

Central Office  
910-678-8002  
310 Green St., Suite  
201, Box 14  
Fayetteville, NC 28301  
Office hours: 10 a.m.  
to 2 p.m. Tuesdays  
and Thursdays

## Upcoming Events

### Sept. 15

District 51 board meeting at 3 p.m. at ALCO Club, 604 German St., hosted by Central Group.

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### Sept. 22

Keep It Simple will celebrate its 36th anniversary at 1 p.m. in the building behind Hope Mills United Methodist Church, 4955 Legion Road. Enter in front. Speaker will be Ron S. of the Fort Bragg Group. Sandwiches provided, desserts appreciated.

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### Oct. 25-27

Area 51 Fall committee meetings and Assembly at Hilton Raleigh North Hills, 3415 Wake Forest Road (Exit 10 on I-440.) Information at [aanorthcarolina.org](http://aanorthcarolina.org).

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# The Common Bond

The Newsletter of the Bladen, Cumberland and Robeson Central Office

September-October 2019



All art and pictures courtesy of Courtesy of Common Core/Bing

## The wheel of pain

### By Carl Anonym

Recently at a meeting we had a discussion concerning why there are so many relapses for those who come into AA and for those who apply the principle that "meeting makers make it" and then they never do anything else; then they fail and go out to drink alcoholically again, with perhaps, many repetitions. I'm sure you've all wondered about this phenomenon. It is extremely bewildering.

So what gives here? Our book says that of those who come to AA

and *really try*, (emphasis added), 50% got sober at once, 25% after a few relapses, and among those who stayed on showed improvement. I've only ever been in one group that approximated this promise from the 2<sup>nd</sup> forward closely! It was a meeting on an Army base, at noon, with a very cohesive core of people, who worked closely to shepherd newcomers.

Reconstructing this group would be very difficult and I've never been able to repeat its success.

In my reading I came across a

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**Central Office Board**

Chairman  
Kate S.  
Vice chairman  
Johnny V.  
Treasurer  
Jay O.  
At-Large members  
Bladen  
Vacant  
Cumberland  
Jerry T.  
Robeson  
Vacant  
Office manager/  
secretary  
Doreene B.

**Council**

Agnostics & Others  
Vacant  
Central Group  
Jackie M.  
Sandalwood  
Billy B.  
Back to Basics  
Dan. A  
Bare Bones  
Richard A.  
ODAT  
Jon F.  
Fort Bragg  
Michael  
Freedom in Growth  
Leah W.  
Keep It Simple  
Jackie W.  
New Freedom

101 Big Book

Principles Group  
Charles K.  
Pine Run

Sandalwood  
Grace M.  
Seekers of Sobriety

Spring Into Action  
Anne S.  
There is a Solution  
Bryan Z.  
Village Group  
Sylvia E.  
Walking the Same Path  
Alexis L.  
Women of Quality  
Candice B.

**COUNCIL MEETING**

# Money is biggest concern

Cash flow continues to be the top concern for the BCR-CO Council. Current spending for operations – rent, phone, the hotline, inventory – continue to be the top concern. Donations continue to lag behind the monthly costs of the office.

Some expenses are kept down by keeping the office open for only 8 hours in the week.

Chairwoman Kate S. urged council members to implore groups they attend to donate more to help keep the office running. She noted the operations of the Central Office such as keeping the schedule both online and in print, the hotline, internet connections and the office open help to put potential members in touch with the Alcoholics Anonymous groups. She said if the office closes and these functions cease, alcoholics in need of help touch or find groups.

“Our primary purpose is to serve other alcoholics, we need these services,” Kate said.

She emphasized the Central Office is a vital link in keeping AA groups alive.

Monthly expenses for August totaled \$1,415, while income totaled \$505. Book sales are not a significant source of income since literature as a small or no profit margin.

## Hotline

The new Google hotline number has gone into effect and the old cellphone line will be discontinued. The Council gave approval to the change after a report by Leah W. that

trials of the new plan went well and there is no need to continue the cellphone.

The new system transfers calls to the hotlines to A.A. volunteers. The one drawback is the system will not work with Google Voice phones.

Sign-up sheets were passed out to Council members to take to their home groups. The sheets will include a volunteer's name and phone number they will be using. Because of the private nature of the information, groups were warned not post sign-up sheets on bulletin boards or any other means of publicly sharing those numbers.

The new hotline number, which has been tested for the past two months, is 910-302-7129.

## Meeting Guide

Webmaster Amanda K. announced that the district's schedule is now available on the Meeting Guide app available from Apple and Google. She said she was able to get the schedule online with the help of the General Services Office in New York.

Last year, A.A. World Services bought the app from the developers.

The app lists meetings in the area according to time. It gives the meetings names, addresses and distance in miles.

