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The Common Bond

The Newsletter of the Cumberland and Robeson Central Office

February 2015

Upcoming Events

Feb. 2-March 1

Area 51 (North Carolina) Winter Committee meeting at Hilton North Raleigh. Committee members only.

March 15

District 51 Committee meeting. 3 p.m. Site to be determined.

March 18

Cumberland and Robeson Central Office Council meeting, 6:30 p.m., 310 Green St., Fayetteville.

March 13-15

Area 51 (North Carolina) Corrections Conference at Hampton Inn & Suites, 200 Columbus Dr., Aberdeen (just off U.S. 15-501). Open to all AA members. Reservations" 910-693-4330 or www.hampton-inn.com/hi/southernpines.

March 28

District 51 will host the Central Preconference from 1-5 p.m. at Hope Mills United Methodist Church, 4955 Legion Road, Hope Mills (home to Keep It Simple group). It will go over the General Conference agenda. There will be food, breakout sessions and a reporting and wrap up session.

Reel sobriety Part II

Middle Earth, Hobbits and slaying your dragons

Last year, I shared some thoughts on how movies, which are not about alcoholism, can teach us a lot about sobriety and the AA way of life. Of course, most were old movies and many are now classics. I made a promise to myself to find some similar examples in more recent films.

While it may be stretching a point,

I still see AA lessons in films such as the recent "Hobbit" movies (Don't worry about a spoiler alert, I haven't seen the final installment of the trilogy: "The Battle of the Five Armies").

Throughout "An Unexpected Journey" and "The Desolation of Smaug" resentments seem to play a critical role in the dwarves' mission to reclaim their homeland and in the actions of most of the other main characters.



Thorin Oakenshield, whose grandfather was "the king under the mountain," is seeking to reclaim his homeland its great wealth. We witness a number of resentments he holds. He resents the elves, a former

ally who he says turned their backs on the dwarves when the dragon drove them from the mountain. He thinks if they had helped, they would have been able to slay the dragon.

Continued on page 3

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
Amanda K.
Keep It Simple
Liz M.
Principles Group:
Charles K.
Little Group
Cass C.
Pine Run
Craig
Seekers of Sobriety
Darlene D.
Spring Into Action
Anne S.
S.U.R.E
Jeff
Turning Point
Syndi
Walking the Same Path
Alexis L.

Services

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



District 51 committee

Bridging the Gap work begins, Preconference set for Hope Mills

Your GSRs and District officers had their first meeting of the New Year Jan. 18. We are excited about things that are happening and developing in our District.

First of all, Central Group's 69th anniversary was Jan. 25. Our Area 51 delegate will be sharing her experience strength and hope.

There is also a new open Big Book study at the Salvation Army, 245 Alexander St. The group's name is "The Firing Line," from The Doctor's Opinion. Look it up.

Treatment help

We are also getting involved with Bridging the Gap, a program to assist alcoholics leaving treatment

or rehab in meeting an AA member at a meeting or even having an AA member carry them to a meeting at the member's discretion.

If you're interested in participating, call Kate @ 910-273-4269. Talk to your sponsor, there is no minimum length of sobriety to volunteer!

Preconference

Our District is hosting the Central Area Preconference March 28 at 1 p.m. at the Keep it Simple meeting place.

All members are welcome at this; folks from the 11 districts in the central part of our Area/State will be here to inform our Area Delegate how we feel about the issues

that she will vote on at the General Service Conference in April in New York.

GSO will send out the agenda in mid-February. We have a menu and some volunteers but if you want to get involved and get a feeling for what General Service is, then ask your GSR for more information or email me,

sdonaghy1961@gmail.com I've sent flyers for these events to as many GSRs as I have correct addresses for, if you need one, email me! I'm also willing to pass along any flyers from your group announcing celebrations, events and such.

I've found that being involved in sobriety has improved my sobriety!

