

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



Pipeline



A Publication of NH Area 43 Assembly

March 2006

A Word From Your Editor

Greetings from your new pipeline chairperson. I am happy to be able to serve you. My vision of the pipeline will stay the same and I ask for your forgiveness as I learn PageMaker and for omissions.

I just want to share a little of my A.A. experience with no drunk-a-log. I came in the rooms at the 449 group in Oneonta, N.Y. on Jan 23,2002. I have served as a coffee maker (before this the only coffee I made was Instant). On Sept 15,2003 I became a dual stater living both in Boston and Laconia. I would drive to Laconia on Friday night by 8pm to make the Friday night Men's meeting. I moved to NH full-time in July of 2004, when I got real active here in New Hampshire.

I have served as Grapevine Rep, GSR, Sec and Coffee maker. I guess what I have learned as I served that with service, sobriety grows stronger. As I serve as the Pipeline Chair you all are helping me to keep sober and for this I thank you

George B
Pipeline Chair]

Test for Self-will / Hp's will

Sometimes in our recovery it hard to realize which is which. We all have different ideas for finding HP's will ,but by using the BIG BOOK of A.A. as an example our recovery will just grow stronger.

Self - will

Selfish (ness)
Dishonest (y)
Self-seeking
Frightened

Fourth Step Test

"Where had we been selfish, dishonest, self-seeking, and frightened?"

(A.A. Pg. 67, para 2, lines 3-4)

Tenth Step Test

Selfish (ness)
Dishonest (y)
Self-seeking
Frightened

HP's Will

Unselfishness
Honesty
Purity
Love

" Continue to watch for selfishness, dishonesty, resentment, and fear."

(A.A. p 84,para 2, lines 8-9)

Eleventh Step Test

Resentful
Selfish (ness)
Dishonest (y)
Afraid

Unselfishness
Honesty
Purity
Love

Honest

Purity
Unselfishness

Love

"Were we resentful, selfish, dishonest or afraid?"

(A.A. p86, para 1, lines 2-3)

Pipeline

A Publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

Pipeline Chair:

George B 361-3283

Distribution Chair:

Jay J. 783-4620

E-mail the Pipeline at
nhaaPIPE@yahoo.com.
Please put "For Pipeline"
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.

NH Area Assembly Service Office

1330 Hooksett Road
Hooksett, NH 03106

Phone (603) 622-6967

Fax (603) 624-9507

Office Hours:

Mon - Fri 10 AM to 4 PM

Saturdays 10 AM to 2 PM

Website: www.nhaa.net

E-Mail:

office@nhaa.mv.com



Group Information

New Groups

District 12

Manches. Monday 6:00PM - 7:30PM B
Womens Big Book Step Study, Springfield College, 500 Commercial St

District 17

Berlin MWF 12:00PM-1:00PM D
United for Sobriety 164 Pine St, Unit 102

District 18

Cornish Wednesday 7:00PM-8:00PM
Cornish Big Book United Church of Christ 378 Center Road

New London Thursday 7:30AM-8:30AM
Positive Start Lake Sunapee Bank Community Room Newport Road

Meeting Changes

District 8

Concord Sunday 9:45 AM - 11:00 AM HDS
Experience, Strength, & Hope West Street Ward House West Street
time changed from 10:00 am - 11:15 am they now meet 9:45 am - 11:00 am

District 9

Brentwood Wednesday 7:30PM-9:00PM
Kingston & Brentwood 12 & 12 Untd Pilgrim Church 197 Middle Road
Group name change from Kingston 12 & 12

Hampstead Tuesday 7:30PM-9:00PM HS
Hampstead Tuesday Night'

District 12

Manchester Wednesday 7:00PM-8:00PM
Manchester Young People 1st Congregational Church Hanover & Union Sts.
Location change from Child & Family Svcs, 404 Chestnut Sts.

District 16

Tuftonboro Thursday 5:00PM-6:00PM HD
Tuftonboro Quitting Time United Methodist Church Rte171-4 Corners
New meeting added on Thursday

District 17

Littleton Saturday 10:00AM-11:00AM HX
12 & 12 Step Group Littleton Hospital Rte 135
Location clarification: From Rte 18

District 19

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

Disbanded Meetings

District 8

Hillsboro Monday 6:00AM-7:30AM
Freedom From Bondage United Methodist Church Main Street

District 14

Hampton m t w t h f 8:00 AM-8:45 AM
Morning Meditations United Methodist Church (Heritage rm)
525 Lafayette Rd

Hampton m t w t h f summer only 7:30AM-8:30AM
Beach Burns Memorial Park High Street



Greetings From Your Service Office

It's great to see the Pipeline back after a month's hiatus!

