

NORTHERN NOTES

Northern Colorado Intergroup/
Central Office of Alcoholics Anonymous

April 2023

*A History of the
We Aren't a Glum
Lot Comedy Night
from Organizer &
MC George M. ~*



In the summer of 2013, I was talking with my friend Duane S., who was then the treasurer for Northern Colorado Intergroup. He was worried about their finances, as for years they had put on three or four fundraising events, and that had dwindled down to one or two.

Having been involved in an annual recovery-oriented fundraiser known as Yukaholics when I lived in Los Angeles in the nineties, I suggested that we try to do something similar. Luckily for us, Duane's wife Jan was at the time the manager of the Rialto Theater in Loveland, so we were able to procure the venue at the charitable organization rate and we booked a Saturday night in April, 2014.

My friends Nancy N. and Heather S. joined me on that first show, and we had a crowd of around 375 people. We've done the event every year since (except during the pandemic in 2020 and 2021). Over the years our attendance has fluctuated between 350 and 410 or so, and, like all recovery audiences, they are always fantastic. We've had an amazing lineup of headliners, many of whom have appeared on The Tonight Show and their own TV specials. I know many people who have dinner in Loveland before the show and make a night of it, and the whole vibe in the theater makes it one of my favorite AA events I've ever been involved with.

Here is one of the best parts: I was at a meeting a few years ago and a guy I didn't know real well came up and said, "I was only about two months sober when I went to my first 'Glum Lot.' I kind of thought I was never going to have fun again, but sitting in that theater laughing my ass off with all those other people, I thought, 'Maybe I can do this sobriety thing after all.'"

ALCOHOLICS ANONYMOUS AREA 10



ANNUAL CORRECTIONS CONFERENCE

APRIL 8, 2023



Chili
Potluck!

VFW POST 9644

2680 W. HAMPDEN AVE. ENGLEWOOD CO.

PARKING IN BUILDING LOT & ON N. SIDE OF THE STREET

- COST: REGISTRATION \$12.00
- MODERATOR: MATT E. (303) 961-5555
- WHEN: 8:00-4:00 (DOORS OPEN @ 8)
- CONTINENTAL BREAKFAST (BREAKFAST BURRITOS)
- LUNCH: SANDWICHES AND CHILI POTLUCK
- *PLEASE RSVP FOR POTLUCK: MATTELLIS2@GMAIL.COM
- SPEAKER PANELS
- EX OFFENDERS
- VOLUNTEERS
- REPRESENTATIVES FROM CORRECTIONAL FACILITIES

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.

4

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 / ACTION** △ **AUTONOMY** △ **PARTICIPATION**

A.A. Quote for April:

"In this atmosphere, the alcoholic often overcomes his obsessive concentration on himself. Learning to depend upon a higher power and absorbs himself in his work with other alcoholics, he remains sober day by day."

— BIG BOOK OF ALCOHOLICS ANONYMOUS, p. 570

Are there any changes to your meeting or do you have a suggestion for Central Office?
Send it to officemanager@nocoaa.org

What do you want to see under Resources on the Intergroup website?
Send it to us at officemanager@nocoaa.org

Want write an article for Northern Notes?
Send it to us at officemanager@nocoaa.org

Do you have a story, image or joke for Northern Notes?
You know what to do.

CALENDAR

Saturday, April 8th, 8 AM - 4 PM
Area 10 Corrections Conference
VFW POST 9644
2680 W. Hampden Ave
Englewood, CO

Monday, April 17th, 6 PM
Intergroup Meeting:
Meeting ID: 826 2737 9047

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

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

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

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

November 17-19, 2023
Winter 2023 Assembly
DoubleTree Denver Tech Greenwood Village, CO

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

Venmo: @NCIGAA

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

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

Send a check or drop off cash at:

Northern Colorado Intergroup

155 N College Ave #120

Fort Collins, CO 80524

BE A FAITHFUL FIVER
or
BIRTHDAY
CONTRIBUTOR
5ER support

Sign up for a monthly contribution of \$5 (or more), or the number of years you've been sober. Visit us at <https://www.nocoaa.org/contribute>.

April 2023 ANNIVERSARIES

Beth P. - 12 years
Beth S. - 11 years
Brenda - 34 years
Carley R. - 7 years (March)
Denise C. - 15 years
Duane S. - 35 years
Geena R. - 8 years
George M. - 30 years
Jim S. - 45 years
Kirt B. - 36 years
Kristin - 12 years
Sarah K. - 11 years
Terry - 39 years
Wendy W. - 14 years
Wes P. - 30 years

CONGRATULATIONS!

CENTRAL OFFICE STATEMENT OF PURPOSE

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

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

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 HARDBACK Big Books & 12+12s
- Daily Readers
- Grateful Heart & Enamel Gold/Black Anniversary Chips
- Magnets & Wallet Cards

FYI - AAWS is out of pocket (small) Big Books, Softcover 12 & 12s, Gift edition 12 & 12s, Large Print Daily Reflections, Small softcover As Bill Sees It, and Living Sober. We have these in stock, so far. There are also price increases.

