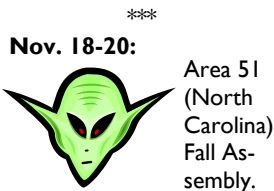


Central Office
910-678-8002
310 Green St.
Fayetteville, NC
28301

Website:
fayaa.org

Upcoming Events



Open to all A.A. members.
Information at aanorthcarolina.org

Nov. 20:
District 51 (Groups in Bladen, Cumberland and Robeson County) board meeting. After Area 51 Assembly adjourns, North Raleigh Hilton, Raleigh.

Nov. 23-27:
Alcothon at Sandalwood. 24/7 through weekend, Include Thanksgiving Day dinner at 2 p.m. Signup sheet at Sandalwood to man building during this time.

Dec. 23-Jan. 1
Alcothon at Sandalwood. 24/7 through week. Signup sheets at Sandalwood to man building during this time.

Jan. 15:
District 51 board meeting. 2 p.m. at Easy Does It, 602 W. 5th St., Lumberton



Jan 18:
BCR-CO council meeting 6:30 p.m. at Central Office board room, 310 Green St., Fayetteville.

The Common Bond

The Newsletter of the Bladen, Cumberland, Robeson Central Office

November 2011

The AA home group: Recovery, unity, service

By Homer M.

Recently, I had the opportunity to attend an AA group in a nearby town for the first time. It was a noon speaker meeting. Gary had sent me an invite. I had 12th stepped Gary a year earlier and he was celebrating his first anniversary. We had not been in contact since the original 12th Step phone call!

Approaching the meeting location, I was immediately made to feel at home ... yep, it is a 'home' group!! Someone met me as I approached the entrance, introduced himself and welcomed me, and walked with me to the meeting room. As God would have it, he was Gary's sponsor. That was just the beginning. Everything about that meeting was what one would like to experience at a 'new' meeting, especially celebrating a one year anniversary. I actually came away in awe of an AA meeting and

Homer M., of Winston-Salem, is Area 51's alternate delegate, Panel 61. We asked him to submit this article for this publication.

home group (the Lunch Bunch) that was filled with love and a good combination of our three legacies: **Recovery, Unity, and Service.**

As one might expect, being a good alcoholic, I started thinking!!! What really makes a good 'home group'? I have been closely observing what goes on in my regular routine of meetings/groups. Since that encounter, I brought this up as discussion topic at several meetings and also researched AA literature: AA's Service Manual, Home Group Pamphlet, AA Grapevine, and The Home Group ... Heartbeat of AA. Below are my thoughts and findings. As my sponsor reminds me, this is my

experience, and may or may not be helpful or even appropriate for you or your Home Group!

Recovery

A Home Group's Primary Purpose: Tradition 5 clearly defines the role of the home group. *Each Group has but one primary purpose – carry its message to the alcoholic who still suffers.*

The home group can do this by welcoming the newcomer. Nothing beats having a 'greeter' at the door at least 15-20 minutes before the meeting starts and continues for an appropriate time into the beginning of the meeting, to welcome everyone and with 'special attention' to any newcomers and visitors. Newcomers should be offered 'newcomers packet,' including AA literature, a Grapevine, and a local meeting schedule and same gender phone numbers. Personal con-

Continued on next page

BCR-CO Board

Chairman
Rocky O
Vice chairman
Jim B
Treasurer
Open
At-Large members
Bladen
(Open)
Cumberland
Cliff B.
Robeson
(Open)
**Office manager/
 secretary**
Donny W.

Council
Central Group
Jackie M.
Sandalwood
Al S.
Back to basics
Dan. A
Bare Bones
Carl S.
ODAT
Jim H.
Fort Bragg
Justin B.
Freedom in Growth
Darlene D.
Principles Group:
Open
Hope Mills:
Dana R.
Little Group
Cass C.
Keeping It Real
Jacquie H.
Spring Into Action
Tommy R.
Hotline
Chrystal J.
Webmaster
Jim H.
Common Bond editor
Dave C.



Home Group

Continued from Page 1

tact and welcome makes it easier to “carry our message.”

The newcomer can be made to feel comfortable in this strange environment by helping find a sponsor, a HG service commitment, just general friendliness and warmth, and invitation to join our home group.

Unity

“Our common welfare should come first.” This is essential if we are to survive ... if the group does not survive ... my survival is in jeopardy! Fellowship: Those important social activities that insures “we are not a glum lot!” Member birthday celebrations, group anniversary celebrations, and participation in intergroup and district events as a group provide opportunities that strengthen the bond that keeps us whole! Another unity enhancing approach is to include the newcomer and visitors in the “meeting before” and “meeting after” the regular meeting.

A special bond and risk to our unity are the all important home group business meetings. Effective communication ensures that all home group members know about the meetings and the topics to be discussed. This ensures that home group members not only feel welcome, but feel wanted and needed! Prepared agendas ensure orderly meetings and help guide focused activities. Patience in developing an “informed group conscience” helps ensure that the minorities feel heard and part of the group!

Home groups are just like people, each has its own personality! Find one that you enjoy and want to serve in.

Service

For most of us in AA, our first service commitment and experience is in our home group. With service, I find my own experience is the best examples to share. My initial commitment was to open the meeting facility and make coffee, one day a week, and doing one of the daily readings, usually my favorite – the Promises!

My home group meets 6 days a week. My sponsor had me giving rides to newcomers and to his sponsor who could no longer drive. Since I had resigned my job as a result of my last drunk, staying busy and being of service was essential to my mental well being!

Next I began chairing the meetings once a week and welcoming newcomers.

