

NORTHERN NOTES

Northern Colorado Intergroup/
Central Office of Alcoholics Anonymous

November 2023

*A letter from our
new Committee
Member-at-Large
Marilyn N. ~*



An Attitude of Gratitude

Hello, Fellow Travelers! My name is Marilyn N, and I'm an alcoholic. My sobriety date is January 4, 1999, and what an adventure it's been! I got sober in Northern Virginia and Southern Maryland where my first service job was greeting people as they came in the door for meetings. I graduated to making

coffee and doing meeting set-up. They even trusted me with the key to church!

I've moved several times in sobriety and found that jumping into A.A. immediately is the best way to keep my sanity and make a ton of new friends. When I moved to Fort Collins, I started working a two-hour shift at Central Office each week answering phones, helping people find meetings and answering questions from newcomers and families about the AA program. I helped start a new women's step meeting (Women Stepping Up) that meets Thursday evenings. We have had good attendance since the beginning, providing the opportunity to refresh our acquaintance with and share our varied experiences with these crucial steps for successful recovery. Recently, I was elected as a Member-at-Large of the Intergroup Steering Committee, and have been on the group planning this year's gratitude event – An Evening of Gratitude – scheduled for November 12th at Club Tico in City Park. Get your tickets on-line

(nocoaa.org), bring a dessert and/or appetizer, and join us at 5:30 for a fun evening of fellowship. There will be a speaker! If you're looking for a service opportunity, consider helping set up and/or clean up at the event.

Throughout my years of claiming my chair in these rooms, I've found that no matter how large or small my service contribution is, it matters for the continuing effectiveness of this incredible, life-saving program.

Yours truly,

Marilyn N.

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.



Northern Colorado Intergroup

Evening of Gratitude 2023

Sunday
November 12, 2023

5:30 pm—8:30 pm

Speaker: Troy E

Club Tico

1599 City Park Dr
Fort Collins, CO

Bring a dessert or appetizer of your choice
to share and join in the fellowship

Tickets: \$20

On-line 10/4/23

nocoaa.org

Capacity 200 — Get your ticket
early!

To volunteer for set-up and/or clean up, contact: 970-224-3552



2024

FELLOWSHIP ROUNDUP

Hosted by Berthoud Groups

When:

February 24, 2024 • (doors open at: 2:00)

Where:

Brookside Gardens Event Center
619 E. County Rd. 8, Berthoud, CO 80513

Cost:

Come for fellowship, AA and Al-Anon guest speakers, food & fun, for only \$30.00!

Multiple raffles throughout the evening; bring cash to buy a "full arm's length!"

Schedule:

2:30 PM: Fellowship

3:30 PM: Al-Anon Speaker: *To Be Announced*

5:00 PM: Dinner

6:30 PM: AA Speaker: *To Be Announced*

7:45 PM: Desserts and Closing
(doors close at: 8:45)

Theme:

H.O.P.E. (Happy Our Programs Exist)

Donations Appreciated!

Questions?

Call Brandon O: 970.699.2697

**We're looking forward to an enjoyable night of
Fellowship, Speakers and Dinner!**

Area 10

WINTER ASSEMBLY 2023



DoubleTree Hotel DTC

7801 E Orchard Rd,
Greenwood Village, CO

**NOVEMBER
17-19, 2023**

Parking details

- Daily parking: free
- Overnight parking:
inquire with hotel

Accommodations

DoubleTree Hotel DTC

\$119/night

Group Code: CDTWAA

Reserve by October 26 for discount

[Follow this link](#) or call 800.222.8733

Food & Beverage Information

Please pay onsite with cash or PayPal

- Lunch Buffet | Saturday, \$23
- Ice Cream Social | Saturday night, \$16
- Coffee | \$4 per cup or \$10 for 3 cups

Join us for the open Saturday speaker meeting at 7 pm!

**Hosted by District 13 | Service opportunities available
Contact Laura S. at winterassembly2023@gmail.com**

MIND THAT EGO AMIGO

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.

An Evening of Gratitude

Sunday, November 12th at 5:30 PM

A fundraiser for Central Office

A few tickets are left at nocoaa.org

November is Gratitude month!



The Half-Hour Variety Hour
AA Grapevine's Podcast

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.

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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**

A.A. Quote for November:

“Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is they completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.”

— *Alcoholics Anonymous* [Big Book], pp. 72-73

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

Venmo: @NCIGAA

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

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

November 2023

ANNIVERSARIES

CONGRATULATIONS! CONGRATULATIONS! CONGRATULATIONS!

