

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

October 2004

Fear, Too, Will Pass

reprinted from the July 1983 Grapevine

I wondered, "Will I have enough money so that I can eat and pay my rent when I am too old to work? Will they give me my Social Security? How will I ever manage in my old age?"

Those worrisome questions began to assail me when I was not long out of my twenties and brand-new in AA. (They used to worry me before AA, too, but in those days I had a surefire way of dealing with them: I took another drink.)

Occasionally, I would get up the nerve to mention one of those worries at my home group. How tolerant, how patient AA people are! Nobody said boo to me. Instead, they attracted me back to the present by their power of example. They assured me that today was the day to do as much as I possibly could for my recovery's sake. Tomorrow, when it came, would take care of itself.

By their acceptance of my fear of tomorrow and by their gentleness, the group was also helping me to get over my fear of people.

There is a promise contained in the sixth chapter of Alcoholics Anonymous that says, "Fear of people and of economic insecurity will leave us." I knew nothing about it in my early years. Nonetheless, the spirit of AA people promoted the promise at every meeting: their willingness to talk to me on the phone was a constant reaffirming of the promise; and the fellowship they offered even at "after-coffee coffee" kept chipping away at the wall of isolation I had been building most of my life.

That promise was in place my first time around, but I was interested in other things then. At that time, it seemed to me that if I had smart friends and clothes, an impressive address and position, and a small loan (say, a couple thousand dollars), all my fears would be allayed. Somehow, AA was supposed to provide those things, and as they were forthcoming, so would my sobriety grow. It seemed perfectly reasonable to expect something in return for giving up drinking.

But as I was to find out, AA is not a bargaining council. It was not set up to dole out a limited measure of sobriety in return for a limited measure of willingness. AA made no bargain with me. It did not wheedle nor cajole nor use any diplomatic ploys. AA showed me that if I wanted to get sober, the number one thing I had to do was quit drinking. It made that very plain, so plain that I resented it.

I was so sure I would get what I wanted out of AA that I was quite surprised when I did not. So, that first time around, when AA refused to live up to my expectations, I retaliated by picking up a drink and wreaked my vengeance by getting drunk.

Every now and then, the old fears return. One is particularly hard to deal with; it tells me that my fellow AAs are laughing at me. At such times, I try to follow in the footsteps of Bill W., our co-founder. In an article on acceptance (*Grapevine*, March 1962), he told of lengthening his daily walks when under emotional siege, and repeating without letup the Serenity Prayer or fragments of prayer, such as "This, too, will pass." It works.

This grave character defect, fear or distrust of people, clung to me for longer than half of the twenty years since my last drink. It shut me out from sharing in the adventure of sponsorship. It denied me the pleasure and the growing experience of AA workshops and conventions. It prevented me from relating to those fellow AAs with similar social and professional interests and cut me off from countless possible friendships (both AA and non-AA). It seriously delayed reunion with my family. It kept me from learning about the Steps, the Traditions, and the whole structure of AA.

Why did it take so long to get rid of the fear? Because I was both unwilling and afraid to let go of familiar old ways and old opinions, however painful.

It should also be noted that the promises in the sixth chapter are made within the context of a discussion of the Twelve Steps. Since I was avoiding the Steps (out of fear), I could not derive much benefit from either the promises or the Steps.

Today, thanks to an employer, I can pay my way and provide myself with reasonable security. But there was no amount of money on earth that could have freed me from the fear of people. One of the surest ways to get rid of fear is through service to others—service without expectation of reward.

Let me assure you, from my own experience, that when you bring service to others into your life, fear will not have a leg to stand on. And that's a promise.

W. H., of Manhattan, New York

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

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

NOVEMBER

We will intuitively know how to handle situations that used to baffle us.

DECEMBER

We will suddenly realize that God is doing for us what we could not do for ourselves.

Pipeline

A Publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

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Email the Pipeline at
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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
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Phone (603)622-6967

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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 8
Chichester Tuesday 7:00PM - 8:00PM CD
Good Orderly Discussion, Chichester Historical Society, Main St.
District 11
Laconia Thursday 7:45AM - 8:45AM XD
Early Friday 12 Step Group, Lakes Reg. General Hosp., Highland St.

