

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

Upcoming Events

March 8

The BCR-CO Council meeting will be at 3 p.m. at the boardroom at the Central Office, 310 Green St., Fayetteville.

March 13-15

The 32nd annual Freedom from Bondage Conference will be held at the Hampton Inn & Suites, 200 Columbus Drive in Aberdeen. Pre-Conference registration is over; \$18 at the door.

March 15

District 51 board meeting, 3 p.m., Holy Trinity Episcopal Church, 1601 Raeford Road

March 29

The Central Pre-Conference will be at Colemill Road Church of God, 1617 Cole Mill Road in Durham. It

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The Common Bond

The Newsletter of the Bladen, Cumberland and Robeson Central Office

March-April 2020



Thinking about threat posed by Coronavirus

Editor's Note: Opinions expressed here are those of the writer and not Central Office policy.

**By Dave C.
Common Bond Editor**

There are probably no hard answers – at least not yet – but it's worth asking the question: What will the Coronavirus – also known as Covid-19 – mean for Alcoholics Anonymous groups and meetings?

While everyone hopes that the disease will pass us by, it's probably worth thinking about how this will affect us. There is some hope that, like the flu, the illness will wane as winter ends and temperatures rise. If so, then we may not have to worry for this year, since spring is almost here. But, if it doesn't go away with the warmth, or it spreads more quickly in the next month we may need to face the fact that meetings may have to be postponed.

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COUNCIL MEETING

Group rep urges district, Central Office merger

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

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
Cathy M.
Keep It Simple
Jackie W.
Middle Cape Fear
Bill R.
New Freedom
Adam

Principles Group
Charles K.
Pine Run

Sandalwood
Billy
Seekers of Sobriety

Spring Into Action

Solution 101
Christy L.
Village Group
Sylvia E.
Walking the Same Path
Alexis L.
Women of Quality
Candice B.

Only four groups were represented at the BCR-Central Office Council meeting on March 8.

Lack of attendance and a lack of donations have hampered the office's functions of late.

One of the group's represented was Solution 101, which is a merger of the There is A Solution and the 101 Big Book groups. Neither group had been contributing the BCR-CO.

Christy said the new group had money to donate but wanted some questions answered first.

After Kate gave a rundown of the Central Office functions and finances, Christy suggested merging the BCR-CO, which is a registered nonprofit organization, and District 51.

Central Office Treasurer Jay liked the idea thinking it would be better if groups sent donations to one organization.

Others believed that district would not have the funding or manpower to do both jobs and that groups would not increase their donations to the district.

Kate asked that the idea be held over for further discussion, but Christy pushed for a vote on idea. She then made a motion which failed to gain a second. The proposal can be brought

up again at the next meeting on May 3 at 3 p.m. at the Central Office.

One problem cited as a possible problem is that most groups do not understand what the Central Office does or where the money goes.

One of the things that some members did not know is that book sales do not fund office functions. Literature prices are kept low in order to be more affordable to AA members.

So the sale of books, pamphlets and such could only support buying more literature, but that is sometimes sacrificed to get bills paid, leaving the office short on some items.

During the meeting, Jay put the BCR-CO's month expenses at \$600. This pays for rent of the office, insurance, a phone line and the Internet where the schedule and things like the Common Bond are available.

Another office expense is for an accountant in order to make sure payroll taxes for the one employee — the board secretary/office manager — and sales tax on items sold are paid.

Besides the bookstore, the office provides a webpage, a hotline to help new members find meetings, the district's schedule and the Common Bond which is a Central Office's newsletter.

Make contact with the Central Office

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

Common Bond editor: Dave C., commonbond2011@gmail.com

Fayaa.org webmaster: Amanda K. webmaster@fayaa.org

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Coronavirus

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Currently, people who have been exposed to someone suffering from Coronavirus are being asked to self-isolate for two weeks. So, if one member comes down with it, the entire group – or at least those at the same meeting – will have to stay away from meetings. And then the question becomes how many of those in self-isolation attended other meetings? Won't those meetings have to be suspended? What do we do to help fellow members who need to stay away until clears?

We are already seeing guidance from others. At the Freedom from Bondage conference in Southern Pines, our chairman Kate S., reported that Area 19 delegate Katy spoke about what we need to do in AA to be responsible. Kate S. reported there is a link on the GSO website (aa.com). Among safe practices for AA meetings: No hand holding and eliminating food tables.

In this past week, since I wrote the first version of this, things have happened at lightning speed. Sporting events, shows and other big events have been canceled. We are learning the meaning of social distancing in slowing the growth of the number of cases. Social distancing means to try to keep about 6 feet away from others and don't shake hands. The bigger question is can we warn others that John D. (as in John Doe) has the disease without breaking his anonymity? Certainly, it would not be breaking anonymity to let others who have attended meetings with John D. to know they need to self-isolate. They already know who he is. But caution should be used in how others outside of AA may be told of his case so his anonymity is not broken.

