

# Pipeline



A Publication of NH Area 43 Assembly August 2004

## Changed Actions Lead to Changed Attitudes

This promise, "Self-seeking will slip away," stumped me at first, because I felt self-searching (Step 4) and self-seeking were synonymous. But I asked around AA, as I always do when stumped, and I also found a definition of self-seeking in today's reading from *Daily Reflections*. Attitude and action are the keys AA teaches us. To change self-absorbed attitudes with actions is the key to shift our activity from preoccupation with self - in a bottle or can - to others, in sober intentional acts of service and friendship.

Booze was a dead-end alley for me. I never planned to end up nursing six or more screwdrivers in virtually empty New Hampshire bars at mid-day every day, when most people were working. By the end of my daily public solitary drinking, I couldn't think of anything else to do with my time. I earned my third DWI getting home from one of those public watering holes. Certainly, my self-absorption in a half-dozen screwdrivers daily wasn't producing prodigious results. I couldn't think my way to a happy, joyous and free life sitting with my iced OJ and vodka daily fare. I had once known a happy, joyous and free life, but 15 years of holding forth in cheap barrooms (I chose bars where screwdrivers cost under \$2) never restored the life I once enjoyed. And my HP never just granted me a reprieve from that solitary dead-end alley, either. Grace appears to me as an alternative to the ways I was thinking in dark barrooms. Somehow, courage came to me to dare to imagine and try daily living without booze. I didn't arrive at courage through the bottle. It was end-game-given. AA people were always there to help me when I tried daily living without screwdrivers to keep me company.

Unemployment was perhaps my biggest shame. Attempts to work made during 15 years of drinking failed.

I drank, baffled after my very good résumé failed to even get me interviews. As a young woman I got every job I applied for, gave 101% at jobs, and exceeded job descriptions. Yet one personality conflict with a VP in the early 80's sent my career on a slow spiral to death by 1988. I called it a death, and I quit working. I started drinking.

Since no one could have worked harder than I did to put myself through various kinds of job searches, I now realize my HP no longer wanted me working in my chosen field. Furthermore, I realize I didn't want to do any of the same old jobs I'd done before. I just spent years thinking I had to, believing that was the only reality, the only force I could apply to life. Work, work, work. Nancy the competent working machine. I failed to crawl back up the ladder from the ground floor, to enter laterally through a side door, or to land on the top of some heap in a director's job my experience qualified me to do.

So now, sober, I smell the lilacs in the spring time, the roses in summer, and watch the goldenrod in autumn. I did the same as a young girl when I felt so connected to my beautiful natural world in New England. All my past experiences contribute to a present life, a daily life, a life of 24 hours. The words of an old Joan Baez song come to mind: "I live one day at a time. I dream on dream at a time. Yesterday's dead and tomorrow is blind. I live one day at a time." I look for ways to be useful each day. I seek connection with others always. Self-seeking in the bottle is no longer appetizing. Actually, it never was appetizing. And I find that what I have today - a full 24 hours to connect with others at AA meetings and about town, as well as the willingness to be of service - is what I wanted all along.

Nancy B. of Wilton

*Self-seeking  
will slip  
away.*

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](mailto:office@nhaa.mv.com)

### SEPTEMBER

*Our whole attitude and  
outlook upon life will change.*

### OCTOBER

*Fear of people and of economic  
insecurity will leave us.*

# Pipeline

A Publication of the  
NH Area 43 Assembly of  
**Alcoholics Anonymous**

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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

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# Group Information

## New Groups

- District 11**  
Plymouth Thursday 8:00PM - 9:00PM X  
Covered Bridge PM, St. Matthew's Church Parish Hall, School Street  
*This group had been disbanded; is now meeting again.*
- District 12**  
Manch. Thursday 7:00PM - 8:30PM CBX  
Beech St. Big Book Step Study, St. Augustin's Church, 383 Beech Street  
*This group has been meeting awhile; recently registered with Area.*
- District 20**  
Conway Thursday 7:00PM - 8:00PM  
Keep Coming, United Methodist Church, Main St. (next to fire station)