Bobbie A. ~ 4 years
Carolyn M. ~ 11 years
Chelsea H. ~ 9 years
Cortney M. ~ 14 years
Deb S. ~ 8 years
Donna McK. ~ 31 years
Kathy V. ~ 23 years
Mike F. ~ 10 years
Nancy K. ~ 25 years
Randy B. ~ 5 years
Richard M. ~ 23 years

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

New Year's Eve Sober Dance

December 31, 2023 301 E Drake in Fort Collins
Doors open 7 PM, Speaker 7:30PM -8:30 PM,
Dance 9 PM to Midnight

Wanna Help? Volunteers are needed!

Hall Monitors for Church
Decorations
Greeters
Coffee/Sodas/Water table
Bring snacks/treats
Set Up and ready Dance Floor
Clean up-- Extra help on this activity because church
services are on Sunday Morning.
Snow Shovelers
Cleanup check early Sunday morning

Contact officemanager@nocoaa.org

Things We Cannot Change

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

This month we acknowledge the following members for their service within the fellowship, their friendship and the many ways in which they deeply touched our lives and our hearts. May they never be forgotten...

Kevin W. - October 2023



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 other members 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.

- CALENDAR -

Sunday, November 5th, 5 PM

District 21 Meeting

@ 301 E Drake (downstairs), Fort Collins

Tuesday, November 7th, 7 PM

District 23 Meeting

@ 35 Carlson Blvd, Johnstown

Sunday, November 12th, 5:30 PM

An Evening of Gratitude

Club Tico, 1599 City Park Dr, Fort Collins

Tickets on sale at nocoaa.org & Central Office

Speaker, Coffee, & Tea - Doors open at 5 PM

Dessert/Appetizer Potluck

November 17 - 19, 2023

Winter 2023 Assembly

DoubleTree Denver Tech, Greenwood Village, CO

Sunday, November 19th, 6 PM

Tradition 11 Workshop

@ 2000 Stover St, Fort Collins

Monday, November 20, 6 PM

NoCo Intergroup Meeting

Zoom ID: 826 2737 9047

Sunday, December 3rd, 5 PM

District 21 Meeting

@ 301 E Drake (downstairs), Fort Collins

Tuesday, December 5th, 7 PM

District 23 Meeting

@ 35 Carlson Blvd, Johnstown

Sunday, December 17th, 6 PM

Tradition 12 Workshop

@ 2000 Stover St, Fort Collins

Sunday, December 31st, 7:30 PM

New Year's Eve Speaker & Dance Event

@ 301 E Drake, Fort Collins

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.

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.

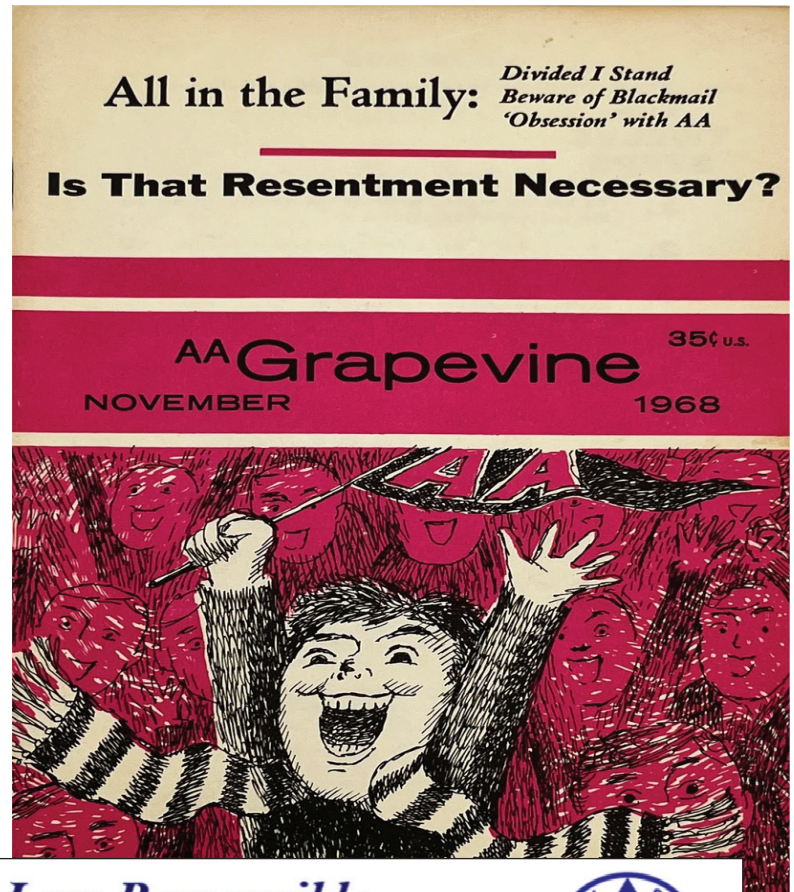
Kitchen Table AA: This is a list of AA members who, when available, take a meeting to people who are temporarily shut in or homebound for a variety of reasons: Recent surgery, transportation limitations, living at a facility or unable to leave the home for any reason.