Live and Let Live

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

Central Office

OPEN Mondays - Fridays 9 AM - 5 PM

155 N College Ave #120

Fort Collins, Colorado 80524

970-224-3552 • 24/7/365

Central Office serves the groups and the next alcoholic.

We have a **Lending Library** with conference-approved literature and books of all types along with speaker cassette tapes & CDs. We also have extra Grapevines, 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):

DCMs - Marcus and Steve

ARCHIVES - Meets 3rd Wednesday of the month 4:45pm at 213 Jefferson St (Millenium Tattoo), Fort Collins. They also host the Longtimers' Tales speaker meeting on the first Wednesday of the month at 7 PM, 1 Aspen Dr in Loveland.

BRIDGING THE GAP - This A.A.-wide program helps people leaving a correctional or treatment facility become acquainted with A.A. and attend A.A. meetings in their home town, after they are released. Contact D21 BTG at bridgethegapnoco@gmail.com or fill out the BTG form on nocoaa.org if this service is of interest to you.

CORRECTIONS - Contact Britt H.

CPC/PI - Individuals wishing to connect with people who wind up in the hospital (Medical Center of the Rockies, Poudre Valley, North Colorado Medical Center Greeley, Banner Medical Center, and McKee Medical Center), there is an active **Peer Support Hospital Visitation Program**.

The AA Hospital Dispatcher role is for receiving calls from participating Fort Collins, Loveland, and Greeley Hospitals for patients who request a visit or call from AA. They manage calls and ensure that the proper AA response team is in place to respond to the calls/visits. Meetings are the 3rd Wednesday of the month at 5:30 pm--Harmony Pres Church, 400 E Boardwalk, Fort Collins.

The AA Hospital Program offers volunteer training/education sessions. Please contact the dispatcher Larissa at 970-691-1073 if you have any questions regarding the service or on becoming a volunteer for the AA Hospital Program. Education/training session can be on Zoom and Larissa can provide more information.

TREATMENT - Join the D21 Treatment Committee and share your experience, strength, and hope with men and women in our local rehabilitation centers. Please help us carry the message of hope to these individuals who are about to re-enter the real world. Remember, you can only keep what you have by giving it away. Contact nocotreatment@gmail.com.

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

Northern Colorado Intergroup Committees

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

AA Outreach Committee - You are welcome to join us.

12 Step Calls: People who are experiencing symptoms of alcoholism call in to the Central Office. At times they ask if someone can come to share information (experience, strength and hope) with them. Central Office keeps a list of volunteers who are willing to call the person back and share on the phone. There is also a list of persons willing to make a visit with another member of AA-same gender to the suffering alcoholic. *We never go alone and there are a series of guidelines and suggestions set down by GSO and the longtime sober AA's who have gone before us.

Kitchen Table AA: This is a (small) groups of sober AA members who volunteer to take a meeting to persons who are temporarily shut in or home bound for a variety of reasons: Recent surgery prevents attending in person meetings, no digital communication skills or device, residential restrictions; transportation limitations, living at a facility or unable to leave the home for any reason. Volunteers needed for this committee.

Road Trip AA Outreach: This group consists of a number of volunteers willing to come together and "road trip" to an outlying area meeting. The group will decide on a meeting a month, meet at a central location and carpool to the meeting together. We plan to arrive 10-15 minutes before the meeting to help the chair or secretary set up and also to stay 10-15 minutes after to help clean up. We will have a possibility of leaving literature and/or information with the chair about the NCIG and Central Office, inviting attendance on the zoom platform at our monthly NCIG meeting.

CONTACT: To volunteer a small amount of time to do service on any or all of these committee options or to share ideas and suggestions, please call Central Office 970-224-3552, email officemanager@nocoaa.org or contact a committee member. Laurel T, Julie McD and/or Beth.

MEETING SPOTLIGHT

SEE www.nocoaa.org/meetings
-OR-

the meeting guide app from A.A.W.S

FORT COLLINS

Awakenings

Sundays at 8 AM

400 E Boardwalk Dr

Tues & Thurs 7 AM Zoom

FREDERICK

Rule 62

Sundays at 6 PM

7781 Mountain View Dr

2023 Colorado State Convention

Presented by Area 10 Alcoholics Anonymous in cooperation with
Area 5 Al-Anon Family Groups

Island Grove Regional Park, Greeley, Colorado - September 1st, 2nd, and 3rd, 2023



Speakers & Events:

Friday Evening AA Speaker: Paul M (Galveston, TX)
Friday Evening: Ice Cream Social
Saturday Al-Anon Luncheon: Monica H (Highlands Ranch, CO)
Saturday Evening: Banquet Dinner
Saturday Evening Al-Anon Speaker: Kari O (Boulder, CO)
Saturday Evening AA Speaker: Devin C (Brooklyn, NY)
Sunday Morning AA Speaker: Ashlee M (CO Springs, CO)

Workshops, Continuous Meetings, and Videos in
English & Spanish

PLEASE JOIN US!

