

Pipeline



A Publication of NH Area 43 Assembly November 2004

Facing Up to the Downs

from the February 1984 *Grapevine*

A month ago, my life got turned upside down. While finishing a hard day's work outside with my husband, I lost my footing, falling down an incline, badly breaking my ankle, and tearing ligaments in the process.

In an instant, I went from a gal who was on the go eighteen hours a day to one who is at a complete standstill, unable to work for three to four months, and still totally reliant on crutches or a wheelchair. I am not sure when I am going to walk again.

I've been sober for many years now in Alcoholics Anonymous. That has given me time to experience not only the ups in life, but a lot of other downs. After I had several years' sobriety, my parents died within six weeks of each other. At many earlier gatherings, I had been the disgrace of the family, and what a relief it was to be sober at the funerals, thankful that my mother and father had seen me get and stay sober in this wonderful program before they had to leave me.

When our son entered elementary school, we discovered he had dyslexia, a severe learning disability. Now, that one was a real heartbreaker, entailing years of seeking help for him. I said the Serenity Prayer until I was blue in the face. Once, that would have been the perfect excuse to get drunk—a problem that wasn't going to go away with the whisk of a broom. What an opportunity for that old self-pity to take hold again! Instead, what a struggle we had to accept his problem, and how boldly we stepped out in courage to make an "impossible" change—to take a little boy who didn't know how to read and write, didn't want to know how, and turn him around, just as I had been turned around when I came into Alcoholics Anonymous.

After years of changing schools, counseling, and other approaches, we have quite a fourteen-year-old. Now, we can't get his head out of a book. He is in his last year at a special school for children with his problem. That was another miracle—how we were enabled to move to another city to provide him with this education. Next year, he goes back into a regular school setting. Where do you think he'd be today if I had picked up the bottle?

And so it goes, including all the other jobs that life hands out—illness, financial problems, and the other unpleasant things that make up a part of living. But how much better it is to face life sober, using that wonderful Serenity Prayer, instead of wallowing in alcoholic self-pity. There was a time when I couldn't cope with a head cold without getting drunk, let alone the bigger disasters that occurred in my drinking years.

I knew a woman in the program who, when she lost her son in Vietnam, went to an AA meeting every night for one year. I told myself: Remember that if you ever have a major problem. Don't turn to the bottle. Turn to the program.

I know another woman, a long lime sober, who contracted multiple sclerosis. The pity pot for her? No way. Acceptance and courage, and keeping busy by working with other suffering alcoholics every day. I've been in the program long enough now to have watched many friends go courageously to their graves with cancer, heart trouble, and other illnesses.

I think it is important for us to keep in mind that life isn't a bed of roses. Sobriety doesn't confer on us some kind of magical life, free from pain and strife. We've joined the human race now, and that means facing up to, instead of running away from, our responsibilities. But how lucky we are to have this wonderful AA way of life as our guide. If life deals us a blow, we don't have to get a case of the "poor me's." We needn't let stinking thinking creep in, for we know that it can get too big to handle. We can use the Third Step, the Serenity Prayer, meetings and more meetings, and dealing with whatever comes our way one day at a time—or one hour or less if we have to.

Out of our sorrows will come moments of great happiness. As the song goes, every cloud has a silver lining. I think we alcoholics can appreciate our flashes of silver with extra gratitude. Writing this article has helped me get through another housebound day. Thank God for AA. It saved my life, and it continues to save my life.

L.C. of Apopka, FL

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

Throughout 2004, we featured articles about the **Twelve Promises** of Alcoholics Anonymous. We will wrap up this series in next month's issue with:

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

In 2005, we will focus on the topics regarding **home groups**, to match the 2005 General Conference theme.

Send submissions to froggyk@netscape.com or snail mail to the Service Office, 1330 Hooksett Road, Hooksett NH 03106.