Make contact with the Central Office

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Reel sobriety Continued from Page 1

He also resents his bitter enemies the Orcs (also referred to as goblins in the original novel). While Thorin has defeated the Orcs, who tried to take advantage of the displaced dwarves, there is no peace between them and both harbor resentments over the old battles.

The lead Orc, the defiler, resents Thorin, who cuts off his arm in battle and almost killed him. He wants revenge for the loss and mercilessly hunts the small band of dwarves.

Thorin also seems to resent having to rely on Bilbo Baggins, the Hobbit, in their quest. He doesn't think Bilbo is up to the task and is willing to share his unfavorable views.

Bilbo, for his part, seems at times to resent a lot of people. He resents the wizard Gandalf for upsetting his peaceful home and dragging him into this business. He resents the intrusion of the dwarves and he resents the early hardships. However, Bilbo doesn't dwell on these. Instead he puts them aside and continues on the journey.

Then there is Gollum, the creature in the caves who loses his ring and power of invisibility to Bilbo. For the loss of his "precious," Gollum vows to hate Bilbo forever.

I have saved the dragon, Smaug, for last. Despite seeming to have won, the dragon still holds resentments. He resents that the dwarves have been planning for many years to take back all that Smaug now has. He resents Bilbo for coming into his lair, immediately labeling him a thief.

Smaug's greed leaves him sitting on a mountain of gold that is



of no use to him, and defends it fiercely.

Smaug is also resentful of the humans at Laketown. He suspects them of plotting against him, and when the dwarves elude him, he seeks his revenge against the town.

Instead of seeing this as an adventure, we could look at the troubles and battles as self-will run riot in all the characters. By holding onto their resentments, the characters are led into new troubles and new battles.

Bilbo and Gandalf seem to let theirs go. Unlike the other characters, they are not angry all the time.

If we let our resentments go, using the 12 steps, aren't we happier people? Doesn't life seem to go a lot smoother? Look to those who enjoy their sobriety the most, I'm sure they can teach you lessons on leaving behind bruised egos and broken relationships.

The other movie that got me thinking about AA, is "Guardian of the Galaxies," which is a real stretch. That movie made me think about the AA group.

In the movie, we have a bunch of otherwise dysfunctional people – criminals at heart – that come together to be better as a whole than individuals.

They help each other, they 12th step Drax whose resentment for the villain, Ronan, almost gets everyone killed. He realizes his fault and promises to put the resentment behind him and concentrate on what's important. They hold each other accountable.

And they do a lot of talking among themselves.

Each member of the group at one point is willing to sacrifice himself for others. This is also illustrated in the climax where Peter Quill grabs the infinity stone to prevent it from hitting the ground and annihilating the planet. The power of the stone should kill him, but he doesn't immediately die, so all the members all join hands – bonding together, working as one – they overcome the stone's power, saving a planet and perhaps the entire galaxy.

The big battle at the end, and the climax illustrate, at least to me, a group's involvement with service work.

As a group, they take on evil. They become guardians by protecting a planet and the galaxy that sees them only as troublemakers. They work together to help themselves and to help others.

All movies tell a story, and illustrate both good and evil. We always cheer for good to win. In these cases, I hope we can see some sobriety at their core.

A.A. BIRTHDAYS

Feb. 1	March 1
Kyna O. – 13	Patricia H. – 17
Feb. 2	Elsie S. – 6
Stacy W. – 13	March 3
Feb. 6	Linda C. – 4
Johnny H. – 9	Abby P. – 3
Feb. 7	March 5
Robyn W. – 31	Dale N. – 14
Feb. 9	March 8
Jay A. – 9	Joseph B. – 3
Feb. 11	March 10
Rocky O. – 41	Sharman W. – 4
Robert C. – 3	March 11
Feb. 14	Joe G. – 11
Bennie R. – 16	March 13
Billy W. – 14	Jim B. – 26
Dirk V. – 10	March 17
Jim O. – 5	Gary F. – 13
Feb. 15	March 19
Jim M. – 6	Gene W. – 30
Matt D. – 32	March 21
Tomie Ann – 9	Lisa F. – 5
Feb. 18	Michael C. – 3
John D. – 5	March 26
Feb. 21	Russell J. – 20
Teresa E. – 3	March 27
Feb. 25	Bobbie E. – 23
Lupe G. – 14	March 28
Feb. 28	Doug C. – 20
Bill C. – 28	

Want to add to our birthday celebration list?