The app has a Google maps feature to easily locate meetings on you mobile device and also lists specific features of the meeting like open or closed, smoking allowed, or wheelchair accessible.

## Calendar Continued from page 1

**Nov. 10**

BCR-CO Council will meet at 3 p.m. in the 2nd floor board room at 310 Green St., Fayetteville.

**Nov. 8-10**

Southern States AA Service Assembly- will be at Lake Junaluska, N.C. See [www.area62.org/SSAASA/](http://www.area62.org/SSAASA/).

## Make contact with the Central Office

**Hotline:** 910-302-7129, coordinator Leah W.

**Common Bond editor:** Dave C., [commonbond2011@gmail.com](mailto:commonbond2011@gmail.com)

**Fayaa.org webmaster:** Amanda K. [webmaster@fayaa.org](mailto:webmaster@fayaa.org)

**Central Office:** Doreene B., [bcrcentraloffice@gmail.com](mailto:bcrcentraloffice@gmail.com)

also [info@fayaa.org](mailto:info@fayaa.org). Mail: 310 Green St., Suite 201, Mailbox 14, Fayetteville, NC 28301



# Wheel of pain

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book by a fellow named George Vaillant. The book's title was "The Natural History of Alcoholism, Causes, patterns, and pathways to recovery."

He was a researcher who culled data from a very large study of two groups which were followed for 50 years by the use of questionnaires, interviews with subjects and family members. The study also tracked interactions with medical facilities, doctors, social services, law enforcement, detoxification centers, mental health and treatment centers. The author culled persons from the two samples of alcoholic men.

The two samples in the study were the "white collar" group and the "blue collar" group. The first were college students and the second was high school graduates. By the end of the study the surviving members were roughly 70 years old.

This was a gargantuan task. Harvard funded and ran the study. The author merely used the extremely large mass of data to take an in depth look at the life cycle of the alcoholics which were included in the survey. They were about 10 percent of the total sample.

He learned many things from his study, one of which was a conclusion that there was only one effective treatment for alcoholism — Alcoholics Anonymous.

Another finding he was able to establish was the life cycle of Alcoholism — the *disease*.

This now brings me to the point of the article! —The life cycle of alcoholism, the disease — goes like this:

1. A person begins to drink and forms associated habits, expectations and coping skills by the use of alcohol. As alcohol provides results the person develops a habit of relying on it for relief for anxiety, distress, tension, socialization, happiness and escape from a painful world. If one is genetically disposed, they

increase the consumption of alcohol beyond all reasonable and prudent limits. Mr. Vaillant called this the asymptomatic phase.

2. Next the alcoholic drinks symptomatically. The symptomatic phase consists of unfavorable social, personal work, medical, mental and police/legal negative contacts. The symptomatic progresses until some event or an event in close proximity causes the alcoholic to stop drinking abruptly and cease drinking for some extended period.

3. The abstinent period continues and begins to lull the alcoholic into a false belief (delusion) that he can now drink like a normal person. Notice the word *normal*. The alcoholic gradually assumes that "normal," in his mind, to be the way he drank before he had to stop.

1a. Now the alcoholic begins to drink to drink asymptotically again. His absence of symptoms gives the person the false belief that he is "cured." And so the cycle goes around again and again.

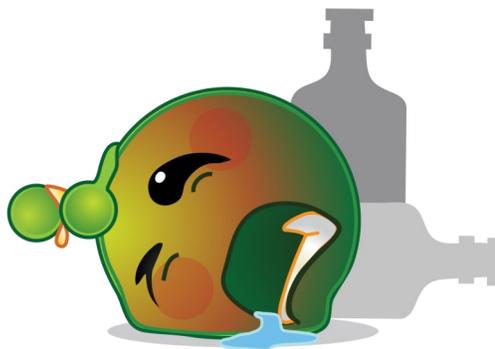
So the cycle is abstinence — asymptomatic drinking — symptomatic drinking (becoming more prominent and severe) — intervention/quitting — and enforced abstinence, for a time.

I think that those who come to AA and just go to meetings will follow this cycle ad-nausea, until someone gets a firm enough grip on them to get them to work the steps, with all their might, as The Bible says.

Perhaps then the person will find the same release as the first 100 did in chapter two of Alcoholics Anonymous — "A deep and abiding spiritual experience."

Barring this, the wheel turns and the person gets sicker "... their problems pile up on them ..." and "... they get worse never better."

So let's tell these people trapped in their alcoholic cycle about this and maybe they will work the steps and stop living on their wheel of pain!



