

July 2023

*A letter from our
new Treasurer
Karen K. ~*



Greetings Fellow A.A. Members,

Last year I was elected Assistant Treasurer for the Steering Committee. This opportunity was my first service position and an exciting one. From the get-go, it gave me great satisfaction to learn and contribute more to A.A. It was very interesting to discover the “upside-down triangle” structure and the willingness of everybody to work together as a team. Everything has been thought out, researched, and really works if you let it.

This year I moved into the Treasurer position with some trepidation. I was part of an all-new Steering Committee. On my own with more responsibility and extra pressure. I dove in head-first and my past bookkeeping skills kicked in. I rose to the challenge and was able to understand what was expected of me. Working together with great people happened naturally. Even though challenging, I enjoy it and have met some wonderful people. Everyone has the same focus and purpose in mind. I’m now part of something larger than myself. It has been a humbling experience, but I’m confident that the systems in place will continue to stand the test of time. Perhaps the biggest reward for me has been to give back to a program that means so much to me.

Thank you for letting me be of service,

Karen K.

7

STEP - Humbly asked Him to remove our shortcomings.

TRADITION - Every A.A. group ought to be fully self-supporting, declining outside contributions.

CONCEPT - The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

PRINCIPLES: HUMILITY △ RESPONSIBILITY △ BALANCE

A.A. Quote for July:

“We need to constantly scrutinize ourselves carefully, in order to make everlastingly certain that we shall always be strong enough and single-purposed enough from within, to relate ourselves rightly to the world without.”

— Bill W., August 1945, From: “Modesty One Plank for Good Public Relations”, *The Language of the Heart*

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 -

Sunday, July 2nd, 5 PM

District 21 Meeting

@ 301 E Drake, basement

Tuesday, July 11th, 7 PM

District 23 Meeting:

35 Carlson Blvd, Johnstown

July 7-9, 2023

Summer 2023 Assembly, Hosted by District 30
DoubleTree Denver Tech Greenwood Village, CO

Monday, July 17th, 6 PM

NoCo Intergroup Meeting:

Zoom ID: 826 2737 9047

September 1-3, 2023

2023 Colorado State Convention

Island Grove Regional Park

501 N 14th Avenue, Greeley, CO

Sept 29 - October 1, 2023

Southwest Regional Forum

Radisson Airport Hotel, El Paso, TX

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://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>.

July 2023 ANNIVERSARIES

CONGRATULATIONS!

CONGRATULATIONS!

Bill S. ~ 37 years
Carol F. ~ 44 years
Cheri ~ 9 years
Elaine H. ~ 22 years
Geena ~ 11 years
Jan D. ~ 16 years
Jen L. ~ 8 years
Joanie B. ~ 35 years
Julie McD. ~ 47 years
Karen H. ~ 44 years
Lou H. ~ 45 years
Mary S. ~ 33 years
Miriah ~ 3 years
Randy M. ~ 14 years
Rhonda N. ~ 42 years
Sonia ~ 5 years
Scott L. ~ 31 years
Susan L. ~ 17 years

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

**ACCEPTANCE IS
THE ANSWER**

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.

CENTRAL OFFICE

STATEMENT OF PURPOSE

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

New @ Central Office

- pocket-size Big Books back in stock
- *Carry This Message* by Joe, of Joe and Charlie

AAWS is temporarily out-of-stock of the Gift hardcover pocket 12 & 12s, large print version of *Came to Believe*, "Pass It On", the 3 Placards, and numerous pamphlets.

We have all of these still in stock, so far.

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

Central Office

OPEN Mondays - Fridays, 9 AM - 5 PM

155 N College Ave #120

Fort Collins, CO 80524

970-224-3552 • 24/7/365

Central Office serves the meeting groups and the next alcoholic.

We have a **Lending Library** with conference-approved literature and books of all types along with speaker cassette tapes & CDs. We also have extra issues of Grapevine, the "meeting in print", to check out.

Does your group need an Intergroup Representative?

We service over 75 groups in Northern Colorado. Talk to your homegroup in your town. Be an IGR, and help to continue to make Central Office thrive and fulfill its primary purpose for the Northern Colorado area.

District 21 (Larimer County):

DCMs - Marcus and Steve

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

BRIDGING THE GAP - This A.A.-wide program helps people leaving a correctional or treatment facility become acquainted with A.A. and attend A.A. meetings in their home town, after they are released. Contact D21 BTG at bridgethegapnoco@gmail.com 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**.

