

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 NHI Area 43 Assembly

May 2008

AA Slogans: Corny, but useful tools

Slogans? When first introduced to those signs on the walls in AA rooms, I thought they were corny. How are slogans like these going to keep me from drinking, I asked myself. Then after a few 24 hours it became clear that they are useful tools of the program. It is amazing that when something is bothering me how I can recite the applicable slogan a few times and feel better. My favorite slogans are:

- One Day at a Time.
- Wearing life as a loose garment. I really like this one. I was a really a tight ball of anger, rage, uncomfortability and other feelings that I can't convey to you guys. (I'm getting tight typing right now!).
- We are not a glum lot (Didn't come into AA to be miserable, I work on this one constantly).

One I heard a few years ago in this meeting that I loved was having resentment is like drinking poison and expecting the other person to die. I love that. It is so true, I hear people with resentments all the time. Most of the time, the other person has no clue that there is even an issue.

Here are a few more sayings I've heard in AA that have helped me over the years.

- Easy does it, but do it.
- First things first.
- Live and let live.
- But for the grace of God.
- Let go and let God.
- Kiss - keep it simple stupid.
- This too shall pass.
- I can't. He can. I think I'll let him.
- Sobriety is a journey not a destination.
- The road to sobriety is a simply journey for confused people with a complicated disease.
- Change is a process, not an event.
- Take the cotton out of your ears and put it in your mouth.
- Take what you need and leave the rest.
- Alcoholism is an equal opportunity destroyer.
- If God seems far away, who moved?
- I came, came to and came to believe.
- It's the first drink that gets you drunk.

- To keep it you have to give it away.
- Make plans, but don't plan the outcome.
- Backsliding begins when knee bending stops.
- If I think - I won't drink. If I drink - I can't think.
- Fear is the darkroom where negatives are developed.
- Keep an attitude of gratitude.
- Anger is but one letter away from danger.
- Humility is acceptance of ourselves.
- Alcoholism is the only disease that tells you you're all right.
- Serenity is not freedom from the storm, but peace amidst the storm.
- Knowledge of the answers never made anyone slip, it was failing to practice the answers known.
- When you do all the talking, you only learn what you already know.
- AA won't keep you from going to hell, nor is it a ticket to Heaven, but it will keep you sober long enough to make up your mind which way you want to go!
- Willingness without action is fantasy.
- Seven days without a meeting make one weak.
- Sobriety delivers everything alcohol promised.
- Slogans are wisdom written in shorthand.
- AA has a wrench to fit every nut that walks through a meeting room door.
- AA works for people who don't believe in God, but it doesn't work for people who believe they are God..
- There are two days in every week which we have no control over – yesterday and tomorrow. Today is the only day we can change.
- The road to disappointment (resentment) is paved with expectation.
- Denial is not a river in Egypt.
- Don't give up before the miracle happens.
- The AA way of life is meant to be bread for daily use, not cake for special occasions.
- Pain is the touchstone of spiritual growth.
- Courage is faith that has said its prayers.

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Pipeline

A publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

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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.



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Group Information

Meeting Changes

District 7

Peterborough Sunday 7:00 PM 8:00 PM DS

Peterborough Beginners Meeting *Changed Name to:* Creating Positive Change

District 8

Hopkinton Thursday 8:00 PM 9:00 PM HDS (*Meeting type change - Added H*)
One Day At A Time - St Andrews Episcopal Church - 354 Main St

District 9

Derry Thursday 7:30 PM 8:30 PM HDB (*Time Change*)
Beaver Lake Group - 1st Congregational Church - Old Hampstead Road

District 12

Manchester Friday 8:30 PM 9:30 PM (*Location change*)
Queen City Group - American Eagle Club - 140 Central St, back door

District 13

Nashua Monday 7:30 PM 9:00 PM (*Meeting type change - Added H*)
Women's One Speaker Discussion - 1st Baptist Church - Manchester St

District 13

Nashua M-Sat (*Meeting type change - Added H*)
Early Birds - St Joseph's Hospital - 172 Kinsley St

District 15

Farmington Monday 8:00 PM 9:00 PM (*Smoking removed. End time changed.*)
Gratitude Group - Community Center - South Main St

Disbanded Meetings

District 11

Laconia Sunday 3:00 PM 4:00 PM
New Beginners Group - Lakes Region General Hospital - Highland St.

