

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

Website:
fayaa.org

Upcoming Events

Sept. 25:
KISS (the Hope Mills Group) is celebrating its anniversary. Speaker at 2 p.m., potluck to follow. Hope Mills United Methodist Church.

Oct. 6:
The Bare Bones Group begins a book study on "Came to Believe." Every Thursday, 7:30 p.m. Trinity Methodist Church.

Oct. 19:
BCR-CO board of directors meeting (not full council) 6:30 p.m. at Central Office board room, 310 Green St.

Nov. 5:
AA Hotline workshop at 2 p.m. at Central Office, 310 Green St.

Nov. 16:
BCR-CO council meeting (governing body), 6:30 p.m. at Central Office board room, 310 Green St.

Nov. 18-20:
Area 51 (North Carolina) Fall Assembly. Open to all A.A. members. Information at aanorthcarolina.org

Nov. 20:
District 51 (Groups in Bladen, Cumberland and Robeson County, board meeting. 2 p.m. Upstairs little room at Alco Club on German Street.

The Common Bond

The Newsletter of the Bladen, Cumberland, Robeson Central Office

September 2011

Now is the time to take action

By Carl Anonym

Carpe Diem! This quote meaning Seize the Day – attributed to Horace, a Roman poet – has been a prominent feature on my desk for many years now. In fact, it wasn't more than a year or two after my sobriety date that I first thought about this and what it meant to me as an alcoholic.

My third step: seize the day. My program for recovery: seize the day. Step 10: seize the day.

I remember a man who fit all the tests for alcoholism and had repeatedly told me he'd go to a meeting in El Paso, Texas. Every time the appointed day and time came round, he'd make excuses. So after a number of attempts, I told him one of the saddest things is that one may never take a step today in tomorrow! He never, to my knowledge,

FORUM: Thoughts on AA from individual members.



did get to a meeting. So here is an example of Carpe Diem at work, in reverse.

Many may be helped, though, if merely given a chance. Isn't that what our 12th step is all about? Sure it is, or at least a big part of it. It is also what the

Bladen, Cumberland, and Robeson Central Office is mostly about.

In such an organization, seize the day must be in the forefront of our thoughts.

But the Central Office is more than just me talking to a drunk, when he's not ready, to try and give him an opportunity to have what I've found. You see, I planted a seed which might bear fruit in the future. Those organizations are all over the country. (About a year ago I referred someone to an intergroup in Arkansas, at the request of his family. Someone there contacted them and tried to help.)

These are organizations, such as our own, that take my humble effort with this man and multiplies it when he calls a hotline one day. The journey can then begin.

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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
Victoria J.
Freedom in Growth
Darlene D.
Principles Group:
Rhonda H.
Hope Mills:
Dana R.
Little Group
Cass C.
Keeping It Real
Jacquie H.
Hotline
Chrystal J.
Webmaster
Jim H.
Common Bond
editor
Dave C.



How to write an article

We welcome your words

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

But just how do you do that?

The first thing to consider is your topic. It should be of interest to our – its individual members, its groups, staying sober and issues in the A.A. community.

Recently, we used a series of three articles submitted by a member addressing the 7th Tradition. In the last issue, we had a submission from a group about a reading from its meeting on “Telephone Therapy” from “The Living Sober” book.

If your group is planning a big event, or doing noteworthy service BCR-CO members would probably like to know about it.

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. How would you tell someone about this? Of course, you should use words (no vulgarity) that all our members might know. Also consider a old journalism rule: the 5W’s. Those are: who, what, when, where and how. Often “why” is included in that group. Answer those questions and you have the information you need.

Another question is, how long should an article be? We’ll it doesn’t really need to be very long, in fact in our newsletter uses mostly short articles. One page in typed in a word processing program would be more than enough to fill an entire page of The Common Bond. Most such software keeps track of words. For instance a recent front page article was 477

words. That may sound like a lot, but it’s as little as 8 average-sized paragraphs.

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 a telephone number and/or email address so the editor can contact you in the event editing is needed.