Not only does your Service Office Staff process literature sales, answer question and maintain the Area database, but we also manage the list for Pipeline subscriptions. An additional month was added to every subscription in our database, to make sure you receive all 12 issues you have paid for.

Another one of our duties is to create the statewide meeting list and a new version is now available. Updated meeting locations and times may be the most information you can give a newcomer. Order yours today!

Some members or groups buy extra meeting lists to bring to doctor's offices, hospitals, treatment facilities, hotels and counseling offices. Why not write to the Pipeline and share how you've used meeting lists to carry the message?

We'd like to thank Gerri F. of Candia, Jay B. of Laconia, Chris M and Paul S of Manchester for their help in the office.

In grateful service,

Karen, Mary Anne, and Amy

Pathway to Sobriety Group

22nd ANNIVERSARY CELEBRATION

Tuesday March 28th 2006
7:30p -9:30p

Congregational Church
Corner of S. Main & Milford St
Manchester, NH

potluck dinner to follow meeting
please bring your favorite dish to share

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!

Dec Donations THANK YOU!

| | |
|-----------------------|-------------|
| Alton Bay Group | Alton Bay |
| Sunday 12 & 12 | Atkinson |
| Open Speaker Meeting | Barnstead |
| How to 12&12 | Bedford |
| Berlin Friday Night | Berlin |
| Derby Discussion | Berlin |
| Newfound lake Grp | Bristol |
| Coming Alive Grp | Canterbury |
| Colebrook Mon Step | Colebrook |
| Concord Original | Concord |
| Friends of Bill's | Concord |
| Mon. Nite step | Concord |
| Primary Purpose | Concord |
| Young People's | Concord |
| Come As You Are | CTR Conway |
| Derry Original | Derry |
| Durham Original | Durham |
| Simply Greatful | Epson |
| Franklin 12&12 | Franklin |
| Primary Purpose | Franklin |
| Hampstead Angels | Hampstead |
| Hampstead Tues Nite | Hampstead |
| Eye Opener | Hampton |
| Rock & Rye | Hampton |
| The Lunch Bunch | Hampton |
| One Day at a Time | Hopkinton |
| Get it Together | Hudson |
| Friday Night Grp | Keene |
| Dry Dock #29 | Kittery |
| There is a Solution | Kittery |
| What's good about | Kittery |
| Lisbon Grp | Lisbon |
| 12&12 step Grp | Littleton |
| As Bill Sees It | Littleton |
| Thursday Step Grp | Littleton |
| Beech St Big Book | Manchester |
| Free at Last | Manchester |
| Over 50 Group | Manchester |
| Precise Method | Manchester |
| Queen City Grp | Manchester |
| B&M Freedom Group | Merrimack |
| Milford No Nmae Grp | Milford |
| Souhegan Sunrise | Milford |
| Winnie's Women Grp | Moultonboro |
| Downtown Grp | Nashua |
| Remember When Grp | Nashua |
| So Nashua Today Grp | Nashua |
| Terrace Grp | Nashua |
| Thurs Night Grp | New Boston |
| Sat AM BB Step Study | Newington |
| Discussion Meeting | Newport |
| Living Hope | Northwood |
| Covered Bridge Grp | Plymouth |
| 12&12 BYOB | Portsmouth |
| Early Birds | Portsmouth |
| Reborn Grp | Portsmouth |
| Sun Morn Daybreak | Portsmouth |
| 12steps out the woods | Rochester |
| Saturdat Nite Alive | Springfield |
| 12 Step Grp | Sunapee |
| Suncook Common Grd | Suncook |
| Warner Grp | Warner |

Dec Cont.

| | |
|--------------------|----------------|
| Living Sober Grp | Warren |
| First Things First | Weare |
| Noontime Grp | Wolfboro Falls |

