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28301
Website: fayaa.org

The Common Bond

The Newsletter of the Bladen, Cumberland and Robeson Central Office

December 2015

Upcoming Events

Nov. 25-29



Alcothon sponsored by Sandalwood. Open 24 hours Wednesday through Sunday. Volunteers still needed.

Thanksgiving Day Dinner at 2 p.m. covered dish welcomed but not necessary.

Dec. 24-31

Alcothon at Sandalwood, open 24 hours, volunteers needed. Christmas Day activities are being planned.

Dec. 25

Central Group on German Street will host Santa Claus at 1 p.m. Gifts for kids up to age 12. Finger food available (no dinner).

Jan. 1

Happy New Year!

Janu. 17

District 51 meeting at 3 p.m. hosted by Keep it Simple at Hope Mills United Methodist Church,

Jan. 20

Blade, Cumberland, Robeson Central Office Council meeting at 6:30 p.m. in Board Room at Green Street office in Fayetteville.



Seventh Tradition fuels Central Office's work

Your Bladen Cumberland and Robeson Central Offices is financed solely by contributions received from participating groups, individual contributions, and literature sales.

Note that, pursuant to the guidelines of AA World Services, the BCR-CO cannot accept individual contributions in excess of \$3,000. Additionally, we cannot accept contribu-

tion of money or material goods from any outside entities.

If the services of the BCR-CO are to be maintained, the financial needs of the office must also be met. As a nonprofit, BCR-CO recycles contributions back to our local AA community through the goods and services it provides.

Thank you for you support!

Central Office**Board**

Chairman
Rocky O.
Vice chairman
Jim B.
Treasurer
Kate S.
At-Large members
Cumberland
Audrey C.
Robeson
Thomas E.
Office manager/secretary
Linda C.

Council

Central Group
Dorothy C.
Sandalwood
Wayne C.
Back to Basics
Dan. A
Bare Bones
(vacant)
ODAT
Cathy M.
Fort Bragg
Michael
Freedom in Growth
Laureen O.
Keep It Simple
Liz M.
Principles Group
Charles K.
Little Group
Cass C.
Pine Run
Craig
Seekers of Sobriety
Donna L.
Spring Into Action
Anne S.
Turning Point
John L.
Walking the Same Path
Alexis L.

Services

Hotline
Dorothy C.
Webmaster
Jim H.
Common Bond editor
Dave C.



District 51 officers hold workshop at Area meeting

We've had a pretty good autumn in District 51. We attended the Summer Area 51 (North Carolina) Committee meeting at the end of August. Area decided to move forward with motions for an Area webmaster and to change venues for committee meetings starting in 2017. Our alternate DCM, Kate S., and I volunteered to chair a workshop on Tradition 7, Self-support, at the Fall Assembly. Districts were assigned for the four Area 51 pre-conferences. The Central pre-conference that we hosted last spring will be held in Kannapolis on April 3, 2016.

Pre-conferences are where our members inform our delegate of our thoughts on issues that will come before her (or him) at the General Service Conference in New York. It is a great way to meet folks from across our area that are interested in service and have a bit of a passion for AA. It was where I really got my first taste of enthusiasm for general service. I've been talking this up at some of the meetings I attend and there are a couple folks who have already said they're interested in going. It would be wonderful to go with a caravan of three or four carloads! We should have a flyer for this event before the end of the year.

We also attended the Fall assembly along with several of our District 51

GSRs. The secretary's remarks for the assembly are posted under the "for members" tab at www.aanorthcarolina.org and your GSR has the password. Or you can email me – sdonaghy1961@gmail.com – for that information. The webmaster motion passed and so did the change of venue for the committee meetings. If you know of someone that would be interested in this service position, let me know. We also elected a treasurer to replace one that had stepped down midterm. The actual minutes of the assembly should be posted on the Area site soon.

