



God, Grant me the **Serenity** to accept the things I cannot change, the **Courage** to change the things I can, and the **Wisdom** to know the difference.

Pipeline



A Publication of NH Area 43 Assembly April 2004

Peace at Last

reprinted from the February 1981 Grapevine

The sun had just risen, and a mist was coming off the Neckar River as it flowed slowly past the outskirts of the town of Heidelberg, in West Germany. An elderly man stood by the river's edge, fishing. It was a tranquil scene. I had pulled my car over to the side of the road and gotten out. However, as I stood there, I felt anything but tranquil. I was coming back from another night of nonstop drinking, as I had been doing for months on end. I felt full of chaos and confusion, and, having come rather unexpectedly upon the sight of such deep peace, I began to experience a profound sense of sadness. I knew that serenity was not for me.

My life revolved around alcohol - and with it, pain and sadness. Intuitively, I knew I was not only killing myself but destroying all the good in my life. I returned to the car and drove off - to get a drink; and I continued to drink for the next thirteen years. By the time I finally hit bottom and sought help, sadness, turmoil, and a sense of despair had become a way of life.

Like most alcoholics, I used all the usual "reasons" for not stopping drinking: "I won't be able to sleep at night"; "My life will be too boring if I quit drinking"; "If I stop, people will think I have a problem" (no need to worry, they already knew). But I had one real reason that kept me from stopping: I knew that if I did quit drinking, I would almost certainly have to begin looking into myself, and I was very much afraid of what I would find. I had little enough peace while drinking, but I feared I'd lose even that if I ever stopped.

Yet, like most alcoholic fears, this one proved false. A few weeks after I stopped drinking, I was attending a seminar on alcoholism at a rehabilitation place in New Hampshire. I was learning that I had a disease and that I could do something about it. A great weight seemed to be lifting off my shoulders - and out of my life. Between the talks, I often took long walks in the woods. It was December, and snow had already fallen. One afternoon as I was walking in the woods, it suddenly came to me that I was more at peace with myself than I could recall ever having been. A first touch of serenity had come to me. I experienced an overwhelming feeling of thankfulness to God for lifting me from the alcoholic sadness that bordered on despair.

In the seven years since, the feeling of peace in my life has continued to grow slowly. I now find that when I come upon a scene of real beauty and serenity - a tropical sunset, a clear autumn day in New England, snow in the Rockies - my mind may return to that early morning in Heidelberg, and I once again thank God and the Fellowship of Alcoholics Anonymous for having brought me out of the chaos and despair of alcoholic drinking to the new and infinitely better life that I can now enjoy - the life of peace and sobriety that I find in A.A.

We will comprehend the word serenity and we will know peace.

D.M., of Rizal, Philippines

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Throughout 2004, we will be featuring articles about the **Twelve Promises** of Alcoholics Anonymous. How have the promises come true in your life?

Tell us about it! Submit your articles to:

The Pipeline, NH Area Service Office, 1330 Hooksett Road, Hooksett NH 03106
or email to the Pipeline's attention to office@nhaa.mv.com

MAY

No matter how far down the scale we have gone, we will see how our experience can benefit others.

JUNE

That feeling of uselessness and self-pity will disappear.

Pipeline

A Publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

Pipeline Committee:

Karen S. Chair 623-8252
Amy W. 227-9492
Christina S. 210-1032
Joyce C. 672-0385
Lin B. 485-2064
Distribution
Russ P. 224-4754

Email the Pipeline at
office@nhaa.mv.com
Please put "For Pipeline"
in subject line.

Pipeline

Statement of Purpose

The New Hampshire Area Pipeline will be the voice of Alcoholics Anonymous within Area 43. Its editors and staff will be primarily accountable to New Hampshire A. A. Area 43 as a whole. Within the bounds of friendliness and good taste, the Pipeline will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous within Area 43. Like the A.A. movement it mirrors, the primary purpose of the New Hampshire Pipeline will be to try to carry the A.A. message to alcoholics and practice the A.A. principles in all its affairs.

NH Area Assembly Service Office

1330 Hooksett Road
Hooksett, NH 03106

Phone (603)622-6967

Fax #: (603)624-9507

E-Mail:

office@nhaa.mv.com

Office Hours:

Mon. - Fri. - 10AM to 4PM

Saturdays - 10AM to 2PM

Website: www.nhaa.net



Group Information

New Groups

District 7

New Ipswich Thursday 7:30 - 8:45 pm D
Little Group That Could
Our Redeemer Lutheran Church
200 Ashby Road

District 8

Concord Friday 6:30 am - 7:30 am CXDH
6:30 AM Men's Step
So. Congregational Ch., 27 Pleasant St.

