



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

May 2004

Healing a Broken Soul

When I first came to AA in the summer of 1984, I had not had a DWI, nor had I been institutionalized. Yet I had lost a marriage and a career job two summers before, and I felt like another woman described herself as, "a lion who had slipped on a banana peel." My dignified façade was pierced. I stood to speak at the Our Town meeting in Peterborough that summer and spoke of the Greek roots of the word schizophrenia: broken (*schizo*) soul (*phrenia*). I said I felt like a broken soul.

After that summer I returned to Massachusetts to reclaim my career and continue with AA. The desperado and the fighter were born, and after three sober years my actions landed me in a state nuthouse! It was the end of an aborted attempt to jumpstart a career and I felt emotionally and spiritually depleted. From a Harvard-trained educator, I became a "social problem" during the next decade. I accrued four major psych hospitalizations lasting in duration from 3 to 10 months each, and 3 DWI's during the decade of the 90's.

Each hospitalization was devastating and followed by drunkenness. Finally, I'd sunk so low on the food chain that I gave up my old ideas of who I was and took an intentional overdose of prescribed medication. That simple, awful

"surrender" charted me on a new course.

I can only call my comeback "grace". But this essay is about how my experience can help others. Because of my experience in institutions and drunk, I have no fear of others who bring similar experience to AA. In fact I have run into some of my state hospital friends in the halls of AA. I have absolutely NO FEAR of what society calls "mental illness" in others, having met scores of the mentally ill in state institutions. Today, I have no fear of that terrible solitude of the drunk in myself or others, either. Today I know what to do if I am feeling solitary. I pick up the phone, I pray to my H.P. to fill me with H.P. love, the unseen force in my universe. I repeat the St. Francis

Prayer when people and situations disturb me, I then follow Good Orderly Direction of a Group of Drunks and the Big Book, and look to quiet the disturbance in myself, the ONLY person I can change.

I don't believe for one moment that what has happened to me in this life is fair or deserved, but I AM ALIVE, and I feel LOVE again. If I can come back from such an abyss of human wreckage, certainly I can help others in AA who find themselves on the wrong side of the law and society.

Nancy B. of Wilton

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

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

JUNE

That feeling of uselessness and self-pity will disappear.

JULY

We will lose interest in selfish things, and we will gain interest in our fellows.

Pipeline

A Publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

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Please put "For Pipeline"
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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.

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Group Information

New Groups

District 11

Laconia Saturday 9:30 - 10:30 pm HD
Saturday Night at Bill's
Congregational Church Parish Hall, Veteran's Square

District 12

Manch. Tuesday 7 - 8 pm D
Heard It Through the Grapevine
St. Andrews Church, next to West High School
first meeting May 11, read and discuss the Grapevine

District 15

Rochester Saturday 10 - 11 am CDX
Step Into the Weekend
1st United Methodist Church, 34 S. Main St.
group has been around, but wasn't listed in meeting list

District 18

New Lond. Friday 6:30 - 7:45 pm CX
Women's Keep It Simple Step Meeting
Lake Sunapee Bank Community Room, 24 Newport Rd.

Newport Tuesday 6 - 7 pm DS

Women in Recovery
Millies Place, Newport Shopping Plaza, John Stark Hwy.

Meeting Changes

District 8

Hillsboro Monday 7:30 - 8:45 pm HD
Monday Courthouse Group
Hillsboro Courthouse, School St.
used to end at 8:30

District 11

Plymouth Sunday 8 - 9 pm HSD
New Freedom
Whole Village Resource Center, 258 Highland St.
used to end at 9:15

District 12

Manch. Wednesday 5:30 - 6:30 pm DX
Happy Hour East
Gethsamane Lutheran Church, Pine and Penacook
mistakenly omitted in new state list; also meets on Mondays and Fridays

District 15

Milton Sunday 10 - 11:15 am CSD
Milton Mills Men's Meeting
Milton Mills Library, Main St.
used to end at 11

Disbanded Meetings

District 11

Ctr Harbor Tuesday 7:30 - 9 pm
Women Walking the Walk
Ctr. Harbor Christian Church, Bean Road

District 14

Rye Beach Monday 6 - 7 pm
Women's Closed Discussion
Bethany Church, Washington Road

Due to the overwhelming number of group changes this month, we opted not to list changes that merely involved that of format. Please remember to submit all changes to the Area Service Office!

