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# The Common Bond

The Newsletter of the Bladen, Cumberland and Robeson Central Office

August 2015

## Upcoming Events

### July 30-Aug. 2

The 68th North Carolina State Convention will be held at the Hilton North Raleigh, 3415 Wake Forest Road, Exit 10 off I-440. Registration \$15 before June 22, \$20 after. Flyer, with directions and hotel reservation code at [aanorthcarolina.org](http://aanorthcarolina.org) under events.

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### Aug. 29-30

Area 51 Summer Committee Meeting at Hilton North Raleigh, 3415 Wake Forest Road, Exit 10 off I-440, Raleigh.

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### Sept. 16

BCR-CO Council meeting at 6:30 p.m. In board room at 310 Green St., Fayetteville.

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### Sept. 20

District 51 Meeting and Fall Fellowship in Robeson County, site to be announced. Meeting starts at 1 p.m. Followed by program and fellowship.

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### Oct. 16-18

Fall Assembly and Committee meeting at Hilton North Raleigh, 3415 Wake Forest Road, Exit 10 off I-440 Beltline, in Raleigh. Flyer, map, hotel information at [aanorthcarolina.org](http://aanorthcarolina.org) events page.



## Hundreds turn out to Celebrate AA's 80th

Hundreds of members turned out at Paradise Acres on June 14 to celebrate the 80th anniversary of Alcoholics Anonymous' founding.

The speaker was Jana L., the Wilmington area district committee member, who has 29 years sobriety. She shared her story of getting sober, staying sober, succeeding in a career and of helping others.

The newest AA at the event, with

just 24 hours of sobriety was given a Big Book signed by many of those attending the celebration.

This year's Founders' Day had an income of \$3,893, expenses of \$3,446.79 and a balance of \$446.21.

The income included a beginning balance of \$1,000, Grand prize raffle ticket sales of \$1,810, other raffles (including 50/50) of \$583 and group donations of \$500.

## Central Office Board

Chairman  
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Vice chairman  
Jim B.  
Treasurer  
Kate S.  
At-Large members  
Cumberland  
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Robeson  
Thomas E.  
Office manager/secretary  
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## Council

Central Group  
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Sandalwood  
Wayne C.  
Back to Basics  
Dan. A  
Bare Bones  
(vacant)  
ODAT  
Cathy M.  
Fort Bragg  
Michael  
Freedom in Growth  
Amanda K.  
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.



# Yes, send us your articles: Here's how to do it

“Can anyone write an article for The Common Bond?” That question was asked at a recent meeting of the BCR-CO. The answer of course is yes.

The Common Bond committee welcomes articles submitted by other A.A. members and especially by or from member groups of the BCR-CO. So what do you need to know in order to submit an article?

Of course, not everyone who would like to see news of their group in The Common Bond is going to write an article. That's OK. If you have happenings you want to share, just send us the basic information. The Common Bond staff (mostly me) will write up a brief story. Also, we're always looking for happenings for the Upcoming Events column. Flyer information is all that's needed for Upcoming events, although sometimes the flyer has enough for a short story. For a brief story we just need a few facts. The following form can help lead you put together the information:

**Who:** Lighthouse Group;

**What:** Dance;

**When:** Saturday, Aug 32, at 7 p.m.

**Where:** Lighthouse meeting place, 500 Any Street, Your Town.

**How:** A DJ will play music and a

\$5 per person donation is requested.

**Why:** To have fun and raise money for the Christmas fund for the poor.

If you're looking to contribute more than just group events, you may want to contribute a full article.

Besides group happenings, your article could be on an issue in A.A. One time, we ran a series of three articles submitted by a member on the Seventh Tradition. In another edition, we had a submission from a group how its idea, “Telephone Therapy” evolved from reading “The Living Sober” book. (See reprint Page 3)

If you are not used to writing, you may think, “I have information they could use, but I don't know how to do it!” The first bit of advice is don't worry about formality. Write it as if you were having a conversation with a friend, or writing a letter to one.

Once it's done, you can submit by regular mail or in person to the Central Office. Or you can email it to commonbond2011@gmail. Please be sure to include a real name (Joe P is fine) and either a telephone number and/or email address so the editor can contact you if he has any questions or suggested changes.

See, it can be easy.

– The editor

## Make contact with the Central Office

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# Telephone therapy: A real life line

*(This article is reprinted from the Common Bond July 2011 edition.)*

On Thursday nights, our AA group has been studying the book "Living Sober." The following describes one of the techniques the book offers as support in keeping on track with our program of recovery.

An important tool we can use to stay sober is the telephone. Often we find ourselves alone when the urge to drink comes upon us. These are dangerous times for an alcoholic. If we dwell too long on this urge we may experience that strong mental twist which can cause us to fool ourselves into taking that first drink.

Newcomers are often encouraged to obtain phone numbers from other AA members. We should remember that our sponsors may not always be available when we try to call them. When we can't reach our sponsors it is good to be able to call someone else, remember, being alone when the urge to drink enters your mind is a very dangerous situation to be in.

Understandably, it isn't always easy for one to pick up the phone and call someone, especially if we don't know them very well. Trust issues arise. We may be too proud to admit our weakness in such a situation or maybe just genuine fear of not knowing what the other person might say or think.

If these defects crop up, we should pray to the God of our understanding, put aside the defects and remember that people want to help you when you are in need. Their hands are tied unless you



are **willing** to open up and let them know what's going on.

Another good reason to call someone in our darkest hour is that it may be the start of a trusting relationship with another AA member. To discuss our most private fears and open up to another member builds a bond. It is a wonderful feeling to have a friend in which you can share your life experiences with and journey together in a happy and sober life.

All of the above are pretty much directed to the new comer, although there are degrees of newness. But what about the fellow or gal who gives a telephone number to a newcomer, even one just new to our town?

Those who receive such numbers are very resistant to calling you! They of course often have a

raft of untreated character defects which discourage and prevent them from calling you! So they languish and perhaps become more and more desperate and perhaps even die.

Since the giver of a number has perhaps worked the steps and is in better mental, emotional and spiritual shape than the newcomer; why not get the new member's number and you call them? Doesn't this make more sense than asking the helpless to respond to the strong? After all aren't we to carry the message to the alcoholic who still suffers?

**A composition from the Bare Bones AA Group in Fayetteville**

