



# Northern Notes

July 2026



## July 2026

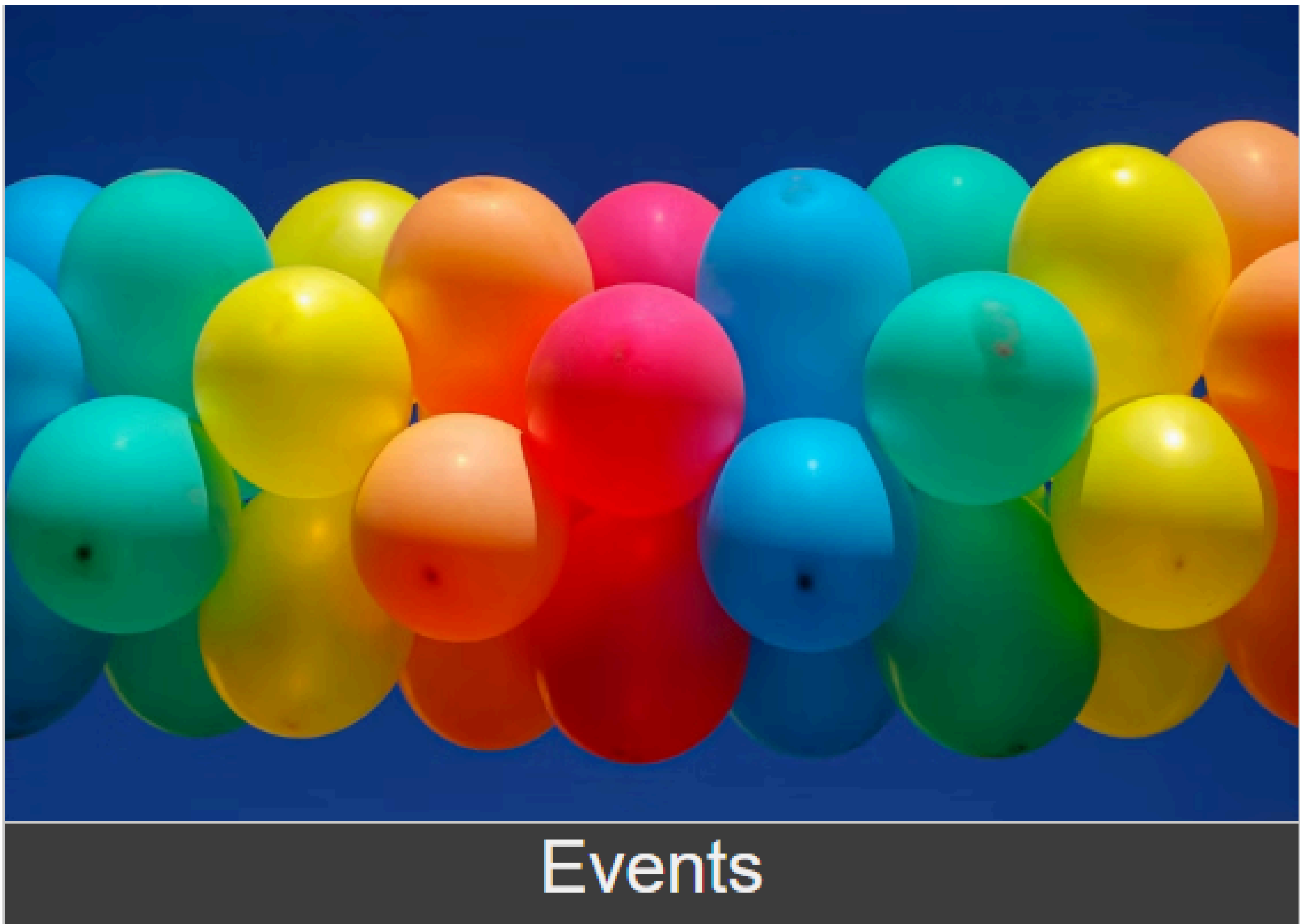
July is the dazzling, sun-drenched zenith of the summer. It brings warm breezes, blooming wildflowers, and vibrant fireflies illuminating the evening sky. People eagerly spend their days at the water, enjoying ice cream to beat the heat. This month truly captures the essence of carefree, joyful living.

The enchanting nature of this season has long made it a favorite among those of us who appreciate the magic of endless sunshine. Capturing this exact sentiment, author Roald Dahl once declared, "If I had my way, I'd remove January from the calendar altogether and have an extra July instead". His quote perfectly embodies the human desire to hold onto the vibrant, warm energy of summer all year round.