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 either or both of these committee options, please email officemanager@nocoaa.org.

New @ Central Office

- Several new pamphlets from AAWS.
- Pocket Wisdom Booklet, Meeting in a Pocket Booklet, Plastic Month Chips, and NCIG bookmarks.
- 2024 Grapevine Calendars



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
A Way Home	New Meeting on Wednesdays at 6:30 PM 1709 W Elizabeth St in Fort Collins
Early Worms Women's Meeting	New Meeting in Estes Park under existing Early Worms Group - Mondays 12 pm
Fall River Group	Estes Park Meeting - New schedule: Sunday, Noon - online Zoom: 999 829 166 Monday, Noon - 453 Elkhorn & Monday 7 pm - Hybrid Tuesday, Noon - Online Zoom: 999 829 166 Wednesday, Noon & Wednesday, 7 pm - both Hybrid Thursday, Noon - Online Zoom: 999 829 166 Friday, Noon - Online Zoom: 999 829 166 Saturday, Noon - 453 Elkhorn - Hybrid
Honor and Integrity Through Sobriety	New meeting on Fridays at 7 PM South Club, 2608 7th Ave in Greeley/Garden City
Loveland Group	2 online meetings were cancelled: Friday & Saturday at 5:30pm
NCIG Steering Committee Meeting	Changed Day & Time: 2nd Wednesdays at 6 pm Same Zoom Meeting ID as Intergroup Meeting
One Day at a Time	New meeting on Thursdays at 6:30 PM 5420 N Taft Ave in Loveland
Platteville Sippers	Time Change: now at 6 PM on Mondays
Step Sisters	In-person only now.
Windsor Women Unite	New Schedule: Tuesdays, Thursdays, and Saturdays at 8:30 AM
Women of F.A.I.T.H.	Location Change starting 11/18, new address: Council Tree Covenant Church, 4825 S Lemay Ave, Fort Collins
You Are Not Alone	New Meeting on Saturdays at Noon 1159 Main St, Foundations Church in Windsor

November 01

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

ALCOHOLICS ANONYMOUS, p. 85

My first sponsor told me there were two things to say about prayer and meditation: first, I had to start and second, I had to continue. When I came to A.A. my spiritual life was bankrupt; if I considered God at all, He was to be called upon only when my self-will was incapable of a task or when overwhelming fears had eroded my ego.

Today I am grateful for a new life, one in which my prayers are those of thanksgiving. My prayer time is more for listening than for talking. I know today that if I cannot change the wind, I can adjust my sail. I know the difference between superstition and spirituality. I know there is a graceful way of being right, and many ways to be wrong.

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 (forwarded):

- 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 be a 12th step caller on our **help-the-next-alcoholic** list.

Contact Beth at
officemanager@nocoaa.org

CENTRAL OFFICE DAY WATCH PHONE STATS

	OCT 2023
A.A. Information	20
Al-Anon	0
Bridging the Gap	1
Detox/Treatment	0
12th Step	3
Other Calls*	12
Visitors	51
Voicemails**	4
TOTAL CALLS	40

* Usually local members requesting anything from a meeting change to a special order, but also includes hang-ups.

** Voicemails are from night watch missed calls & are returned.

NIGHT WATCH PHONE STATS

	OCT 2023*
A.A. Information	9
Al-Anon	1
Bridging the Gap	0
Detox/Treatment	0
12th Step	1
Other Calls	1
TOTAL CALLS	12