The Dinner Meeting, in Haverhill MA, has closed down for the season due to renovations at the restaurant they meet in. They will join with the Victor E. Group aboard the Captain's Lady out of Plum Island in Newburyport MA on Thursdays from June 17th - August 26th. This is a meeting out at sea. They will resume at Mr. Mike's the first Thursday in September.

Greetings From Your Service Office

Isn't it nice to be able to go to a meeting at your own convenience? Or to pick the phone to call your sponsor, or meet your AA friends for coffee? For our fellow alcoholics that are incarcerated because of their actions while under the influence, connection to our fellowship is not so easy. They receive only what we give, through bringing meetings behind the walls and donating literature.

Another way to help an alcoholic behind the walls is to participate in the Corrections Correspondence Service. Many inmates who thirst for recovery reach out to GSO, and the Corrections desk matches them with sober AA members from the outside to correspond about recovery in AA. GSO matches men with men, and women with women; and they match AA members with inmates in other geographic regions. Some correspondents choose to use a PO Box or their local AA office as their mailing address, to protect their anonymity.

There is a desperate need for correspondents, particularly men. **There is a 200-man waiting list** of inmates waiting to be matched to AA members. Is this a form of 12th-Step work you could do? For more information, contact the Service Office and ask us to send you the pamphlet on Corrections Correspondence. You may also contact GSO directly at Corrections Facilities Desk, General Service Office, Box 459, Grand Central Station, New York NY 10163. An alcoholic is waiting to hear from you!

2004 Convention travel mugs are now available at the Service Office for just \$5 each.

We want to thank Doris C. of Manchester for helping us with office work and cleaning; and Todd H. of Manchester and Kevin S. of Windham for many hours spent nursing our computers back to working condition.

In grateful service, Karen, Mary Anne and Ingrid

AA Trivia Corner

Who were the Washingtonians?

(see page 4
for answer)

Donations THANK YOU!

Bedford Big Book Step Study	Bedford
How To 12 & 12	Bedford
Barnstead Original	Barnstead
12 Step Group	Claremont
Daily Reflections	Concord
Monday AM Think	Concord
Sat Men's 12 Step	Concord
Sunday AM Beginners	Concord
Contoocook Keep It Simple	Contoocook
Come As You Are	Center Conway
Derry Original	Derry
East Derry 12 & 12	Derry
Loony Noony	Derry
New Beginnings 12&12	Derry
Unity Group	Derry
Dover Original	Dover
Meet Us Halfway	Dover
Wednesday Noon Group	Dover
Exeter Serenity	Exeter
Womens Sunday Serenity	Exeter
Sobriety 101	Greenfield
Saturday Nite Original	Hampstead
Womens Joy of Living	Hampstead
Fr. Nite Live Grapevine	Hancock
Upholsters Group	Hillsboro
One Day at a Time	Hopkinton
Get It Together Group	Hudson
Keene Thursday Nite Step	Keene
On Awakening	Keene
Dry Dock #29	Kittery
Kittery Original	Kittery
Kittery Seaside	Kittery
Friday Nite Men's	Laconia
Lee Discussion Group	Lee
Primary Purpose Group	Lincoln
12&12 Step Group	Littleton
Out to Lunch Bunch	Littleton
All Together	Manchester
First Light of Day	Manchester
Free at Last	Manchester
Keep It Simple	Manchester
Living-Loving-Sharing 12 Steps	Manchester
North End Group	Manchester
Over 50 Group	Manchester
Rainbow Big Book	Manchester
Sunday Serenity	Manchester
There is a Solution	Manchester
Womens Daytime Group	Manchester
Melvin Village Group	Melvin Village
Milford No-Name Group	Milford
New Horizons Group	Milford
Souhegan Sun	Milford
Sat AM Women in Recovery	Nashua
Slogan Group	Nashua
So Nashua Today Group	Nashua
Old Timers K.I.S.	New London
40 Plus Group	Newcastle
Sat AM BB Step Study	Newington
Gosh Port	Newport
Monday Night Big Book	North Conway
Nottingham Original	Nottingham
Early Morning Big Book	Peterborough
Happy Hour Group	Peterborough
Our Town	Peterborough
Saturday Nite Live	Peterborough
Friday Nite Live	Plaistow
Faith Group	Portsmouth
Sunday AM Closed Disc.	Portsmouth
Sunday Morning Daybreak	Portsmouth
Tuesday Night Young People	Portsmouth
Ray of Hope Group	Raymond
Rochester Fri. Nite Group	Rochester
Step Into the Weekend	Rochester
Peace of Mind	Salem
Saturday Nite Live	Springfield
BAIGIS Group	Tam worth
Saturday Morning BB Group	Tilton
Wolfeboro Group	Wolfeboro

