

Central Office
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Fayetteville, NC
28301

Website:
fayaa.org

Upcoming Events

July 21:
Traditions workshop presented by Tom I., sponsored by Keep It Simple and Keeping It Real at noon at Hope Mills United Methodist, 4955 Legion Rd.

July 22:
District 51 council meeting . 3 p.m., upstairs at ALCO Club, German Street, Fayetteville.

August 25-26:
A.A. Area 51 (North Carolina) will bring its Summer Committee Meeting to the Holiday Inn Bordeaux & Convention Center. The meetings are open only to committee members

September 19:
BCR-CO Council meeting, 6:30 p.m. at board room at BCR-CO office on Green Street in Fayetteville.

October 26-28:
Area 51 Fall Election Assembly, Holiday Inn Bordeaux & Convention Center, Fayetteville.

November 21:
BCR-CO council meeting and election of officers. Chairman and Founders' Day chairman to be chosen. Board room, Green Street, Fayetteville.

The Common Bond

The Newsletter of the Bladen, Cumberland, Robeson Central Office

JULY 2012

241 celebrate AA's 77th anniversary

By Carl S.

Founder's day this year was held at Paradise Acres off Chicken Foot Road. After a year of planning and hard work on behalf of our AA community, the affair was a smashing success. Many of our folk worked hard at making this a success.

Under the leadership of the Founder's Day committee Chairman Rocky O., many of our trusted servants cooperated to make this success come off. Very important to this planning and implementing was the work of Office Manager Donnie.

The festivities kicked off at about 2 p.m. We began by signing in to keep both an accurate census and meal count. It showed 241 recovering alcoholics and family members attended. When this reporter arrived at about 2:30 the place was rapidly filling. The folks were socializing and waiting with



RAFFLE WINNERS

Congratulations to you all on your good fortune!

3 for a dollar: Micheal L., Charlotte S., Al B., Terry K., Bill Joe (Joe), Priscilla L., Darin B., Cathy, Charlotte S., Marri, Shieley L., Ed S. Jennie S., Teresa R., Bill F., Chrystal J., and Milton S.

5/50: Willie B.

Television: Danielle M.

anticipation for our speaker.

Bill F. introduced our speaker, John of the Spring Into Action

Group. John, with 25 years sobriety, gave a thoughtful talk of about an hour's length.

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BCR-CO Board

Chairman
Rocky O.
Vice chairman
Duncan K.
Treasurer
Dave C.
At-Large members
Bladen
(Open)
Cumberland
Mike E.
Robeson
Thomas E.
Office manager/secretary
Donny W.

Council

Central Group
Tom Mc.
Sandalwood
Tom C.
Back to Basics
Dan. A
Bare Bones
Carl S.
ODAT
Beverly R.
Fort Bragg
Andrea HR
Freedom in Growth
Darlene D.
Principles Group:
Carolyn L.
Hope Mills:
Dana R.
Little Group
Cass C.
Keeping It Real
Jacquie H.
Spring Into Action
Tommy R.
Pine Run
Craig
S.U.R.E
Jeff
Hotline
Chrystal J.
Webmaster
Jim H.
Common Bond editor
Dave C.

Founders' Day: Speaker says he's humbled

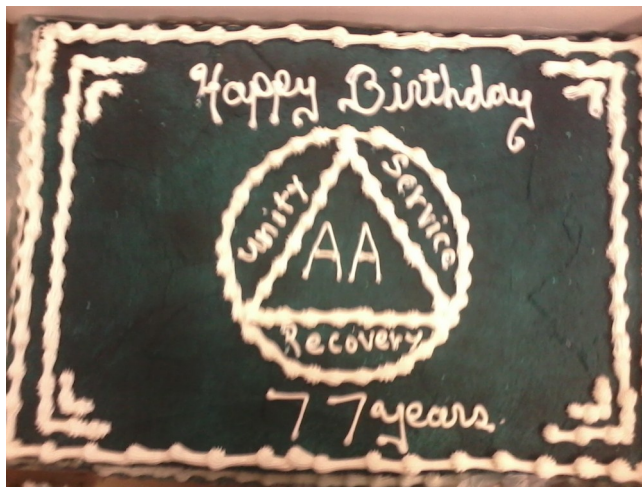
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John began with an expression of gratitude for being asked to speak at our Founder's Day celebration.