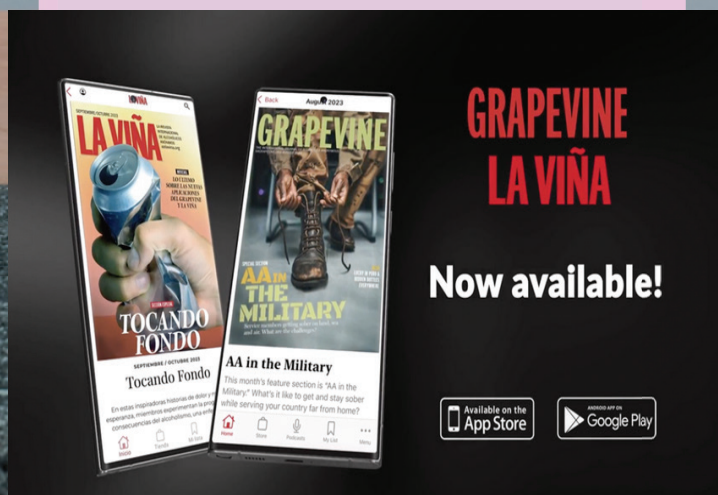
* Incomplete, missing several uncompleted volunteer entries.

WEBSITE & GOOGLE SEARCH STATS for October 2023:

FROM WEBSITE WORD PRESS INSIGHTS	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
2,229 USERS*	1,788 VIEWS	419	32

*Distinct single user visits to nocoaa.org

Tell us what you think...



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

**Northern Colorado Intergroup / Central Office
Intergroup Meeting- Minutes
September 18th, 2023 - NCIG Virtual Platform**

Call to order: 6:03 PM

1. Serenity prayer + welcome

2. (Quorum > 7 IGRs)

Amy D (Happy D), Amy J (Secretary); Amy S (Women Stepping Up), Beth S (Office Manager) Chris D (Westside Greeley) Cindy B (District 21 Rep), David H (LHOTB) George McC (Vice Chair & Spring Creek) Heather (Union Colony), Jessica J (Women Seek Sobriety & District 23); Julie McD. (Central Office Volunteer Coord), Karen K (Treasurer), Kent B (Breakfast w/BB), Lisa Z (LaPorte 287) Lori M (Basic Text), Marilyn N (SC Member at Large); Mike B (539) Paula B (Fort Collins Group), Stephanie (Women's Rec Through Steps), Zoe A (Asst Treasurer & Rule 62)

3. Group Updates/Announcements –

- a. Jessica J: Monthly group conscience, 10/08 this month a Group Inventory. Greeley Stampede planning is ongoing. 6:30 pm, 3rd Thursday of the month, 2608 7th Ave Greeley
- b. Heather (Union Colony): Tuesday night Meditation Meeting; First United Methodist Church, 917 10th Ave, Greeley

4. Approval of August 2023 NCIG Meeting Minutes – *Kent B., motion, Lori M second, (12-0-1)*

5. Reports:

- a. Chairperson - Rhonda N - Report attached to email sent with meeting minutes
- b. Treasurer- Karen K – *Jessica J. motions to approve the June 2023 Treasurer Report: Marilyn N. seconds (19-0-0). Report approved.*

TOTAL JULY INCOME \$ 4353.90

Total Cost of Goods Sold (COGS) \$ 2368.88

TOTAL GROSS INCOME \$ 1990.02

TOTAL EXPENSES \$ 3758.55

NET JULY INCOME \$ (1768.53)

- c. District 21 - Cindy B. – Report attached with meeting minutes.
- d. District 23 - vacant
- e. Central Office - Beth S.
- f. Volunteer Coordinator - All days filled, Friday 5pm – 8am Saturday phone line position open. Kent B. is now assisting with volunteer coordination.

6. Old Business:

7. New Business:

- a. Steering Committee By-laws and NCIG Procedure Guide updates and amendments are ready for review – Steering Committee is looking at Ad-hoc Committees recommendations for updates. As soon as SC has reviewed, the documents will be forwarded to IGRs to take back to their groups
- b. Planning dates, flier, and ticket sales for the “Evening of Gratitude”

- i. Sunday September 24, 2023, at 11AM and Sunday, October 29, 2023, at 11AM at the Northern Colorado Central Office
- ii. Event will be held at Club Tico, attendance limited to 180 people. Potluck, bring your appetizers and desserts. Call Central Office or locate form on NOCOAA.org to sign up for volunteering!
- c. More details on the NYE Event
- d. 2024 January Intergroup Inventory – Save the date! Last Group Inventory since 2012. We will find a location and meet in January 2024, as many AA members and IGRs as possible. Outside member of AA will facilitate. Concerns and questions should be brought back by IGRs to include in the Group Inventory.
- e. Discuss AA internet guidelines: “Anonymity & E-mail” – Recent district meeting brought up AA pamphlet with guidelines on maintaining anonymity through email correspondence.

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

Northern Colorado Intergroup Volunteer to read Tradition 10 next month: Zoe A.