## Meeting Changes

- District 8**  
Concord Thursday 8:00PM - 9:15PM DS  
Crazy in AA Young People's, Knights of Columbus, 50 Bradley St.  
*Moved from Boys & Girls Club across street.*
- District 9**  
Epping Friday 9:30AM - 10:30AM HDB  
Living By the Book, Epping Community Church, Rte 27 and Main  
*Type change from Closed to Open.*
- District 10**  
Salem Tuesday 6:45PM - 7:45PM HS, 8:00PM - 9:00PM HS\*  
Windham Beginner's Group and Windham Tues. Nite Group  
American Legion Post 63, 38 Millville St.  
*Moved from Salem Haven Nursing Home, 23 Geremonty Dr.*
- District 11**  
Ashland Monday 8:00PM - 9:00PM SD  
Covered Bridge Group, Baptist Church, Main Street  
*Erroneously reported that time had changed to 7PM.*
- Laconia Monday 12:00PM - 1:00PM HDB  
Monday Big Book Meeting,  
Sacred Heart Church, 291 Union Ave. (corner of Gilford Ave)  
*Moved from St. James Episcopal Church, North Main St.*
- Laconia Monday 7:00PM - 8:15PM CXD  
Women's Stepping Up Group, Unitarian Universalist Church, 172 Pleasant St.  
*Added discussion to type.*
- Plymouth Friday 8:00PM - 9:15PM HSD  
Get Well Group, Congregational Church, Plymouth Center Town Common  
*End time corrected from 9:30.*
- District 12**  
Manch. Wednesday 7:00PM - 8:00PM  
Manchester Young People, Outside, Bronstein Park, Hanover and Union  
*Moved from Child & Family Services, 99 Hanover St.*
- District 13**  
Nashua Thursday 7:30PM - 9:00PM DS  
Terrace Group, Salvation Army, Main Street  
*Location change from 1st Church of Nashua.*
- District 15**  
Dover Wednesday 5:30PM - 6:30PM HDS  
After Work Group, Triangle Club, 120 Broadway  
*Mistakenly omitted from last meeting book.*
- District 19**  
Keene M - F 7:00AM - 8:00AM; Sa 8:00AM - 9:00AM, type varies each day  
On Awakening, Unitarian Church of Keene, 69 Washington Street  
*Used to meet at the Newman Center, 232 Main St.*
- District 21**  
Lebanon Wednesday 6:30PM - 7:30PM HSC  
Wed. Night Step Meeting, Lebanon Library, Lebanon Green, next to P.O.  
*Returned to original mtg place from Alice Peck Day Hospital.*

## Disbanded Meetings

- District 12**  
Manch. Wednesday 12:00PM - 1:00PM  
Women's Wing It, Gethsamane Lutheran Church, Pine and Penacook Sts.
- District 13**  
Nashua Thursday 7:30PM - 9:00PM  
Togetherness Group, Salvation Army Building, 1 Montgomery Ave

# Greetings From Your Service Office

Did you ever wonder how you could possibly give back to AA what AA has given to you? Perhaps you dig a little deeper for the seventh tradition, give your number out to newcomers, and are active with your home group. Some of us also get involved with our district or area committees. Maybe you've signed up to be a hotline contact or participate in meetings in a correctional facility.

One of your Service Office's purposes is to be a clearinghouse of AA information. We maintain the database for meetings in the state, for example, so that interested parties can get accurate meeting information using the meeting list, the website or the answering service. We also have flyers available for a variety of upcoming AA events - picnics, camp-outs, workshops, group anniversaries, Area Assemblies and the like - from all over New Hampshire, as well as some out-of-state activities.

In addition to this, we help members like you find service opportunities. We try to keep abreast of Area Committee needs, and often have ideas of how you can get more involved. For example, the Hotline Committee is always looking for more volunteers, the Treatment Committee is looking for Bridging the Gap contacts, Public Information could use help in spreading the AA message into the community, the Pipeline needs help with distribution, and many Committees still have positions that need to be filled. Call and talk with us!

There are also activities right here in the office that we can use your help with, including minor repairs, cleaning the office, breaking down boxes, helping us with mailings, stuffing envelopes, and caring for our plants. Many of these require no long-term commitment.

New statewide meeting lists should be available late this month!

We'd like to thank Doris C. and Cynthia R. of Manchester for their help in the office.

*In grateful service, Karen, Mary Anne and Ingrid*

## Subscribe to your Pipeline!

We need at least one hundred group subscriptions to make our minimum for bulk mailing, and we've been short. If just one more group in each district ordered, we'd be all set! Already subscribe? How about donating a subscription to a treatment center, halfway house, or correctional facility in your community? Your support is greatly appreciated!