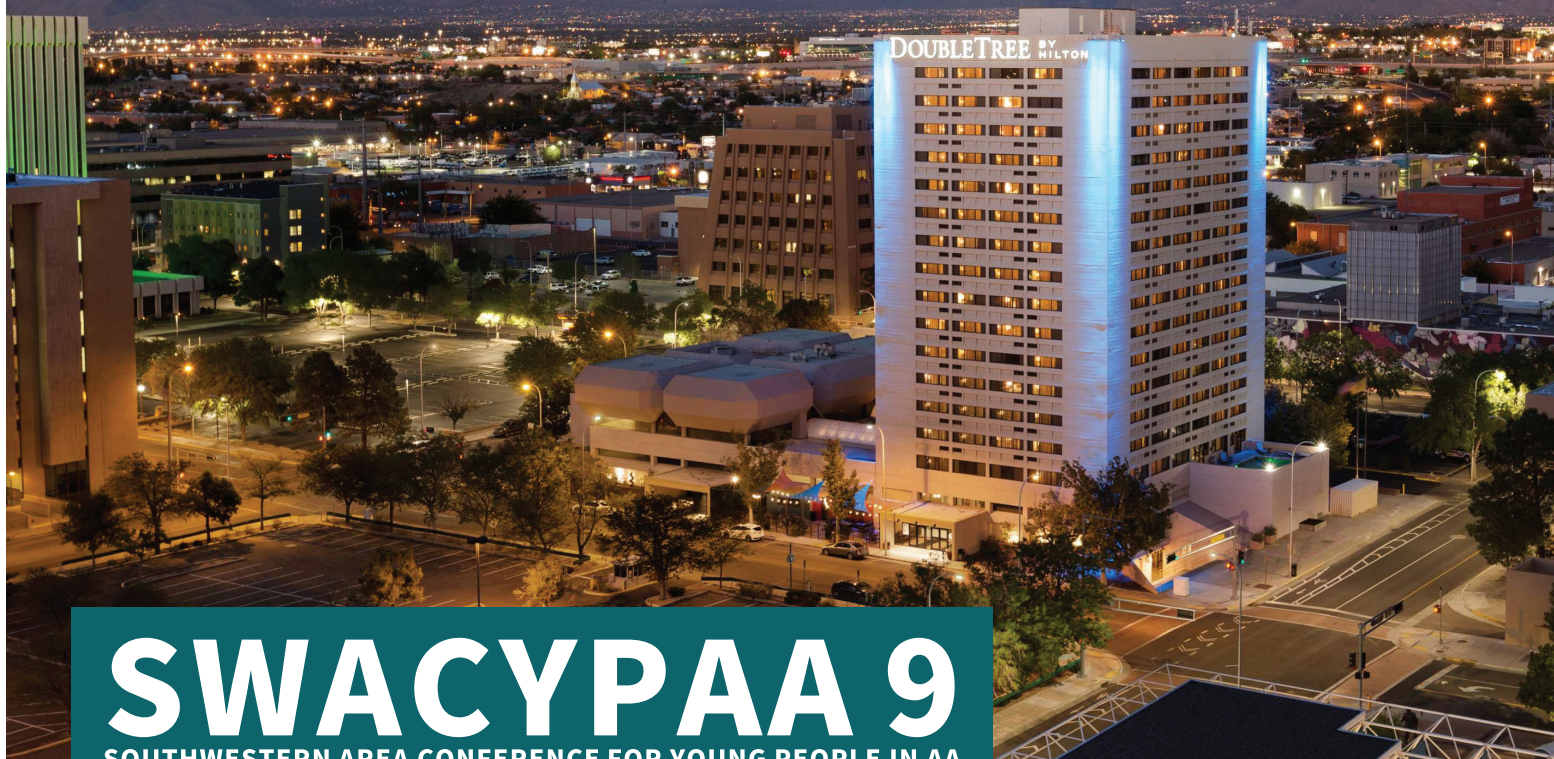
The AA Hospital Dispatcher role is for receiving calls from participating Fort Collins, Loveland, and Greeley Hospitals for patients who request a visit or call from AA. They manage calls and ensure that the proper AA response team is in place to respond to the calls/visits. Meetings are the 3rd Wednesday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

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.

AGE OF MIRACLES



SWACYPAA 9

SOUTHWESTERN AREA CONFERENCE FOR YOUNG PEOPLE IN AA

AUGUST 17 - 20 ALBUQUERQUE, NM

Double Tree Hilton & Convention Center

Room Rate: \$135 Per Night - Room Rate Cutoff Date: July 25th

Join Us for an Experience You Must Not Miss!

Pre-Register Now for \$25 Before Price Increases!!!



@SWACYPAA-CORP



SWACYPAA9@GMAIL.COM



Book Room Online Now!
<< Scan the QR Code
Or Call 800.584.7058 and
Use Reference Code: SWA

Pre-Register Now!
Scan the QR Code >>
Or Register Online at
www.swacypaa9.org



Northern Colorado Intergroup Committees

Fundraising & Events Committee

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

Currently, we are in great need of 2 volunteer co-chairs to help organize the 2023 Gratitude Banquet with other volunteers.