Jan Donations

| | |
|--------------------------|----------------|
| Gateway to sobriety | Alton |
| Living Sober | Andover |
| Barrington Grp | Barrington |
| How to 12 & 12 | Bedford |
| Belmont Original | Belmont |
| Berlin Friday Night | Berlin |
| Kingston Brentwood 12&12 | Brentwood |
| Bristol Step Mtg | Bristol |
| Newfound Lake Grp | Bristol |
| Back to Basics | Center Ossipee |
| Colebrook Mon. Step | Colebrook |
| E S & H | Concord |
| New Womens Step | Concord |
| Sat Men's 12 Step Grp | Concord |
| Weds. Noon BB | Concord |
| Come As You Are | Ctr Conway |
| Derry Original | Derry |
| Young At Heart | Derry |
| Clean Sweep Grp | Dover |
| Meet Us Halfway | Dover |
| Dover Original | Dover |
| Resurrection Grp | Dover |
| Sat. Nite Commitment | Dover |
| Amethyst 12&12 | Epping |
| Exter Serenity | Exter |
| End Of The Road | Greenfield |
| Hampstead Tues Night | Hampstead |
| Sat Morning AA | Hampstead |
| Fri Nite Alive Grapevine | Hancock |
| Brown Bag Grp | Hanover |
| Kittery Original | Kittery |
| Kittery Seaside | Kittery |
| First Stepper | Laconia |
| Serenity Seekers | Laconia |
| Sunday Big Book | Lebanon |
| Lee Discussion Grp | Lee |
| Primary Purpose | Lincoln |
| Original Sun. Nite Grp | Littleton |
| Thursday Step Grp | Littleton |
| Original Happy Hour Wet | Manchester |
| Beech St Big Book | Manchester |
| First Light of Day | Manchester |
| Free at Last | Manchester |
| Happy Hour Esat | Manchester |
| Men's 12 Step Intro | Manchester |
| North End Grp | Manchester |
| Queen City Grp | Manchester |
| Sunday Serenity | Manchester |
| New Horizons grp | Milford |
| Souhegan Sunrise Grp | Milford |
| A New Day grp | Nashua |
| Good Shepard Grp | Nashua |
| So Nashua Today Grp | Nashua |
| Sober Greatful & Free | Nashua |
| Terrace Grp | Nashua |
| Sat AM BB Step Study | Newington |
| Come Share | Ossipee |
| 12 step Women's Grp | Pelham |

Jan Cont.

| | |
|--------------------------|----------------|
| Our Town Grp | Peterborough |
| Weekday Wake-up | Peterborough |
| Friday Nite Live | Plaistow |
| Stepping Stone | Plaistow |
| Higher Powered Grp | Portsmouth |
| Sun AM Daybreak | Portsmouth |
| Wing Ding Grp | Portsmouth |
| Courage To Change | Raymond |
| So Hampton Big Book | S. Hampton |
| Genesis 12 Step Grp | Salem |
| Hopeful Helpful Greatful | Salem |
| Sale Noontime Grp | Salem |
| Salem Sat Morning AA | Salem |
| Quitting Time | Tuftsboro |
| Coffee and Doughnuts | Wolfboro |
| Noontime Grp | Wolfboro falls |

To all Corrections Chairs Treatment Chairs, DCMs and anyone interested

What Is Bridging the Gap?

**How can it help people here in NH?
What do we need to do to bring this
essential program to NH treatment
centers and Corrections facilities?**

**What Can we do to work with the
treatment programs & Corrections
facilities to show them how this
program can benefit their clients/
inmates?**

What can you do?

**PLEASE JOIN US ON:
Sunday April 30th @ 11 am
The NH Area Service Office of
AA**

**This will be a time to get the answers
to all the questions above and ask any
you may have. We ask that all treat-
ment & corrections chairs please
attend this meeting.**

**THIS PROGRAM CAN ONLY
WORK IF THERE ARE IN-
FORMED PEOPLE TO MAKE IT
WORK!!!**

**Any Questions
Contact
Jay @ 5564144**

By the Book
One man's Step-by-Step guide to sponsorship

Volume 59 Issue 12

May 2003

In order to help others, I decided the best I could do as a sponsor was to take the new person through the Steps. It's really the only thing I can offer. Anything else is just advice, and I am no adviser. I learned that in AA. I've found out that, for me, I need to do what the Big Book suggests, and the way I understand Step Twelve, the only message I have to carry is the message it says I have to carry—the message of a spiritual awakening as the result of these Steps.