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

For Preliminary Program and Updated Information

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

Or

Email Registration Chair at 23Convention@gmail.com



Island Grove Regional Park
421 N. 15th Ave., Greeley, CO 80631
Enter on Southwest side of facility

Lodging: TBA

Questions: Gina M. (970)215-2260 – 23Convention@gmail.com

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

or complete the form below and **MAKE CHECKS PAYABLE TO: 2023 State Convention**

Mail To: 2023 Colorado Convention, 2519 Shields St., Suite 1K #172 Fort Collins, CO 80526. *One person per form, please.*

- ☐ AA ☐ Al-Anon/Alateen ☐ Other
- ☐ Registration \$30.00 After 8/18/23 \$35.00
- ☐ Friday Evening Ice Cream Social \$10.00
- ☐ Saturday Al-Anon Luncheon \$25.00
- ☐ Saturday Evening Banquet Dinner \$40.00
- ☐ Dance \$5.00
- ☐ Bottomless Coffee Mug \$15.00
- ☐ Discounted Package Price \$115.00 (Total Savings of \$10.00 for Registration postmarked by 8/18/23)
- ☐ Contributions \$ _____
- Total Enclosed \$ _____

Member Registration Information:

Name on _____

Badge _____

Home Group _____

Name _____

Address _____

City _____

State _____

Zip Code _____

Phone (____) _____

Email _____

☐ I'd like to volunteer!

For "Special Needs" consideration, please e-mail Gina M.
at 23Convention@gmail.com

(every effort will be made to accommodate special requests).

On-site registration will be open from 3 p.m.—9 p.m. Friday, September 1, 2023, and at 8 a.m., Saturday, September 2, 2023

Annual Intergroup Steering Committee Nominations for 2023

The Annual Steering Committee board elections will be held at the monthly NCIG meeting on April 17th, 6:00 pm on the virtual platform. Meeting information can be found in the meeting directory. Election information, nominee form and position descriptions can be found in the link below.

1. Go to <https://nocoaa.org>
2. A red banner will appear at the top of the webpage with a link to the simple form to fill out for the Nominating Committee.

Contact information is there as well, if you have any questions.


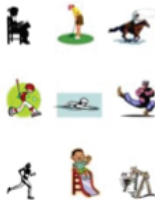

Nominees are requested to submit the form by April 12th.
Thank you.



My recovery must
come first so that
everything I love in
life does not have
to come last

The 3 Ds: Delay, Distract, Decide

Use this form to help you deal with cravings for any unhealthy and/or addictive habit.

<h2>Delay</h2> 	<p>Delay the decision to give in to the craving for a set time – 5, 10, 30 or 60 minutes. The craving will pass!</p> <p><i>I will delay for</i> _____ (write down number of minutes)</p>
<h2>Distract</h2> 	<p>Do something that will occupy your thoughts and grab your attention. Perhaps do something physical to use the energy of the craving.</p> <p><i>Things you could do, and how long you will do them for:</i></p> <p>_____</p> <p>Read the Big Book, Call a newcomer. Call your sponsor.</p>
<h2>Decide</h2> 	<p>After the set time, decide not to do whatever the craving wants you to do (the unhealthy or addictive habit you want to stop doing). Remind yourself of all the...</p> <p><i>Advantages of not doing it:</i></p> <p>_____</p> <p><i>Disadvantages of doing it:</i></p> <p>_____</p> <p><i>Reasons I want to stop:</i></p> <p>_____</p> <p><i>My life goals:</i></p> <p>_____</p>

April 04

"This very real feeling of inferiority is magnified by his childish sensitivity and it is this state of affairs which generates in him that insatiable, abnormal craving for self-approval and success in the eyes of the world. Still a child, he cries for the moon. And the moon, it seems, won't have him!"

THE LANGUAGE OF THE HEART, p. 102

While drinking I seemed to vacillate between feeling totally invisible and believing I was the center of the universe. Searching for that elusive balance between the two has become a major part of my recovery. The moon I constantly cried for is, in sobriety, rarely full; it shows me instead its many other phases, and there are lessons in them all. True learning has often followed an eclipse, a time of darkness, but with each cycle of my recovery, the light grows stronger and my vision is clearer.



SERVICE OPPORTUNITY: BE A CENTRAL OFFICE WATCH VOLUNTEER



Six months of sobriety required. Answer phones, give out information, speak with another alcoholic and families/friends, etc.

Available shift for one person or a (meeting) group:

- 1st Saturday of the month, 8 AM - 8 PM (phone forwarded to you - anonymously)

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

Contact Julie or Beth at contact@nocoaa.org

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 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 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.