Next came one of the elected positions. This laid a foundation for continued service commitments home group, intergroup, district and area. Today I still have a home group service commitment. I am currently my group’s Grapevine representative.

A home group that structures service commitments for newcomers and old-timers, has vibrant and interesting meetings and shared experiences. This is especially true when those commitments specifically support the essence of Tradition One: *Each Group has but one primary purpose – to carry its message to the alcoholic who still suffers.*

Make contact
with the
BCR-CO

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WE COUNT OUR BLESSINGS

And our gratitude grows

A relationship with GOD and all the blessings that came along with it. – *Ryan, KISS GROUP*

Old-timers, newcomers, and all AA members in between for providing me with hope. – *Michael, KISS GROUP*



I'M GRATEFUL

for the love and care of GOD and the love and care of wonderful people in my life. – *Anonymous*

I'm grateful for the family that I've always had but now am able to finally see. – *Justin F, Sandalwood group*

Being sober and helping others. – *Anonymous*

I'M GRATEFUL ...

... For GOD, AA, and FAMILY. – *KISS GROUP*

.... for the AA fellowship and the common bond we all share. – *KISS GROUP*

I am grateful for God giving people the gift of being mental health specialists. – *Chris D., Bare Bones Group*

I am grateful for about five years staying sober, then 26 years trying to live sober. – *Anonymous*



I am grateful for a great many things but for most my wife and family including my group at sandalwood. I am truly blessed. – *Steve, Sandalwood group*

I'm grateful for

God's grace and mercy and Him directing me to a new way of life. – *Kathy W, Sandalwood group*



A.A. BIRTHDAY CELEBRATIONS

Celebrate with us

Would your group would like to add your members to our birthday celebration list? Just email your information to com-mobond2011@gamail.com.

Include name (but not full name), sobriety date and year they became sober. This information will go into a master list (and will do the math on which birthday it is).



Nov. 2
Harvey G. – 26
Tom. L. – 25
Nov. 5
Ray V. – 25
Nov. 6
Jeff W. – 21
Nov. 7
Jed T. – 7
Nov. 8
Wanda P. – 17
Nov. 10
Crystal – 6
Nov. 11
Joseph M. – 44
Carl S. – 25
Wade S. – 12

Nov. 16
Kathy E. – 31
Nov. 18
Dan – 13
Nov. 19
Audry C. – 13
Julie S. – 26
Nov. 21
Gary M. – 7
Nov. 24

Jeff W. – 21
Nov. 25
Bryan L. – 20
Nov. 26
Daniela D. – 4
Nov. 27
Johnny F. – 7
Dec. 1
Beverly R. – 15
Roby R. – 19

Dec. 2
Chris G. – 23
Dec. 3
Carole V. – 20
Dec. 4
Kenneth L. – 9
Dec. 5
Dody H. – 40
Dec. 6
Nat T. – 32

Dec. 10
Nathan D. – 12
Dec. 11
Julie C. – 7
Dec. 12
Beverly R. – 15
Dec. 13
Krista C. – 4
Dec. 15
Sherry B. – 4

Dec. 16
Gene G. – 26
Sherry B. – 14
Dec. 17
Judy S. – 5
Dec. 18
Osh – 3
Red M. – 24
Dec. 19
Warren B. – 9

Dec. 20
Tracy C. – 6
Dec. 22
Bob W. – 23
Jena H. – 4
Jenna H. – 4
Dec. 25
Rick L. - 1
Dec. 30
Pat G. - 21

Hoke AA Group being formed

District 51 and District 52 are working together to form a new Alcoholics Anonymous group in Raeford.

Hoke County has been without an AA meeting for many years.

Rock of the Sandalwood Group (910-286-5495) and Audrey (910-308-2446) of the Bare Bones Group will be the contact people for the district. People can also contact District 51 chairman Carl S. at 910-423-4139 for information.



I AM GRATEFUL FOR ...

Continued from Page 3

For all the wonderful AA groups in Fayetteville and Hope Mills. – *KISS GROUP*

For my new way of life, and helping others. – *Anonymous*

Dr. Bob and Bill W, who founded a program which turned my life around, which is a miracle. – *Anonymous*

Sober thoughts

(Helpful quotes for the AA way of life)

No act of kindness, however small is ever wasted.

– Aesop

The beginnings of all things are small.

– Cicero

BCR-CO Financial Report for October

Beginning Balance	1,100.45+	Staples (Newsletter)	55.11-	Fort Bragg	2,700.00
		Century Link (Office phone)	106.64-	Keepin It Real	100.00 200.00
Contributions	902.08	Straight Talk (Hotline)	48.91-	Kiss GRP	20.00 320.00
Sales	899.29	Walmart (new phone)	62.44-	Little GRP	7.00 67.00
Tax	70.79	Total expenses	664.29-	Men of Sobriety Mtg	46.50 320.00
Total Deposits	1,870.09+			ODAT	581.47 2,177.88
Forward Balance	2,970.54+	Ending Balance	2,300.25+	Principles GRP	239.12
				Sandalwood	500.00
Expenses		Contributions		SOS GRP	131.00
Anonpress Lit.	23.66-			Spring Into Action	250.00 250.00
Creative Arts (pins)	3.00-	Bare Bones	Oct. Nov. YTD		
IRS	46.28-	Camp Ground	20.20	Faithful Fivers	
Cumberland Com. (rent)	240.83-	Central GRP	155.87	Michael R. (thru 7/2012)	10.00 165.00
Wilmington Intergroup (chips)	77.42-	Freedom In Growth	148.75	Jim B. (thru 5/3/12)	60.00