

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 November 2008

## A full and thankful heart results in joyous gratitude

*“One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine – both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.*

“I try to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one’s heartbeat must surely result in outgoing love, the finest emotion that we can ever know.” - As Bill Sees It

Newly sober, I couldn’t identify in the least with anyone who talked about such things as “joyful gratitude” or “full and thankful hearts.” As a matter of fact, just hearing people say words like thankful and gratitude, usually gave me a resentment!

There was one woman in particular in my home group who drove me absolutely nuts talking about gratitude! Every Sunday morning, she’d raise her hand and say, “My name is Susan and I’m an alcoholic. And I’m grateful to be here on a Sunday morning sober.”

And each week sitting behind her, I’d inwardly groan and think, “Is she nuts? Who in their right mind would be grateful to be here on a Sunday morning! Not only is it Sunday, the last day of my weekend, it’s a beautiful summer day and this is an hour and a half meeting!”

My resentment grew Sunday after Sunday as she consistently repeated this same phrase before sharing. I began dreading to see her raise her hand because I just didn’t think I could stomach hearing her say that phrase one more time.

It got to the point that driving home alone in my car after the meeting, I’d mimic her saying out loud to myself in a sarcastic tone, “My name is Susan and I’m an Alcoholic. And I’m grateful to be here on a Sunday morning sober.”

And then, one Sunday, just when I thought I couldn’t bear to hear her one more time, she said the dreaded phrase and I began thinking to myself: “What would I be doing on this Sunday morning if I were not at an AA meeting?”

And I realized, at that moment, that without meetings like my Sunday morning home group, I’d probably be drinking. And if it was Sunday, I’d probably have a hangover. I’d be searching for that morning drink to help me through the next couple of hours. I’d be telling myself that I had to be careful how much I drank throughout the day because I’d have to get up and go to work the next day. I’d be trying to figure out just why my daughter wasn’t talking to me and exactly what I’d done the night before.

And suddenly, I realized, I too, was grateful on that Sunday morning to be at an AA meeting sober.

Prior to that day, most of my tears were tears of self-pity and remorse. Today, the majority of the time, my tears are tears of gratitude.

Often I find myself overwhelmed with the emotion of gratitude - grateful for sobriety which has given me so much to be grateful for - grandchildren, who as of today, have never seen me drunk; a renewed relationship with my daughter who trusts me; a husband who doesn’t care if I only cook on weekends; for being able to give my employer an honest days work each day, for friends and family members, who have seen me at my worst and still love me as much as I love them; for the ability to laugh, be honest, make and keep promises and the ability to enjoy sunny days, rainy days, fall days and winter days; for the knowledge that I don’t have to be and never will be perfect or the best - that I just have to be me; for the spiritual connection I found through AA; for the ability to admit my mistakes and make amends; for glimpses of peace and serenity; for the ability to enjoy my own company; for people in AA like Susan, who consistently expressed her own gratitude and through whom, I discovered my own..

Rene P.

# Pipeline

A publication of the  
NH Area 43 Assembly of  
Alcoholics Anonymous

Email the Pipeline at  
pipeline@nhaa.net

## 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](http://www.nhaa.net)



# Group Information

## New Groups

### District 11

Laconia Monday 5:30 PM 6:30 PM 684880 SDX  
Happy Hour, Laconia Congregational Church, Veterans Sq.

### District 12

Manchester Saturday 6:00PM 7:00 PM 684978 SD  
Willow Women's Group, Family Willows Recovery Center, 161 So. Beech St

### Hooksett

Friday 8:00 PM 9:00 PM 684802 SD  
It Gets Better Group, Holy Rosary Parish, 21 Main St.

### District 13

Amherst Tuesday 7:30 PM 9:00 PM 684805 SD  
Amherst Spiritual Awakening, Messiah Lutheran Church, 303 State Rte 101

## Disbanded Meetings

### District 15

Somersworth Friday 8:00 PM 9:15 PM 108776 SD  
Somersworth Friday Beginners, Hilltop School, Highland & Grand Sts.

## Meeting Changes

### District 7

Jaffrey 6:30 PM 7:30 PM 108271 CD Meets downstairs in the Parish Hall  
Jaffrey Beginners Group, United Church Parish Hall, Main St., Rte. 124

### Jaffrey

6:00 PM 7:00 PM 178273 SD Meets downstairs in the Parish Hall  
Jaffrey Beginner's, United Church Parish Hall, Main St., Rte. 124

# The Seat of a Three Legged Stool

Stools without legs would be hard to visualize or understand, except by a group of alcoholics to whom unusual sights are no great rarity. Being alcoholic ourselves, we boldly present the seat of this stool from which we hope to develop an object lesson and to point out the continuity and close relation between Steps 1-2-3.