A.A. Outreach Committee

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

12 Step Calls: People who are experiencing symptoms of alcoholism call in to the Central Office. Central Office keeps a list of volunteers who are willing to call the person back and share on the phone. There is also another list of persons we want to enlarge of those who are willing to make a 12th-step visit with another member of AA - same gender, to the next suffering alcoholic. *We never go alone and there are a series of guidelines and suggestions set down by GSO and the longtime sober AA's who have gone before us.

Kitchen Table AA: This is a list of AA members who, when available, take a meeting to people who are temporarily shut in or homebound for a variety of reasons: Recent surgery, transportation limitations, living at a facility or unable to leave the home for any reason.

Road Trip AA Outreach: This service consists of a number of volunteers willing to come together and "road trip" to an outlying area meeting. The group will decide on a meeting, meet at a central location and carpool to the meeting together.

CONTACT: To volunteer to do service on any or all of these committee options, please email officemanager@nocoaa.org.



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

I am Responsible . . .



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

MEETING CHANGES

GROUP/MEETING	UPDATE
It's 5 O'Clock Somewhere	No longer meeting
Early Worms Women's Meeting	New Meeting in Estes Park - Mondays 12 pm
Milliken Miracles	Name Change from Primary Purpose
Women Stepping Up	Moved to 1709 W Elizabeth St Westminster Presbyterian Church
Happy Destiny (all meetings)	Moving to 2000 Stover St St Lukes Church <i>Starting August 2, 2023</i>
NCIG Steering Committee Meeting	Changed Day & Time: 2nd Wednesdays at 6 pm, same online info
Twelve Traditions Workshop	Moved to 2000 Stover St St Lukes Church Tradition 7 - July 16th at 6 pm



The Half-Hour Variety Hour
AA Grapevine's Podcast

I saw a
rainbow the day
I quit drinking.



Tell us what you think...



Grapevine is developing a smartphone app for both Grapevine and La Viña magazines.

The app will be a hand-held control center for all things Grapevine and La Viña. Take a look at our list of features and ideas on the right—we want your input and ideas too. Let us know your thoughts.

Email us at social@aagrapevine.org
Put **"App Ideas"** in the subject line.

Grapevine and La Viña Apps

Imagine having all of this at your fingertips:



Scroll through monthly magazine



Archives of every magazine since 1944



Search tool



Audio playlist of every current article



Popup day count



Input your meeting schedule



Create a Daily Spiritual Maintenance Checklist



Podcast link



Daily Quote



Meeting Guide



Sobriety Calculator



Build a library of favorite articles



Grapevine Store



Link to YouTube channel



You're Invited!

Happy Destiny's Annual BBQ and Meeting



Come join us for fellowship, food and fun!

We will provide the burgers, hot dogs and drinks.

Please bring a side to share!

When: Friday 8/18/23

SPEAKER MEETING with Jamie H. as the speaker!!

Start Time: Meeting starts at 5:30

Feel free to come by early with some lawn games!

Food and fun directly after the meeting at 6:30

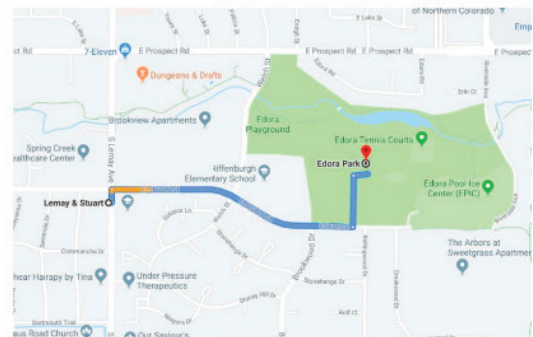
End Time: 8pm

Where: Edora Park

1420 E. Stuart St. Fort Collins 80525

Note: The park does have tables and benches but feel free to bring a lawn chair!

*****This is an open meeting, ALL are welcome to attend!*****



Recovery Hike with Sober Friends – July Hikes



7/13 – Hike to Horsetooth Falls in Horsetooth MP 7/27 – Hike to Soldier Falls in Lory SP

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

Upcoming Hikes

Where/Where: Meet at the trail map kiosk at Horsetooth Mountain Park/Thursday July 13th 5:30PM

Details: We'll plan to do a 4-mile loop gaining 700 feet in elevation gain including a stop at Horsetooth Falls

Where/When: Meet near the Visitors Center back Parking Lot/Thursday July 27th 5:30PM

Details: We'll plan to do a 4-mile loop gaining 500 feet in elevation gain including a stop at Soldier Falls

All Hiking Levels are welcome! :)

If you're interested in being on the distribution list, please email Garrison at edgeofthemtn@gmail.com to RSVP or check out my Recovery Hikes with Sober Friends Hikes on meetup at

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



July 01

The principles we have set down are guides to progress.