CENTRAL OFFICE DAY WATCH STATS

	MARCH 2023
A.A. Information	53
Al-Anon	0
Bridging the Gap	0
Detox/Treatment	1
12th Step	1
Other Calls*	17
Visitors	92
Voicemails*	5
TOTAL CALLS	77

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

STAY TUNED FOR NIGHT WATCH STATS in JUNE 2023

WEBSITE & GOOGLE SEARCH STATS for MARCH 2023:

FROM WEBSITE WP SOFTWARE	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
2,735 USERS*	3,931 VIEWS	625	57

*Distinct single user visits to nocoaa.org

Northern Colorado Intergroup / Central Office Intergroup Meeting- MINUTES February 20, 2023 - NCIG Virtual Platform

Call to order: 6:00 PM

1. Serenity prayer + welcome
2. Tradition 2 long form - Laurel T.
3. Chair Announcement: Lindsey shares the change in Steering Committee Board made by unanimous vote in Urgent SC meeting(s) called on 2/13/23 and 2/18/23-Removal of Disruptive Member. She acknowledges some members who did not receive the Agenda, Meeting Minutes and the IGR packet sent to all IGR's. Laurel will collect emails in the chat during the introductions to rectify. The Chair shares her perspective and statement regarding the recent disruptive events and how it may be that the Unity, Recovery and Service of AA and the NCIG Bylaws and Traditions will unify and strengthen the service process. As she has researched and educated herself with the ByLaws and Concepts of Service, she is confident that the NCIG will continue in it's commitment to the groups as a whole. She thanks everyone who serves and supports the NCIG and Steering Committee and it is wonderful to see so many gathered in service here tonight.

4. Introductions

- a. Steering Committee and IGRs with Group Updates/Announcement Quorum > 7 IGRs)

Lindsey: NCIG Steering Committee Chair

Jessica J: NCIG Secretary-Announces apologies for not utilizing the BCC for NCIG recipients in the January reports, an oversight that (inadvertantly) led to misappropriation of email and individual contact information and ensuing disruption to the communication process for NCIG.

Laurel: SC-MAL; IGR SS; Interim Asst. Secretary- Will be taking the minutes tonight for group

Julie McD:- Treasurer

Karen K: Interim Asst Treasurer

Chelsea: SC MAL; IGR Spring Creek

Cindy B: District 21 Laison-will share during reports

George C: IGR R.U.S. Loveland

Lori M: IGR Fort Collins Group

Susan A: IGR Friends of Bill/Bob

Mike B: IGR 539 Group

Dave: IGR Greeley Westside

Amy: IGR Women Stepping Up

Amy: IGR Happy Destiny

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Kathy W: IGR Loveland Group

G: IGR ABC Group- During Business Mtg a vote will be held to continue or dissolve mtg.

Tom McD: IGR Independence Group

Nancy K: Alternate IGR (David B) Last House on the Block

Zoe: IGR Rule 62: The "Original Whoopee Party" will be held on March 11, 6:00 pm in support of CCPA at 301 E. Drake. All invited

Marilyn G: IGR Daily Noon Zoom

Stephanie: IGR Women's Recovery with the Steps

Carlos: IGR Berthouge- Thank everyone who attended to support the recent Round-Up

Lindsay K: IGR It's Five O'Clock Somewhere

Lori C: IGR Fort Collins Group

Marlene: IGR Basic Text

Emily: IGR Acceptance Group

Cindy B: District 21 Liaison; R.U.S. Homegroup

Cathy: GSR Women Stepping Up

Jamie H: Former Gratitude Banquet Co-Chair

William: member; District 21

5. **Approval of January Meeting Minutes-** Nancy K motions to accept; Lindsay K seconds; one abstains; motion carries

6. Active reports

- a. **Chairperson** - Lindsey-Due to recent events and researching the ByLaws with the Steering Committee, she suggests that we follow the guidelines as set forth and hold the Election for the Board as it has historically been held, in March. Laurel will be sharing more about that for the group during new business. In addition, during the old and new business portions of the agenda we will address the Budget proposal. We as a Steering Committee will also be providing an Annual Central Office Review in April as per the ByLaws and bringing the report to the IGR's for approval at the following monthly meeting. In consideration of the time, we will move through the reports at this time. Our special worker, the Central Office manager, is on medical leave and there will be no Central Office report.
- b. **Treasurer** - Julie McD- reads the January 2023 Finance Report as Laurel shares the screen for any in attendance who have not had opportunity to read the report. Marlene makes a suggestion that she "would like to see the finance report break down by separation of the payroll and special events items" and Laurel (taking minutes) asks for clarification of the

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suggestion. Susan agrees with Marlene and Laurel asks that Marlene send her a detailed account of her request to the secretary or her email in order to bring it to the attention of the Steering Committee Treasurer and Office Manager for upcoming finance reporting purposes. Susan motions for the approval of the January 2023 finance report. Lindsay K seconds the motion; Motion carries.