Our workshop on self-support went well, we used an open discussion format and I learned a lot. The pamphlet "Self Support – where money and spirituality mix" is a great resource. Kate S. reminded us that as members in recovery, we need to pay for our own necessities first. Once our financial situation improves a little, we need to act with gratitude. Without the contributions of members that have come before us, there would be no literature, no helpline, no central office, no public information, no meeting places; indeed, no AA at all. When I was drinking, I would easily spend \$20 in a night. Why not spend that in a week of meeting attendance? Other ideas that were shared included send-

Continued on page 4

Make contact with the Central Office

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It's time to give thanks for what we have received

There is something about autumn that brings reflection. It may be analogy for death. In autumn, leaves turn color and fall to the ground. The growing season ends and farmers harvest crops. We all begin to turn our thoughts from summer and toward the impending winter.

Our holidays at this time of year reflect those thoughts, not only the ending of a year, but on life itself. It is no coincidence that Thanksgiving comes after the crops are in. We are reminded to be grateful for all the things we have — not just the food.

Christmas turns our thoughts not just to Santa Claus and gifts, but to new life — the birth of Jesus, redemption and a new light. Hanukkah celebrates the miracle of the temple lamp staying lit as oil was nearly gone — there again light at a time of darkness.

It is no wonder many of us spend time reflecting on the past year and taking time to think about those things we should be giving thanks for: family, friends, our churches, clubs and organizations we may belong to, our homes and for us alcoholics our meetings and sobriety itself.

While we may express these during the holiday, it is also a topic ripe for some meditation. For me, no word better sums up my



Photo courtesy of fotosearch.com

feelings during this holiday period than gratitude. It's a topic I gave scant attention to during my drinking years. It's a word that hit me over and over again from my first meetings in AA to this day.

It is not hard to find sober alcoholics who at some point openly express that gratitude, who give thanks during a meeting and who show it in his or her actions.

I can remember years ago, hearing someone say in a meeting that he or she was grateful for being an alcoholic. At the time, I had 3 years sobriety. I shared that I was grateful to be sober, grateful that AA was there to help me, but could not feel grateful for being an alcoholic. One wise woman, a longtime veteran of AA, told me that one day I might understand why she and others felt that way and that I too would come to

say I was grateful to be an alcoholic. Eventually, I did come to understand. But I still struggle to explain it. It has to do with what we would have missed

in our spiritual understanding and the people who play important roles in our sobriety. It has to do with our personal growth that may not have happened if we were not alcoholic, not in need of this program.

A couple years after that meeting conversation it hit me one night. I took a trip to visit friends in New York. They lived near the New Jersey palisades along the Hudson River. As I stood with them and gazed at the skyline one night, the George Washington and Verrazano Narrows bridges lit along the Hudson River, it occurred to me that had it not been for AA, I would not be there. Yes, I was grateful to be an alcoholic.

But I am especially grateful for all those sober people in AA who helped me along the way. I only hope in some small way, I am paying that forward.

A.A. BIRTHDAYS

Send your birthdays, with date and year to Commonbond2011@gmail.com or contact the Central Office.



Dec. 2
Chris G. – 27
Dec. 3
Carole V. – 24
Brian C. – 3
Dec. 4
Kenneth L. – 13
Dec. 5
Dody H. – 44
Dec. 6
Nat T. – 36
Dec. 8
Jim B. – 44
Dec. 10
Nathan D. – 16
Dec. 11
Julie C. – 11
Dec. 12
Beverly R. – 19
Glenn L. – 5
Audrey – 4
Joel L. – 4
Dec. 13
Krista C. – 8
Dec. 15
Sherry B. – 8
Dec. 16
Gene G. – 30
Sherry B. – 18
Dec. 17
Judy S. – 9
Dec. 18
Osh – 7
Red M. – 28
Dec. 19
Warren B. – 13

Dec. 20
Tracy C. – 10
Dec. 21
Rusty V. – 9
Dec. 22
Bob W. – 27
Jena H. – 8
Jenna H. – 7
Dec. 24
Jerold B. – 11
Dec. 25
Rick L. – 4
Dec. 26
Sylvia E. – 29
Carolyn L. – 15
Michael C. – 4
Dec. 27
Rebecca T. – 8
Dec. 29
Robert K. – 7
Ben. C – 6
Dec. 30
Pat G. – 25
Jan. 1
Andrea HR – 37
Bill B. – 15