Pittsfield

Tuesday 7:30 - 8:45 pm B
Pittsfield Big Book
Pittsfield Baptist Church, 8 Park St.

District 10

Haverhill MA 1st Thursday 7 - 9 pm S
The Dinner Meeting
Mr. Mike's Restaurant, Route 125
meets Sept - June, use front door
Meeting Changes

District 8

Concord Thursday 8 - 9:15 pm SD
Crazy in AA Young People's
Boys & Girls Club, 55 Bradley St
(behind Brooks Pharmacy)
Used to meet at the Chem Free Cafe

District 9

Derry Saturday 7:30 - 8:30 pm SH
Derry Original Group
1st Parish Church, 47 East Derry Rd.
address corrected from 1st Congregational Ch.

District 15

Roches. Wednesday 8 - 9 pm HSD
Footprints Group
Salvation Army Church gym, 36 Autumn
used to meet at Roberge Community Ctr.

Roches.

Tuesday 8 - 9:15 pm HS
Rochester Original
Community Ctr, 150 Wakefield St rear ent.
updated location from Roberge Com. Ctr.

Disbanded Meetings

District 11

Laconia Saturday Noon - 2 pm DZ
Learning to Play Well With Others
Meeting Hall, 84 Baldwin St.

Laconia

Saturday 4:30 - 5:30 pm ZDSX
Bridge to Sobriety
328 Union St.

Plymouth

Thursday 9:30 - 10:30 am CDH
New Beginnings Women's Group
Whole Village Family Res. Ctr, 258 Highland St.

Plymouth

Thursdays 8 - 9 pm X
Covered Bridge PM
St. Matthews Ch. Parish Hall, School St.

District 14

Seabrook Monday - Friday 7:30 - 8:30 am WINTER
The Beach Bums
944 Lafayette Road
Winter meetings disbanded; may resume beach meetings in the summer

District 19

Keene Sundays 8 am - 9 am D
On Awakening
Newman Ctr, 232 Main St.
Still meets Mon - Sat

Newton Teddy Bear Group

Thursdays, 8 - 9 pm

Could use your support!



AA Trivia Corner



True or False:

AA is run by a group of drunks!



(see page 4
for answer)



Greetings From Your Service Office

What was your first contact with Alcoholics Anonymous? For many of us, it was when we picked up the phone and called AA to ask for help. Perhaps we knew there were meetings, and wanted to find out if there was one in our town. Maybe we didn't even know that, but we had heard of AA and called to find out what it was about.

Last year, the NH Area Assembly voted to take responsibility for the old Consolidated Hotline. Area 43 now has a Hotline Committee that oversees operation of our 24-hour hotline. When someone calls 1-800-593-3330, they do not directly reach an alcoholic, but rather an operator at an answering service. If the caller is simply looking for meeting information the operator can refer to our statewide meeting list and direct them to a convenient meeting location. The service handles dozens of these calls every day.

If the caller asks to speak to a member of AA, or simply needs help, the operator will take their first name, gender, phone number, and town they are in. The operator then refers to a list of AA volunteers, calling members in the same district and of the same sex until they find someone at home. Then the AA member calls the newcomer back.

There are two ways your group can support this service. Most importantly, pass around the hotline volunteer sign-up sheet at your group, to be on the callback list! It's suggested that these volunteers be sober at least two years, and it is important to keep signing up, to keep your name in the rotation. When you call a newcomer back, you might just answer a few simple questions, or it may turn into a fantastic opportunity for a 12th Step call.

Your group can also support the hotline financially. While in the past you may have sent donations to the Consolidated Hotline, you can now send that money directly to the NH Area Assembly at the Service Office. Currently, hotline expenses are budgeted for about \$1500/month, and Area 43 needs your support to provide this service. Make checks payable to NHAA, just like any other Area donation.

New (green) statewide meeting lists are now available at the Service Office. We are also now carrying large print versions of *As Bill Sees It* (\$7.65), *Came to Believe* (\$3.85), and *Living Sober* (also \$3.85). We recently revised our popular New Hampshire Beginners Pamphlet—still 25 for \$1. The new version still has the questionnaire to help you determine whether you have a problem with alcohol, but also contains more information about how we stay sober in AA.

We want to thank Doris C. of Manchester for regularly volunteering her time in the office, and Lin B. of Manchester for her donation of paper goods!

In grateful service, Karen, Mary Anne and Ingrid

Donations THANK YOU!