Meeting Changes

District 7
Hancock Friday 7:30PM - 8:30PM CHD
Fri. Nite Live Grapevine Disc., Town Hall front upper level, Main St.
Moved from back lower level of building.
Jaffrey Friday 8:00PM - 9:00PM HS*
Jaffrey Group, United Church Parish Hall, Main St. - Rte 124
Used to meet 8:15 - 9:30.
Peterboro. Monday 8:00PM - 9:00PM HS
Our Town Group, Unitarian Church Hall, Main Street
Used to end at 9:15PM.
Peterboro. Wednesday 5:30PM - 6:30PM SC
Happy Hour Group, All Saints Episcopal Church, 51 Concord Street
Start and end time changed from 5 - 6pm.

District 8
Penacook Thursday 7:30PM - 8:45PM HDS
Young at Heart People's Group, Brown House behind Senior Center
Used to meet on Wednesdays at Senior Center

District 10
Pelham Friday 7:00PM - 8:00PM HD
Stools & Bottles, Pulpit Rock Masonic Lodge, Tenny Rd.
This meeting is handicap accessible.

District 11
Lincoln Saturday 8:00AM - 9:15AM HCD
Livin', Lovin' & Laughin', St. Joseph's Church, Church Street
Used to end at 9 am.

District 14
Seabrook Tuesday 6:00PM - 7:00PM SHD
Help for Today, Seabrook Church of Christ, 867 Lafayette Road
Used to be the Little Peabody Group; address clarification.

District 17
Colebrook Wednesdays 6:30 PM - 7:30 PM X
Step Sisters, United Methodist Church, Bridge Street
Temporarily moved from Baptist Church on Rte 43, through December

Disbanded Meetings

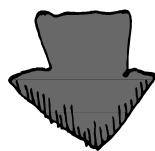
District 10
Salem Tuesday 8:00 PM - 9:00 PM
Windham Group, American Legion Post 63, 38 Millville Street
Beginners Group still meets at 6:45!

District 11
Plymouth Sunday 12:00PM - 1:00PM
Last House on the Left Group, Plymouth House, 446 Main Street

District 14
Portsmouth Thursday 7:00PM - 8:00PM
Feel Good Sisterhood, Unitarian Annex, 206 Court St.

District 18
Washington Wednesday 7:30PM - 8:45PM
Open Discussion, Congregational Church, Washington Center

Help needed to start a Young Peoples AA meeting in Nashua! We're organizing a peer-lead young peoples meeting for kids/young adults in the Nashua area, beginning late in the fall. Please call Layne B. at 661-8539.



Subscribe to your Pipeline!

We need your help!

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!

Greetings From Your Service Office

Did you know you could pay for your orders (or Area donations) with your Mastercard or Visa? Our customers have always asked to pay with plastic, and late last year, the Service Office Committee and the Finance Committee began to research the issue. This past April, the office received the equipment, and added credit cards as a payment method for your Service Office business!

This has proved especially useful to a few of us who still struggle with the character defect of procrastination. We often receive phone calls from members who were supposed to get literature, chips or medallions for their next meeting, but forgot to come to the office or mail us the order. B.C. (Before Credit Cards), we could not process your order until we received a check or money order - but now you can call your order in, and we can process it right over the phone! Your order would be shipped on the next business day.

You can use your credit card to order the new 2005 Grapevine wall calendars and pocket planners! We just got them in, and they make a great gift for your sponsor or sponsee. Wall calendars are just \$7 this year, and pocket planners are \$4. That's a \$1 savings over last year's prices!

We'd like to thank Doris C. and Chris, both of Manchester, for their help in the office!

In grateful service, Karen, Mary Anne and Ingrid

Pass On This Contact Information!

Alcoholics Anonymous in NH

24/7 Hotline: 1-800-593-3330

Free Web Meeting List by Town:

www.nhaa.net

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!