Third Annual Founders Day Camp Out scheduled in June

The Third Annual Founders Day Camp Out, sponsored by the Plymouth Saturday Night Original Group, will be held June 6th, 7th and 8th at Maplehaven Campground, Rte, 112 in N. Woodstock.

All are invited to bring their families and celebrate AA's 73rd birthday. The weekend will feature two meetings a day.

To reserve a campsite, call 603-745-3350. For more information call Bob at 603-745-2719.

Exeter Monday Night Group to celebrate 40th anniversary

The Exeter Monday Night Group will celebrate its 40th Anniversary Monday, May 19th from 6:30 p.m. to 9 p.m. at Christ Church, located at 43 Pine St., Exeter.

All are invited to join the celebration which will feature two special guest speakers, food, fellowship and special raffles. Dessert donations appreciated.

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!

March Donations

SUNDAY 12 & 12	ATKINSON
BARNSTEAD ORIGINAL	BARNSTEAD
BARRINGTON GROUP	BARRINGTON
WATCH YOUR STEP	BERLIN
GOOD ORDERLY DISCUSSION	CHICHESTER
YOUNG PEOPLES MEETING	CONCORD
BYOC	CONCORD
DERRY ORIGINAL GROUP	DERRY
DERRY WOMEN'S GROUP	DERRY
NO FRILLS GROUP	DERRY
BACK TO BASICS	DERRY
SAT NITE COMMITMENT	DOVER
WEDNESDAY NOON GROUP	DOVER
DOVER ORIGINAL	DOVER
GARDEN VARIETY GROUP	EXETER
EXETER SERENITY	EXETER
WOMEN IN NEED OF SOBRIETY	GONIC
ROCK & RYE	HAMPTON
GET IT TOGETHER GROUP	HUDSON
JACKSON STEPS GROUP	JACKSON
CHESHIRE GROUP	KEENE
FRIDAY NIGHT GROUP	KEENE
WHAT'S GOOD ABOUT TODAY	KITTERY
BEGINNERS AWARENESS	LACONIA
ORDINARY WHOOPEE PARTY	LEBANON
ORIGINAL SUNDAY NITE GRP	LITTLETON
THURSDAY STEP GROUP	LITTLETON
LIVE AND LET LIVE	LONDONDERRY
HEARD THROUGH THE GRAPEVINE	MANCHESTER
LETS TALK ABOUT IT	MANCHESTER
AMOSKEAG FALLS BB	MANCHESTER
LAKE MASSABESIC	MANCHESTER
QUEEN CITY GROUP	MANCHESTER
LADIES NITE OUT	MANCHESTER
NORTH END GROUP	MANCHESTER
SUNDAY SERENITY	MANCHESTER
BIG BOOK STUDY	MANCHESTER
HARD HAT GROUP	MANCHESTER
NEW LIFE GROUP	MANCHESTER
OVER GROUP	MANCHESTER
FREE AT LAST	MANCHESTER
B&M FREEDOM GROUP	MERRIMACK
MILFORD NO-NAME GROUP	MILFORD
MILFORD BEGINNERS	MILFORD
NEW HORIZONS GROUP	MILFORD
SOUHEGAN SUNRISE	MILFORD
MILTON 12 & 12	MILTON
TSDD MEN'S PEACE OF MIND	NASHUA
BIG BOOK STEP STUDY	NASHUA
OUT TO LUNCH BUNCH	NASHUA
NASHUA ORIGINAL	NASHUA
TERRACE GROUP	NASHUA
OLD TIMERS KIS	NASHUA
STEP WOMEN'S GROUP	NEW LONDON
WOMEN LIVING IN SOLUTION	PELHAM
FRIDAY NITE LIVE	PEMBROKE
SATURDAY NIGHT ORIGINAL	PLAISTOW
	PLYMOUTH

Thank You!