Of course, not everyone wants write an article. That’s OK. If you want to share news, just send it to us and we will write up a brief story. All we need is those 5W’s. For example: Who: Lighthouse Group; What: Dance; When: Saturday, Aug 32, at 7 p.m. Where: Meeting place, 6 Any St., Your Town. How: Will have a DJ, a \$5 donation is requested. Why: To have fun.

We look forward to hearing from you.

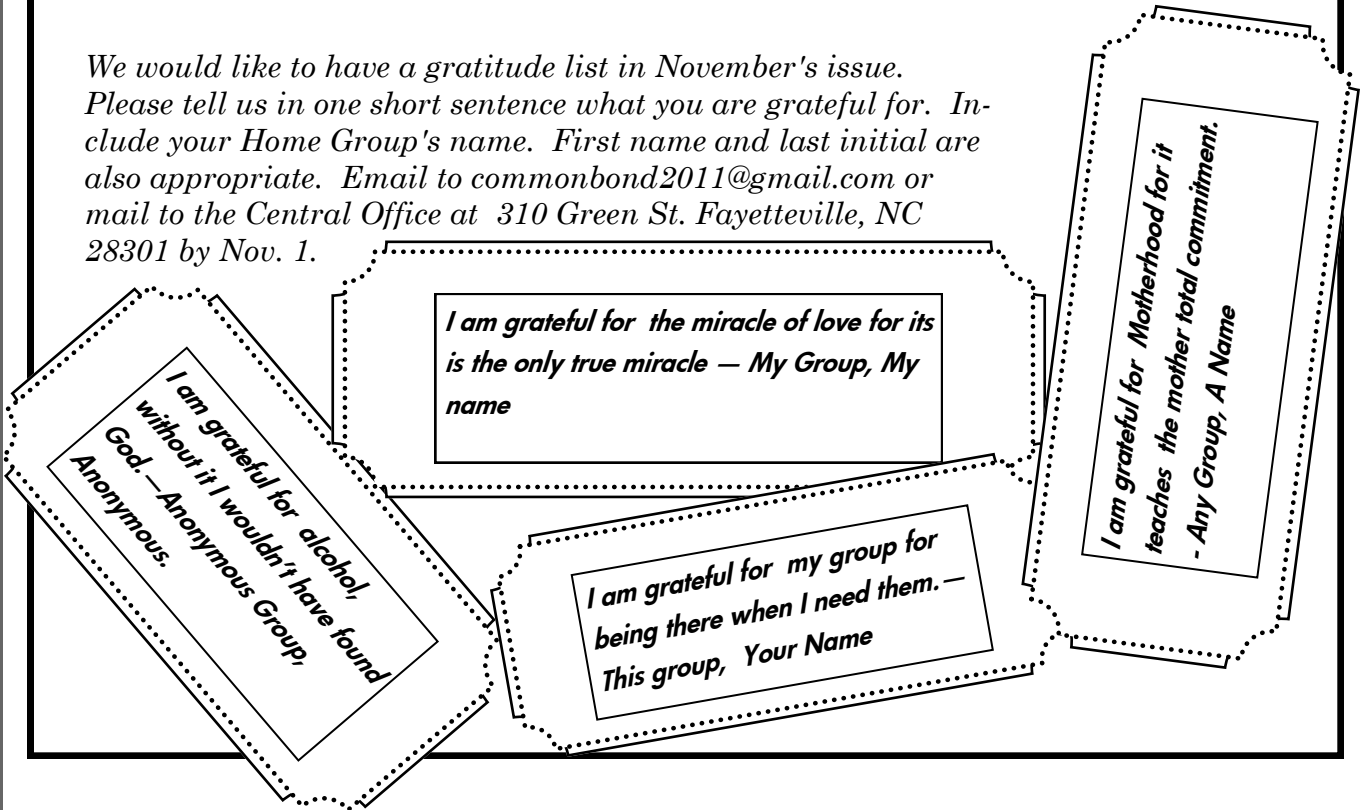
Make contact with the BCR-CO

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Fayaa.org webmaster: webmaster@fayaa.org
Central Office: info@fayaa.org
Hotline: 910-678-8737
Snail mail: 310 Green St. Fayetteville, NC 28301



Show us your gratitude

We would like to have a gratitude list in November's issue. Please tell us in one short sentence what you are grateful for. Include your Home Group's name. First name and last initial are also appropriate. Email to commonbond2011@gmail.com or mail to the Central Office at 310 Green St. Fayetteville, NC 28301 by Nov. 1.