ALCOHOLICS ANONYMOUS, p. 60

Just as a sculptor will use different tools to achieve desired effects in creating a work of art, in Alcoholics Anonymous the Twelve Steps are used to bring about results in my own life. I do not overwhelm myself with life's problems, and how much more work needs to be done. I let myself be comforted in knowing that my life is now in the hands of my Higher Power, a master craftsman who is shaping each part of my life into a unique work of art. By working my program I can be satisfied, knowing that "in doing the best that we can for today, we are doing all that God asks of us."

**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 shifts for one person or a (meeting) group:

PHONE:

- 1st Saturday of the month, 8 AM - 8 PM
- 4th Friday of the month, 5 PM - 8 AM

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 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.

**CENTRAL OFFICE
DAY WATCH PHONE STATS**

	JUNE 2023
A.A. Information	35
Al-Anon	0
Bridging the Gap	0
Detox/Treatment	0
12th Step	1
Other Calls*	20
Visitors	76
Voicemails*	1
TOTAL CALLS	58

* 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

WEBSITE & GOOGLE SEARCH STATS for JUNE 2023:

FROM WEBSITE WORD PRESS SOFTWARE	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
2,225 USERS*	1,774 VIEWS	409	23

*Distinct single user visits to nocoaa.org

46th ANNUAL CORNHUSKER ROUNDUP



XLVI

'Sobriety - The Great Life'

Register Online @
www.AA-Cornhusker.org

Or by mail @

CHAIRMAN, CORNHUSKER ROUNDUP
P.O. BOX 623
BELLEVUE, NE 68005

Request additional flyers

46th Annual Cornhusker Roundup

THURSDAY

8:00 P.M.

EARLY BIRD MEETING

* **Rose E.** (A.A.) Springhill, FL
(Roundup registration not required to attend this meeting.)

FRIDAY

2:00 - 4 P.M.

"Twelve Steps"

Pat Y. (A.A.) Seal Beach, CA

8:00 P.M.

* **Heidi S.** (A.A.) Grove City, PA

10:00 P.M.

Molly M. (A.A.) Omaha, NE

SATURDAY

9:00 A.M.

Shari H. (A.A.) Carter Lake, IA

10:30 A.M.

Vannoy S. (AFG) Justin, TX

MATINEE

2:00 P.M.

* **John S.** (A.A.) Helotes, TX

Followed by-

* **Cindy S.** (AFG) Helotes, TX

8:00 P.M.

* **Bobby C.** (A.A.) Philadelphia, PA

10:00 P.M.

John E. (A.A.) Bellevue, NE

SUNDAY

10:00 A.M.

MORNING AFTER

* **Pat Y.** (A.A.) Seal Beach, CA

Please Send Your
Registration and
Reservations Early

*ASL Interpreter Speaker Meetings For Deaf or Hard of Hearing Children twelve and under will not be
Questions can be emailed to info@aa-cornhusker.org admitted into the meeting hall

HOTEL RESERVATIONS

Holiday Inn Express 7306 Q St, Ralston NE 68127
402-991-0084 - For discounted rate of \$139/night, book
by 7/14/23 and mention Cornhusker Roundup.
Other Hotels are within 2 miles
Double Tree - 402-905-9414
Tru by Hilton - 402-934-4300
Comfort Inn & Suites - 531-213-4085

Entertainment - Activities

**In the Banquet Hall
after the Main Speaker:**

***Friday Night - Ice Cream Social**

***Saturday Night - Dance**

CORNHUSKER ROUNDUP XLVI

AUGUST 10, 11, 12 and 13, 2023

EARLY BIRD OPEN MEETING - 8:00 P.M., August 10

We show the May minutes in this issue of NN because the Intergroup Reps have not approved the June 2023 minutes yet, not until July's meeting on 7/17/2023.

Northern Colorado Intergroup / Central Office
Intergroup Meeting- MINUTES
MAY 15, 2023 - NCIG Virtual Platform

Call to order: 6:01 PM

- Serenity prayer + welcome
- Tradition 5, read in the long form - Marilyn G.

"Each Group has but one primary purpose~ to carry it's message to the alcoholic who still suffers."