- c. **District 21** - Cindy B., Liaison- Attended the Feb. 5th event at the Embassy Suites in Loveland. They have determined to put in a bid for the Assembly. William is looking for outside venues for the this purpose. The District will submit a bid for the Assembly at the March Meeting. Moving forward, Cindy will continue to send the District 21 report to the NCIG Secretary and it will be attached and distributed with the Agenda and Finance Report prior to the NCIG meetings.
- d. **District 23** - Jessica J- The Greeley AA Stampede was a huge success and a good time was had by all. The speakers were well received and the spirit of AA is alive and well. There were some comments of appreciation by the group. The committee will be finalizing the total after expenses and reserving enough to continue to host this annual event. Jessica will pass the Chair person commitment to another member this year.
- e. **Special Committee**- Laurel T- The NCIG AA Outreach Committee has met and named the trio of service. 1) **The original 12 step** call will be looking to increase it's volunteer list with members willing to make in person visits of 2 or more sober members to potential AA's who reach out. 2) **Kitchen Table AA** will provide small groups of volunteers to take a meeting in member's residence. People who may be homebound or unable to attend in person meetings for a variety of reasons will benefit from these small group meetings. The **AA Roadtrip** committee will be made up of volunteers who will meet and carpool to various meeting in the surrounding often remote areas. For more info or to volunteer for service on any or all of these committees, go to nocoaa.org or reach out to Laurel, Julie or Beth. We have started the Kitchen Table AA meetings beginning next week.

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7. Old Business

a. **2023 NCIG Budget Proposal Approval-**

Lindsey shares with the IGR's that as our special worker is out on medical leave and in order to provide a current reporting we call for a motion to be made to postpone the Approval of the Annual Budget Proposal until March. Discussion: The motion needs to be made by someone other than a board member. Jamie H. motions to table the Budget Proposal until March. Zoe seconds the motion; Motion carries.

8. New Business

- a. **Annual elections:** Steering Committee Board Member elections-The chair asks Laurel to describe the Election process as set forth in the NCIG ByLaws and the amendments therein. Laurel reads they are historically held in March (NCIG ByLaws). The Nominating committee would have been formed in December. Marlene describes the nominating committee duties as being the members (2-3) who gather the nominees names in order to form a ballot. Laurel shared that historically this election process begins in the month of December in order for the NCIG to be able to form the nominating committee. Then this information, along with the open Steering Committee position descriptions are taken back to the groups by the IGRs who gather the volunteer and nominee names. Then in January at the monthly NCIG meeting, the nominees would attend and be presented to the group by the nominating committee and given an opportunity to share their experience and qualifications for each service position. Then in March the Election would be held (by secret ballot) and new board members would begin their service in April. Due to the Pandemic and the many changes that have occurred (members relocating, hybrid vs virtual platform and time constraints), we would seek to have an IG member (one who is not currently seated on the board, nor someone who is approaching nomination to serve), to make a motion to postpone the election until April. With a motion of this nature passed, the NCIG would then have the opportunity to provide a nominating committee by March, the

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IGRs would have time and opportunity to share with their groups what the positions and duties entail and gather nominees, and the Election process would follow the guidelines of the ByLaws. Laurel asked that anyone interested in the nominating committee please let the Steering Committee secretary or asst. secretary know by email asap so that we would be able to commence the process of the annual election and provide the IGRs with the information to take to their groups at the March meeting. If no volunteers come forward, we will need to call for a "Special Meeting" of the NCIG in order to form the nominating committee by March.

Marilyn G. makes motion to postpone the NCIG Elections until April in order to form a nominating committee and follow NCIG Bylaws for the Election process; Susan seconds; Motion carries.

Susan speaks up and wants to form the committee tonight and called for an overtime. Some discussion ensued. Lindsey, as the Chair, explains that the time constraints do not support the IGR's and S.C. to lengthen the meeting at this time and that all of us have volunteered much of our time tonight already with positive result. The purpose of the monthly meeting is to provide the IGR's with information, an opportunity to vote on pending matters, and provide reports and information to take back to their groups. Current events will also be included in the email containing meeting Minutes that will be sent to the NCIG members this week.

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

Volunteer to read **Tradition 3** for us next month= Lindsay K. volunteers

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."

Adjourn: 7:10 pm

Next Meeting: March 20, 2023

www.nocoaa.org

*note: Directly following this meeting we have had a volunteer to Chair the Nominating Committee for the 2023 Steering Committee Board Election to be held in April! Jamie H! thank you for volunteering your time. More info available soon. Thank you to the NCIG and all who attended for your service.