Tell us about your home group, or write to us regarding the January topic:

"Welcoming the Newcomer"

Pipeline

A Publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

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Email the Pipeline at
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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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Saturdays - 10AM to 2PM

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Group Information

New Groups

- District 9**
Hampstd. Friday 7:00PM - 8:00PM SD
Candlelight Spirituality, St. Christopher's Church, 178 East Road
This group has reformed - it had disbanded last year.
- District 11**
Laconia Saturday 6:30PM - 8:00PM HBX
Big Book Step Study, Good Shepherd Lutheran Church, 2238 Parade Rd.
- District 15**
Dover Friday 10:00AM SHD
10AM Friendship Group, Triangle Club, 120 Broadway
- District 21**
WRJ, VT Thursday 7:00PM - 8:00PM XD
Couch Room Group, VA Hospital, Couch Room

Meeting Changes

- District 11**
Laconia Thursday 5:30PM - 6:30PM HD
Attitude Adjustment, United Baptist Church, 35 Park St
Moved from St James Episcopal Church, N. Main St.
- District 12**
Manchstr. M-F 5:30PM - 6:30PM Various (depending on day of week)
Original Happy Hour West, St. Andrew's Episcopal Church, 102 N. Main St
Note: Meeting room is not handicap accessible.
- Manchstr. Monday 7:00PM - 8:30PM SB
Precise Method Group, St. Andrew's Episcopal Church, 102 N. Main St
Note: Meeting room is not handicap accessible.
- Manchstr. Thursday 7:30PM - 8:30PM SBH
Hard Hat Group, Congregational Church, Cmr Main & Milford Sts
Used to meet at Gethsemane Lutheran Church 8 - 9PM.
- District 15**
Gonic Thursday 7:30PM DCX
12 Steps of Life Group, First Baptist Church, 25 Church Street
Start time changed from 8:00.
- 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 7**
Greenfield Tuesday 6:00PM - 7:00PM
Sobriety 101, Crotched Mtn. Rehab. Center, 1 Verney Drive
- District 9**
Derry Wednesday 6:30AM - 7:30AM
Morning After Group, Friendship Center, 45 E. Broadway
- District 12**
Manchstr. Tuesday 7:00PM - 8:30PM
Basic Sobriety, Parish of the Transfiguration, Kelly St.
- District 15**
Dover Friday 12:00PM - 1:00PM
Friday Noontime Group, Dover Community Housing, Hampshire Circle

The Sunday Serenity Group
in Manchester, which meets at the
Red Cross Building Sunday mornings
at 10 am, **will not be meeting**
on November 21st ONLY.
They will resume as usual on
Sunday November 28th.

Greetings From Your Service Office

Does your group have a General
Service Representative (GSR)?

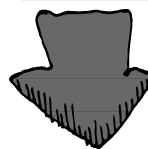
The GSR serves as the link between
your group and the fellowship of AA as
a whole. They carry your group's con-
science to your district meeting and
your Area Assembly through a voting
presence. From these meetings they
bring back news of district and area
activities. Your GSR also receives two
complimentary Pipelines for your group
each month, to bring you more news of
AA activities, as well as a packet of
information from GSO.

AA's service structure has been
described as an upside-down triangle -
with groups at the top. If your group
has no GSR, it has taken itself out of its
right of participation. It has no vote in
district or area affairs. The triangle
begins to tip.

Keep the groups at the top! Elect a
GSR, and an alternate in case your GSR
can't make a district meeting or an Area
Assembly. Three valuable resources are
available at your Service Office -
the pamphlet "GSR - General Service
Representative May Be the Most
Important Job in AA"; the AA Service
Manual; and of course, group change
forms so you can tell us about your new
GSR.

We'd like to thank Doris C. of
Manchester for her help in the office!

In grateful service, Karen, Mary Anne and Ingrid



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!

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 NHA, 1330 Hooksett Rd., Hooksett, NH 03106. Thank you for your support!

September Donations THANK YOU!