Dorothy C. – 15
Joe V. – 12
Jan. 2
Deb F. – 27
Ike H. – 8
Stuart P. – 9
Jan. 4
Adam J. – 11
Larry H. – 8
Jan. 5
Sammy W. – 20
Jan. 6
Teresa V. – 9
Jan. 7
Patti F. – 21
Jan. 8
Angie G. – 28
Bob H. – 14
Jim B. – 29
Jim H. – 7
Mark M. – 7
Megan A. – 7
Jan. 9
Jennifer B. – 18
Sam C. – 9
Jan. 10
Clark B. – 28
Joseph F. – 9
Jack B. – 9
Jan. 11
Mary Catherine – 14

Mary Cathryn M. – 24
Mike P. – 7
Sharon B. – 17
Jan. 13
Brenda F. – 8
Jan. 14
David C. – 22
Jan. 15
Lauren B. – 16
Jan. 16
Alvin M. – 15
Kristin G. – 11
Louise G. – 31
Randy W. – 37
Wayne J. – 18
Jan. 17
Marcia R. – 25
Jan. 20
Mike S. – 8
Jan. 21
Mark B. – 13
Jan. 22
Linda G. – 7
Jan. 23
Carey D. – 11
Jan. 25
Aryn A. – 13
Jan. 26
Joe R. – 16
Jan. 30
Daniel M. – 20
Dawn M. – 7
Jan. 31
Dunkin K. – 35
Beverly R. – 18
Roby R. – 22

District 51 continued from page 2

ing money to the GSO (see www.AA.org) on your sobriety birthday and becoming a “Faithful Fiver” for our own Central Office (www.fayaa.org.) I imagine if every sober drunk in our district became even a truthful twoer then BCR-CO would be able to serve us even better than they do currently. This would

mean giving money on a monthly basis to the Central Office. I ask you to act with gratitude when the basket comes around, remembering that the basket funds all of AA, not just your group.

I hope everyone has a sober and serene Holiday season. – **Scott D., District 51 Committee Member**

Sober thoughts

(Helpful quotes for the AA way of life)

You will not be punished for your anger; you will be punished by your anger.

– Capsule Sermons

Trust is one of those things that is much easier to maintain than to repair.

– Capsule Sermons

Financial Report for October 2015

Beginning Balance	\$770.54	10/16	CenturyLink (Office)	124.26	Freedom In Growth	0.00
Date Contrib Sales Tax Total		10/30	Straighttalk (Hotline)	46.81	Fort Bragg	300 300.00
10/01	300.00 20.81 1.46	10/30	NC Dept of Rev.	151.78	Keep It Simple	163.64 0 163.64
10/15	0 91.98 6.45	Total		395.97	Little Group	86.00 0 86.00
10/27	415.00 51.46 3.61	Total income		890.77	Turning Point	136.34 0 136.64
Total	890.77	Total expenses		884.19	Principles Group	119.52 0 119.52
Expenses: Checks Paid		Prudent Reserves/Saving	1,931.73	Spring Into Action	500.00 0 500.00	
10/01	rent 240.83	Founders' Day Funds	446.12	SOS Group	250.00 0 250.00	
10/07	payroll 105.12	Checking account	777.12	Sandalwood Group	0.00	
10/14	Recovery Accents 24.95	Ending balance	\$3,155.06	ODAT	2,066.75 0 2,066.75	
10/14	Recovery Accents 12.20	Contributions Jan.-Sep Oct. Year		Walking The Same Path	50.00 0 50.00	
10/21	payroll 105.12	Agnostics & Others	50.00 0 50.00	Faithful Fivers	40.00 14 54.00	
Total	\$488.22	Bare Bones Group	0.00	Founders' Day	2,293.00 0 2,293.00	
Expenses: Debits		Campground Group	0.00	District 51	0 400 400.00	
10/05	Staples 33.12	Central Group	331.31 0 331.31	Totals	6,086.56 714 \$6,812.08	
10/05	To prudent reserve 40.00					