NCIG / CENTRAL OFFICE FINANCE REPORT - FEBRUARY 2023

Income

Income Source	Amount	Comments	QB # Category
7th Tradition Contributions	\$ 3,429.81	Individuals & Groups	5000
Faithful Fiver Contributions	\$ 310.44		5020
Central Office	\$ 1,030.99	February 2023 Sales Total	
Literature Sales	\$ 503.67		5200
Chip Sales	\$ 342.95		5205
Recovery Item Sales	\$ 41.05		5210
NCIG Sales	\$ 143.32	Includes Newcomer Packets and Meeting Lists	7100
Tradition 2 Workshop	\$ 38.00	2/19/2022 event	5400
We Aren't A Glum Lot	\$ 288.58	Online and Office	5400
TOTAL INCOME	\$ 5,097.82		

Cost of Goods Sold (COGS)

Expense	Amount	Notes	QB # Category
Cost of Literature	\$ 1,410.11	A.A.W.S. conference-approved Literature & Pamphlets. Literature from Hazelden (incl special orders)	6000
A.A. World Services	\$ 1,367.05		
Hazelden	\$ 43.06		
Cost of Chips and Recovery Junk	\$ 423.97	From Recovery Shop, 90% chips	6025
Cost of Printing	\$ 202.57	Ink Works Printing: 350 Meeting Lists, Newcomer Packets	6015
Shipping	\$ 11.75	Order sent to New Hope Group in Frederick	6200
Total Cost of Goods Sold (COGS)	\$ 2,048.40		
TOTAL GROSS INCOME	\$ 3,049.42		

Operating Expenses

Expense	Amount	Notes	QB # Category
Comcast	\$ 177.69	Monthly, Cable Internet + Phone	7124
State Farm Insurance	\$ 37.66	Monthly	7150
El Dorado Artesian Springs	\$ 23.79	Monthly water & dispenser rental	7213
Zoom Software Subscription	\$ 16.12	Monthly	7234
Office Expenses	\$ 12.02	Occasional - Ink Works Printing: IGR Packets and the Bylaws	7270
Office Supplies	\$ 25.11	Occasional - Amazon: 2 small storage boxes for 2023 and 2024 checks and receipts	7300
Payroll Liabilities (State Withholding) Oct-Dec 2022	\$ 321.00	Q4, from employee gross salary	7423
Payroll Processing Fee	\$ 1.75	Monthly - A Quickbooks Fee passed on from Cache Accounting	7370

Office Manager Net Payroll	\$ 2,094.75	Monthly - actual paid at end of month with above processing fee. Slight increase due to different tax percentages for 2023 and Colorado's FAMILI that started in January 2023 at \$12.08/month.	7600
Cache Accounting	\$ 144.00	Monthly (differs), Q4 taxes and payroll	7472
Central Office Rent	\$ 735.00	Monthly, February paid end of month	7500
Website: Cloudflare & Hover.com	\$ 51.17	Monthly, backup web server, speed boost, domain renewal	7754
MailChimp Automation & Email Platform	\$ 27.52	Monthly - our mailing list and subscription mechanism	7751
Special Event Expenses	\$ 48.20	Occasional, based on events	8000
Workshops	\$ 9.08	2 boxes of cookies	
Tradition 2 Workshop	\$ 39.12	Color Tradition 2 Fliers	
TOTAL EXPENSES \$ 3,715.78			

NET FEBRUARY INCOME \$ (666.36)

February Actuals (Profit & Loss)

Income	\$ 5,097.82
Expenses (COGS & Operating Expenses)	\$ 5,764.18
Net February Income	\$ (666.36)

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

Income	\$ 13,010.56
Expenses (COGS & Operating Expense)	\$ 13,727.05
NET YTD INCOME as of February 2023	\$ (716.49)

Bank Statements - Canvas Credit Union

Checking Account - Ending Balance 2/28/23	\$ 5,211.09
Savings Account/Prudent Reserve 2/28/23	\$ 6,513.90
Current Checking Account Balance 3/17/23	\$ 7,527.38

Payroll Breakdown

February Gross Payroll Salary	\$ 2,683.89	
Payroll Taxes (Employer FICA)	\$ 205.31	paid to the IRS in April 2023
Payroll Tax Liabilities (Employee Portion)		
Employee FICA	\$ (205.31)	paid to the IRS in April 2023
Federal Withholding	\$ (268.00)	paid to the IRS in April 2023
State Withholding	\$ (102.00)	paid to the Colorado Dept of Revenue in April 2023
FAMILI - Colorado	\$ (12.08)	paid to the Colorado Dept of Revenue in April 2023
Total Employee Payroll Tax Liabilities	\$ (587.39)	
February Net Payroll	\$ 2,096.50	Taken out of bank account at end of month
Payroll Processing Fee (Quickbooks)	\$ (1.75)	Taken out of the net total before depositing
Total Net Payroll Salary	\$ 2,094.75	
Hours	121.33	28 hours/week

