

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

March 2008

## “I Deserved to Drink!”

Of course I deserved to drink. I didn't care that I couldn't control my drinking. It no longer mattered! If you had my life you would drink too...and blah de blah.

I had said it many times but this time it all ended differently. It was New Year's Eve so of course I must drink and have a good time. Huh, have a good time! Who was I trying to fool! Having a good time seldom went along with drinking anymore. Yet I was off to chase that elusive feeling of bliss. I left my dingy downtown motel room and headed for a local bar.

Then I sat there and drank. When I realized my meager purse was getting slim faster than I was approaching that feeling of bliss, I left. I stopped at a liquor store and bought a bottle. Then I returned to my motel room to enjoy my liquid company. Tet the bottle turned on me. Bliss never arrived. I prayed for oblivion, yet it never arrived either. Complimenting myself on my high tolerance for alcohol, I went to the grocery store and purchased a bottle. Again, I settled in for bliss or oblivion. I got neither! I was alone with myself with nothing to buffer the anxiety. Pity overcame me. It wasn't worth it. I couldn't stand to be sober and I couldn't get drunk. Briefly I thought of jumping out of the hotel window.

Then in my desperation, I screamed out, “Help me!” and suddenly I no longer felt alone in my room. I had given up, but there in the room, there was Something or

Someone, a Power greater than myself that would help me.

The desire to drink was lifted by the need to drink was not. I moved to my mother's couch where I shook terribly. My stomach was tied in painful knots. Still no memory of Alcoholics Anonymous returned to me even though I had been to meetings six or seven years earlier. Still believing the Power I had come to know in the hotel room would help me, I began weaning myself off alcohol with beer and codeine. After regaining my strength, I began returning to the beer bars.

One day this man offered to buy me a beer and truth came out. “Yes, I'll take that beer,” I said, “but I don't want to drink anymore.” It was such a strange thing to say. I had been affected by the Power I had encountered in the hotel room.

Strangely enough the man at the bar understood exactly what I was talking about. He bought me the beer, and then explained that when people want to stop drinking, they go to Alcoholics Anonymous. It was as though a light bulb went off in my head, and a memory of a smoky AA meeting room I had once visited many years ago came to mind.

The next day I called up Alcoholics Anonymous and since that day, my life has become more than I could possibly have hoped for.

*Anonymous*

*Reprinted from the San Diego AA Coordinator*

# Pipeline

A Publication of the  
NH Area 43 Assembly of  
**Alcoholics Anonymous**

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# 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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# Group Information

## New Groups

### District 12

Manch. Wednesday 7:00 PM 8:30 PM T266 DSG  
The Rainbow Group Unitarian Church 669 Union Street

Bedford Friday 10:15 PM 11:15 PM T267 DC  
Bedford After Hours St Elizabeth Seton Church Meeting House Road

### District 15

Dover Tuesday 5:30 PM 6:30 PM T268 HDB  
BB Step Study Triangle Club 120 Broadway

Durham Tuesday 6:30 PM 7:30 PM T263 DCBX  
Tuesday Night Step Meeting 20 Madbury Road

### District 17

Berlin Saturday 10:00 AM 11:00 AM 675744 HDS  
HHADAD St Vincent dePaul Healthcare Ctr 29 Providence Ave  
*Group restarted. Changed meeting day to Saturday.*

Berlin Friday 12:00 PM 1:00 PM T264 HDBSX  
Dealers' (Chairpersons') Choice St. Anne's Hall 260 School Street

## Meeting Changes

### District 7

Peterboro Thursday 7:00 PM 8:00 PM 108763 CD  
Peterborough Original Group Union Congregational Church 33 Concord St.  
*Time changed from 8-9pm to 7-8pm*

### District 8

Pittsfield Wednesday 7:30 PM 8:45 PM 677996 HDS  
A Vision For You Pittsfield Community Center 68 Main Street  
*Group name changed from Back to Basics.*

Concord Tuesday 7:15 PM 8:15 PM 162255  
New Womans' Step Group Concord Hospital(elevator B) 250 Pleasant Street, 5th fl  
*Changed from 4th floor to 5th floor room across from elevator*

### District 14

Exeter Saturday 8:00 AM 9:15 AM T258  
Be Happy! Unitarian Church, rear hall 12 Elm St  
*End time changed from 9am to 9:15am*