Group Number: \_\_\_\_\_

Group Name: \_\_\_\_\_

Send to: \_\_\_\_\_

*if for group, please use your GSR for the addressee*

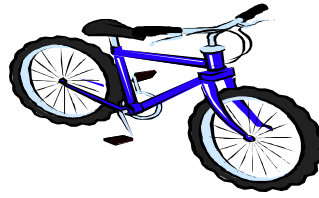
Address: \_\_\_\_\_

Town/State/Zip: \_\_\_\_\_

*Send \$6 for each group subscription (10 copies/mo annually) or \$3.50 for each individual subscription (2 copies) to NHAA, 1330 Hooksett Rd., Hooksett, NH 03106. Thank you for your support!*

# Donations to Area 43 THANK YOU!

Barrington Group	Barrington
Pass It On Group	Bedford
Belmont Original	Belmont
An Hour With Bill And Bob	Berlin
Berlin Group	Berlin
Derby Discussion	Berlin
Charlestown Group	Charlestown
Sat Men's 12 Step Group	Concord
Young Peoples Meeting	Concord
Come As You Are	Ctr Conway
Derry Original Group	Derry
Derry Women's Group	Derry
Spacetown	Derry
Clean Sweep Group	Dover
Dover Original	Dover
Dublin Hill Top Group	Dublin
Living By The Book	Epping
Exeter Big Book	Exeter
Exeter Serenity	Exeter
Keep It Simple	Exeter
Farmington Fri Step Grp	Farmington
Primary Purpose Group	Franklin
Eye Opener Group	Hampton
Just For Today	Hampton
Wednesday Big Book Grp	Hampton
Keep Coming Back	Henniker
Get It Together Group	Hudson
Friday Night Group	Keene
On Awakening	Keene
What's Good About Today	Kittery
Lee Discussion Group	Lee
Lisbon Group	Lisbon
Original Sunday Night Group	Littleton
12&12 Step Group	Littleton
As Bill Sees It	Littleton
Out To Lunch Bunch	Littleton
First Light Of Day	Manchester
Free At Last	Manchester
How To 12&12	Manchester
Living-Loving-Sharing 12 Steps	Manchester
North End Group	Manchester
Original Happy Hour West	Manchester
Over 50 Group	Manchester
Queen City Group	Manchester
Womens Back To Basics	Manchester
Milford No-Name Group	Milford
Big Book 12 Step Study	Nashua
Early Bird Group	Nashua
New Alternative	Nashua
So Nashua Today Group	Nashua
Terrace Group	Nashua
Togetherness Group	Nashua
New Sunlight Group	North Conway
Nottingham Original	Nottingham
Saturday Nite Live	Peterborough
Covered Bridge Group	Plymouth
Back To Basics	Portsmouth
Faith Group	Portsmouth
Living In The Solution	Portsmouth
Reborn Group	Portsmouth
Sunday AM Closed Disc.	Portsmouth
Sunday Morning Daybreak	Portsmouth
Rindge Original Step Mtg	Rindge
3-7-11 Step Group	Rye
Bow Lake Grp.	Strafford
Fri Night 12 Stepper	Suncook
Suncook Common Ground	Suncook
BAIGIS Group	Tamworth
Quitting Time	Tuftonboro
Wolfeboro Group	Wolfeboro
Noontime Group	Wolfeboro Falls



## Working My Program Is Like Riding My Mountain Bike

I have two big wheels underneath me: my Higher Power and Alcoholics Anonymous. They both carry me.

I was put up there in my seat because I couldn't do it myself. I know. I tried.

I used to be dazzled by the glitter of the spokes. For today, anyway, I have learned that if I get too close, I can get caught up in them and just keep going round and round.

I have handlebars to hang onto and they give me balance by joining the Twelve Steps and the Twelve Traditions. These tools show me how to live the sober life.

There are gears where I am holding on (not too tight); however, they are suggestions not controls that can help make my life easier. They help me get to the step or tradition I may need, to learn

how to manage my life at any given moment. It's up to me to use the next right one when I need them. They are not going to change by themselves, only I can do that!

My sponsor, like my helmet, is always there to protect and to bounce things off of.

I have pedals under my feet; all I have to do is pedal one at a time. The other will follow, hopefully in the same direction.

HALT! I have brakes. I need to pay attention and review them with an open mind, and then apply them so as not to end up flying over the handlebars.

I also have a rearview mirror that I can look at from time to time. I must not regret the past nor wish to shut the door on it. However, I need to keep my eyes ahead on the road and stay in the now, in case there be a bump! I do not want to miss it – I want to enjoy the ride and not be thrown by it.

Lee C., via email

## Grapevine Digital Archive is Launched

**New York, NY (June 10, 2004)** – On June 1, the AA Grapevine, the international journal of Alcoholics Anonymous, launched its new Digital Archive to coincide with the magazine's 60<sup>th</sup> Anniversary. AA members, professionals working in the field of alcoholism, and others interested in the Fellowship of AA will be able to access almost every Grapevine article and letter ever published – all 12,000 of them – on subjects ranging from anonymity to spirituality and including 150 essays written by visionary AA cofounder Bill W.

