



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 NFI Area 43 Assembly

January 2006

## The Consequences of Relapse

*A twist on the Promises*

If I am careless about this phase of my development, I will be lost before I am halfway through. I will renew my obsession with alcohol and sacrifice all true happiness. I will forget the word serenity and have no peace. No matter how far down the scale I have already gone I will fall even lower. I will resent the past and then repeat it, over and over again. That feeling of uselessness and self-pity will return, and more. I will focus on selfish things and hide from my fellows. Sanity

will slip away. My whole attitude and outlook upon life will change for the worse. Fear of people and of economic insecurity will consume me. I will again be baffled by even the most normal of situations. I will suddenly believe that God will do nothing for me.

Are these extravagant consequences? I think not! They have been fulfilled within me, always quickly, always completely. They will always materialize when I cease to work this program of recovery.

*Anonymous*

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For those of you unfamiliar with the Promises of AA, they can be found on pages 83 & 84 of *Alcoholics Anonymous* (our Big Book). They describe the peace of mind we will achieve if we work the program of recovery as laid out in the 12 Steps. The Promises are as follows:

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip

away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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# Pipeline

A Publication of the  
NH Area 43 Assembly of  
Alcoholics Anonymous

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in subject line.

## 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. The opinions expressed by AA members in the Pipeline are those of the writers, and do not imply endorsement by Area 43 or AA 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

No new meetings

### Meeting Changes

District 9

Kingston Wednesday 7:30PM - 9:00PM CX  
Kingston 12 & 12, United Pilgrim Church, 197 Middle Road (Route 111A)  
Used to meet at the Masonic Temple Church on Church Street

District 19

Winchester Monday 8:00PM - 9:00PM S  
Winchester Win Group, United Church, Main Street  
Location clarification: Church name changed from Federated Church.

### Disbanded Meetings

District 9

Newton Thursday 7:30PM - 9:00PM DCB  
Newton Group, Teddy Bear Day Care Nursery, 40 Highland St, off Rte 108

## A Word From Your Editor

For the last two years you have trusted me with your Area 43 newsletter. I just want to take a minute to thank you for allowing me to serve - it has been such a fun way to be of service to AA in New Hampshire.

We haven't been without controversy. From printing a letter an angry member who had relapsed to printing both sides of the debate on singleness of purpose, we have tried to be the voice of all AA in New Hampshire. The ultimate authority in AA is the voice of our group conscience, and even then we greatly value the minority opinion. AA newsletters are a great place for the debate of ideas in AA, and New Hampshire AA members have made the Pipeline a wonderful publication by submitting their ideas and articles.

So keep it up! Participate. From submitting articles, to serving on the committee, to helping with mailing, there are many ways your Pipeline can use your help.

Thank you for a great two years!

*Karen S., Pipeline Chair*



## Greetings From Your Service Office

Anybody that's ever made the trek to the Service Office on a Friday afternoon to get literature for their group has been frustrated by the time it takes to work their way up Hooksett Road, particularly the last half mile of the journey. In fact, many of our closest neighbors have chosen our convenient mail order option over being stuck in traffic.

Avoid us no more! The recent road construction project has been completed. The added lanes have eased traffic and your drive to the office should be a much smoother experience. We hope to welcome you soon - we're open 10 - 4 Monday through Friday and 10 - 2 on Saturdays.

As an extra incentive to visit, we offer a monthly special to walk-in customers only. In January, we're offering the hardcover 12 & 12 for \$5.50 (usually \$6.40) and the softcover for \$5 (usually \$6). We hope you take advantage of this special sale!

Of course, we still offer free shipping and handling on all mail orders, and you can use your credit card to order by fax or phone (free shipping for these orders too!).

We now carry book rack extensions to add to your AA literature rack. These wireframe additions provide a convenient way to display your group's AA books next to AA pamphlets. We sell this new item for \$20.40. New statewide meeting lists will be available by early February, too!

We'd like to thank Geri F. of Candia and Cynthia R. of Manchester for their help in the office. We need more help stuffing envelopes, putting together Newcomer's Packets and cleaning the office - if you can help us please call 622-6967 or email [office@nhaa.mv.com](mailto:office@nhaa.mv.com).

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

## Subscribe to your Pipeline!

Thanks to groups who bought new subscriptions to the Pipeline, we have once again achieved our bulk mail minimums! Your subscriptions help support this Area publication. Already subscribe? How about donating a subscription to a treatment center, halfway house, correctional facility, homeless shelter or school 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!*

# November Donations THANK YOU!

Alton Bay Group	Alton Bay
Covered Bridge Group	Ashland
Barrington Group	Barrington
How To 12 & 12	Bedford
Free At Last	Belmont
Berlin Friday Night	Berlin
Step Sisters	Colebrook
Daily Reflections	Concord
Monday AM Think	Concord
Young Peoples Meeting	Concord
Primary Purpose	Conway
Derry Original Group	Derry
Derry Women's Group	Derry
Dover Original	Dover
Sat. Nite Commitment	Dover
Living By The Book	Epping
As Bill Sees It	Exeter
Exeter Serenity	Exeter
Twin Rivers	Franklin
Gilford Sun Original	Gilford
Hampstead Angels	Hampstead
Hampstead Tues. Night	Hampstead
Help Yourself	Hampton
Big Book Step Study	Keene
Women's Group	Keene
Friday Nite Men's	Laconia
Back On Track	Lebanon
Original Sunday Nite Group	Littleton
As Bill Sees It	Littleton
Out To Lunch Bunch	Littleton
Live And Let Live	Londonderry
Beech Street Big Book	Manchester
First Light Of Day	Manchester
Free At Last	Manchester
Joy Of Living	Manchester
North End Group	Manchester
Pathway To Sobriety	Manchester
Queen City Group	Manchester
Sunday Serenity	Manchester
Melvin Village Group	Melvin Village
Souhegan Sunrise	Milford
Friday Night Group	N. Conway
Early Bird Group	Nashua
Noontime Sobriety	Nashua
Peculiar Mental Twists	Nashua
As Bill Sees It	New London
Old Timers K.I.S.	New London
Tues. Nite Beginners	New London
Gosh Port	Newport
Pelham Big Book	Pelham
Friday Nite Live	Plaistow
Women's Meeting	Plymouth
High Nooners	Portsmouth
Reborn Group	Portsmouth
Sun. Morning Daybreak	Portsmouth
Tues. Nite Young People	Portsmouth
12 Steps Out Of The Woods	Rochester
Step Into The Weekend	Rochester
Peace Of Mind	Salem
Sanbornville Group	Sanbornville
Quitting Time	Tuftsboro
Coffee And Doughnuts	Wolfeboro