Motion to Adjourn: _____David H._____ (no 2nd required)

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

Time Adjourned: 6:52 PM

Next Meeting: October 16th, 2023



NCIG / CENTRAL OFFICE FINANCE REPORT - SEPT 2023

Income

Income Source	Amount	Comments	QB # Category
7th Tradition Contributions	\$ 1,753.33	Individuals & Groups - includes \$30 from volunteers for candy	5000
Faithful Fiver Contributions	\$ 309.95	Individuals	5020
Total Convention Tabling Income	\$ 1,089.77	Sept 1-3, 2023	
Central Office	\$ 1,109.65	September 2023 Sales Total	
Literature Sales	\$ 549.90		5200
Chip Sales	\$ 444.50		5205
Recovery Item Sales	\$ 51.00		5210
NCIG Sales	\$ 64.25	Newcomer Packets, Booklets Bookmarks, and Meeting Lists	7100
Tradition 9 Workshop	\$ 45.00	9/17/2023 Workshop 7th Tradition	5400
Savings Dividend	\$ 2.09	Q3	9000
TOTAL SEPTEMBER INCOME	\$ 4,309.79		

Cost of Goods Sold (COGS)

Expense	Amount	Notes	QB # Category
Cost of Literature	\$ 815.07	A.A.W.S. conference-approved Literature & Pamphlets. Hazelden and Amazon (incl special orders)	6000
A.A. World Services	\$ 815.07		
Cost of Chips and Recovery Items	\$ 259.10	From Recovery Shop 95% chips	6025
Cost of Printing (Ink Works)	\$ 228.60	NCIG items sold tax-free (325 meeting lists, 100 bookmarks, 50 Meeting in a Pocket booklet, 50 Pocket Wisdom booklet, plus new pamphlet)	6015
Total Cost of Goods Sold (COGS)	\$ 1,302.77		
TOTAL GROSS INCOME	\$ 3,007.02		

Administrative & Operating Expenses

Expense	Amount	Notes	QB # Category
Comcast	\$ 183.91	Monthly: Cable Internet + Phone Service	7124
State Farm Insurance	\$ 37.66	Monthly	7150
El Dorado Artesian Springs	\$ 6.45	Monthly: water & dispenser rental	7213
Zoom Software Subscription	\$ 17.20	Monthly	7234
Quickbooks Software Subscription	\$ 88.27	Monthly	7235
Office Supplies & Expenses	\$ 12.26	Occasional	7300
Central Office Rent	\$ 735.00	Monthly	7500
Website: Cloudflare	\$ 25.00	Monthly	7754
MailChimp Automated Email Platform	\$ 27.52	Monthly - mailing list and subscription svcs	7751
Website: Hover.com	\$ 21.17	Annual - nococoa.org domain renewal	7753

Cache Accounting	\$ 614.40	Payroll and Tax Questions \$114 and Finishing 2022 Tax Return \$500.40	7472
Special Event Expense	\$ 524.50	Club Tico event space deposit and rental for Evening of Gratitude--will be reimbursed by event funds by the Treasurer, Jennifer C. as it was last year.	8000
Payroll Processing Fee	\$ 1.75	Monthly - Quickbooks Direct Deposit Fee	7370
Office Manager Net Payroll	\$ 2,096.49	Monthly - actual paid	7600
Square Merchant Fees	\$ 47.77	Monthly - actual taken out	
TOTAL EXPENSES	\$ 4,439.35		
NET SEPTEMBER INCOME	\$ (1,432.33)		

September Actuals (Profit & Loss)

Income	\$ 4,309.79
Expenses (COGS & Operating Expenses)	\$ 5,742.12
Net September Income	\$ (1,432.33)

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

Income	\$ 50,260.79
Expenses (COGS & Operating Expense)	\$ 55,655.73
Net YTD Income	\$ (5,394.94)

Bank Statements - Canvas Credit Union

Checking Account - Ending Balance 9/30/23	\$ 566.84
Savings Account/Prudent Reserve 9/30/23*	\$ 7,419.74
Current Checking Account Balance 10/4/23	\$ 1,496.33

* NOTE: \$500 needed to be transferred out of Prudent Reserve and into the Checking Account on 9/29/2023