- Introductions
 - a. Steering Committee and IGRs with Group Updates/Announcements
- Quorum (> 7 IGRs) Attendance taken by Chair Rhonda, roll call style:

In attendance: Rhonda; NCIG Chair, George McC; NCIG Vice Chair, Karen K; Treasurer, IGR Step Sisters; Zoe A; Asst Treasurer, IGR Rule 62, Laurel T; Secretary, Alt IGR DNZ; Amy J, Asst Secretary; Marilyn N, M-A-L, George C, IGR R.U.S.; Kathy W, IGR Loveland Group; Kent B, Alt IGR B with Bill N Bob, Amy D, IGR Happy Destiny; Amy S, IGR Women Stepping Up; Beth S, Central Office Manager; Chris D, IGR Westside Greeley; Cindy B, District 21 Rep/Laison; Linda L, IGR 7AM Freedom; Lindsay K, IGR It's Five O'Clock Somewhere; Lisa Z, IGR LaPorte 287 group; Lori M, IGR The Basic Text; Marilyn G, IGR Daily Noon Zoom; Mike B, IGR 539 group; Molly W, IGR Women of Faith; Paula B, IGR Fort Collins Group; Stephanie, IGR Women's Recovery Through The Steps; Susan A, IGR Friends of Bill, Julie McD, Volunteer Coordinator

No Reports or Group Concerns at this time.

- Approval of April 2023 NCIG Meeting Minutes~Kent B. motions to approve, Paula B seconds, none opposed, motion carries.

REPORTS:

- Chairperson - Rhonda N- Reads her report; see attached. She and Beth notified that the 2022 Tax return is available for review and submission. An extension has been filed (August). More info during new business.
- Central Office Report - Beth; Shares her report on screen as well. Upcoming Traditions workshops at 600 S. Shields on the 3rd Sunday of the month at 6:00 pm. Beth has 3 panelists for the workshop on the 21st. 53 calls in April, 77 visitors and more stats can be found on the website. Lots of folks looking to get sober in April! Northern Notes Newsletter subscriptions available at the website; consistent foot traffic at the office and all volunteer positions filled for

Northern Colorado Intergroup

the moment. We can always use subs for the summer months as people travel or vacation.

- Treasurer- Karen K reads finance report as it is shared on the screen. Marilyn G motions to accept the finance report; Lindsay K seconds, call for discussion. No discussion, none opposed, motion carries.
- District 21 - Cindy B.- Dist 21 Archives hosting Founders Day Picnic 6/10/23 Edora park 11:00-all day, flyer and details forthcoming and will be posted on website. District 21 to put in a bid (July) for the 2024 State Convention (possibly the Embassy Suites) Longtimers Tales 1st Wed of month; hybrid 1 Aspen Dr, Loveland and zoom; CPC/PI had a 365 health fair and a presentation to nursing students that went well; Marlene is asking for a CoChair for Bridge the Gap; next Dist 21 mtg-June 4th, 301 E Drake, FC 3:00 pm; Summer Assembly July 24-26 in Denver (info at nocoaa.org); members encouraged to register early for 2023 State Convention in Greeley Sept 1-3, 2023. Contact Nancy K for more info. See website for link.
- District 23 - Jessica J. absent; no report
- NCIG AA Outreach Committee - Laurel T. So far eight to nine Kitchen Table AA meetings to members and one member has turned it into a regular women's meeting on Fridays at 11:00 am in her home! See Laurel for details. We will be calling for volunteers soon for the AA Roadtrip meetings. Members will meet in predetermined location and carpool to meetings in the outlying area to offer support. Date and meetings TBA. Committee to meet end of month.
- Volunteer Coordinator - Julie McD- All positions filled. Need night watch 8:00 am-8:00 pm on the 1st and 3rd Saturdays. Please announce at groups. Also, some groups (Frederick, CO) split the shifts between members. I.E. each member takes 2+ hours or a team takes a block of time and shares it).

- Old Business

- ByLaws/Procedure Guidelines- Rhonda opens discussion and shares info regarding the SC planning to meet in a Special meeting to review the current ByLaws and original Procedure guide in order to make amendments and bring report to the

Northern Colorado Intergroup

IGRs. A call out for volunteers results in Molly and Susan willing to give input in addition to the Steering Committee members.

- Central Office Review Timeline- SC will need to tend to this review in the Special meeting (date/time TBD) and possibly continue to the June 19th meeting in order to draft the reports to share with NCIG. This will include an employee review as well as an inventory of assets and liabilities, office clean up, archived and public information, tax returns, and a written annual report draft. Molly volunteers to share the 2021 employee review that may be the only one we have had in recent years. She will email it to Rhonda and Laurel. (note* at the time of this printing that review has been received from Molly; thank you)
- Special Events Committee Formations and Expectations
- New Business
 - a. Summer Picnic-Rhonda shares that the SC discussed the June 10 Founders Day Picnic already in place and the fact that some groups have annual BBQ/Picnics and Potlucks and speaker meetings. Members are encouraged to share the details with the NCIG asap for announcements to groups by IGRs.
 - b. Gratitude Banquet- Some members have met and the notebook from the 2022 GB will be turned in to Rhonda by Amy asap. Members are reminded that the former Co-chairs for GB asked for a written job description and expectation list of the chair and treasurer positions in order to be transparent in their reporting. Rhonda suggests that we use the same venue and goal sheets as last year with more attention to the sound system. Call out for volunteers. More information forthcoming at the June mtg
 - c. Comedy Show- George McC shares that although he has done the footwork for many years with his friend, Duane, he is looking forward to coordination with committee members and reporting for the event moving forward.
 - d. New Year's Eve Event/Dance-possibility of using 301 E. Drake. Rhonda will reach out to Don T and we will re visit this topic at the June meeting. Members are encouraged to think about this and make a call out to the groups for members interested in serving on a committee.