You'll find a printable version of the newsletter [HERE](#)

Please don't hesitate to reach out if I can be of service or if you have suggestions for how we can better serve the AA community of Northern Colorado. You can reach me via [email](#), or by using the [form](#) on the website, or by calling the office at 970-224-3552 or by cell 925-262-6913.

-Sarah B



Singleness of Purpose Workshop, July 11th, 1-4:30PM, Denver, CO  
A Day In AA & The 3 Legacies, July 18th, 10AM-3PM, Frederick, CO  
Do Not Be Discouraged Women's Retreat, Aug 14-16, Allenspark, CO  
49th Annual Corn Huskers Round Up Aug 14-16, Omaha, NE  
Area 10 Colorado State Convention, Aug 21-23, Colorado Springs, CO  
CPC Committee Meeting, 2nd Thursday of each month, Fort Collins  
Longtimers Tales Speaker Meeting, 1st Wednesday of each month, Loveland



**Step 7**  
**Humbly asked Him to remove  
our shortcomings.**

**Tradition 7**  
**Every A.A. group ought to be  
fully self-supporting,  
declining outside  
contributions.**

# SINGLENES OF PURPOSE

*Our Responsibility is Clear*

## WORKSHOP



**PRESENTED BY:**

**THE AREA 10 SERVICE COMMITTEES**

**FEATURING:**

**CLASSATRUSTEE—VERONICA RAMIREZ**

**PASTAREA10DELEGATE — SARAH M.**

**DENVER UNITED CHURCH**

**660 S. BROADWAY**

**DENVER, CO 80209**

**JULY 11TH**

**2026**

**1:00-4:30PM**

# A DAY IN A.A. & THE 3 LEGACIES

*Exploring Recovery, Unity & Service  
through the Steps, Traditions & Concepts*



**Saturday, July 18, 2026**  
**10:00 AM – 3:00 PM**



**St. Brigit Episcopal Church**  
110 Johnson St  
Frederick, CO 80530  
*ODAAAT A.A. Group Meeting Location*



## RECOVERY

*Living the Steps and  
finding a new way of life.*



## UNITY

*Protecting the Fellowship  
so the message survives.*



## SERVICE

*Carrying the message  
to the alcoholic  
who still suffers.*

### EVENT INCLUDES



Speaker Panels



Guest Speakers



Discussion  
Concerning  
the 3 Legacies  
of A.A.



Potluck Lunch



Main dish provided.  
Attendees encouraged  
to bring sides.

*Hosted By*  
**ODAAAT and District 23**



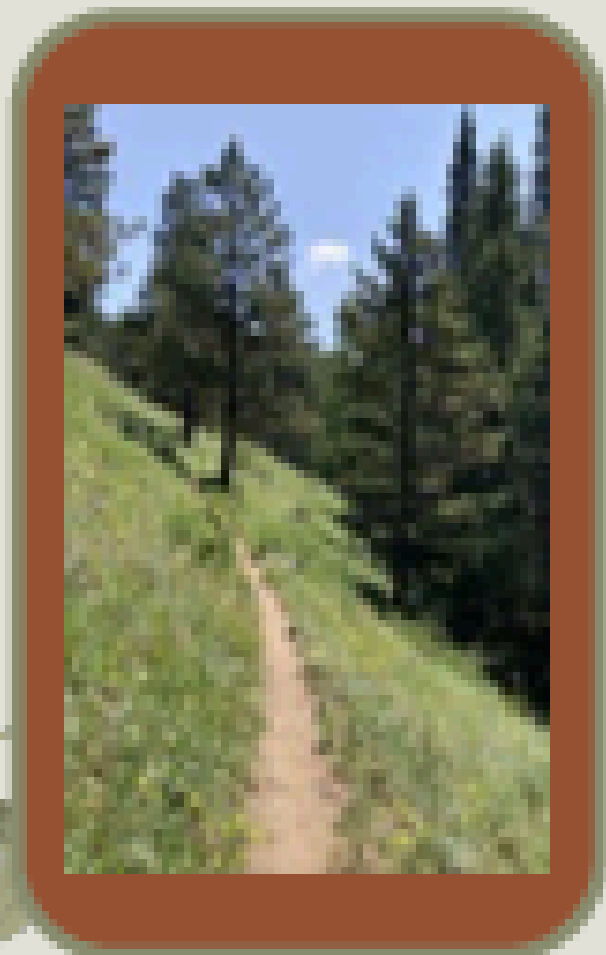
**AA members, newcomers,  
and visitors welcome**