Monthly Payroll Breakdown

NOTES

September Gross Payroll Salary	\$ 2,683.89	
September Payroll Taxes (Employer FICA)	\$ 205.31	paid to the IRS in Q3 (10/2023)
September Payroll Liabilities (Employee)	\$ (587.40)	FICA, FMLI, and State and Fed Withholding
September Net Payroll Salary	\$ 2,096.49	Office Manager's net July 2023 pay
Payroll Processing Fee (Quickbooks)	\$ 1.75	Charged to NCIG & taken out before above is deposited
Total taken out of NCII's bank account on 9/28/2023	\$ 2,098.24	
Hours	121.33	28 hours/week

7th Tradition Contributions by Group

Group Name	Sept Amount	YTD Amount
539		\$551.64
7am Freedom		\$68.00
AA Recovery Group of Windsor		\$768.68
Acceptance	\$273.50	\$506.31
Awakenings	\$129.48	\$1,646.26
Basic Text		\$80.72
Berthoud Group		\$50.00
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland	\$50.00	\$500.00
Breakfast with Bill and Bob	\$590.00	\$2,929.51
Broad Highway of Recovery (Al-Anon)		\$200.00
Burlington AA Group		
Campus Group 2		\$87.10
Daily Noon Zoom	\$103.61	\$2,045.67
Early Worms		\$150.00
Eaton Crow Group		
Fort Collins Group		\$202.00
Friends of Bill W.		\$93.60
Friends of Bill W. 7 AM		\$144.98
Great Fact Group		
Greeley Group 2	\$20.00	\$180.00
Greeley High Noon		
Greeley Westside Group		\$174.00
GYST Harmony		\$368.50
Happy Destiny	\$136.55	\$724.34
Happy, Joyous, and Free		\$80.00
High Noon FoCo		
Johnstown Primary Purpose		\$520.06
Keep It Simple Group	\$183.00	\$2,811.00
Kitchen Table A.A.		\$38.00
Laporte 287 AA Group		\$432.00
Last House on the Block		\$2,957.96
Let Them Eat Cake		
Loveland AA Group		\$857.77
New Beginnings		
New Hope		
NOCO Pathfinders		\$150.00
Rule 62 YPAA	\$46.20	\$187.82
RUS		\$101.07
Shoulder to Shoulder		\$364.80
Spring Creek		\$150.00
Step Sisters	\$20.00	\$180.00
Steps on the Mountain		\$140.00
Sterling AA Group		
Union Colony Group		\$477.19
Windsor Triangle		\$880.12
Windsor Women Unite AA		\$410.33
Women in Recovery		\$287.50
Women of F.A.I.T.H.		\$712.00
Women's Recovery Through the Steps		\$228.00
Women Steppin Up		\$120.00
Women Seeking Sobriety		
YAGBT		\$50.00
Your Life Group		\$60.00
TOTAL SEPTEMBER GROUP CONTRIBUTIONS	\$1,552.34	\$23,666.93

Aug-23 \$2,166.38

Jul-23 \$2,426.76

Projected October 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 65.00	Meeting lists, newcomer packet, new pamphlet, and new booklets
A.A. World Services	\$ 500.00	A.A. literature re-stock
Recovery Shop	\$ 200.00	Medallions (chips)
Literature & Recovery Goods (COGS)	\$ 765.00	
Central Office Rent	\$ 735.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 17.00	Monthly (water), varies
Mail Chimp Software Subscription	\$ 27.52	Monthly - email marketing software
Comcast	\$ 183.69	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 17.20	Monthly
Quickbooks Software Subscription	\$ 88.27	Monthly, bookkeeping for May
Office Supplies	\$ 30.00	Monthly (as needed)
Cloudflare	\$ 25.00	Monthly Website Boost & Backup
Federal Payroll Liabilities & Taxes	\$ 2,035.00	Quarterly - Q3 (FICA and Withholding)
FAMLI - Colorado Initiative	\$ 36.24	Quarterly - Q3
Sales Tax (City)	\$ 170.00	Quarterly - Q3
Sales Tax (State)	\$ 160.00	Quarterly - Q3
Total Operating Expenses	\$ 3,562.58	
Quickbooks Payroll Processing Fee	\$ 1.75	Payroll Processing Fee
Office Manager Monthly Net Salary	\$ 2,096.50	Monthly - actual paid at end of month
Total Administrative Expenses	\$ 2,098.25	
TOTAL PROJECTED OCTOBER BUDGET	\$ 6,425.83	paid bn 10/1 - 10/5 in red*

*Some COGS expenses as well

Payroll Detail - For Reference

The July/August 2023 finance report included the 2nd Quarter federal and state payroll taxes and liabilities for April, May, June 2023.

The **state withholding** that comes out of the gross pay was paid August 2nd, 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 for 28 hours/week. The monthly gross is **\$2,683.89**; net is \$2,096.49.