With articles written by AA members between June 1944, when the magazine was first published, to June 2003, the archive offers a vivid account of AA history in the making as well as a view of the Fellowship today. It also makes stories easy to find. Using keywords, visitors can search the archive by location, author, or subject

to find the first version of the Traditions, to learn what AAs have said about such topics as sponsorship and self-support, and to explore how much – and how little – AA has changed. Readers may also browse through the collection by department, topic, or date to unearth hundreds of jokes and cartoons, along with thousands of articles to support their sobriety and deepen their understanding of the principles of AA.

To register, visitors can go to [www.aagrapevine.org](http://www.aagrapevine.org) – the Grapevine's website – and select one of these options: 30-day access for all, \$2; one-year access for non-Grapevine subscribers, \$15; and one-year access for Grapevine subscribers, \$10. Until October 31, 2004, a special introductory rate is available to current and new Grapevine subscribers – \$5 for one-year. Registration must be done online.

*From a Grapevine Press Release*

## AA Trivia Corner

Who did Bill W. refer to as “the little doctor that loved drunks” and as “a man who was very much a founder of AA. From him we learned the nature of our illness.” He also wrote the chapter “The Doctor's Opinion” in the Big Book.

# There's an Alcoholic Waiting to Hear Back From YOU!

The New Hampshire Area 43 Answering Service needs people to volunteer to take calls. Most people think that this is something that just gets done by faceless volunteers. In my own travels and in talking to other AA members, I find that many think there is a special training needed to take calls, that only a chosen few can do it. They're right. The special training is years of destructive drinking. The chosen few: Alcoholics who have been given the gift of sobriety. In other words, us.

When I first heard a call for phone volunteers, and got over my own fear enough to ask what was required to do it, I was told "It's just 12 step work. It's no different than giving your number to a newcomer." Alright, it's a little different. You probably have a better chance of getting a call from the answering service than a newcomer. You also get the chance to help another alcoholic, which at the very least, helps keeps you sober. There is also an opportunity to take part in the miracle of AA.

A couple of years ago I was sponsoring a guy who had gone back out. Try as I might, I found I had as much power over his alcoholism as I did my own. My own sponsor advised me to let him go, but I fought valiantly. I thought I could fix him. When I had finally been beat into a state of reasonableness, I cut him loose one night over the phone. When I hung up, I broke down and cried my eyes out. I called my sponsor who simply said "Good, now get to a meeting and grab a newcomer."

There happened to be a meeting starting within the hour, and as I was getting to leave the phone rang. It was the answering service asking if I could take a call from a person who had been drinking. I returned the call, and it was simply an alcoholic who

needed help and wanted to talk. After a few minutes I told him I was headed to a meeting and that I would be happy to come get him and bring him. He was hesitant because he was drunk at the time. I assured him that as long as he wasn't disruptive, he was welcome even while drunk. He finally agreed. I grabbed another member and within an hour of breaking down, crying, and calling my sponsor. I found myself getting a cup of coffee for drunk who could no longer help himself.

I would love to say that everyone got sober and lived happily ever after, but that's not how it works. Both of the other members are still struggling with this program and have been in and out a number of times since then. One of them has a number of months now, and is willing to do what is asked of him. I haven't talked to the other in quite a while but pray for him often. The reality is that I have continued to stay sober. I know I can not keep it unless I give it away. It's always worth it for me to remember that Bill searched out Dr. Bob to help Bill, not to help Dr. Bob.

The answering service is a unique opportunity to do Twelfth Step work from your own home. The only requirements are a couple of years of quality sobriety and a desire to help others. If you are worried about Caller ID picking up your number, you can simply dial \*67 before calling the person back. And remember, that because of our own drinking experience, we can be uniquely useful to other alcoholics. Pass it on.

If you would like to get active on the answering service contact your GSR or the Area 43 Service Office for more information.

Dave R., of Manchester

## Don't forget:

The next Area Assembly  
is Saturday, August 28  
in Nashua, NH.

Exact location not available  
at press time - call your  
DCM or the Service  
Office for details!

## AA Trivia Corner

Bill W. referred to Dr. William Silkworth (1873 - 1951) as "the little doctor that loved drunks." Dr. Silkworth was the Physician-in-Chief of the Towns Hospital in New York where he treated over 50,000 alcoholics, among them Bill W. Dr. Silkworth was one of AA's first friends.