# "Do not be Discouraged"

Sacred Femininity



A weekend retreat for women in AA\*  
August 14-16, 2026 Allenspark, CO

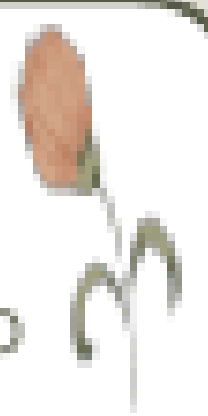


## Women's\* 11th Step Retreat

**WHEN:** August 14-16, Friday dinner through Sunday lunch

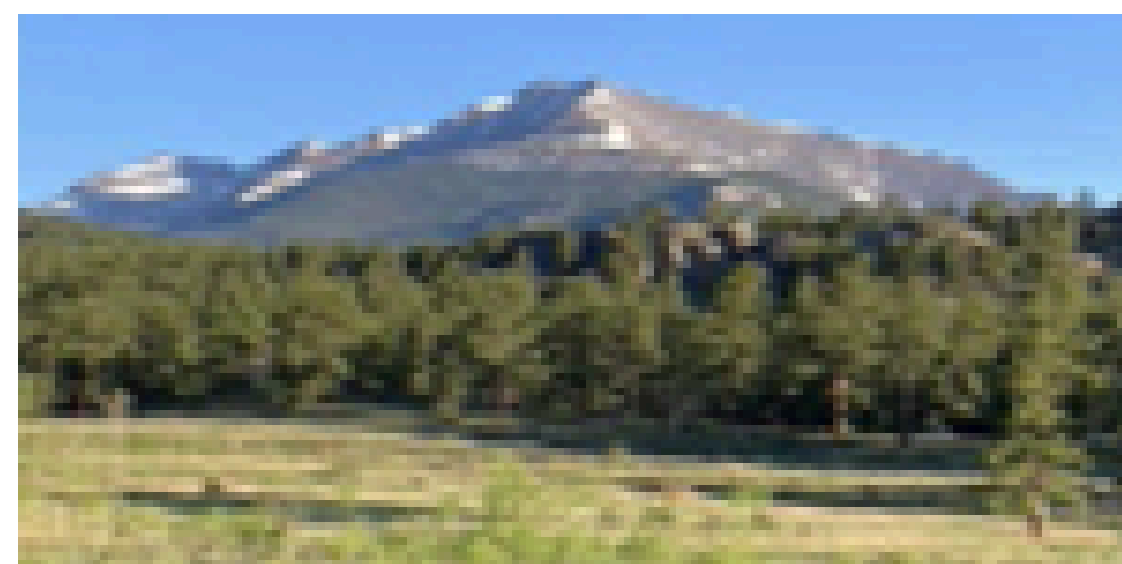
**WHERE:** Highlands Presbyterian Camp & Retreat, Allenspark, CO

**COST:** \$280 per person for shared rooms and all meals; Special dietary restrictions (vegan, gluten free, etc.) can be accommodated.



This retreat offers dedicated time and space, in a beautiful location near Rocky Mountain National Park, for sober women to connect, share stories, get quiet, learn from each other, and LAUGH..

There will be speakers, discussion meetings, and free time to connect with each other, with ourselves, and with a higher power of our own understanding.



\*cisgender, trans, and nonbinary



Register here:

<https://tinyurl.com/2026DNBDRetreat>



**AUGUST 14-16, 2026**

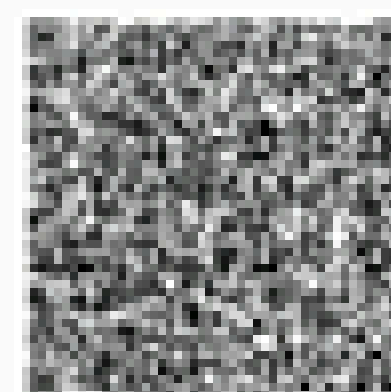
**LIBERTY FIRST  
CREDIT UNION ARENA**  
7306 Q STREET | OMAHA, NE 68127

**SOBRIETY - THE GREAT LIFE!**

## EVENT SCHEDULE

Friday, Aug 14	12 pm	Registration Opens	
	2 pm	Steve L. (AA) Nashville, TN Workshop - Just Get Over Yourself	
	8 pm	Steve M. (AA) Raleigh, NC	
	10 pm	Mike S. (AA) Omaha, NE	
		*Ice Cream Social following the 8 pm speaker	
Saturday, Aug 15	9 am	Nicole R. (AA) Omaha, NE	
	10:30 am	Aaron J. (AFG) Charlotte, NC	
	2 pm	Tami R. (AA) Cloverdale, CA	
		Immediately followed by Kayla K. (AFG) Billings, MT	
	8 pm	Steve L. (AA) Nashville, TN	
	10 pm	Dan W. (AA) Omaha, NE	
	*Dance following the 8 pm speaker		
Sunday, Aug 16	10 am	Leura B. (AA) Marble Falls, TX	