Gateway To Sobriety	Alton
Barrington Group	Barrington
How To 12&12	Bedford
Berlin Group	Berlin
An Hour With Bill & Bob	Berlin
Newfound Lake Group	Bristol
24 Hour Group	Candia
Coming Alive Group	Canterbury
Step Sisters	Colebrook
Fri Noon Acceptance	Concord
Concord Original	Concord
Thurs Noon 12 Step Group	Concord
Keep It Simple Beginners	Conway Village
Derry Women's Group	Derry
Men's Beginners Group	Derry
Derry Original Group	Derry
Happy Hour Group	Derry
Young At Heart	Derry
Unity Group	Derry
As Bill Sees It	Derry
Tuesday Noontime Group	Dover
Meet Us Halfway	Dover
Fresh Beginners	Durham
Keep It Simple	Exeter
Exeter Serenity	Exeter
Grantham 12 Step Group	Grantham
Hampstead Angels	Hampstead
Just For Today	Hampton
Help Yourself	Hampton
The Lunch Bunch	Hampton
Get It Together Group	Hudson
Keene Original	Keene
T.O.A.D. Group	Keene
What's Good About Today	Kittery
Kittery Original	Kittery
Friday Nite Men's	Laconia
Laconia Tues. 12 & 12	Laconia
Original Happy Hour West	Manchester
Joy Of Living	Manchester
Pathway To Sobriety	Manchester
Womens Back To Basics	Manchester
Big Book Step Study	Manchester
Free At Last	Manchester
Sunday Serenity	Manchester
Stepping Back To Basics	Manchester
North End Group	Manchester
Queen City Group	Manchester
First Light Of Day	Manchester
Interlakes Beginners	Meredith
Milford No-Name Group	Milford
Souhegan Sun	Milford
New Horizons Grp	Milford
Friday Night Group	N. Conway
Women In Sobriety	N. Hampton
Sober Grateful & Free	Nashua
New Alternative	Nashua
Peculiar Mental Twists	Nashua
Early Bird Group	Nashua
A New Day Group	Nashua
40 Plus Group	Newcastle
Monday Night Big Book	North Conway
Stratham Big Book	Stratham
Suncook Common Ground	Suncook
Baigis Group	Tamworth
Woodsville Group	Woodsville

Grace and Gratitude: A Winning Combination

I have often heard it said at meetings that a grateful heart won't drink. I have truly come to believe this. I am sometimes overwhelmed with the amount of gratitude I feel towards AA and the people that have been supporting me in my sobriety. I know I could not have stayed sober for these three years without that support. To say AA has changed my life would be an understatement. There is no question that it has not always been easy. Healing can often be very painful. I have no doubt learned more during the painful times than I have during the pink cloud days. I have been blessed with people from the AA fellowship that have been more than willing to help me during the difficult times, even when I could not ask for that help. I, like a lot of AA members, have mastered the art of isolation. But these very special people knew what I needed and provided it, even if I didn't want it.

I heard on a recent TV show that grace is a gift from God that allows you to see life from a different perspective. I really liked this definition. AA is clearly touched by grace. Alcohol had been such a part

of my life, that I was unable to look at anything in my life that wasn't clouded by my alcohol use. Looking at things through sober eyes is not always pleasant, but the grace that touches my life through AA helps me to look at life's ups and downs. I realize that I can get through anything one day at a time with the help of AA and the grace of God, or a higher power.

I often pray for everyone in AA, especially those struggling with the concept of a higher power. So many things we have in life can be taken away from us: loved ones, jobs, financial security. Once you have cultivated a faith in a higher power, you can always hang on to that no matter what is happening in your life. It is so comforting to me, that the faith or belief in my higher power is one thing that no one can ever take away from me. This faith is a gift of Grace that I am enormously grateful for, and never take for granted.

I am truly blessed to know I can live one day at a time as a sober person, with my higher power and AA to help me through anything that comes in my path. Grace and gratitude: a winning combination I pray for everyone.

John S., of Merrimack

Area PI/CPC Meeting on October 23

The next Public Information/Cooperating with the Professional Community (PI/CPC) meeting will be held on **Saturday, October 23rd** at the Area Service Office in Hooksett, from 1 - 3 pm.