Portsmouth Tuesday 7:00 PM 8:00 PM T249  
One Step at a time United Methodist Church 129 Miller Ave  
*Group name changed from Step by Step*

### District 15

Dover Wednesday 7:00 PM 8:00 PM 117450  
Clean Sweep Group Picker Building, 2nd Floor Washington Center  
*Location changed from St. Joseph's Church, Central Ave*

## Disbanded Meetings

### District 12

Manch. Saturday 7:30 PM 9:00 PM 642977  
Living-Loving-Sharing 12 Steps New Horizon Shelter 199 Manchester Street

## 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!*

# January Donations THANK YOU!

ALTON	GATEWAY TO SOBRIETY
BEDFORD	CLEAN & SERENE BB
BERLIN	GUARDIAN ANGEL BIG BOOK
CLAREMONT	12 STEP GROUP
COLEBROOK	COLEBROOK MONDAY STEP
COLEBROOK	COLEBROOK NOONERS
CONCORD	CONCORD ORIGINAL
CONCORD	PRIMARY PURPOSE
DERRY	MEN'S BEGINNERS GROUP
DERRY	DERRY ORIGINAL GROUP
DERRY	DERRY WOMEN'S GROUP
DOVER	SAT. NITE COMMITMENT
DOVER	RESURRECTION GROUP
DOVER	AFTER WORK GROUP
DOVER	DOVER ORIGINAL
DURHAM	DURHAM ORIGINAL GROUP
EPSOM	SIMPLY GRATEFUL
EXETER	EXETER SERENITY
EXETER	AS BILL SEES IT
GILFORD	GILFORD SUN ORIGINAL
GONIC	WOMEN IN NEED OF SOBRIETY
HAMPSTEAD	HAMPSTEAD ANGELS
HAMPTON	EYE OPENER GROUP
HANOVER	BROWN BAG GROUP
KEENE	T.O.A.D. GROUP
KINGSTON	KINGSTON MEN'S GROUP
KITTERY	WHAT'S GOOD ABOUT TODAY
LACONIA	SATURDAY NITE ALIVE
LEBANON	WED NIGHT STEP MTG
LEE	LEE DISCUSSION GROUP
LITTLETON	ORIGINAL SUNDAY NITE GRP
LITTLETON	OUT TO LUNCH BUNCH
LITTLETON	AS BILL SEES IT
MILTON	MILTON 12 & 12
MANCHESTER	HEARD THROUGH THE GRAPEVINE
MANCHESTER	PATHWAY TO SOBRIETY
MANCHESTER	FIRST LIGHT OF DAY
MANCHESTER	QUEEN CITY GROUP
MANCHESTER	NORTH END GROUP
MANCHESTER	KEEP IT SIMPLE
MANCHESTER	JOY OF LIVING
MANCHESTER	NEW LIFE GROUP
MANCHESTER	FREE AT LAST
MILFORD	MILFORD ORIGINAL GROUP
MILFORD	NEW HORIZONS GROUP
MILFORD	SOUHEGAN SUNRISE
MILTON	MILTON AA GROUP
MOULTONBORO	WINNIE'S WOMENS GRP
MOULTONBORO	OLD FARM 12 STEP GROUP
NASHUA	TUESDAY NITE TRADITIONS
NASHUA	SO NASHUA TODAY GROUP
NASHUA	OUT TO LUNCH BUNCH
NASHUA	THERE IS A SOLUTION
NASHUA	EARLY BIRD GROUP
NASHUA	SOBER & FREE
NEW LONDON	GVD GROUP
NEWPORT	HAPPY HOUR BB MTG
PETERBOROUGH	MOUNTAIN TOP MEETING
PLAISTOW	FRIDAY NITE LIVE
PLYMOUTH	WOMEN'S MEETING
PORTSMOUTH	GOOD MORN. PORTSMOUTH
PORTSMOUTH	EYEOPENER GROUP
PORTSMOUTH	HIGH NOONERS
RYE	RYE RECOVERY
SALEM	GENESIS 12 STEP GROUP
SALEM	SALEM NOONTIME GROUP
SALEM	11TH STEP MTG
SPRINGFIELD	SATURDAY NITE LIVE
TAMWORTH	BAIGIS GROUP
TILTON	TILTON-FRANKLIN GROUP
WARNER	WARNER CAP GROUP
WARNER	WARNER GROUP
WEARE	FIRST THINGS FIRST
WOLFEBORO	COFFEE AND DOUGHNUTS
WOLFEBORO FALLS	NOONTIME GROUP