GOOD MORN PORTSMOUTH	PORTSMOUTH
STEP BY STEP	PORTSMOUTH
SUN MORNING DAYBREAK	PORTSMOUTH
HAPPY HOUR GRP	PORTSMOUTH
COURAGE TO CHANGE	RAYMOND
RYE RECOVERY	RYE
GENESIS STEP	SALEM
WOODSVILLE AREA	WOODSVILLE

Greetings from Your Service Office

Does your group make seventh tradition contributions to district, area and national levels of Alcoholics Anonymous? In AA, service entities such as your Area Assembly are supported directly by group contributions. When AA members throw a couple bucks in the basket, the collection is used to cover the group's expenses, such as rent, the purchase of literature, and coffee supplies. Some groups have a prudent reserve, which is money they set aside to cover emergency expenses.

After group responsibilities are met, groups are encouraged to support their district, area and national AA entities. Seventh tradition contributions at this level support service work that groups would be unable to do on their own, like public information, corrections, or cooperation with professionals. There is plenty of literature regarding this form of self-support, including (F3) **"Self-Support: Where Money and Spirituality Mix"**; (F96) **"Memo to a Group Treasurer"**; and (P16) **"The AA Group"** – all available from your service office.

If your group would like to make donations, but are unsure of where to send them, we can help:

Peterborough region:	District 7, PO Box 527, Peterborough NH 03458-0527
Concord region:	District 8, PO Box 1892, Concord NH 03302-1892
Derry region:	District 9, PO Box 1182, Derry NH 03038-1182
Salem region:	District 10, PO Box 366, Salem NH 03079-0366
Laconia region:	District 11, PO Box 200, Plymouth NH 03226-0200
Manchester region:	District 12, PO Box 3814, Manchester NH 03105-3814
Nashua region:	District 13, PO Box 3513, Nashua NH 03061-3513
Seacoast region:	District 14, PO Box 447, Kittery ME 03904-0447
Dover/Rochester region:	District 15, PO Box 1338, Dover NH 03820-1338

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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 4 weeks). After one month, report to him, (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... Page 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 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

Collecting Group Histories

When you provide the history of your group, it will only be used for two purposes. First, it will become part of a permanent record keeping project, which will insure that future generations of AA's will have access to their history.

The primary purpose of archives is to provide an accurate picture of where we came from, so that we will be able to chart the right course for where we are going.

Please remember that if you are a new group you still have a history that we are interested in and wish to have on record. I suggest that you appoint someone to do a research project in order to take your history and write it in story form.

Second, your 'story form' histories will be published exactly the way they are if selected to be published in our "70 year" history book, coming out late in 2008.

Please forward your group histories to the NHAA Office, Attn: Archivist.

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.

Slogans _____ Continued from Page 1

- Even my worst day in sobriety is better than my best day drunk.
- The elevator is broken – use the steps.
- Trust God, clean house, help others.
- Anonymity is so important – it's half of our name.
- The time to attend a meeting is when you least feel like going.
- When a person tries to control their drinking, they're already out of control.
- Principles before personalities.
- The person with the most sobriety at a meeting is the one who got up the earliest that morning.
- HALT – Don't get too hungry, angry, lonely or tired.
- When you head begins to swell, your mind stops growing.
- AA works if you work it.
- We are only as sick as our secrets.
- Keep coming back

Author Unknown

Service Office _____ Continued from Page 3

Wolfeboro/Lakes region north :	District 16, 18 Bishops Gate Rd., Wolfeboro NH 03894
North Country region:	District 17, PO Box 604, Franconia NH 03580-0604
Newport/Sunapee region:	District 18, PO Box 182, Newport NH 03773-0182
Keene region:	District 19, PO Box 169, Keene NH 03431-0169
North Conway region:	District 20, PO Box 2153, North Conway NH 03860-2153
Lebanon/Hanover region:	District 21, PO Box 708, Lebanon NH 03766-0708

And

Area (state) level:	NH Area Assembly, 1330 Hooksett Rd, Hooksett NH 03106
National level:	General Service Board, GSO, Box 459, Grand Central Station, New York, NY 10163.

When you send your donation to GSO, include your group number. You can find the six digit group number in the statewide meeting list right after your group's name.

A big thank you to Geri for her continued commitment to volunteer work at the service office.

In grateful service,
Mary Anne and Ingrid