

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

August 2008

Using the Slogans

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I was wondering what you thought when you came to your first AA meeting and saw the slogans displayed, as they are at most AA meeting places. Our little signs are: "Easy Does It." "First Things First," "Live and Let Live," and "But for the Grace of God." I know some groups have other though-provoking slogans, and I'm pretty sure they all are helpful. I don't recall my original impression, but I'm quite sure I could not figure out what these sayings could possibly have to do with me or my new-found desire to stay sober.

The slogans are simple things. We have heard these phrases many times before. Probably, their wisdom has served many generations. Even though they may be ages old, it seems as though they were designed especially for us. They can help when we fit them to our everyday needs.

Often, I think of the slogans as reminders and, in our present-day language, consider them as "tranquilizers" – which are mighty handy to have around. Because we hear and see them frequently, they have become very familiar and can remind us, in moments of stress or indecision, just what is best for us. Since I, personally, do not believe in the use of medical tranquilizers, I have found these AA tranquilizers to be mighty efficient when facing self-pity, resentment, or any of the other woes that are dangerous to the alcoholic.

Maybe you, too, can get some assistance from them, as have so many others. "Easy Does it" is the one that probably first attracts our attention. Though this reminder suggests something absolutely contrary to our past performance, these words have their appeal and maybe even a touch of humor when we learn to smile at ourselves as we slow down.

All of us have our many problems and troubles. We would like to believe we could sober up quickly and take care of all of them immediately, but it doesn't often work like that way. However, if we can reach out for this though – "Easy Does It" – when we seem to panic at an avalanche of troubles, fears, and doubts, we might get to know, habitually, that the best way to handle all things is "Easy." It can also be a cautious check on the over zealotry of the

newcomer, who might rush to do too much in too short a period of time.

This slogan, of course, does not suggest that we put everything off until tomorrow, for there are many worthwhile things we can do today. The reminder is: Do it, but "Easy Does It." You'll find yourself enjoying the use of this tranquilizer, taken in moderation and at the proper time.

Then there is another - "First Things First." That's a real gem. If only it were possible, in our confusion, to keep this foremost in our thoughts, we would have gone a long way toward successfully coping with most of our troubles. Quite naturally, we in AA contend that the first thing to avoid is the first drink; then there is a good chance that everything else can be cared for later. Unless the first drink is avoided, not much else matters. We emphasize that as being of first importance always. However, we will encounter other situations where a mental flash of this reminder can enable us to set our thinking in order, so that we can decide what should be our first consideration and what is less important. Truly, these AA tranquilizers do not solve our problems, but they can calm us down, remind us of a better way to proceed, and perhaps even put us in a mood to make better decisions.

The reminder of "Live and Let Live" can come in very handy many times. Some may consider it as a plea for tolerance - letting the other fellow live his life with *his* faults, so that he won't criticize *our* imperfections. Others have found this a good suggestion to preserve harmony within his family or group. It can remind us to pause and reflect a moment whenever we feel inclined to gossip, criticize or envy those with whom we must live.

Still other like to think of it in a more positive fashion. When disturbed by the actions or opinions of others, they are reminded that they were put on this earth to live their own lives. The emphasis is on living, based on truths, as they understand them – living with as much honesty as they can command. Perhaps this suggests that when we live our own lives, we will have little inclination to find fault with the efforts of others. "Live and Let Live,"

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June Donations

Thank You!

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WOLFEBORO FALLS
WOODSVILLE

Who am I?

I am more powerful than the combined armies of the world.

I have destroyed more men than all the wars of nations.

I am more deadly than bullets, and I have wrecked more homes than the mightiest of guns.

I am the world's sliest thief. I steal millions of dollars each year.

I spare no one, and I find my victims among the rich and port alike, the young and the old, the strong and the weak. Widows and orphans know me.

I loom up to such proportion that I cast my shadow over every field of labor.

I lurk in unseen places and do most of my work silently.

You are warned against me, but you heed not.

I am relentless.

I am everywhere - in the home, on the street, in the factory, in the office and on the sea.

I bring sickness, degradation and death, and yet few seek to destroy me.

I am your worst enemy.

I am Mr. Alcohol.

Pipeline

A publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

Bert K. 883-0990
Christine G. 883-0990

Email the Pipeline at
pipeline@live.com

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 Hotline
1-800-593-3300



**NH Area Assembly
Service Office**

1330 Hooksett Road
Hooksett, NH 03106

Phone (603)622-6967
Fax #: (603)624-9507

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 7

Peterborough Tuesday 6:45 PM 7:45 PM T280 B
Peterborough Big Book, Monadnock Hospital, Old Street Road
Rindge Saturday 7:00 PM 8:00 PM 683802 SD
In the Wind, Monadnock Full Gospel, Middle Winchendon Rd

Meeting Changes

District 7

Peterborough Saturday 9:00 AM 10:15 AM 601784 HD
EDANB Womens Group, Monadnock Hospital, Conf Rm #3, Old Street Rd
Type change. No longer Closed mtg.

