



PIPELINE



Happy New Year! Pipeline Needs your Help.

Welcome to the new face of Pipeline! We hope you enjoyed a wonderful holiday season. My name is Jen S., and I'm an alcoholic. It took me over 20 years of drinking to finally be able to say those words out loud and to say them in way that meant I was going to do something about it. Now I am blessed with a year of sobriety and with the gift of being of service to our NH Area as Pipeline Chair. I look forward to this opportunity as a chance to give back to so many who have helped me.

You can help, too!

An easy way to give back to other alcoholics is to share your experience, strength and hope. Of course, getting up in front a group of people can make just about anyone nervous. Why not tell your story in writing in an issue of Pipeline? It's a chance to give back without all the butterflies of public speaking. If every District in NH can contribute 1 or 2 stories a year, we'll have plenty of material to share with our membership.

Here are some suggestions:

- ◆ An anecdote or spiritual experience (1-3 paragraphs)
- ◆ Tell your story (1 to 1.5 pages typed, single spaced, 10pt font)
- ◆ The value of an AA event you attended (1-3 paragraphs)
- ◆ A valuable lesson learned (1-3 paragraphs)

To help get the year started, Marianne J. from Andover, NH, and my mother, formerly of Nashua, NH, have both been kind enough to share their experience, strength and hope with us in this issue. I hope you enjoy their stories—and we look forward to you contributing yours.

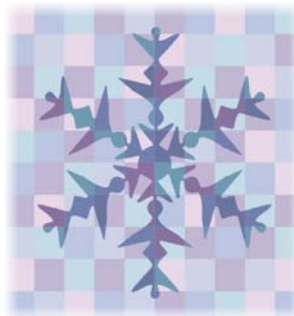
Please send your material to:

- ◆ Email: pipeline@nhaa.net
- ◆ Mail: NH Area Office, 1330 Hooksett Road, Hooksett, NH 03106, Attn: Pipeline

Thank you in advance for your service!

Still Powerless After All these Years...

Powerless over alcohol - yes, that is me. And for me, it was not always that way. As a teenager, I had fun with alcohol, never got into serious trouble with it - only because I drank at a time when the police use to escort us home when we were drunk. Unlike today when I would have been arrested, jailed and lost my license. In the beginning, I did not drink every day, but as time went on, I thought about booze for weekends and parties, and where to go to get the alcohol as a minor. Even then, though I did not drink daily, I was always planning my next escapade. I hung out with people that drank and partied like I did and only dated guys that drank like I did. If you did not drink and made the fatal mistake of commenting on my drinking, you were history. Little did I know, I had



begun a lifestyle that came close to physically killing me, spiritually bankrupted me, and made me very mentally ill.

As I gravitated towards people that drank like me, I married a man who drank like me and together we continued our drinking together. We became parents of 2 lovely little girls. The drinking continued and I started my downhill spiral into oblivion. I became very physically ill from alcohol - the hangovers and headaches were becoming unbearable. I was now kneeling at the toilet bowl - and believe me, this was not to say my morning prayers. My husband and I were drinking buddies and we stole each other's bottles. Because he did not get physically ill like I

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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 AA 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 AA movement it mirrors, the primary purpose of the New Hampshire Pipeline will be to try to carry the AA message to alcoholics and practice the AA principals in all its affairs.

NH Area Hotline
1-800-593-3300



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Sat: 10am—2pm

Still Powerless...

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did, he picked up the slack. I could no longer drive a vehicle because of the anxiety attacks I would get if I did not have alcohol in my system. I had fears of driving over bridges and into tunnels, and was the cause of many traffic tie-ups in my town.

By this time, the doctor had prescribed tranquilizers and sleeping pills as I no longer could sleep. I became the person they talk about on page 22 of the Big Book, "...as matters grow worse, he begins to use high-powered sedatives and liquor to quiet his nerves..." I became that person and reached a point of no return and insanity. I no longer wanted to drink but



could not stop, no matter what I promised myself. I changed the times I would start drinking, only to be faced with anxiety attacks, unknown fears: fears of dying and leaving my kids without a mom; fears of the phone (yet making phone calls in blackouts); fears of insulting people and not remembering a thing the next day. I was doing so many things in blackouts that I was so ashamed of the next day (once I was reminded by my husband or friends of what I had done or said). I could not stop. I did not lose out financially only because my husband worked and provided for us. Left

to my own devices, I would have been in trouble: I could no longer work and I know I would have been homeless and lost my kids if it were not for him. I must never forget that.

Finally, 7 years prior to my first AA meeting, a man who was our accountant by the name of Fred A., told me at a party that he no longer drank and had not drunk for years. He was a member of Alcoholics Anonymous. I kept that in the back of my head and said to myself: "That is who I will call if I ever get bad." I should have gone right then and there, but that was not what was meant to be.

After seven more years of troubles, on June 23, 1976, I called Fred A. late one night and asked him to take me to AA. He said he would pick me up and take me to a meeting. On that day, the Grace of God entered my life - I did not pick up a drink or a pill. Because I made so many blackout phone calls, I wasn't sure if I had actually called Fred or not. And I was too afraid to call him again in case I hadn't. But he showed up around 7pm to take me to the 8:30 Wednesday Night Original Group, in Nashua, NH.

That night, my death was interrupted by that meeting. My liver enzymes were no longer normal, my kidneys were struggling, and I was not far from drinking myself to total insanity and death. At the meeting, I saw wonderfully happy sober people. I heard 3 speakers, but did not comprehend

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Still Powerless...