Agenda items include the Area PI/CPC budget increase, Public Service Announcements (PSAs), Youth PI flyers, PI reps or reports, Portsmouth Training Workshops, Calendar of Events, writing a Pipeline article about the budget increase, workshop on CPC presentations, and researching Drug Courts in New Hampshire.

We'll also be reviewing the use of PI/CPC tools, such as PSAs, flyers, meeting lists, *Living Sober*, the Big Book, pamphlets, targets list, media contact lists, high school lists, nursing home lists, and Certified Drug & Alcohol Counselors lists. District PI or CPC reps are strongly encouraged to attend and share their own experience.

Hope to see you all there, and thanks for helping Area 43 get the word out to the sick and suffering alcoholics!

John S., Area 43 PI/CPC Chair

AA Trivia Corner

What are the Three Legacies of Alcoholics Anonymous?

Toronto Bound?

The Area 43 Function Committee is planning a group trip to the 2005 International Convention in Toronto. Interested in joining us? Here's a 3-step action plan! All necessary forms are available from the Service Office, from your DCM, on the Area website at www.nhaa.net, by email at NH2Toronto2005IC@yahoo.com, by calling Karen S. at 623-8252, or Diane T. at 647-4469.

1. Register for the Convention

Fill out the official Registration Form and mail to:

2005 International Convention
c/o Laser Registration
1200 G. St NW, Suite 800
Washington, DC 20005-3967
Registration is \$85.

You may also register online at www.aa.org.
You will receive a registration confirmation number.

2. Reserve Your Hotel Room

Area 43 will be reserving a block of rooms in one hotel. To take part in the group reservation, fill out the New Hampshire Hotel form

by **October 15** and mail to:

Toronto IC
c/o NH Area Assembly
1330 Hooksett Road,
Hooksett, NH 03106

Hotel rates will be between \$110 - \$150 (American) per night. To reserve a room, we will need the registration confirmation number for at least one of your party.

For those taking part in group reservations, there is no need to return your housing lottery paperwork to GSO.

3. Make Your Travel Arrangements

Area 43 will be chartering buses to Toronto.

To reserve a seat on the bus, fill out the New Hampshire Bus Reservation Form

by February 1 and mail to:
Toronto IC

c/o NH Area Assembly
1330 Hooksett Road,
Hooksett, NH 03106

A \$50 deposit is required to reserve a seat; the total cost of each bus ticket will be about \$100.

If you wish to fly, special rates are available. See your registration paperwork for more info.

Special Note to those with Criminal Backgrounds:

If you are a convicted felon or have ever been convicted of a DWI or DUI, it is important that you contact the Canadian consulate as soon as possible, before attempting to cross the border.

All those attending the International are strongly encouraged to get their passports; it will be required of those taking the bus trip.

Questions may be directed to NH2Toronto2005IC@yahoo.com, or to Karen S. at 623-8252 or Diane T. at 647-4469.

Grapevine News



From your Area Grapevine/Literature Chair

Does Your Group Have a Grapevine Representative?

If your group doesn't have a Group Grapevine Representative (GvR), now's the time for **you** to think about volunteering.

Just fill out this form and return to:

Al S., Area Grapevine Literature Chair,
NH Area Service Office, 1330 Hooksett Rd.,
Hooksett NH 03106.

Group Name:

Group Service Number :

Location (Town or City):

Name of Applicant:

Address:

City, State, Zip:

All information is confidential.

An informational packet will be mailed to you.

Grapevine Committee Meeting

The Grapevine Committee will meet on
Sunday, October 3 at 1 pm

at the Area Service Office in Hooksett.

All district and group GvR's are encouraged to attend, as is anyone interested in the Grapevine.

If you don't know what a GvR is or does, this would be a fine time to find out!

(Inquiring minds want to know.)

Questions? Call Al S., at 934-5222.

AA Trivia Corner

The three legacies are Recovery,
Unity and Service, as expressed
through our 12 Steps,
12 Traditions, and 12 Concepts.