**Discount rates at Holiday Inn Express**  
7306 Q St, Ralston, NE 68127 • Phone: (402) 991-0084  
[hh.com/holidayinnexpress/hotels](http://hh.com/holidayinnexpress/hotels)



## ROUNDUP REGISTRATION

**PREREGISTRATION: \$30 | AT THE DOOR: \$35**

Children 12 and under will not be admitted into the meeting hall. Please send your registrations early. Questions can be emailed to [CornhuskerAARoundup@gmail.com](mailto:CornhuskerAARoundup@gmail.com).

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Email \_\_\_\_\_

- AA
- AFG
- ALATEEN
- Check box if you require ASL Interpreter; must be registered by 7:00.26

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Email \_\_\_\_\_

- AA
- AFG
- ALATEEN
- Check box if you require ASL Interpreter; must be registered by 7:00.26

**COMPLETE, DETACH,  
AND MAIL TO:**



**Cornhusker Roundup**  
Box 623  
Bellevue, NE 68005

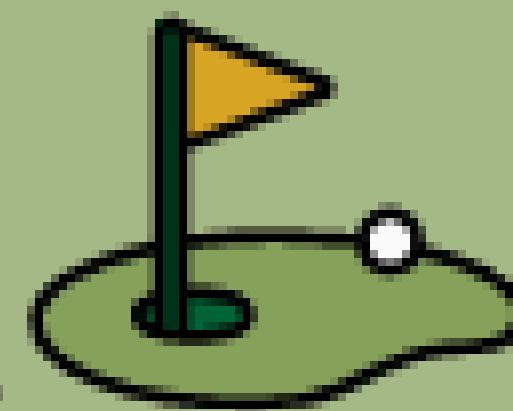
**SOBRIETY - THE GREAT LIFE!**

Or register online at:  
[www.AA-Cornhusker.org](http://www.AA-Cornhusker.org)  
Email:  
[CornhuskerAARoundup@gmail.com](mailto:CornhuskerAARoundup@gmail.com)



# GOLF WITH US

**ON FRIDAY, AUGUST 14, 2026**



**TREGARON GOLF COURSE | 13909 GLENGARRY CIRCLE | BELLEVUE, NE**

Four-Person Scramble - \$80.00 PER PLAYER (Includes greens fee, cart, lunch, & prizes)  
 Shotgun start at 8 am, so please arrive early! Make your own team, or we will add you to one.  
 Please register early, as we are limited to 30 teams. Registration for golf will close on August 10.  
 Call Terry C. at 402-680-9237 with any questions.

List the names & phone numbers of your team. All players must be registered for Cornhusker Roundup.

