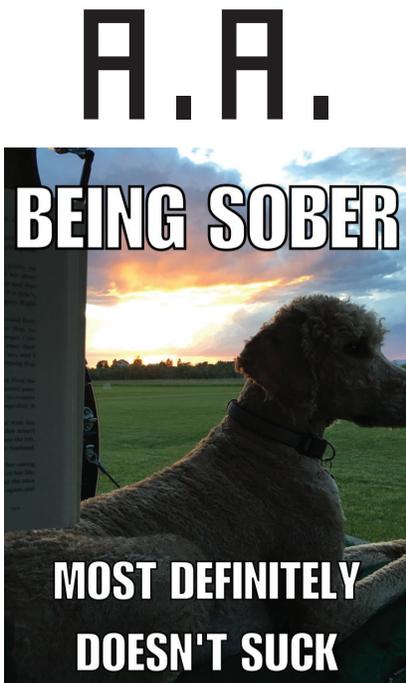
Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?





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



# 2022 GRATITUDE BANQUET

## SERVICE POSITIONS AVAILABLE

Chairs &  
Committee Members for:  
Secretary/Historian  
Servers  
Food Coordination  
Food Preparation  
Coffee  
Decorations  
Set up  
Clean up  
Box Office/Ticketing  
Runners  
Bussers

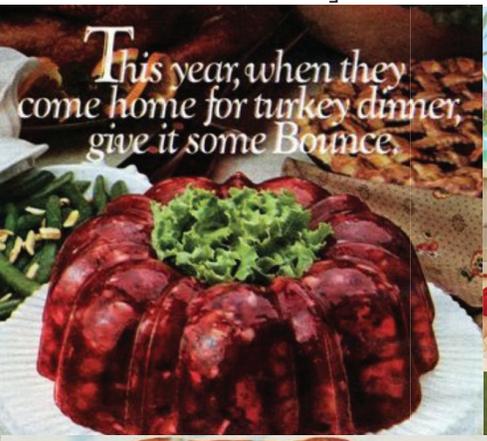
**LAST MEETING:  
NOVEMBER 6, 2022 at 11 AM**

Dazbog Coffee (Basement)  
401 Mason Ct #105, Fort Collins, CO 80524

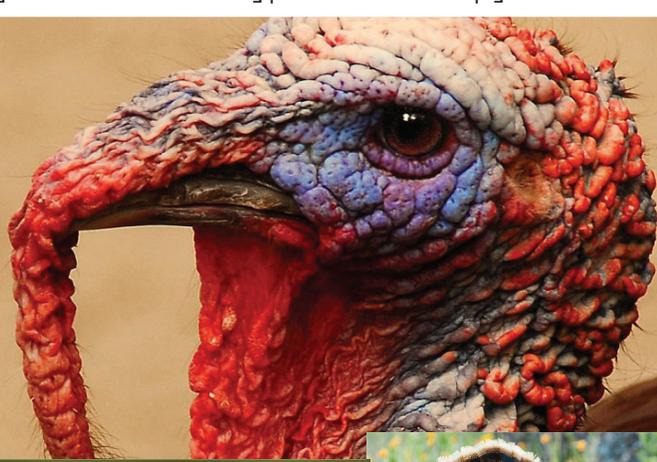
Sign up to volunteer at  
[www.nocooa.org/gratitudebanquet](http://www.nocooa.org/gratitudebanquet)

One day you will  
tell your story of how  
you overcame what you  
went through and it will  
be someone else's  
survival guide.

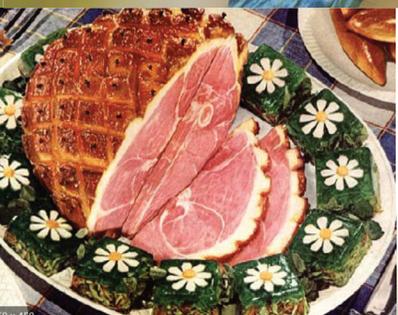
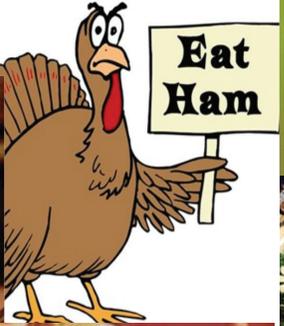




*This year, when they come home for turkey dinner, give it some Bounce.*



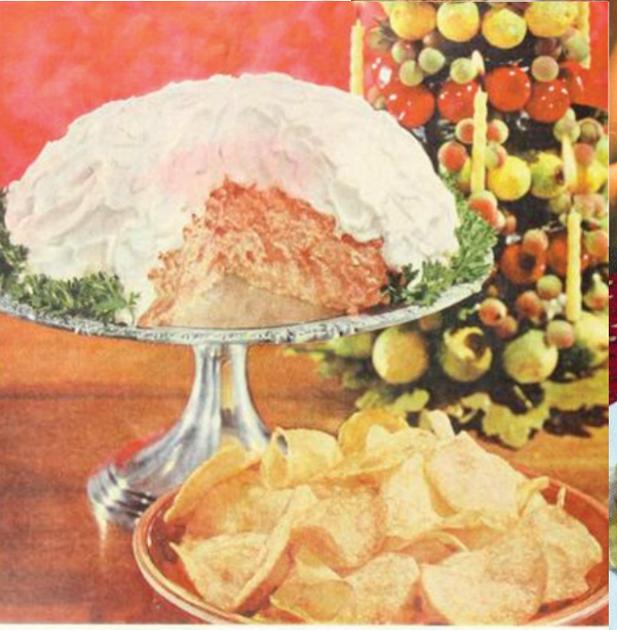
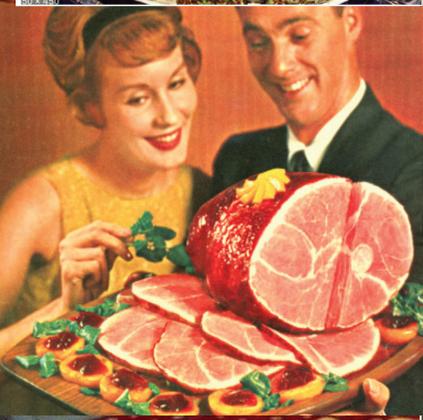
*You'll start a whole new holiday tradition...*



**HAM AND BANANAS HOLLANDAISE**



...serve cranberry "candles" as your salad



"Handy Ham" adds a festive touch