7th Tradition Contributions by Group		
Group Name	Feb Amount	YTD Amount
539	\$551.64	\$551.64
7am Freedom		\$3.00
AA Recovery Group of Windsor		\$240.50
Acceptance	\$196.58	\$196.58
Awakenings	\$193.10	\$384.96
Basic Text		\$80.72
Berthoud Group	\$50.00	\$50.00
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland	\$100.00	\$200.00
Breakfast with Bill and Bob		\$1,291.00
Broad Highway of Recovery (Al-Anon)		\$75.00
Burlington AA Group		
Campus Group		
Campus Group 2	\$60.90	\$60.90
Daily Noon Zoom	\$125.93	\$604.80
Early Worms		
Eaton Crow Group		
Fort Collins Group		
Friends of Bill W.		\$93.60
Friends of Bill W. 7 AM	\$15.00	\$32.98
Great Fact Group		
Greeley Group 2	\$20.00	\$40.00
Greeley High Noon		
Greeley Westside Group		\$40.00
GYST Harmony		\$226.00
Happy Destiny	\$180.88	\$299.30
High Noon FoCo		
Johnstown Primary Purpose		
Keep It Simple Group		\$326.00
Laporte 287 AA Group	\$112.00	\$112.00
Last House on the Block		\$858.06
Let Them Eat Cake		
Loveland AA Group	\$131.23	\$131.23
New Hope		
NOCO Pathfinders	\$150.00	\$150.00
Rule 62 YPAA	\$18.00	\$30.08
RUS		\$25.20
Shoulder to Shoulder		
Spring Creek		
Step Sisters	\$20.00	\$40.00
Sterling AA Group		
TNT Group (New Beginnings)		
Union Colony Group	\$84.96	\$340.37
Windsor Triangle		\$220.50
Windsor Women Unite AA	\$410.33	\$410.33
Women in Recovery	\$200.00	\$200.00
Women of F.A.I.T.H.		\$388.00
Women's Recovery Through the Steps		
Women Steppin Up	\$30.00	\$30.00
Women Seeking Sobriety		
YAGBT		
Your Life Group		\$30.00
TOTAL February 2023 GROUP CONTRIBUTIONS	\$2,650.55	\$7,762.75

23-Jan \$5,112.20

Dec-22 \$2,097.91

Projected March 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 100.00	Meeting lists, newcomer packet
A.A. World Services	\$ 850.00	A.A. literature re-stock
Recovery Shop	\$ 300.00	Medallions (chips), Cards, Stickers, and special orders
Hazelden	\$ 50.00	Literature
Shipping	\$ 9.50	Another New Hope in Frederick order
Literature & Recovery Goods (COGS)	\$ 1,309.50	
Expense	Amount	Notes
Central Office Rent	\$ 735.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 6.45	Monthly (water), varies
Mail Chimp Software Subscription	\$ 27.52	Monthly - email marketing software
Comcast	\$ 183.51	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 16.12	Monthly
Quickbooks Software Subscription	\$ 176.54	Monthly, bookkeeping for Feb & March (no Feb payment so it is doubled in March)
Office Supplies	\$ 40.00	Monthly (as needed)
Special Event Expense	\$ 15.00	workshop
Cloudflare	\$ 20.00	Monthly Website Boost & Backup
Office Manager Monthly Salary	\$ 2,096.49	Monthly - actual paid at end of month
Cache Accounting	\$ 24.00	February Payroll and phone calls (Mike)
Total Operating Expense	\$ 3,378.29	
TOTAL PROJECTED MARCH BUDGET	\$ 4,687.79	paid bn 3/1 - 3/17 in red*

*Some COGS and Office/event expenses as well

Payroll Detail

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

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

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

Q4 - $\$2,683.89 \times 3 = \$8,051.67$

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

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

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



SCAVENGER HUNT

Still looking
for a 1993
Sober Fest
coffee cup.
Clear glass
with **blue**
writing.

**Winner gets
a prize!**

Contact
Rhonda N. at
rudalu@msn.
com or call.

~ A NOCO A.A. FELLOWSHIP EVENT ~

Northern Colorado
Intergroup /
Central Office
presents

**Twelve
Traditions
Workshop**



at the
American Baptist Church
600 S Shields St
in Fort Collins

with
COFFEE, TEA, & COOKIES



VOLUNTEER TO CHAIR OR
HAVE QUESTIONS?

EMAIL contact@nocoaa.org
www.nocoaa.org



*Every Workshop
is one hour &
has a different
three speaker panel
with a Q & A*

**TWELVE TRADITIONS
WORKSHOPS IN 2023
EVERY 3RD SUNDAY AT 6PM**

workshop dates

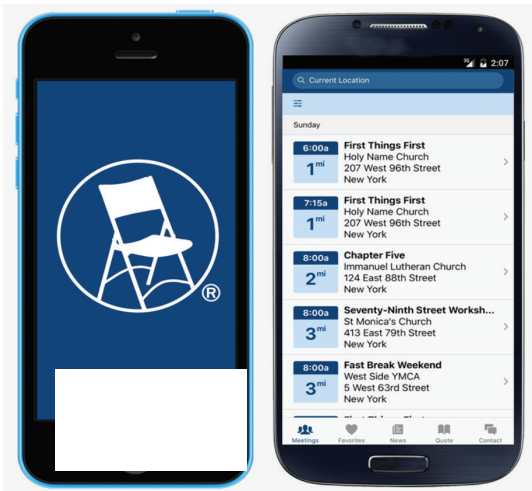
One	JAN 15
Two	FEB 19
Three	MAR 19
Four	APR 16
Five	MAY 21
Six	JUN 18
Seven	JUL 16
Eight	AUG 20
Nine	SEP 17
Ten	OCT 15
Eleven	NOV 19
Twelve	DEC 17