Northern Colorado Intergroup

- e. An individual member has requested copies of bank statements and tax returns by email. The information and this request will be addressed by the board members at either a Special meeting or our monthly meeting after research has been done in the best way to provide information in a public domain. The website will be updated accordingly. Today we were informed that the 2022 tax return is ready for review and an extension has been filed. More information about this will be shared at our June 19th meeting.
- f. Rhonda mentions that on June 4th "A.A. 101" workshop at 301 E. Drake, with the Alternate area delegate, Martha and Delegate Sarah. The event starts at 3:00 and will be followed by District 21 meeting at 5:00
- g. Upcoming NCIG meetings: In Person/Hybrid/Virtual- Group discussion results in group conscience to keep the meeting(s) on the virtual platform for the time being in order for ease of attendance and time factor involved.
- h. Rhonda thanks all for attending, reminding us that this service to AA and the groups is a "labor of love" and that "we are all in this together."

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

Volunteer to read **Tradition 6** for us next month: Susan A

Motion to **Adjourn**: Molly (no 2nd required)

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."

Time Adjourned: 6:53 PM

Next Meeting: June 19 ,2023

NCIG / CENTRAL OFFICE FINANCE REPORT - MAY 2023

Income

Income Source	Amount	Comments	QB # Category
7th Tradition Contributions	\$ 4,160.28	Individuals & Groups	5000
Faithful Fiver Contributions	\$ 191.43	Individuals	5020
Central Office	\$ 1,242.35	May 2023 Sales Total	
Literature Sales	\$ 934.85		5200
Chip Sales	\$ 179.25		5205
Recovery Item Sales	\$ 43.50		5210
NCIG Sales	\$ 82.50	Includes Newcomer Packets and Meeting Lists	7100
Shipping	\$ 2.25	New Hope Group Order	5300
Amazon Smile	\$ 15.98	Last of Amazon Smile Payments/Donations	
TOTAL MAY INCOME	\$ 5,610.04		

Cost of Goods Sold (COGS)

Expense	Amount	Notes	QB # Category
Cost of Literature	\$ 716.83	A.A.W.S. conference-approved Literature & Pamphlets. Literature from Hazelden and Amazon (incl special orders)	6000
A.A. World Services	\$ 501.61	Breakdown of the Cost of Literature	
Hazelden	\$ 138.25		
Grapevine	\$ 76.97		
Cost of Chips and Recovery Junk	\$ 253.68	From Recovery Shop & Token Shop, 90% chips	6025
Cost of Printing (Ink Works)	\$ 58.26	NCIG items sold tax-free	6200
Shipping	\$ 5.40	Order sent to New Hope Group in Frederick	6200
Total Cost of Goods Sold (COGS)	\$ 1,034.17		
TOTAL GROSS INCOME	\$ 4,575.87		

Administrative & Operating Expenses

Expense	Amount	Notes	QB # Category
Comcast	\$ 183.41	Monthly: Cable Internet + Phone Service	7124
State Farm Insurance	\$ 37.66	Monthly	7150
El Dorado Artesian Springs	\$ 31.93	Monthly: water & dispenser rental	7213
Zoom Software Subscription	\$ 17.20	Monthly	7234
Quickbooks Software Subscription	\$ 88.27	Monthly	7235
Office Supplies & Expenses	\$ 52.66	Occasional - office forms printed, candy for awesome volunteers, padded envelopes	7300
Central Office Rent	\$ 735.00	Monthly	7500
Website: Cloudflare	\$ 25.00	Monthly - price rose \$5	7754
MailChimp Automated Email Platform	\$ 27.52	Monthly - mailing list and subscription svcs	7751
Payroll Processing Fee	\$ 1.75	Monthly - Quickbooks Deposit Fee	3300
Office Manager Net Payroll	\$ 2,096.49	Monthly - actual paid	7600
TOTAL EXPENSES	\$ 3,296.89		
NET MAY INCOME	\$ 1,278.98		

Northern Colorado Intergroup

May Actuals (Profit & Loss)

Income	\$	5,610.04
Expenses (COGS & Operating Expenses)	\$	4,331.06
Net May Income	\$	1,278.98

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

Income	\$	33,879.70
Expenses (COGS & Operating Expense)	\$	31,881.19
Net YTD Income	\$	1,998.51