Sometime around 1988, I started going through the Big Book with my sponsees, starting with the Foreword to the First Edition and continuing through "A Vision for You." I like to meet with a guy one-on-one once a week and spend an hour and a half together doing this. Not saying, "I'll see you at a meeting," or "Here's my number. Call me," but keeping a set plan and a set time and sticking to it in order to go all the way through the Twelve Steps together.

I must admit what I enjoy most is that it probably helps me more than it helps the other guy. Often I find myself struggling with self-pity or some other negative garbage that I can't quit thinking about, and I've got this commitment to help this other guy, so I make myself show up, and I'll be a son-of-a-gun, it isn't long before I feel remarkably better! In other words, when I'm thinking about that sick guy, I'm not thinking about this sick guy!

It usually takes about a year to complete the whole process, that is, to go entirely through the Twelve Steps together, but it's worth it. I like to ask new guys questions to be sure they're done with their drinking and "really ready" before I'm willing to get started with them. My favorite is, "What have you got to do for the next year that's more important than changing your life?" Most of the time, I think I can tell if they're sincere, yet there are still times when a guy will get halfway through his Fourth Step or to the beginning of Step Nine, and just give out. He might get too busy doing other things, or feel like he's worked on the Steps long enough, or maybe he's too fearful to go on. I've had my heart broken a few times, seeing a guy I used to sponsor walk into a meeting after years or even months without hearing from him, and seeing what the disease has done to him. But I really can't stay hurt for a long time after a guy wanders away because the truth is, he helped me. I stayed sober and grew because we spent time together. Don't get me wrong: I'm real concerned about him, and I make strong efforts to rekindle his desire for sobriety. But the choice is his, God help him.

When I set to work with a willing sponsee, we begin, as I said, at the first Foreword, and go through "The Doctor's Opinion," and through the first four chapters, line by line and paragraph by paragraph, seeking key phrases and underlying messages. I pause and share key phrases as they relate to me.

Then I ask my friend if he identifies. He usually does, and it isn't long before I can stop at the end of a paragraph and ask, "Is there any part in there that jumped out at you?"

Three things take place: 1) The Big Book comes alive; 2) Any argument or excuse for drinking gets eliminated; 3) The other man is convinced that the first two Steps will work for him—so much so that, by the time we reach Chapter Five, he really doesn't have any choice but to take Step Three. It doesn't take long to take Step Three if you're ready, and the Big Book leaves no room for resting on your laurels before starting Step Four. I like to ask, "Do you know how to tell if you've taken Step Three? When you take Step Four."

I tell my guys to study the first three Steps on their own at home in the "Twelve and Twelve" as an assignment. Those sincere people accept this without question. Once we get started on the Fourth Step, we bring in the "Twelve and Twelve" and add it to our reading together. One of the strongest statements anywhere is "Character defects, representing instincts gone astray, have been the primary cause of his drinking and his failure at life." It's been essential in finding out what's wrong with me. There are many such strong messages throughout. And as I change, the meaning of these phrases have changed for me.

By taking others through the Steps, I am continually reworking them myself. The sponsee gets the deep down effects that cause change, and I, too, get to grow spiritually. Spirituality plays a part throughout. Not only does God encourage us as alcoholics to take the Steps, his presence is at hand while we are studying together.

I like to stay close and assist in a couple of the first Twelfth-Step calls a guy makes. This includes introducing new people to my sponsees when the time is right. I had an opportunity to do this not too long ago. It was a Tuesday, and after I shared at a meeting, a new guy came up and asked if I would sponsor him. I explained that I wouldn't be able to as I was already quite busy with three others, but if he trusted my judgment, I had a guy who had almost a year, who was freshly familiar with the Twelve Steps, and who would be happy to take him through them. He gratefully accepted. Then at a meeting on Thursday, another guy asked if I would sponsor him, and after some preliminary conversation, I explained that I had the perfect sponsor for him. I made some phone calls and arranged for these two new fellas to come over to my place on Saturday. I then contacted my sponsees. Everyone showed up, we had pizza, we had a meeting, and the new guys left with sponsors. That was great! I think God had his hand in that.

I know that everyone has her or his own method of sponsoring others, and that's fine. Hey, if it works, don't fix it! But I can say honestly that the men who have stuck to it with me all the way through the Steps are still sober and are passing it on to others. And my relationship with them today? We sponsor each other.

Gary G.
Reno, Nevada

Copyright © 1994 The AA Grapevine, Inc. Reprinted by permission.

An Acronym For LOVE

Living Our Values Everyday