## Your... Roving Reporter

Your Roving Reporter went to the District 9 Round-Up and asked:

**The theme of this round-up is "The Way Out." What does this mean to you?**

To me it means that there is a "way out" of the craziest of alcohol addiction. The way is AA and the 12 Steps of Recovery. The steps are a way of life that is second to none.

*Rhonda K of  
Derry Women's Group*

The way out of my addictions, alcohol and substances. After God removed my obsessions, I was faced with my emotional baggage. *"I fell off my pink cloud and slammed into me."* Meetings, steps, sponsor and service work has given me a way out of me, and a grateful attitude, because of WE! Go to meetings, ask for help, do not drink, it will happen!

*Anonymous*

The way out of the hopeless, seemingly endless pit of depression, trouble, despair and anger that I felt during my drinking. The way to a new, happy life full of rewards and promise.

*Jay B. of Laconia Original Group*

The "way out" for me is HOPE. It's the Big Book, the Steps and the fellowship and the opportunity to live again. So, thanks AA.

*Linda C. of the Kingston 12 & 12*

It means to me a way out of my "pitiful demoralization" that I experienced through my alcoholism. It means there's hope of recovery from my "hopeless state of mind and body." It means there are directions for recovery - thank you God and AA.

*Suzanne R. of  
Stratham Tuesday Night*

The way out has been a long journey of finding myself, forgiving myself, and learning to think about myself less. The solution is Alcoholics Anonymous, sponsorship, the Big Book and 12 & 12, learning to help others. Service is key for me.

*Diana T. of Kingston 12 & 12*

The way out to me is a new promised sober way of life, through the AA fellowship. It is the way out of a meaningless, unfulfilled, lonely, sad life full of an alcoholic's empty dreams.

*Cheryl H. of  
the Friendship Center*

The way out of the insanity of the disease. In finding my spirituality, working with others and continuously working on the 12 Steps I have a daily reprieve of the insanity. I learned from the beginning that meeting makers make it and I want to make it, stay sober, and have a life that the Promises promise me.

*Karen L. of the Friendship  
Center*

It's a long twisting path into the deep dark woods of active alcoholism, but just 12 Steps out.

*Anonymous*

The way out, a new life, a life unlike any I ever knew before, beyond my wildest dreams. Filled with people and hopes and a future filled with promise and love. A new beginning for a better life for a down and out drunk like myself.

*Mary Jo of Derry Women's Group*

# Do You Know Why AA Never Gives Anyone Up?

from the February 1945 Grapevine

I'll have to take a bit of a short cut and identify myself briefly as a social-drinking, Turkish-bath, take-the-pledge, call-the-doctor, general-hospital, health-farm, leave-of-absence, job-losing, long-vacation-in-Florida-will-fix-me-up, sanitarium, mental-hospital alcoholic, in the order named. When A.A. was first presented to me I felt that here at last was the answer. I couldn't get enough of it fast enough. I read the book, attended several meetings, met many of the group, and lived A.A. so vigorously the first two weeks that in that short time I knew all the answers, got "cured" —and then got drunk. The group picked me up and explained that in my initial elation I had become over-confident, that there was much solid groundwork to be laid, and that an entire pattern of thinking and living had to be changed. Furthermore, it might not be easy and the time might be long before I was able to rehabilitate myself both socially and economically. The first year was tough going and I suffered five or six slips of increasing intensity, until I reached the point where I felt that for me there was no help. I about gave up, but the group did not, and in some way its faith was transmitted to me. I started in once more, attending meetings regularly, gradually making real progress; and I went some nine or ten months before I crash-dived again into Bellevue. This was surely the end, for it came the very week I was being called to an interview for an excellent position, doing the type of work that I had long wanted. In some way I pulled myself together, got the job and started off again, only to run into trouble once more about ten months later. Then I seemed to slip back

considerably. During the next six months I bounced around erratically, but managed by virtue of an understanding boss to hold my job. Somehow, once more I pulled out of the maelstrom, and for the past year-and-a-half have been completely dry.

I mention this brief background to make one point. There are many in A.A. whose recovery is apparently immediate, who after being in A.A. only a short time find complete release from their problem. However, there are as many more who just as sincerely desire to be free of alcohol but find themselves confronted with slip after slip and increasing discouragement. They doubt their own ability to be honest with themselves, and the situation looks pretty hopeless to them and to others as well. I have never heard of A.A. giving anyone up as an impossible case, and if the individual confronted with such a dilemma can marshal even the barest physical energy to attend the meetings regularly and to keep trying within the limits of his capabilities to follow the A.A. program, he will progress. The time element is relatively unimportant—whether it be six months, two years or more before he achieves adequate stability—for we all realize what the alternative must be.

Jack C.

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## AA Trivia Corner

What are the  
36 Principles of AA?

*and the Twelve Concepts,  
The Twelve Steps, Twelve Traditions,*