@NCIGAA



venmo

Looking for a meeting space? A representative of St. Lukes Episcopal Church in Fort Collins contacted Central Office to put the word out that they would like to host A.A. meetings. Email officemanager@nocoaa.org



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

Tradition 4 Checklist

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down 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—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them.

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

SAVE THE DATE!

2023 SOUTHWEST REGIONAL FORUM

SEPTEMBER 29-OCTOBER 1, 2023

RADISSON AIRPORT HOTEL
EL PASO, TEXAS

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

Me looking back on my old toxic coping mechanisms



Sobriety is not another health trend, it is a terrifying, enlightening and rebellious act in a world that puts drinking on a pedestal

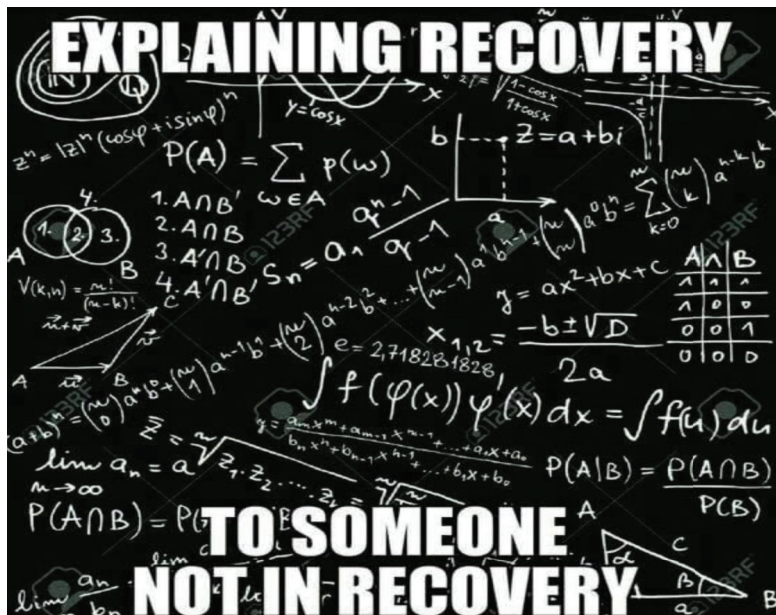
Listen to
Grapevine's New Weekly
PODCAST!

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

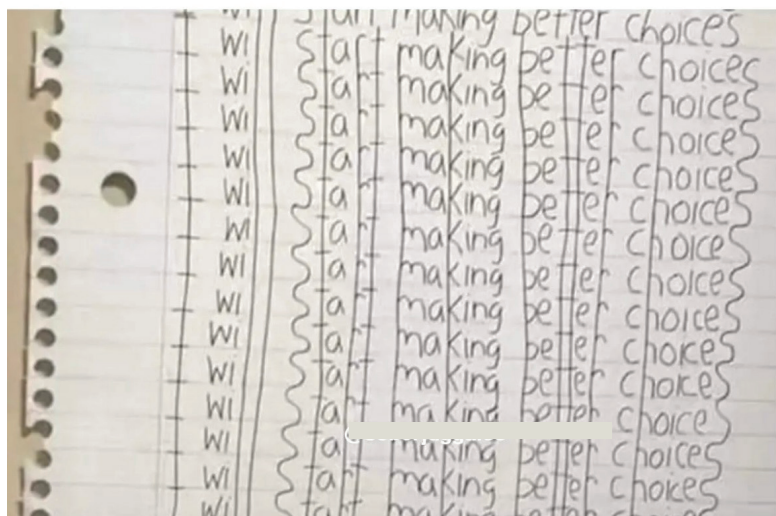
- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

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

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



If the sex inventory ain't this fearless and thorough, I don't want it.



THIS IS FOR EVERYONE IN LONG TERM RECOVERY:

NEXT TIME YOU SEE SOMEONE IN ACTIVE ADDICTION, REMEMBER WHEN 3 DAYS SOBER FELT LONGER THAN THE 3 YEARS YOU HAVE. A LITTLE EMPATHY GOES A LONG WAY. REACH YOUR HAND OUT TO THE ONES WHO ARE STILL SCARED TO. BE THE LIGHT IN SOMEONES DARKNESS TODAY.