In Reponse to "Loss of Singleness of Purpose"

As an active member of Alcoholics Anonymous and having experience with hosting events in AA, I felt it was my responsibility to respond to this article. I will first start by qualifying my experience in service work. I currently serve as DCM of District 14 in Area 43, I have served as a function committee chair for the district for 2 years, and prior to that I served as GSR; I served as secretary on the NECYPAA committee last year; and I have been involved in numerous workshops at NERAASA and the Area Convention, in regard to the Traditions, Concepts, our Primary Purpose, importance of the Home Group, etc. As well I have had the opportunity to participate in a group inventory. For me, immersing myself in service has been a vital part of my recovery.

The questions that were posed in the article were good ones and have been asked of me and many other AA's in the past. I recently read a letter to GSO that is kept by the Area 43 Archivist. The letter titled "GSO's Most Asked Questions" was published in Box 459 in Aug/Sept 1987. An excerpt from the letter reads:

Question: *What is an AA event?*

Answer: *As far as we are concerned, any event which is run by AA's, about AA, and for AA's is an AA event. Some are under the auspices of regions, areas, or districts; others of central offices or intergroups or even groups; and still others of a committee of AA members. Al-Anons are included in many of the events. Many of the events are service-connected; others are purely for AA sharing and fun.*

Events hosted by Area 43, Districts or groups are not considered "outside" events. They are AA events. Whenever a question arose about the events and how to keep with the Traditions and Concepts, I simply read the literature and asked for assistance from my service sponsors. I have yet to see a Tradition, Concept or any of our literature for that matter state that we can't have fun within the context of AA service. I have met many newcomers at these events thanking the District for hosting such AA events. They didn't think it was possible for so many sober alcoholics to come together in celebration of sobriety and have FUN while doing it. Many were scared to be alone and here was an opportunity to catch a meeting, fellowship with other AA's, and stay away from a drink for one day. There are many events in AA that run anywhere from 2 hours to 24 hours to 3 days. That includes Area Conventions, NERAASA, Alcathons, Bowling Nights, New Years Events, dances, anniversaries, roundups, etc.

In the addition to the answer above I would add: provided that the committee does not endorse, finance or lend the AA name to any related or outside enterprise,

and that the event does not adversely affect AA as a whole. That means that we can't advertise the event in the Portsmouth Herald for instance, or on TV, and the venue in which we have the event should not be posting our event on their website. As well we cannot accept donations from these facilities of any kind. That includes money, coffee, food, etc. If a committee is breaking with the traditions by doing any of the above, I would bring this to the attention of the district which hosts the event. They may not be familiar with the Traditions and may need guidance. Certainly, I've needed plenty of guidance in my different service positions.

Tradition 11 states: *"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."* This tradition is talking about promotion outside of AA, NOT within the halls of AA, in AA literature or publications.

I would like to also clarify Tradition 6, as I believe there is a misunderstanding there in last month's article. The sentence that is referenced *"We saw that we could not lend the AA name to any outside activity."* It must be read in context of the paragraph and the entire chapter about Tradition 6. The word *activity* is not referring to an AA hosted event or activity; it is referring to the activities of *related facilities*, outside of AA. That includes hospitals, law enforcement, sober clubs, treatment facilities, liquor companies, etc. The chapter about Tradition 6 details the experience of early AA's when some of the great distilling companies proposed to go into the field of alcohol education. These companies wanted an AA member to endorse their cause, by doing some advertising in press, radio and films. Of course, after running this by the New York headquarters, this AA decided that he could not do it. Then there were times when early AA's wondered if they couldn't educate the public by rewriting school and medical textbooks or even the laws of the land. This is how Tradition 6 came to be. They saw that by doing any of these *"activities"* it would hurt AA as a whole.

My suggestion to anyone that references the Traditions, is that they read the long form of the Tradition first, rather than part of the short version. Area 43 hosts a 12 Concepts for World Services meeting on the first Wednesday of every month. It's on the Pipeline calendar and is a great opportunity to learn more about service. I would also suggest that if you do not have a complete understanding of the Traditions that you get more involved in your home group, your district, and the Area. This is how I have learned and continue to learn about the Traditions and Concepts. Become GSR of your home group so that you can have a voice at the District and Area. We would love to have you there with all enthusiasm and vigor. Keep coming and keep asking questions.