Gateway to Sobriety	Alton
Berlin Group	Berlin
Sat. AM Step Mtg.	Bradford
Newfound Lake Group	Bristol
Charlestown Group	Charlestown
Concord Original	Concord
Happy Hour Group	Concord
Keep It Simple	Contoocook
Happy Hour Group	Derry
As Bill Sees It	Derry
E. Derry 12 & 12	Derry
A Way of Life 12 & 12	Dover
Friday Friendship	Dover
Grateful Hearts Group	Dover
Sat. Nite Commitment	Dover
Tuesday Noontime	Dover
Wednesday Noon	Dover
Exeter AA	Exeter
Exeter Serenity	Exeter
Primary Purpose	Franklin
Women's Joy of Living	Hampstead
Help Yourself	Hampton
Just for Today	Hampton
Women's Positive Steps	Hampton
Keep Coming Back	Henniker
Get It Together	Hudson
Keene Original	Keene
T.O.A.D. Group	Keene
12 & 12 Step	Littleton
Thursday Step	Littleton
Big Book Step Study	Manchester
First Light of Day	Manchester
How To 12 & 12	Manchester
Joy of Living	Manchester
North End Group	Manchester
Original Happy Hour West	Manchester
Queen City Group	Manchester
Milton AA Group	Milton
Winnie's Womens Group	Moultonboro
Remember When	Nashua
So. Nashua Today	Nashua
Sunday Nite Beginners	Nashua
New Boston Group	New Boston
Friday Nite Group	North Conway
Reborn Group	Portsmouth
Raymond Recovery	Raymond
Rochester Fri. Nite	Rochester
Genesis 12 Step Group	Salem
Safe Harbor Womens Beg.	Salem
Salem Noontime	Salem
Stratham Big Book	Stratham
Suncook Common Ground	Suncook
Wamer Group	Wamer
Noontime Group	Wolfboro Falls

We Will Comprehend the Word Serenity and We Will Know Peace

My childhood conception of my H.P. included the natural world. It did NOT include people! I spent long hours in the woods and fields of my home in Tewksbury, Mass. I knew every feature of the land, from the Stoney Snake Pits past the stream with Stone Bridge, to the Bucking Bronco tree, a felled swamp maple I used to "ride"! I spent long times sitting cross-legged in the woods or lying in sweet pastures and I knew peace, a deep abiding serenity in the natural world. The thought came to me: "No one will ever know how I feel!"

At age 55, back in AA, I find serenity to be elusive, and not gained without daily vigilance and work. I came into and out of AA with fears, doubts, and insecurities – with anger, fear, and resentments. People were involved! I thought I loved people, but in fact people didn't behave the way I thought they should. And, in time, I didn't behave the way I thought I should, either. People baffled me. I baffled me. Being in AA has been a process of scrapping all I have ever been taught about how people and I *should behave*.

The Program teaches me, finally, that I don't have to drink over people, or situations involving people; teaches me that the same H.P. that watched over my perfect childhood would also order my human life perfectly; and teaches me that other people have an H.P. too. I love AA people because I know they are spiritually seeking people, as I have always been. The Big Book has taught me to pray for my adversaries, to wish for man the same abundance, blessings and happiness I wish for myself. In such practices I have found freedom and peace from people and situations that disturb me. Sometimes I must resume those prayers, or entreaties, for the various people and situations for a second go-around. Serenity is elusive and requires this work. I always thank my H.P. for the times when serenity and peace are felt, when I am free from anger, fear, and resentments.

As for my childhood belief that, "No one will ever know how I feel," I have been able to share moments of grief and happiness with others in AA. Music has come back into my life. A guitar has come my way. Five years ago I sold my old Gibson I'd kept since age 15, and thought that was the end of music for me. Today I am encouraged, by listening to other sober musicians, to listen and make my own beautiful music again. At times, with work, this Promise is a shiny sun in my daily life.

Nancy B., of Wilton

More Volunteers Needed at YDC

From the YDC newsletter:

AA MEETINGS -- We now have AA meetings in all cottages. Spaulding Cottage joined East, King and Sanders on February 27th.

Meeting Schedule

**East Cottage, 1st and 3rd Fridays King Cottage, 2nd & 4th Thursdays
Sanders Cottage, 1st & 3rd Mondays Spaulding Cottage, 2nd & 4th Fridays**

Can you volunteer to help with meetings at YDC in Manchester? The kids at the facility have asked us to be there, and have been very receptive. Application forms are available at the Service Office. Requirements include one year of sobriety and three years clear of any felonies. Male and female AA members of all ages go into East, King and Spaulding; Sanders is a females-only meeting. The meetings could also use Big Books or your old Grapevines. Help carry the message!