The true origin of the three-legged stool has long been lost in antiquity. But we gratefully accept it as it came to us with a single seat, three legs and no back. Can you imagine the modern bar without it?

The legless seat depicted here is as useless, incomplete and undependable as the shaky alcoholic it holds – the fellow whom psychiatrists claim “has both feet firmly planted in thin air.”

Like the seat, we alcoholics must have legs to support us. Our lives are confused, out of balance, uncontrolled. We should no longer deceive ourselves. We have no tolerance for alcohol. Our physical, mental and spiritual legs are gone. We need new ones – the A.A. kind which are suggested by Steps 1-2-3.

Reprinted from the book *Stools and Bottles*.

## 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 NHAA, 1330 Hooksett Rd., Hooksett, NH 03106. Thank you for your support!*

# September Donations

# Thank You!

BB STEP STUDY	AMHERST	FIRST LIGHT OF DAY	MANCHESTER
CLEAN & SERENE BB	BEDFORD	FREE AT LAST	MANCHESTER
DERBY DISCUSSION	BERLIN	HAPPY HOUR EAST	MANCHESTER
KINGSTON 12 & 12	BRENTWOOD	QUEEN CITY GROUP	MANCHESTER
GOOD ORDERLY DISCUSSION	CHICHESTER	WOMEN'S DAYTIME	MANCHESTER
12 STEP GROUP	CLAREMONT	SUNDAY SERENITY	MANCHESTER
COLEBROOK NOONERS	COLEBROOK	SUNDAY MORNING GROUP	MEREDITH
LIVE LAUGH LOVE GROUP	COLEBROOK	B&M FREEDOM GROUP	MERRIMACK
STEP SISTERS	COLEBROOK	MILFORD NO-NAME GROUP	MILFORD
BIG BOOK 12 STEP STUDY	CONCORD	NEW HORIZONS GROUP	MILFORD
YOUNG PEOPLES MEETING	CONCORD	MILTON 12 & 12	MILTON
WEDNESDAY NOON BB	CONCORD	EARLY BIRD GROUP	NASHUA
KEEP IT SIMPLE BEG	CONWAY	TERRACE GROUP	NASHUA
COME AS YOU ARE	CTR CONWAY	WOMEN EMBRACING	
FRI NIGHT POTPOURRI	CTR HARBOR	THE BASICS	NASHUA
DERRY WOMEN'S GROUP	DERRY	TSDD MEN'S PEACE OF MIND	NASHUA
NO FRILLS GROUP	DERRY	BIG BOOK 12 STEP STUDY	NASHUA
DERRY ORIGINAL GROUP	DERRY	REMEMBER WHEN GROUP	NASHUA
YOUNG AT HEART	DERRY	OUT TO LUNCH BUNCH	NASHUA
ROAD TO RECOVERY	DOVER	SOBER AND FREE	NASHUA
SAT. NITE COMMITMENT	DOVER	GVD GROUP	NEW LONDON
DOVER ORIGINAL	DOVER	POSITIVE START	NEW LONDON
SIMPLY GRATEFUL	EPSOM	OLD TIMERS K.I.S.	NEW LONDON
EXETER BIG BOOK	EXETER	NEW LONDON GROUP	NEW LONDON
GRATITUDE GROUP	FARMINGTON	LIVING HOPE	NORTHWOOD
TWIN RIVERS	FRANKLIN	12 STEP WOMEN'S GROUP	PELHAM
GOFFSTOWN WE UNDERSTAND	GOFFSTOWN	EARLY MORN. BB	PETERBOROUGH
WOMEN IN NEED OF SOBRIETY	GONIC	PETERBOROUGH	
SATURDAY MORNING AA	HAMPSTEAD	BEGINNERS MEETING	PETERBOROUGH
TUESDAY BEGINNERS GROUP	HAMPTON	COVERED BRIDGE GROUP	PLYMOUTH
WEDNESDAY BIG BOOK GRP	HAMPTON	NEW FREEDOM	PLYMOUTH
WORKING THE STEPS	HAMPTON	EYEOPENER GROUP	PORTSMOUTH
MENS BARE FACTS &		GOOD MORN. PORTSMOUTH	PORTSMOUTH
BRASS TACKS	HAMPTON	FAITH GROUP	PORTSMOUTH
MONDAY AT THREE	HAMPTON	PEACE OF MIND	SALEM
KEEP COMING BACK	HENNIKER	SALEM SAT. MORNING AA	SALEM
HILLSBORO ORIGINAL	HILLSBORO	FRI NIGHT BEGINNERS	SOMERSWORTH
JAFFREY BEGINNER'S	JAFFREY	BAIGIS GROUP	TAMWORTH
FRIDAY NIGHT GROUP	KEENE	FIRST THINGS FIRST	WEARE
T.O.A.D. GROUP	KEENE	NOONTIME GROUP	WOLFEBORO FALLS
ON AWAKENING	KEENE		
WHAT'S GOOD ABOUT TODAY	KITTERY		
BEGINNERS AWARENESS	LACONIA		
TUES NITE 12 STEP GROUP	LACONIA		
NORTH COUNTRY GRP	LANCASTER		
12&12 STEP GROUP	LITTLETON		
THURSDAY STEP GROUP	LITTLETON		
OUT TO LUNCH BUNCH	LITTLETON		
LADIES NITE OUT	MANCHESTER		
NEW LIFE GROUP	MANCHESTER		
NORTH END GROUP	MANCHESTER		
OVER 50 GROUP	MANCHESTER		