Act now

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It won't be possible without a central office up and functioning. And it can't happen if groups don't participate and seize these opportunities. Further, each member of a group must reach out and help their home group in our noble endeavor.

You say, "Carl, I don't have anything to offer." Yes you do, we all do. What are some of the ways you can assist your group and other groups through the BCR-CO? Right now we need people to answer hotline calls.

Your BCR-CO council member can get you on this list.

You say, "But Carl, I don't have much sober time." True, but neither did Bill W., Dr. Bob or any of the first 100! You also have a sponsor who may help you, and there are old timers who would love to seize the day to teach you as well as back stop you.

You say, "But Carl, what would I say?" Easy, what did your sponsor say to you? What do the old timers say? What does chapter seven of Alcoholics

Anonymous say? How about throwing that out as a topic at a few of the meetings you go to?

Besides aiding the hotline, there are other ways to help. You could check and make sure our schedule of meetings is correct online and in the paper. Report these to our webmaster for action at webmaster@fayaa.org.

There will be many other ways to seize the day in the future for you through the BCR-CO.

A.A. BIRTHDAY CELEBRATIONS

Oct. 1 Kelly C. - 4 Mike S. - 4	Oct. 9 Robert I - 2 Oct. 16 Milton S. - 5 Sue R. - 26 Oct. 18 Don Z. - 27 Pete P. - 3 Oct. 19 Elisha - 4 Mike P - 26	Oct. 20 Jay O. - 6 Chris D. - 3 Chris W. - 2 Oct. 21 Stanley E. - 11 Oct. 22 Kasey R. - 3 Oct. 25 Joe H. - 5	Oct. 26 Kelly M. - 3 Mike R. - 7 Oct. 28 Frazier S. - 7 Oct. 30 Ernest S. - 6 Nov. 2 Harvey G. - 16 Tom L. - 15	Nov. 5 Ray V. - 15 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. - 4 Nov. 24 Jeff W. - 21 Nov. 25 Bryan L. - 20 Nov. 26 Daniela D. - 4 Nov. 27 Johnny F. - 7
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Sober thoughts

(Helpful quotes for the AA way of life)

What you want to be eventually, you must be every day. With practice, the quality of your deeds will get down into your soul.

- Frank Crane

Life itself cannot give you joy, unless you really

will it; Life just gives you time and space; it's up to you to fill it.

- Unknown

When you encounter difficulties and contradictions do not try to break them; Bend them with gentleness and time.

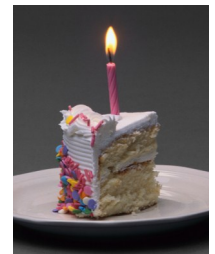
- Saint Francis De Sales

Celebrate with us

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

mobond2011@gmail.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).



BCR-CO Financial Report for August

Beginning Balance	1,039.61+	GSO Lit.	7.10-	Bare Bones	225.00
Contributions	138.73	Staples (Newsletter)	44.41-	Little GRP	60.00
Sales	168.20	Century Link (6/22 thru 8/21)	221.53-	Sandalwood	500.00
Tax	13.39	Straight Talk (Hotline)	48.91-	Kiss GRP	20.00 320.00
Total Deposits	319.96	Ending Balance	483.05+	Men Of Sobriety Mtg	214.47
Forward Balance	1,359.57+	Contributions		ODAT	363.96 1,596.41
Expenses			July August YTD	Central GRP	103.73 109.68 696.59
Creative Arts Lit.	6.30-	SOS GRP		Keepin It Real	100.00 150.00
Hazelden Lit.	88.54-	Principles GRP		Spring Into Action	0.00
Cumberland Com. Rent	240.83-	Freedom In Growth		Faithful Fivers	
Payroll (2 periods)	218.90-	Fort Bragg	2,700.00	Michael R. (thru 7/2012)	10.00 145.00
				Jim B. (thru 5/3/12)	60.00