After his talk I spoke with John and he again expressed both his gratitude and how humble he felt at being asked to speak when his beginnings in AA were so inauspicious, as he was thinking back to all that had gone into his preparation for this day.

Some of John's salient and thought provoking sentiments were: How does one know what a good relationship is when one has destroyed all his relationships until and after he came into AA? How does someone know what sobriety is? What are the measuring sticks?

Another thoughtful self-effacing statement was that his view of recovery and the book Alcoholics Anonymous were radically shifted and amplified by his attendance at The Back To Basics class at My-



Birthday cake made for Founders' Day 2012. Photo contributed by Donnie W.

rover-Reese a few years ago.

One of the things which changed the way he identified himself was a revelation from Back To Basics that recovering was used twice in our book while recovered was used 23 times.

After John spoke he was called upon to invoke a meal blessing. The catered meal consisted of barbecue, chicken, potato salad, coleslaw, kidney beans, hush puppies, and tea.

Groups who had members participate in festivities, in no particular order, were: Central, Bare Bones, Sandalwood, KISS, Principles, Primary Purpose (of Southern Pines), SURE (of Raeford), Spring Into Action, ODAT, Fort Bragg, and Keeping It Real.

If anyone wishes to write an article on this or any other topic please send it to us at commonbond2011@gmail.com. We'll be glad to help you with the editing without changing your meaning.

Make contact with the BCR-CO

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What's the best size for an AA group?

By Carl Anonym

What is the optimum size for an AA group? InBox 459, News and Notes From The General Service Office, Vol. 58, No. 2 Summer 2012 an article caught my interest. The article titled Estimates of Groups and Members as of January 2012 caught my eye.

It is merely a blurb of statistics concerning the number of groups in the U.S, Canada, Correctional Facilities and others outside the U.S. and Canada. As is often the case God moved me to divide the census of people by the number of groups. it looks like this:

United States	1,290,716/ 58,820 = approx.22/group
Canada	93,983/ 5,025 = approx. 19/group
Correctional Fac.	38,664/ 1,555 = approx. 25/group
Outside U.S. & Canada	710,374/46,667 = approx.15/group

So it would seem that the average membership would be about as stated above. However, most of us realize the numbers of both groups and home group membership is distorted. From my experience both the number of *active* groups and the home group *members* are skewed upward. Also those listed are not all home group members.

When we look around we see a few large groups, more in the mid range and a number of groups that are small. None of this helps with what the optimum size for a group is. If we use a 20 percent ghost figure reduction for transients, new comers etc. we get about 16 members per group as shown here: $22+19+25=15=1/4 \times 80= 16$.

What about when we look at how many people we can interact with on an intimate basis. The theory of tens says about 8-12. After this the relationships must become either superficial or perfunctory. People will begin to be ignored and feel as if they don't belong. This is also about the point when cliques develop. In group therapy, this is also nearing the upper limit for effective therapy. Financially, this also seems to be a workable number.

So it would appear from these lines of evidence that the optimum AA group size would be in the neighborhood of 10 to 15 members. Applying the golden mean to this it would appear that a group should begin thinking of splitting when it reaches a critical point of 15. This would always keep a group within the best social structure to help everyone's integration and recovery. It might also prevent some of the problems within our groups.

Check this as you visit groups and see what you think.

If you disagree with this, write an article and send it to The Common Bond. We'll help you with the reworking of your article while keeping it true to your thoughts. We can be reached at: commonbond2011@gmail.com

Nominees sought

The Bladen, Cumberland, Robeson Central Office is seeking the help of all member groups in soliciting nominations for an election of officers.

Nominees are being sought for two-year terms for chairman and Founders' Day celebration chairman. The Bladen County board member seat is also open. Rocky O., our current chairman, will rotate out of the position at the end of the year.

Nominations are needed for the Sept. 19 meeting at Green Street in Fayetteville. The election will be at the Nov. 21 meeting of the BCR-CO Council.

Sober thoughts

(Helpful quotes for the AA way of life)

In line at the bookstore, I couldn't help but notice the two bestsellers the person in front of me was prepared to purchase: *Conversations With God* and *How To Argue and Win Every Time*.

– Jesse Thompson