Send your sobriety dates to us at commobond2011@gmail.com.

Include name, date and year of sobriety. (We'll do the math on which birthday it is).

Council report

Planning begins for Founders Day event

The Central Office Council took over planning for Founders Day, forming a committee to oversee the celebration from its members. Amanda, the Principals Group representative will chair that effort.

The committee will be in charge of all organization and arrangements. Alternatives to holding the event at Paradise Acres were discussed. The committee will look into available dates at Paradise Acres and alternative sites. The committee is also looking using a donation system similar to the Wilmington Intergroup. Anyone attending is asked to make a donation of a certain amount for admission. As a nonprofit group, it cannot sell tickets, only take donations.

The committee is expected to report back at March's meetings on the plans.

Rocky O., the new chairman, reported that Bladen County has asked that it be reinstated as a member of the Central Office. Bladen AA groups found out about the action after reading it in the Common Bond online. Action on the reinstatement is in progress.

Rocky O. takes over as chairman from Ray V. Also at the meeting was the new treasurer, Kate S. The new vice chairman, Jim B. Dorothy C. of the Central Group is new in charge of the hotline.

Sober thoughts

(Helpful quotes for the AA way of life)

All truths are easy to understand once they are discovered; the point is to discover them.

– Galileo Galilei

It is easier to resist at the beginning than at the end.

– Leonardo Da Vinci

Surrender goes on. It is not simply an initial act. It is a process carried deeper every day. We find more of ourselves to give to God.

– 'When Man Listens,' Cecil Rose

Financial Report for December 2014

Beginning Balance	\$2,221.63	12/31 Wilmington Intergroup	28.68	Contributions	Sept.	Oct.	Year
Date Contrib Sales Tax Total		Total	519.77	Bare Bones Group	0	0	0
12/11 84.96 498.58 28.16 602.70		Expenses: Debits		Campground Grp	20	0	60.00
12/23 150.00 489.84 30.45 670.29		12/04 Staples	32.07	Central Group	107.38	79.96	1,138.07
Total	1,272.99	12/04 StraightTalk (Hotline)	46.81	Freedom In Growth	0	0	410.50
		12/05 CCF (Rent)	240.83	Fort Bragg	0	0	355.00
Expenses: Checks Paid		12/15 Grapevine	10.12	Kiss Grp	0	0	213.50
12/17 N.C. Sec. of State	25.00	12/15 AAWS	504.72	Little Grp	17.75	0	83.75
12/03 Payroll	105.13	12 /15 Transfer prudent reserve	40.00	Turning Point	45.67	0	105.15
12/09 Recovery Accents	37.45	12 /15 Transfer prudent reserve	40.00	Principles Grp	89.44	0	119.44
12/15 Wilmington Intergroup	128.95	12/16 CenturyLink (Office)	120.71	Spring Into Action	0	0	750.00
12/16 Recovery Accents	35.00	Total	1,080.14	SOS Grp	0	20	335.74
12/19 Wilmington Intergroup	52.31	Prudent Reserves/Saving	1,003.63	Sandalwood Grp	20	0	475.00
12/22 Payroll	78.84	Founder's Day account	2,140.53	ODAT	793.76	0	2,353.10
12/30 Hazelden	12.77	Checking Acct	1,894.71	Walking Same Path	0	0	\$75.00
12/31 Wilmington Intergroup	51.11	Ending Balance	5,038.87				