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

AREA 10 COLORADO 2026  
STATE CONVENTION

# SUFFICIENT SUBSTITUTE

2026



STATE  
CONVENTION

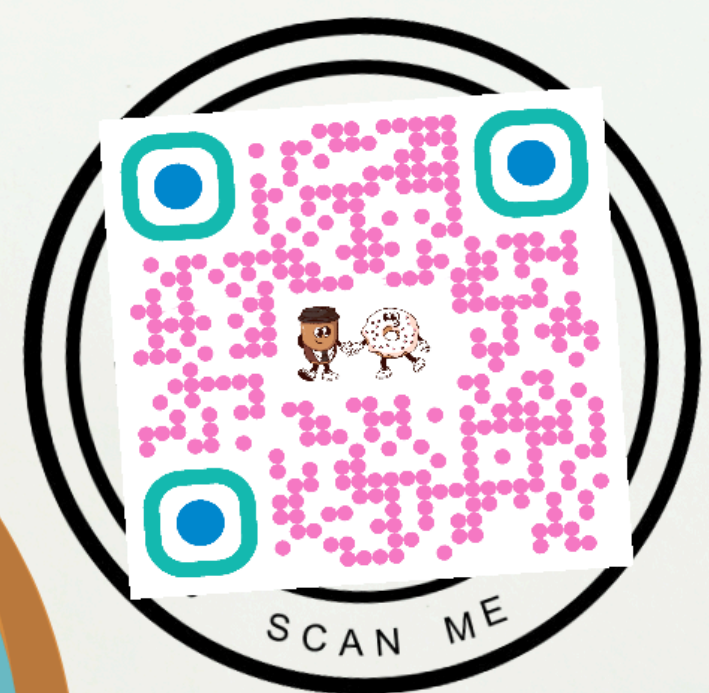
AREA 10

★ COLORADO SPRINGS ★

AUG 21-23  
2026

- meetings
- workshops
- speakers
- fellowship
- food
- dancing

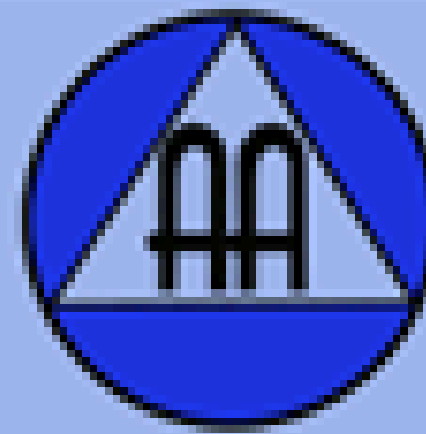
AT THE  
ANTLERS,  
COLORADO  
SPRINGS



← Scan to register today!



District 21 Archives  
Presents



# Longtimers Tales



**Longtimers speakers;**

**May 6 Michael B**

**June 3 Desiree**

**July 1 Danny S**

**Aug 5 Brian G**

**Sept 2 John M**

**Oct 7 Wendy M**

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

SOBER 20+ YEARS

7 PM

IN PERSON & ONLINE

1 ASPEN DR. LOVELAND, CO

ID# 845 846 3994

PSWD. 121212

ZOOM



## **AA OUTREACH!**

### **Cooperation with the Professional Community Committee (CPC)**

**53% of AA members were referred to AA**

**By a professional, were you?**

**Help carry the message of recovery**

**In AA to professionals in our community**

**Your local CPC Committee meets**

**The 2<sup>nd</sup> Thursday of each month**

**5:30 pm, 301 E. Drake, Ft. Collins**

**Questions? Contact Nancy K.  
[nancyekuehl@gmail.com](mailto:nancyekuehl@gmail.com)**





## July

Bill S. - 40 Years  
Carol F. - 47 Years  
Cheri - 12 Years  
Elaine H. - 25 Years  
Erin C. - 2 Years  
Geena - 13 Years  
Jan D. - 19 Years  
Janet S. - 4 Years  
Jen L. - 11 Years  
Julie McD. - 50 Years  
Julie V.- 40 Years  
Karen H. - 47 Years  
Lou H. - 48 Years  
Mary S. - 36 Years  
Miriah - 6 Years  
Randy M. - 17 Years  
Rhonda N. - 45 Years  
Sonia - 8 Years  
Scott L. - 34 Years  
Susan L. - 20 Years  
Stephanie D. - 43 Years

If you would like to have your Birthday in the newsletter, please [email](#) us



## Meeting of the Month

Every month I would like to highlight a meeting that could use OUR support, whether it be a new meeting just getting started or an older meeting struggling to stay alive. It may even be a meeting that you love and just want to share with others.

This month I would like to recognize the Sugar Rush Group. It is an eclectic group of all ages. Children are welcome under the care of their parents. A speaker meeting and potluck are celebrated on the last Sunday of every month. You can find more info [HERE](#).

If you would like to nominate a meeting, you can [email](#) me. Please include any helpful info about the meeting.



## **Volunteer Opportunities**

We need volunteers for all shifts in office,  
Please contact the office for availability.

Contact us if you would like to get involved or  
find a way to be in service.

call us at (970) 224-3552

Email

or you can fill out this form

*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.*

## 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. Wondering what that is? 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.

For More info about IGRs you can download the Packet [HERE](#)



We're Grateful For All Your Group Donations!

Thank you to all of the groups who donated to help keep the Central Office going so that we can keep serving all of you and continue to be here when a newcomer reaches out.

Learn more about donating [here](#)



We're Grateful For You,  
Too!

Thank you to all of our  
Faithful Fivers —  
we appreciate all of  
you more than we  
can say.

We'd love to recognize  
you all individually here  
but you know... that darn  
anonymity!

So, we'll just say  
a big giant, THANK YOU  
to each and every one  
of you. Please know we  
appreciate you!

Learn more about becoming a Faithful Fiver [here](#).