As Bill Sees It	Andover
Barnstead Original	Barnstead
Barrington Group	Barrington
Saturday Morning Step	Bradford
Newfound Lake Group	Bristol
Charlestown Group	Charlestown
AM Men's Step	Concord
Monday AM Think	Concord
Contoocook Keep It Simple	Contoocook
Happy Hour Group	Derry
Derry Original Group	Derry
Saturday Nite Live	Derry
Spacetown	Derry
Young At Heart	Derry
Dover Original	Dover
Gratitude Group	Farmington
Gilford Sunday Original	Gilford
Eye Opener Group	Hampton
Mid-Day	Hillsboro
Get It Together Group	Hudson
On Awakening	Keene
T.O.A.D. Group	Keene
Primary Purpose Grp	Lincoln
12&12 Step Group	Littleton
As Bill Sees It	Littleton
Original Sunday Night Grp.	Littleton
First Light Of Day	Manchester
How To 12 & 12	Manchester
Joy Of Living	Manchester
Keep It Simple	Manchester
Mens 12 Step Intro	Manchester
Over 50 Group	Manchester
Queen City Group	Manchester
Sunday Serenity	Manchester
There Is A Solution	Manchester
Womens Back To Basics	Manchester
Women's Daytime	Manchester
Souhegan Sun	Milford
Big Book 12 Step Study	Nashua
Downtown Group	Nashua
Early Bird Group	Nashua
So Nashua Today Group	Nashua
Sunday Night Group	Nashua
Sunday Nite Beginners	Nashua
Terrace Group	Nashua
GVD Group	New London
Old Timers K.I.S.	New London
Stepping Stones	Plaistow
Covered Bridge Group	Plymouth
Ports. Original Group	Portsmouth
Reborn Group	Portsmouth
Sunday Morning Daybreak	Portsmouth
12 Steps Out Of The Woods	Rochester
Rochester Original	Rochester
Salem Noontime Group	Salem
Big Book Step Study	Walpole
Warner Group	Warner
Coffee And Doughnuts	Wolfboro
Noontime Group	Wolfboro Falls

Young People's Meeting in Nashua

Hi, My name is Layne and I am an alcoholic. I am a 62 year old grandma who has been in recovery for 31 years.

I was a falling down, throwing up, blacking out drunk, until the age of 31 when I entered the halls of AA.

Today I have dignity in my life, and I am grateful. After 31 years the best part is waking up in the morning and knowing what I did the night before. I have the respect of my family, friends, and community. I have self respect which is priceless! I owe this to AA and living the 12 Steps.

I see a great need for a young

people's meeting in the Nashua area. I easily identify with alcoholic youth, but I know they have difficulty identifying with me. If this is to be a peer-led meeting we need young volunteers!

Our goal is to find several people to commit to support a young people's meeting. Presently, David Y. and I are two who are willing, but we need more help. We are hoping that at least two, fairly young, ambitious, enthusiastic, AAers with several years of sobriety, will join us in the organization of a meeting for young people. Help!

Layne B. of Nashua, 661-8539

And Toto Too!

(or, How Recovery is Like "The Wizard of Oz" to Me)

First, the house of alcoholism fell on me. Then, I landed in Oz (the rooms of recovery – where I first saw life in color instead of black and white). Then Glinda the Good Witch of the North (or Anne, as I call her) became my sponsor, guide, encourager, and spiritual mentor. She always said the same thing: "Keep tight inside those ruby slippers (AA meetings and the Big Book) and never let anyone take them from you!"

Then the munchkins (the fellowship of AA) supported and accepted me, and as a newcomer to this Land encouraged me to "Follow the yellow brick road" (work the 12 Steps). As I journeyed I met some strange acquaintances – some just getting their marbles (brains), courage and hearts back (scarecrows, lions and tin woodspeople – oh my!).

There was always this wicked witch (the demons of denial and addiction) trying to sabotage my joyous adventure! When I finally reached the Emerald City (spiritual awakening) I met the Great and Wonderful Oz (Higher Power) who promised to send me "home" – to be happy, joyous and free in ME!

Beware of the flying monkeys (my character defects and shortcomings) – helpers of the wicked witch. They always try to carry me off!

Because I listened to the Good Witch of the North (we talked often) I found out that the ruby slippers (AA meetings and the Big Book) are the keys to a safe return – with a lot of willingness.

The more I longed for home, the more at home I felt. I found that when I tend and water my own lawn, the grass is truly greener in own backyard than anywhere else.

I have truly traveled "Somewhere Over the Rainbow" and now enjoy the fruits of a long and continuous journey into serenity. Now that's a horse of a different color! "If happy little bluebirds fly – why, oh why, can't I?"