## A.A. BIRTHDAYS

<b>Oct. 1</b> Kelly C. – 12 Mike S. – 12	Send your birth- days, with first name and last initial, date and first year of sobri- ety to brcen- traloffice@gmail.com or commonbond2011@gmail.com.		Audrey – 8 <b>Nov. 14</b> Johnny B. – 11 <b>Nov. 15</b> Andrew K. – 11 <b>Nov. 16</b> Kathy E. – 39 Charles J. – 11 <b>Nov. 18</b> Dan – 21 <b>Nov. 19</b> Julie S. – 34 Audrey C. – 21 Debra B. – 12 Jordan W. – 7 <b>Nov. 21</b> Mike L. – 28 Gary M. – 15 Melissa L. – 12 <b>Nov. 23</b> Bryan L. – 28 Bill L. – 26 <b>Nov. 24</b> Jeff W. – 29 <b>Nov. 25</b> Bryan L. – 26 <b>Nov. 26</b> Johnny F. – 14 Daniela D. – 11 Trisha F. – 3 <b>Nov. 29</b> Gary H. – 9
<b>Oct. 2</b> Al S. – 31 Beth D. – 36 Matthew C. – 8 <b>Oct. 3</b> Lisa L. – 8 <b>Oct. 4</b> Zack O. – 10 <b>Oct. 5</b> Alfonso P. – 7 <b>Oct. 7</b> Jared D. – 12 Cameron B. – 12 <b>Oct. 8</b> Sandra M. – 12 <b>Oct. 9</b> Robert I. – 10 <b>Oct. 15</b> Maura M. – 7 <b>Oct. 16</b> Milton S. – 13 Sue R. – 43 Chad T. – 15 <b>Oct. 18</b> Don Z. – 35 Patrick W. – 16 Pete P. – 12 Fagan M. – 12 <b>Oct. 19</b> Elisha – 12 Mike P. – 34		<b>Oct. 20</b> Jay O. – 14 <b>Oct. 21</b> Stanley E. – 19 <b>Oct. 22</b> Kasey R. – 11 <b>Oct. 24</b> Todd W. – 12 David B. – 11 <b>Oct. 25</b> Joe H. – 13 <b>Oct. 26</b> Kelly M. – 11 Mike R. – 15 <b>Oct. 27</b> Lauren O. – 3 <b>Oct. 28</b> Frazier S. – 15 <b>Oct. 30</b> Ernest S. – 12 <b>Nov. 1</b> Mike K. – 10 <b>Nov. 2</b> Harvey G. – 34	Tom L. – 32 Aninty Y. – 7 <b>Nov. 4</b> Alfonso P. – 38 <b>Nov. 5</b> Ron S. – 39 Ray V. – 33 Mike E. – 20 <b>Nov. 6</b> Jeff W. – 31 <b>Nov. 7</b> Jed T. – 15 Edward E. – 8 <b>Nov. 8</b> Wanda P. – 25 <b>Nov. 10</b> Crystal – 14 <b>Nov. 11</b> Joseph M. – 52 Carl S. – 33 Wade S. – 20 <b>Nov. 12</b> Esther S. – 22 Scott T. – 10

## Sober thoughts

*(Helpful quotes for the AA way of life)*

Intuition suggests that language is a product of thought: if we think clearly, automatically we will speak clearly. Orwell demonstrates the opposite that thought is a product of language. Because we formulate our thoughts in words and sentences, incompetent use of language guarantees muddled thinking.

— Rabbi Yonason Goldson

A person's character is determined by his motives, and motive is always a matter of the heart.

— John Eldridge

### Financial Report for August 2019

Beginning balance	1,626.24	Grapevine	48.00	New Freedom	0
<b>Income</b>		<b>Total Debits</b>	<b>1,415.17</b>	ODAT	367.88
Group contributions	\$86.41	<b>Ending balance</b>	<b>\$716.52</b>	Pine Run Drive	0
Books store sales	419.04	<b>Contributions</b>	<b>July/Aug</b>	Principles Group	0
Sales tax collected	28.02	Bare Bones Group	400.00	Restoration Group	
<b>Total deposit</b>	<b>\$505.45</b>	Central Group	22.76	Road Not Taken	0
<b>Expenses</b>		Fairmont Group	0	Sandalwood Group	100.00
Payroll (3 paydays)	315.36	Freedom In Growth	273.50	Spring Into Action	0
Rent	240.83	Firing Line	0	SOS Group	0
Reimbursement	90.50	Fort Bragg	0	Staying Sober	0
N.C. Dept. of Revenue (tax)	239.73	I-95 Group	32.00	Tar Hill	0
Century Link (phone/internet)	124.41	Keep Coming Back	0	There Is A Solution	0
Straight talk (hotline)	48.39	Keep It Simple	279.89	Village Group	0
Recovery Emporium (supplies)	12.00	The Recovery Group	0	Walking The Same Path	0
Recovery Mint	336.00	Middle Cape Fear	0	Individuals	242.20
AA World Services (literature)	433.61	New Beginnings	0	<b>Totals</b>	<b>\$424.48</b>
					<b>\$2,037.12</b>