Q2 gross salary --> $\$2,683.89 \times 3 = \$8,051.67$

The **employee FICA** is 7.65% of the above amount = **\$615.95** for Q2 (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 Q2, $\$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 Q2 (\$8,051.67), which is exactly the same as the employee's FICA): $\$205.32 \times 3 = \615.95 for Q2. This is the "Payroll Taxes."

The federal (and state) monthly payroll liabilities and taxes are paid by our accountant every quarter.

NCIG

Profit and Loss / Statement of Activity

September 2023

	TOTAL
Revenue	
5000 7th Tradition Income	1,841.35
5020 Faithful Fivers	309.95
5200 Literature Sales Income	1,481.65
5205 Medallion Sales Income	444.50
5210 Recovery Sales Income	65.00
7100 Sales of CO Lit Income	165.25
Total Revenue	\$4,307.70
Cost of Goods Sold	
6000 Cost of Literature - COGS	815.07
6015 Cost of Printing - COGS	228.60
6025 Cost of Medallions - COGS	259.10
Total Cost of Goods Sold	\$1,302.77
GROSS PROFIT	\$3,004.93
Expenditures	
7124 Cable and Phone Services	183.91
7150 Insurance	37.66
7213 Water Services	6.45
7234 Zoom Subscription	17.20
7235 Quickbooks Subscription	88.27
7300 Office Supplies	12.26
7370 Payroll Expenses	1.75
7600 Salaries	2,096.49
Total 7370 Payroll Expenses	2,098.24
7470 Professional fees	
7472 ACCOUNTANT SERVICES	614.40
Total 7470 Professional fees	614.40
7500 Rent	735.00
7750 Website	
7751 Mailchimp	27.52
7753 Hover.com	21.17
7754 Web Server Space	25.00
Total 7750 Website	73.69
8000 Special Events Expense	524.50
Square Fees	47.77
Total Expenditures	\$4,439.35
NET OPERATING REVENUE	\$ -1,434.42

NCIG
Profit and Loss / Statement of Activity
September 2023

	TOTAL
Other Revenue	
9000 Interest Income	2.09
Total Other Revenue	\$2.09
NET OTHER REVENUE	\$2.09
NET REVENUE	\$ -1,432.33

Note
1. Quickbooks Online now calls the Profit and Loss report "Statement of Activity," as of October 2023.
2. Convention and Central Office sales are separated out on the Finance Report, which is outlined in the "by Class" Profit and Loss September report attached.



when my friends try to help me after a breakdown but they're all emotionally unstable too



September 2023

22



Northern Colorado InterGroup

7th Tradition Contributions by Group

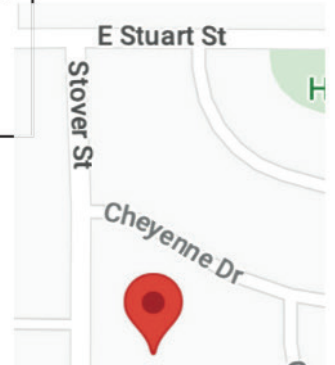
September 2023

	REVENUE	EXPENDITURES	NET REVENUE
Acceptance	273.50		\$273.50
Awakenings	129.48		\$129.48
Big Book of Loveland	50.00		\$50.00
Breakfast with Bill and Bob	590.00		\$590.00
Daily Noon Zoom	103.61		\$103.61
Greeley AA Group #2	20.00		\$20.00
Happy Destiny	136.55		\$136.55
Keep It Simple Group	183.00		\$183.00
Rule 62 YPAA	46.20		\$46.20
Step Sisters	20.00		\$20.00
TOTAL	\$1,552.34	\$0.00	\$1,552.34