Karen S, of Manchester

Cyber Recovery

Hello everyone, my name is Tim and I'm an alcoholic. As a new member of the fellowship I would like to share how I found AA. I have always loved computers and they have always been a part of my life. I do my Christmas shopping online, I use the computer to make money on E-Bay auctions, and I keep in contact with distant friends through email.

When I reached the end of my drinking I was quite desperate to get some help and the first place I turned was not to the halls of AA. It was to my computer. I went online and found all sorts of information posted by AA and also written by members of the AA fellowship. Every piece of literature that is available at meetings is available online. I even found a schedule of meetings in Manchester and that is how I located my first face-to-face (f2f) meeting with AA.

In my search for help on the Internet I came across a variety of chat rooms. Even while I was still drinking I began going into the chat rooms and speaking with other AA members all over the country. The meetings in the chat rooms were what finally convinced me to go to a f2f meeting and get some help. There are so many helpful recovering alcoholics online willing to help newbies learn the ropes. AA chat rooms are not without some downfalls but for the most part they are a modern way for drunks to help other drunks.

In some meetings I have heard some old timers saying that online is bunk but I say it shouldn't be discounted immediately. With my crazy work and family schedule sometimes I do not get to a f2f meeting. An online meeting is a very good alternative. The meetings are conducted in the same manner as f2f meetings, and some even have business meetings afterwards. Members from all over the world share their experience and hope with one another on the Internet.

The resource we have in the Internet should not be discounted, for without it many newcomers like me may not even make the first meeting. It is the spirit of AA – alcoholics reaching out on the web to help other alcoholics – and I see no bunk in that. AA chat and recovery resources are available very easily at our fingertips. No matter who your Internet Service Provider is, just type AA in your search bar and open a whole network of worldwide support for yourself and see.

Tim, via the Internet

**This
Month!**

2004 Area 43 Convention

April 2, 3, & 4

The Wayfarer Inn, Bedford

Registration Forms available at the Service Office
or the www.nhaa.net!

AA and Al-Anon meetings and workshops!

Loss of Singleness of Purpose

There seems to be a growing trend among AA groups and districts to sponsor outside activities. First it was Valentine's dances, then trips to hockey games, and now it's Game Night (bring your own board game). *These are just the outside activities for January & February.* **Where does it end?**

The people who are having these events tell me it's about fellowship and showing newcomers that you can stay sober and have fun too. I was wondering when that became our job? Whatever happened to *attraction rather than promotion*?

Tradition 4 says, "Each group should be autonomous, except in matters affecting other groups or AA as whole." **Page 10 of the 12 & 12** states that there are "two storm signals," the second of which is "nor affiliate itself with outside interests." **Tradition 5** says that our primary purpose is to carry the message to the still-suffering alcoholic. **On page 10 of the 12 & 12** it states, "The life of our Fellowship depends on this principle." Our purpose is not to show newcomers a good time in a grandiose fashion. **Tradition 6** reads, "An AA group ought never to endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose." **On page 11 of the 12 & 12** it states, "We saw that we could not lend the AA name to any outside activity."

Are any funds for these activities coming from AA? Should we even be in a position to ask this question? What about the promotion of these because a group or district is sponsoring them? What about the free publicity in the Pipeline? Does that mean the Area is sponsoring outside activities also?

Does anybody **read and discuss the Traditions** anymore? These traditions apply at any level of service. Why are they being ignored by groups, districts, and the Area?

These events are OK to have, but it is **not OK for AA to sponsor them**. Whatever happened to fellowship outside the meeting to promote outside activities? I was always told to watch others. *If you want what they have, do what they do.* Any newcomer can surely see that people staying sober can and do have fun. If I were a newcomer I would be wondering if we were a lonely heart's club, a social club, or what? There should be no question what we do in AA. Our job is to stay away from one drink for one day. By doing that and following the Twelve Steps and the *Twelve Traditions* our lives become better than they have ever been.

Alcoholics Anonymous has saved my life. I want AA to be here for me and anyone who wants and needs it.

A Concerned Member of Alcoholics Anonymous

AA Trivia Corner

False. Not that anyone really runs AA, but there is a General Service Board of Trustees. 14 Board members are Class B (alcoholic) trustees, and 7 are Class A (non-alcoholic) trustees. Class A trustees are experts in the field of alcoholism, such as doctors, educators, and social workers.