Susan B. of New Jersey

AA Trivia Corner

Is the circle and triangle
an AA symbol?

Born to Eternal Life

Having read the August 2004 and September 2004 issues of the AA Grapevine, which contain stories from alcoholics over 80 years old who continue to carry the message well into the twilight of their lives – *My Spiritual Tool Kit* and *Living Sober, Dying Sober* – I was moved to the point of telling you a little bit of Joyce L.

Joyce took her last drink on July 4, 1950 and by the grace of God, the fellowship of AA, and the program of recovery found in our twelve steps, remained sober on a continuous basis through her last day with us.

In the past year, through a series of medical difficulties, Joyce was physically unable to attend but a few AA meetings. However, her humble apartment served as the site for what we affectionately called the “Joyce L. Saturday Spiritual Group.” Anywhere between three and ten of us would gather for an hour and hold a meeting consisting of readings from *As Bill Sees It* (p 29 & 37, which concern themselves with Joyce’s favorite state of being, that of gratitude), the Prayer of St. Francis of Assisi (her absolute favorite) and then open discussion amongst those of us present. Participants included some of the ladies she was sponsoring (she understood Dr. Bob’s message of “love and service”), friends she had gone to meetings with over 25 years ago, some with as little as one month of sobriety, and I say with a grateful heart, myself. Those of us who thought we were helping her would leave the meetings amazed at how spiritually rich our lives had become in her presence. (It is in giving that we receive.)

This past May, I was privileged with the opportunity to witness the Master (Joyce’s fond name for God, her higher power) work through her. A young lady named Lisa B. whom Joyce had sponsored upon her coming into AA ten years ago, passed away suddenly. Two of Joyce’s current babies (her name for people she sponsored), two other AA ladies and I went to her apartment to tell her of what had taken place. After the initial shock and the inevitable welling up of tears, Joyce simply looked at me, held my hand and said, “Let’s get on our knees and say a prayer that Lisa find safe passage on her journey to the Master’s kingdom.” Does the Big Book not say “constant thought of others and how we may meet their needs”? As I left the four ladies in Joyce’s hands I knew they were being comforted in their moment of sadness.

Joyce experienced more medical setbacks and August found her hospitalized. On Saturday August 14 I visited her in the hospital. As I walked into her room my heart was filled as I stood by her bed and watched her lying there, eyes closed, hands clasped, lips moving gently and occasionally smiling. I knew that through prayer and meditation she had placed herself comfortably in the Master’s hands. Suddenly her eyes popped open. She recognized me, saying, “Don, I knew you would stop by.” As I held her hand, I read a card which contained the long form of the Serenity Prayer:

God, grant me the serenity to accept
the things I cannot change,
Courage to change the Things I can,
and the Wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace.

Taking, as He did, this sinful world as it is;
Not as I would have it.

Trusting that He will make all things right
if I Surrender to His will;

That I may be reasonably happy In this life;
and supremely happy with Him forever in the next,
Amen.

– Reinhold Niebuhr

I then kissed her goodbye, reclasped her hands and placed them gently in the Master’s, from where He drew her into His kingdom.

On my way out of the hospital I stopped in the chapel for some prayer and meditation on my part. The sense of peace was overwhelming. I knew that at that moment all things were right in God’s world. For, as Joyce’s favorite prayers says, “It is in dying that we are born to eternal life.” Though no longer with us in the physical sense, her spirit will be with us forever. The Master truly blessed us for the 54 years Joyce happily carried out His will.

Don H. of Manchester



Toronto Bound!

Your Function Committee is planning a group trip from Area 43 to the 2005 International Convention in Toronto! We will be chartering a bus. If you would like to join us, the cost will be about \$100 per person. Reserve your seat today! Contact us at NH2Toronto2005IC@yahoo.com, or call Diane at 647-4469, or Karen at 623-8252.

AA Trivia Corner

Officially, no. The symbol used to be a registered trademark of Alcoholics Anonymous, with the circle representing the world of AA as a whole, and the triangle the three legacies of AA - Unity, Service and Recovery.

The trademark was dropped because it was difficult to protect it (public controversy), and is no longer used by GSO.