If you have to self-isolate because of an AA contact, all you need to say is someone you saw recent-

ly was diagnosed with the disease. Nobody needs to know where if they were not in contact with him. However, if you come down with it, health officials may insist on knowing who we've been with and where. Given the potential life and death consequences, we probably have no choice but to tell them. It's unlikely they will share the names and will only use them to contact and instruct people at risk.

We all probably need to consider getting hand sanitizer, but we do not need to hoard toilet paper and paper towels. That has become a common thing in all areas this past week. If meetings need to be canceled for several weeks because of the risk, it is important that leaders of the meeting let the Central Office know so this information can be posted on our website and others can be told.

The one thing we cannot take a chance on, is not giving the subject any thought until it hits us. As of Saturday, the only known case in the area is a Harnett County man.

Health officials' biggest goal right now is to slow the rate of infection, which could save lives.

Testing is beginning to gear up, so soon many will find out if they have been exposed and that will help contain it's spread.

Hopefully, some of the measures taken so far, will slow the growth rate, make it easier to care for those who get sick and increase the survival rate. The latest death rate has varied depending on the source and day. They have ranged from 1.7 percent to about 3.5 percent of those who catch the disease, and some experts believe the final death rate will be about 2 percent.

The key is to keep up to date and try to keep your AA friends safe.

People in China wear masks in hope of avoiding contracting the Coronavirus.

Photo courtesy of Bing and Common Core.



A.A. BIRTHDAYS

March 30

Christy L. – 23

April 1

Russell J. – 24

April 4

Victoria J. – 15

Jackie W. – 13

April 8

Frank N. – 19

Jerry T. – 19

April 11

Paula B. – 25

Kay C. – 23

Willie B. – 12

April 13

Cliff B. – 29

Ann H. – 21

Ron H. – 12

April 14

Mark P. – 36

April 15

Bill D. – 15

April 18

Jennifer C. – 10

April 21

Bernard – 11

April 22

Tom Mc – 16

April 23

Jim C. – 22

April 24

Send your birthdays, with first name and last initial, date and first year of sobriety to bcrcentraloffice@gmail.com or commonbond2011@gmail.com.



James H. – 14

Sonja H. – 20

May 17

Ty G. – 26

May 19

Brandon L. – 12

May 20

Stephanie F. – 15

May 21

April F. – 11

May 22

Aaron J. – 11

May 24

Eric E. – 16

May 27

John B. – 31

May 28

Audrey – 10

May 31

Megan G. – 20

Calendar

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will run from 1:30 to 5:30 p.m. Lunch will be provided. Flyer available at aanorthcarolina.com.

April 1

It's April Fools Day, beware of jokers and fools.

May 3

The BCR-CO Council meeting will be at 3 p.m. at the boardroom at the Central Office, 310 Green St., Fayetteville.

May 29-31

Area 51 (North Carolina) Spring Committee Meeting and Assembly at Hilton Raleigh North Hills. Reservation deadline is May 4.

Sober thoughts

(Helpful quotes for the AA way of life)

A man should never be ashamed to admit he has been in the wrong, which is but saying, in other words, he is wiser today than he was yesterday.

— Alexander Pope

Financial Report for December 2019

Income		check & debit subtotal	\$1,363.78	101 Big Group	303.58
Contributions	\$229.00	Ending balance	\$3,416.98	ODAT	302.14
Sales	215.08			Pine Run Drive	0
Sales tax collected	15.05	Contributions Nov.-Dec.	Year	Principles Group	0
Total deposit	\$459.13	Bare Bones Group	\$800.00	Restoration Group	0
Expenses checks		Central Group	511.31	Road Not Taken	0
Payroll	\$354.10	Fairmont Group	0	Sandalwood Group	87.00
Rent	240.83	Freedom In Growth	671.50	Spring Into Action	0
AA World Services (literature)	20.26	Firing Line	167.20	SOS Group	0
Recovery Shop (supplies)	25.50	Fort Bragg	\$500.00	500.00	Staying Sober
Expenses debit:		I-95 Group	32.00	Tar Hill	0
Century Link (phone/internet)	131.75	Keep Coming Back	80.00	80.00	There Is A Solution
AA World Services (literature)	591.34	Keep It Simple	445.05	Village Group	0
Total expenses	1,363.78	The Recovery Group	0	Women of Quality	191.10
Beginning balance	4,321.63	Middle Cape Fear	0	Walking The Same Path	0
Deposit subtotal	459.13	New Beginnings	0	Individuals	222.63
Subtotal	4,780.76	New Freedom	140.00	396.88	Totals
					\$1,382.62
					7,570.68