## Kingston Men's Group

### 22<sup>nd</sup> Anniversary/Potluck

November 11, 2008

Begins at 7 p.m.

First Congregational Church  
6 Church Street, Kingston

Short meeting and Potluck Supper  
Food donations gladly accepted.  
Wives and significant others invited.

# Active Appreciation

“Rarely have we seen a person fail who has thoroughly followed our path.” (AA Big Book, page 58).

This line from “How it Works” is read at nearly every AA meeting in the world, yet is the path that AAs follow today the same as it was when the old-timers wrote the Big Book? The basic principles of maintaining sobriety continue to be echoed in the rooms – “Don’t drink and go to meetings.” Yet is the same respect for AA evident? Is drinking and attending meetings enough?

For some people perhaps it is. For others, this minimal amount of action will only promote a means to “stay off the wagon.” AA promises us more as witnessed on pages 83-84 of the Big Book. However, the secret to experiencing the metamorphosis in one’s sobriety lies in the action that the alcoholic takes.

Stu D. once said that he asked Dr. Bob: “What is the secret to sobriety?” and Dr. Bob replied, “Don’t drink, go to meetings, read good literature, say your prayers and help a drunk.”

All of Dr. Bob’s suggestions require action. Reading good literature for instance, implies reading of the Big Book, the 12 & 12 and meditation books. Ask yourself, when was the last time you read any of this literature to another alcoholic perhaps the aging alcoholic who can no longer read the print upon the pages, or the alcoholic who cannot read?

Say your prayers – when was the last time you prayed unselfishly, or knelt with a sponsor or sponsee and prayed?

Perhaps the most important question – when was the last time you help a drunk? – Drove a drunk to a meeting? Set up a meeting room? Hung out long enough to clean up the meeting room? Made coffee? Donated literature to an individual or a group?

The old-timers blazed a trail for us and now the road to recovery falls upon us, the second generation of AA. An old-timer once said, “AA stands for Active Appreciation.” Ask yourself – am I active?

Anonymous

# Greetings from your Service Office

Bored with your literature table? The Service Office not only carries AA books, but other items produced by AA World Services and the Grapevine. While the Big Book and Living Sober are staples on the literature table, you can also add Grapevine books, tapes or CDs; large-print editions of most World Services books; the Man on the Bed print; or the new 2009 Grapevine wall calendars or pocket planners.

This month we also have a new book to offer that should help carry the message of AA. The Grapevine has published a new book called *Beginner’s Book: Getting Sober and Staying Sober in AA* (GV20 \$8.95). The new book is a compilation of stories from the Grapevine that are aimed specifically toward the beginner in AA. Articles are written by writers from around the world. The articles are brief and helpful for the newcomer and the not-so-newcomer.

The *Beginner’s Book* joins several other helpful books published by the Grapevine within the past year or so. Make a special note to look at (GV17) *Emotional Sobriety*, and (GV19) *In Our Own Words: Stories of Young AAs*, both published recently by the Grapevine.

If your group would like to buy some of these items (or you’re interested in obtaining them for yourself) you can download our order form from the website at [www.nhaa.net](http://www.nhaa.net),

or call us at 622-6967. Orders can be placed directly over the phone during business hours (10-4 Monday thru Friday and 10-2 Saturday), and we do take credit cards.

*Thanks to Katy and Geri for their help in the office.*

As always, if you have an extra meeting list book, pass it on.

In grateful service,  
Ingrid and Mary Anne

## Quotes on Gratitude

“I have trouble drawing up a gratitude list today because when I stop to think about what should go on the list and in what order, almost instantly I begin to laugh at myself for feeling gloomy. And then, I don’t need to make a gratitude list anymore.” – Anonymous

“When it comes to gratitude, my mind is like Teflon. When it comes to resentments, my mind is like fly paper. Meetings help me to reverse that phenomenon.”

- David K