District 8

Pittsfield Wednesday 7:30 PM 9:00 PM 677996 HSD
Full of Bologna Young People's Mtg., St. Stephen's Episcopal Church, 50 Main St
Name changed from A Vision for You, address, end time changed

District 10

Plaistow Monday 4:15 PM 5:30 PM 656909 SD
Plaistow Young People Group, SAD Café, 148 Plaistow Rd. (Rte 125)
End time changed from 5:15pm

District 12

Manchester Friday 8:30 PM 9:30 PM 108743 HS
Queen City Group, Congregational Church, Hanover/Union Sts
Location change

District 14

Kittery Point Thursday 7:00 PM 8:15 PM 643359 XC
Men's 12 & 12, 1st Congregational Church, 23 Pepperell Rd
Time corrected from 7:30-9 and town corrected from Kittery to Kittery Point

Hampton Monday 10:00 AM 11:30 AM 161393 CDX
Women in Sobriety Step Grp, United Methodist Church, 525 Lafayette Rd., Rte 1
Location change from Utd Church of Christ in North Hampton

Newington Saturday 9:00 AM 10:30 AM 609242 HDBSX
Saturday Morning BB Step Study, Holy Trinity Lutheran Church, 22 Fox Run Rd
Name changed from Sat. AM BB Step Study

Disbanded Meetings

District 15

Dover 1st Friday 7:00 PM 8:30 PM 668474
Open Womens Amends 8 and 9, Unity of the Seacoast, 10 Second St

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!

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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!

Written just for you as a gift - from an Old Timer

No matter what you do with your life, at some point, we all have to do some reading. So if you are the type that cannot find time to read and don't care about the Big Book anyway, try to read just two paragraphs a day, anyhow. Leave your Big Book in your bathroom. You could or will find the time to just read two paragraphs and ponder on what you just read. Tell your sponsor you want to do this for just one month (just four weeks). After one month, report to him (or her) if you feel different or learned something or thought it was worth the time. Talk it over together. I guarantee that you will be surprised or even baffled at how you feel for having done this for yourself. I do hope you will read this whole article.

What is the gift you will receive?

You will notice you have been led to a deeper understanding of recovery as a way of life. The Promises in the Big Book, pages 83 and 84... (look it up) will begin to appear in your life. It's all there for you in the Big Book, if you just take the time to read.

The Steps are really a design for living. The Steps are not a

Slogans

Continued from Page 1

"But for the Grace of God" is another appropriate reminder. This, too, is subject to different interpretations and a variety of uses. At one time, this phrase came to mind whenever I heard of someone whose history of alcoholism involved greater hardships and seemingly more misery than mine. I was happy that I had been more fortunate.

I no longer make such comparisons. Rather, I use this reminder as a prayer of thankfulness for the many favors and bountiful help I receive each day. I remember that whatever sobriety and little capability I may have today are the result of the mercy and kindness of an ever-loving God. His help, sometimes channeled through AA, is entirely responsible for anything I may accomplish each day. You, too, may welcome this reminder that help, freely offered and entirely undeserved, is available. Without it, we were powerless and our lives can again become unmanageable. It is truly a "tranquilizer" that keeps an inflated ego under control.

These are a few of the practical working tools AA offers to bolster your desire to stay sober. Often, the mere repetition of these phrases will tranquilize unstable emotions and suggest better thinking. Later on, they may suggest more serious meditation.

These reminders are suggestions for you. They can be useful. Time and time again, you will hear from AAs that they were able to recall these thoughts in moments of crisis, with truly wonderful results. When you are in need of a "tranquilizer," take one of these. When you are disturbed by the thought of a drink, these reminders can give you a good thought to replace a harmful one. They are simple, but powerful remedies.

process you do once, they're something you bring with you, **carry out**, and **practice day after day**. You can also see that one of the themes of the Big Book is **change** and the other is **action**.

Miracles may happen to you (if you are aware) if you read the Big Book because you will find all you need to be on the road of recovery, as you apply the suggestions in your life; go to meetings and ask your sponsor anything you need to know. Good luck to you on this awesome journey.

Your Higher Power loves you and so do all your friends in Alcoholics Anonymous. Best wishes and good luck.

Gerri F.

Women's Daytime Group & Sunday Serenity Group

Greetings from Your Service Office

The mission statement for your Service Office states that we serve as "a clearing house for Alcoholics Anonymous" in New Hampshire. Not only do we process literature orders and maintain the Area 43 meeting database, we also field your questions regarding AA. A newcomer may ask the difference between open and closed meetings; someone might need directions to an AA function; or a member might call because a newcomer in his/her group only speaks Spanish. We're here to help you find answers and solutions for your AA concerns!

NHAA can rightly be proud of supporting and sustaining an active, open, well-staffed Service Office that can deliver that kind of help to those looking for a start in recovery as well as the hundreds of groups and thousands of individuals in AA across the state.

AA members and groups don't always buy books and supplies from the Service Office just because it is the cheapest source, although in most cases we are. They also buy their materials from the NHAA as a way to support the office's ongoing mission to stay open, to have a local voice to answer telephones and have someone to make those connections that help tie our state AA together.

So even though times are tight for individuals and groups, keep sending your orders to the Service Office. Send them in person or email, phone or snail mail. Your orders support this little office and its mission to be a clearinghouse for data and information for the whole state.

New Hampshire is a small state, but because we can maintain this Service Office, AA has a bigger footprint in the state. Our meetings can be found by the newcomer and the oldtimer alike!

Keep supporting AA in New Hampshire by sending your orders and donations to the Service Office. Ingrid and Mary Anne will be here with a greeting and a smile!

Thank you to Lin, Doug and Rich for all their help putting together this Pipeline. Thank you to Gerri, our office volunteer, for all your helpful service.

Special thanks to all of you who come to the Service Office to pick up orders. You save the Service Office so much in shipping and postage charges!

In grateful service,

Mary Anne and Ingrid