Bank Statements - Canvas Credit Union

Checking Account - Ending Balance 5/31/23	\$	6,385.65
Savings Account/Prudent Reserve 5/31/23	\$	8,515.52
Current Checking Account Balance 6/11/23	\$	7,458.85

Monthly Payroll Breakdown**NOTES**

May Gross Payroll Salary	\$	2,683.89	
May Payroll Taxes (Employer FICA)	\$	205.32	<i>paid to the IRS in Q2 (7/2023)</i>
May Payroll Liabilities (Employee)	\$	(587.40)	<i>FICA, FAML, and Withholding</i>
May Net Payroll Salary	\$	2,096.49	<i>Office Manager's net May 2023 pay</i>
Payroll Processing Fee (Quickbooks)	\$	1.75	<i>Charged to NCIG & taken out before above is deposited</i>
Total taken out of NCIG's bank account on 5/30/2023	\$	2,098.24	
Hours		121.33	<i>28 hours/week</i>

7th Tradition Contributions by Group		
Group Name	May Amount	YTD Amount
539		\$551.64
7am Freedom		\$3.00
AA Recovery Group of Windsor		\$484.67
Acceptance		\$232.81
Awakenings		\$681.79
Basic Text		\$80.72
Berthoud Group		\$50.00
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland	\$50.00	\$300.00
Breakfast with Bill and Bob	\$1,000.00	\$2,291.00
Broad Highway of Recovery (AI-Anon)	\$50.00	\$200.00
Burlington AA Group		
Campus Group		
Campus Group 2		\$60.90
Daily Noon Zoom	\$683.03	\$1,572.45
Early Worms		
Eaton Crow Group		
Fort Collins Group		
Friends of Bill W.		\$93.60
Friends of Bill W. 7 AM	\$10.00	\$122.98
Great Fact Group		
Greeley Group 2	\$20.00	\$100.00
Greeley High Noon		
Greeley Westside Group		\$107.00
GYST Harmony		\$226.00
Happy Destiny	\$148.52	\$447.82
High Noon FoCo		
Johnstown Primary Purpose	\$78.00	\$478.92
Keep It Simple Group	\$317.00	\$1,662.00
Kitchen Table A.A.		\$38.00
Laporte 287 AA Group		\$172.00
Last House on the Block	\$1,360.00	\$2,218.06
Let Them Eat Cake		
Loveland AA Group	\$125.72	\$366.61
New Beginnings		
New Hope		
NOCO Pathfinders		\$150.00
Rule 62 YPAA	\$20.20	\$87.68
RUS		\$64.62
Shoulder to Shoulder		\$364.80
Spring Creek		\$75.00
Step Sisters	\$20.00	\$100.00
Sterling AA Group		
Union Colony Group		\$477.19
Windsor Triangle		\$576.62
Windsor Women Unite AA		\$410.33
Women in Recovery		\$200.00
Women of F.A.I.T.H.		\$388.00
Women's Recovery Through the Steps		\$120.00
Women Steppin Up	\$15.00	\$75.00
Women Seeking Sobriety		
YAGBT		\$25.00
Your Life Group	\$30.00	\$60.00
TOTAL MAY GROUP CONTRIBUTIONS	\$3,927.47	\$15,716.21

Apr-23 \$1,846.24

Mar-23 \$2,360.63

Projected June 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 100.00	Meeting lists, newcomer packet
A.A. World Services	\$ 800.00	A.A. literature re-stock
Recovery Shop	\$ 300.00	Medallions (chips), Cards, Stickers, and special orders
Amazon	\$ 65.00	Literature that sells, special orders
Hazelden	\$ 175.00	Literature, special Orders
Literature & Recovery Goods (COGS)	\$ 1,440.00	
Central Office Rent	\$ 735.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 7.00	Monthly (water), varies
Mail Chimp Software Subscription	\$ 27.52	Monthly - email marketing software
Comcast	\$ 183.49	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 17.20	Monthly
Quickbooks Software Subscription	\$ 88.27	Monthly, bookkeeping for May
Office Supplies	\$ 60.00	Monthly (as needed)
Cache Accounting	\$ 66.00	payroll, sales tax, and FAMLI report
Cloudflare	\$ 25.00	Monthly Website Boost & Backup
Total Operating Expense	\$ 1,247.14	
Quickbooks Payroll Processing Fee	\$ 1.75	Payroll Processing Fee
Office Manager Monthly Net Salary	\$ 2,096.49	Monthly - actual paid at end of month
Total Administrative Expense	\$ 2,098.24	
TOTAL PROJECTED JUNE BUDGET	\$ 4,785.38	paid bn 6/1 - 6/11 in red*

*Some COGS expenses as well

Payroll Detail - For Reference

The April 2023 finance report includes the 1st Quarter federal payroll and liability taxes for Jan, Feb, March 2023.