# Greetings from Your Service Office

Your Area Service Office serves over 587 groups around New Hampshire, and most of these groups buy their literature from us. We also sell literature to treatment facilities and others who work with alcoholics, as well as a few groups from bordering states. This adds up to a lot of Big Books! In 2007, we sold:

- over 27,000 statewide meeting lists
- 13,214 World Services books, including 5,272 Big Books
- 22,404 World Services pamphlets
- 169 Grapevine CDs (“It Works if We Work It” at the top)
- 104 Grapevine cassettes (“Classic Tape #2 and #3” tapes leading the pack)
- 850 Grapevine books (“Emotional Sobriety: The Next Frontier” proving most popular)
- 19,822 monthly chips (about 5,400 newcomer chips)
- 5,171 bronze medallions
- around 2,900 stickers

Keep those orders coming! You can get your literature in person, by mail, or by phone with a credit card. Please don't send us your credit card information by e-mail; our connection is not secure and your information could be stolen. Some people do e-mail their orders and then call us separately with their credit card information – this works well.

You can download our order form off from the Area 43 website at [www.nhaa.net](http://www.nhaa.net). This month we're including an order form with your Pipeline for the convenience of all AA groups in NH.

Next time you order, consider a Grapevine CD. We have 10 different titles to choose from. The latest addition is “Powers of Example: AAs Talk About Practicing the Principles in Everyday Life”. CDs make good listening in the car.

Thank you to Geri F. of Candia and Don H. of Manchester and Gaye of Raymond for helping us in the office.

*In grateful service,  
Mary Anne and Ingrid*

# Translating the Slogans of Alcoholics Anonymous

There are some standard sayings in the rooms of AA and then there are those not uttered as often as they used to be but still just as important:

*Easy Does It* – This means taking your time when it comes to not getting caught up in the rushing of a task whether it be driving or overwhelming yourself with too many duties.

*Think, Think, Think* – This translates into thinking the drink through before you take it regarding relapse.

*But for the Grace of God* – People in recovery often use this phrase when they speak about members who “go back out” and drink, meaning, “But for the Grace of God Go I.”

*One Day at a Time* – Newcomers are often told this to remember that they only have to stay sober for 24 hours each day.

*Let Go and Let God* – This phrase has to do with the third step and the prayer that goes along with it which means a higher power is in charge of your life.

*This Too Shall Pass* – Meaning whatever crisis is at the moment, eventually it will go away.

*Expect Miracles* – This goes along with the idea that God has no limits.

*I Can't, He can, I Think I'll Let Him* – This ties in with Steps 1-3 in the textbook Alcoholics Anonymous.

*If It Works, Don't Fix It* – Like the old New Coke/Classic Coke battle, “If it ain't broke, don't fix it.” If what you're doing is working in your life, don't stop doing it.

*Keep Coming Back, It Works If You Work It* – Keep coming back to meetings. The program works if you work the steps.

*Stick with the Winners* – Not those in relapse mode or people who don't really want to get sober but just use people in the program for money, etc.

*Sobriety is a Journey, Not a Destination* – Enjoy the trip and stay in the now.

*Faith Without Works is Dead* – Even the most devout person can have all the knowledge in the world but if doesn't practice his faith in a higher power in his daily life, it won't do any good.

*Poor Me, Poor Me, Pour Me Another Drink* – Translation: Don't lapse into self-pity.

*To Thine Own Self Be True* – Written on every AA medallion which marks various points in sobriety. It means to take care of yourself with regard to your sobriety.

*I Came, I Came to, I Came to Believe* – This has to do with coming to meetings, coming out of the fog, and coming to believe in a Higher Power.

*Live in the Now* – Stay in the moment and not project into the future.

*If God Seems Far Away, Who Moved?* – This is related to you taking back the power and not letting a higher power guide you.

*Turn It Over* – Turn it over to a higher power whether it be a job decision, a divorce, etc.

*I'll be perfect as soon as I get this walking on water thing down!*

**George B., Goffstown**