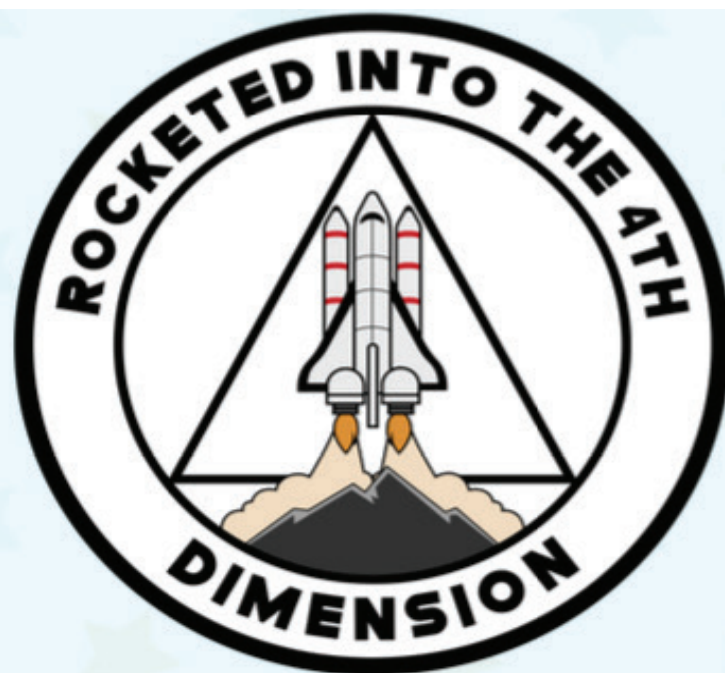
Tradition 7 ~ July 16th
Tradition 8 ~ August 20th
Tradition 9 ~ September 17th
Tradition 10 ~ October 15th
Tradition 11 ~ November 19th
Tradition 12 ~ December 17th

NEW LOCATION:
St Luke's Church
2000 Stover St
in Fort Collins



3rd Sundays at 6 PM in 2023

1 hour ~ panel of 2-3 speakers ~ time for sharing and questions
coffee, tea, and cookies



72nd Annual Greeley AA/Alanon Stampede

February 2nd, 3rd, and 4th

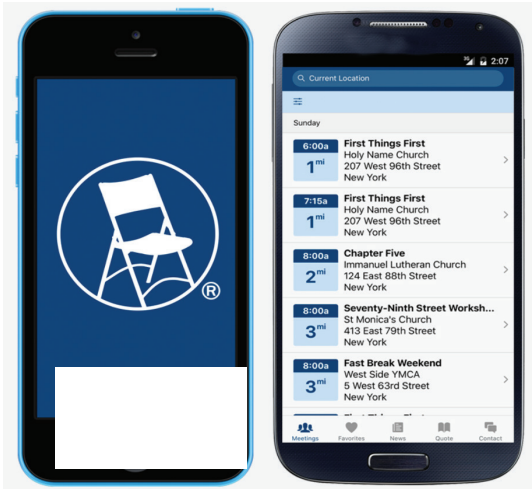
Island Grove Park
Conference Center
Greeley, CO

PRE-REGISTRATION \$30

VIP REGISTRATION \$50

GO TO GREELEYAASTAMPEDE.ORG FOR
T-SHIRTS, 2024 STAMPEDE STICKERS,
AND MEAL TICKETS

QUESTIONS: EMAIL
AASTAMPEDEGREELEY@GMAIL.COM



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

Tradition 11 Checklist

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' 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. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

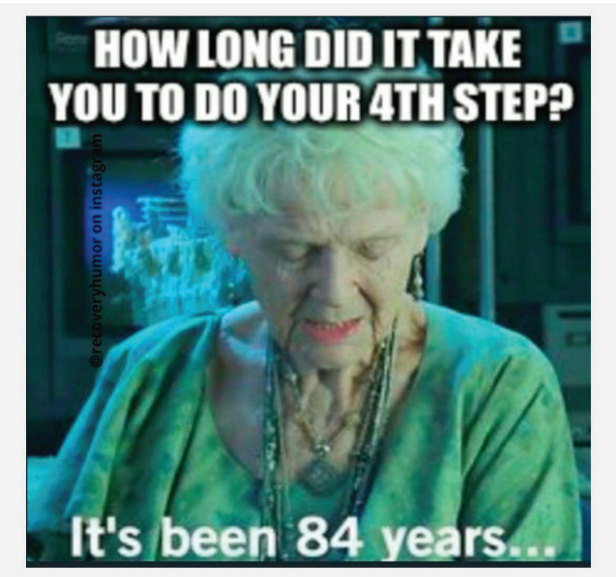
Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Reprinted from Grapevine, GSO/AAWS

An optimist sees a partly filled glass and says it's half full.

A pessimist sees a partly filled glass and says it's half empty.

An alcoholic sees a partly filled glass and says, "Hey, are you going to finish that?"



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



10 Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



4 Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



8 Worship in your own way.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

SELF-SUPPORT

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

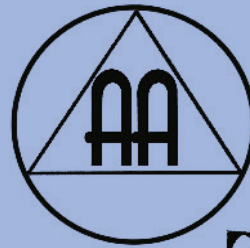
Service Material from the General Service Office

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District 21 Archives
Presents



Longtimers Tales



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strength and hope
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month.

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