Heather D., District 14 DCM

The Hotline Needs You!

Hi, my name is Paul S. and I am your Hotline Committee Chair. I want to tell you what your Hotline Committee does. We maintain contact with the Answering Service of New Hampshire (the company that we contract with to answer the phones 24/7), we supply them with the volunteer call lists, meeting lists, and scripts on how they answer the calls. We want to make sure that Area 43's 800 number is in every phone book in the state, that it's under the same listing, **AA**; in the same place, the white pages; and most importantly that **every drunk that calls looking for help gets it.**

To do this we need your help!

Sign up for the call list – your GSR should have one. We receive over 1100 calls a month, most of which are asking for meeting locations. But when a drunk calls we need to have someone they can talk to, and that someone is **you.**

Check with your GSR to see if your District has a Hotline representative. If not, it's a great way to get involved. The Hotline Committee meets once a month on the third Saturday at 2 pm, at the Service Office in Hooksett.

At your group business meeting, when dividing the seventh tradition for donations, donate a little more to the Area to help finance the answering service.

Yours in Service, Paul S., Area 43 Hotline Committee Chair

Can you help with the Hotline?
Contact Paul !
Phone: 210-1032
or email psherwood@isp.com

Twelve Rewards

District 9's DCM made a "To Do" list for GSR's this month. On the list was "send an article to the Pipeline." I owe my life to the fellowship of AA and the Twelve Steps, so if I can give back even in a small way I like to. I found this on the computer when I was newly sober and I've been reading it at my AA anniversary every year. No author was given.

Twelve Rewards of Working the Twelve Steps

1. Hope in instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. Respect from others instead of pity and contempt.
8. A clean conscience instead of guilt.
9. Real friendship instead of loneliness.
10. Clean pattern of life instead of purposelessness.
11. Love and understanding instead of doubt and fear.
12. Freedom of a happy life instead of bondage of alcohol obsession.

I enjoy the Pipeline. On Wednesdays I have a commitment with a beginners meeting or I would be in Hooksett helping with the distribution. Maybe the time will come when I will be able to.

Thank you for all the work that goes into the Pipeline!

Rhonda K. of Derry

A Special Invitation

Dear AA friends:

Did any of you know we have a meeting in French? This meeting is held every Friday night at St. Raphael's Church basement (on the corner of Third and Ferry St on the west side of Manchester) from 8 – 9 pm, and everyone is invited.

The Franco-American Group invites you to their convention on May 1, 2004 at the Church of the Transfiguration (formerly known as St. John the Baptist) at 305 Kelley St. in Manchester. The theme for this year's convention is "*Trouvez la paix Interieurur*" – Finding Interior Peace. This will be an all day affair starting with registration at 9 am, followed by a guest speaker at 9:15 and another at 10:30. There will then be a buffet lunch until 1 pm. At 1 and at 2:30 there will be more guest speakers, and one of them will be an AI-Anon speaker! Around 4 pm we will break for dinner, and you can go wherever you want to go. There are plenty of restaurants nearby including some with French menus available.

At 7 pm we will have another speaker along with the raffle prizes (tickets will be on sale all day at the regular price of 7 for \$1). The closing, which is always a moving experience, will complete the day.

Our guest speakers will come from Canada, Rhode Island, Connecticut and perhaps Manchester.

There is no charge for this event; however, a donation basket will be passed around for the seventh tradition. If you wish to bring a food dish we would be most grateful.

The problem we are having with this French meeting on Friday nights, is that AA members who are children of our members prefer to go to the English-speaking meetings. When we old-timers leave there will not be any young blood to carry on. Most of the members have 15 – 25 years of sobriety, and we would love to see young members come and replace us. Please, if you speak French, come and join us. We certainly would appreciate your attendance.

Sincerely, Vie G of Manchester

AA Trivia Corner

The Washingtonians were an organization similar to AA that existed in the 19th century. Well over 100,000 alcoholics sobered up in this movement. When the Washingtonians began to take sides in political contests and social issues, it quickly fizzled. Our traditions of singleness of purpose and non-affiliation come from lessons learned by the Washingtonian experience.