The **state withholding** that comes out of the gross pay was paid April 28th, which was **\$306**. Every employer is obligated to remit all payroll liabilities, what comes out of an employee's gross pay, to the IRS & State every quarter.

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

Q1 gross salary --> $\$2,683.89 \times 3 = \$8,051.67$

The **employee FICA** is 7.65% of the above amount = **\$615.95** for Q1 (which is a payroll liability NCIG is "obligated to remit" as part of the gross salary) and the employee federal withholding is \$804 -- totaling **\$1,419.95**.

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

In Q1, $\$12.08 \times 3 = \36.24 . This is also part of the Payroll Liabilities.

NCIG's (the employer's) **FICA** is also 7.65% of the gross pay amount for Q1, \$8,051.67, which is the same as the employee's FICA): $\$205.32 \times 3 = \615.95 for Q1. This is the "Payroll Taxes."

The federal monthly payroll liabilities and taxes are paid to the IRS by our accountant every quarter.



Northern Colorado
Intergroup /
Central Office
presents
**Twelve
Traditions
Workshop**

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

TWELVE TRADITIONS

3RD SUNDAY AT 6PM

2023 workshop dates

Seven	JUL 16
Eight	AUG 20
Nine	SEPT 17
Ten	OCT 15
Eleven	NOV 19
Twelve	DEC 17

Location:

**St Luke's Episcopal Church
2000 Stover St
in Fort Collins
COFFEE, TEA, & COOKIES**

www.nocoaa.org



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

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.

@NCIGAA



venmo



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

Tradition 7 Checklist

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

Tradition Seven: Humbly asked Him to remove our shortcomings.

Reprinted from Grapevine, GSO/AAWS

SAVE THE DATE!

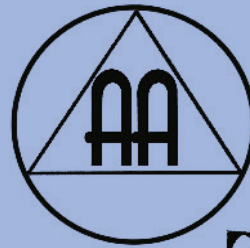
2023 SOUTHWEST REGIONAL FORUM

SEPTEMBER 29-OCTOBER 1, 2023

RADISSON AIRPORT HOTEL
EL PASO, TEXAS

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

District 21 Archives
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Longtimers Tales



Experience,
strength and hope
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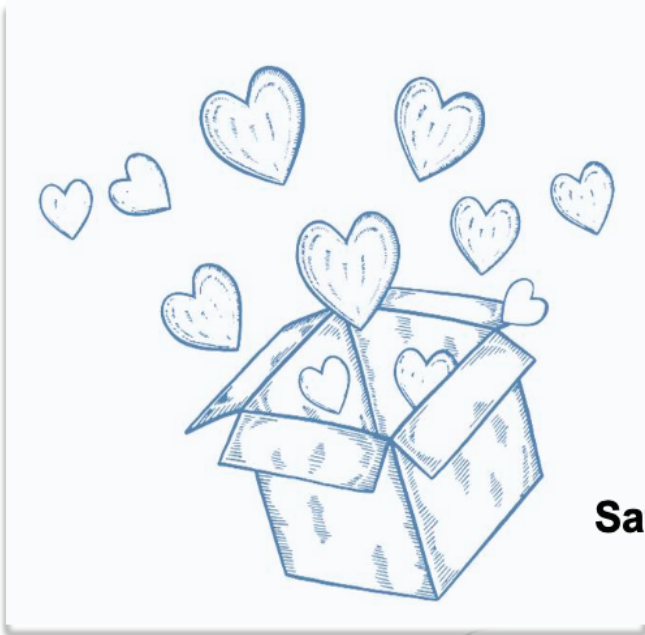
PSWD drbob

669-900-6833

Area 10 Summer Assembly 2023

The Gift of Gratitude

July 7-9, 2023



Doubletree by Hilton
Greenwood Village, CO 80111
Hosted by District 30

Saturday Lunch Buffet: \$22⁰⁰ cash or check
Saturday Speaker Meeting: 7 pm
Ice Cream Social: \$16⁰⁰ cash or check
Saturday following the Speaker Meeting

Parking: Overnight and day parking are charged to each individual guest through a parking company. Guests will see signs upon arrival and will need to scan the QR code on the signs in order to register their vehicles and pay the fee. Overnight guests can also pay the hotel directly via their guest room if preferred. Maximum parking fee is currently \$15; subject to change. ****Special Discount Overnight and Day Event Parking is extended to \$5 per day, per vehicle.***

Accommodations:

Doubletree by Hilton: \$129 per night

Use Event "Summer 2023 Assembly"

Reserve by June 1, 2023 for discount

Central Reservations: 800-222-8733

Local Reservations: 303-779-6161

Direct Link: [Area 10 Winter 2023 Assembly Room Reservations](#)



Contact: Amy at acn1143@comcast.net