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much. Still, I took home one thing and this was to get on my knees and ask God to keep me sober. This I could do because I still believed in God when I got to AA. I had asked God many times during bad hangovers to not let me die in the night - I did not want to die drunk and leave my kids behind. I was introduced to so many nice people. Ladies that looked and acted like ladies. I wanted what they had so bad. When I got home that night, I went right to my room, got on my knees and I knew I would never have to drink again. I did not know how it would all come about, but I knew it in my soul.

I was told to go to meetings daily, and I did unless I was ill or my children were ill. I did that for 3 years. I was told to read the Big Book, and I did. Even though I did not comprehend it, I did what I was told. I was told to get a sponsor, and I got Marge B., Muriel C., and a few more over the years, but more importantly, I did what they told me. I did the 12 steps as they are written. I did the 4th and 5th steps according to the chapter "Into Action" in the Big Book - not with a sponsor, but with an outside person who did not even know my name. I trusted totally the old timers that came before me and were walking their talk. They did not want to see or hear my 5th step - all was done by the book. I remember getting so much from Big Tim Daly who died with many years of sobriety.



The days passed - both good and bad things happened in sobriety. In other words, life went on. In the early years, I experienced financial losses, divorce, etc. - all part of life and cleaning the wreckage of my past. Amends were made and most accepted. New friends and new relationships came and went according to God's plan for me. Good things happened, too - I experienced an AA marriage that lasted 25 years and I was sober to watch my soul mate, Ray K., pass on to the Big Meeting in Heaven, taking 42 years of continuous sobriety with him.

One of my daughters has been blessed with the God Given Gift of AA sobriety. I was told that if I had all the 12 steps in my life, that I would not drink, no matter what. This is true. You see, for me the 12 steps equal Spirituality, Spirituality equals Sobriety, and Sobriety equals the JOY of living a good and sober life.

It is 33 plus years later and I am still as powerless over alcohol as I was on June 23, 1976. But because of my God, Alcoholics Anonymous, and the 12 steps in my life, I no longer have to drink - One Day at Time. As I continue to attend meetings, carry the message, and do the things that those wonderful Old Timers taught me to do, I am no longer obsessed with alcohol. I have peace of mind and serenity most of the time. I too want to die sober, and for that I must live sober using my God given AA program. If you are new, stay and you will have a life that you never dreamed possible. AA works if you work it, and I thank my God daily for my sobriety.

- Kim K., 6/23/1976, Bullhead City, AZ (formerly Nashua, NH)

Group Info.

New Meetings

District 11
Laconia, T319, DG
Thursday, 5:30-6:30pm
 GLBT & Free
 Unitarian Universalist Church
 172 Pleasant Street

District 13
Nashua, 609526, HDBX
Sunday, 6:30-7:30am
 Early Birds
 Harbor Homes
 45 High Street
(Nashua Early Birds added Sunday)

Meetings Changes

District 8
Concord, 162255, X
Tuesday 7:15-8:30pm
 New Women's Step Group
 Union Local 490
 48 Airport Road

District 10
Salem, 108682, HD
Tuesday, 6:45-8pm
 Salem Beginner's Group
 St. David's Church
 231 Main Street
(location change from American Legion Post 63)

District 12
Manchester, 140514, HS
Wednesday, 7:15-8:30pm
 Lake Massabesic Group
 Congregational Church
 321 S. Main Street
(start time changed to 7:15pm)

Monthly Donations

Thank you to all the Meetings that contributed this month! Your donations are critical to the continued success of AA in our Area as we carry the message to fellow alcoholics.

Thank You!

I Finally Found Myself — In New London, NH

My journey to beautiful New Hampshire was not an easy one. Having had symptoms of alcoholism at a very young age, alcohol had finally destroyed my mind, body, and soul at age 36. I am lucky enough to have found Alcoholics Anonymous, which I view now as my family.

I had considered myself a binge drinker, always getting in trouble nearly every single time alcohol crossed my lips. Although my perception was that it was me or depression but never, ever alcohol! From the very start at the age of 15 when I had my first “drunk” I was a liar, cheat, and a thief. I struggled for years with psychiatrists and mental health counselors and all they fed me were mood altering drugs. All I ever wanted was to be “me” but I could never find out who I was because I was drowning myself in alcohol as well as other things.

After having 2 beautiful children the depression was unbearable and suicide was the only answer. This landed me in the hospital and a 30-day rehabilitation center. Still in complete denial, upon leaving the rehab center I immediately relapsed. My higher power was giving me signs that he was there but I was not open or accepting of help.

Finally, after losing everything, I chose life and entered another rehabilitation center in Laguna Beach, California. After completing a 30 day program, 60 day sober living program and working at a rehab center, I considered myself safe and let my program slip; therefore I slipped and ended up empty physically and mentally all over again.

Having one last relative to call and plead for another chance, I got it and although New London, NH was not my first choice, I would never change a thing. I have found myself and I love my life today. I have hope and that was previously inconceivable to me. I am a true believer that you have to take every drink to get to where you are in your sobriety and only my belief in a higher power can relieve me from my alcoholism. My sobriety date is September 1, 2008 and I work Alcoholics Anonymous one day at a time.

- Marianne J., Andover, NH

Let's Hear From You

Short Articles, Photos, Letters, Suggestions & Constructive Criticism.

- **Email to:** pipeline@nhaa.net, or
- **Mail to:** NH Assembly Office, 1330 Hooksett Road, Hooksett, NH 03106, Attn: Pipeline

This newsletter is by and for alcoholics. Material may be edited for clarity and length. This newsletter and earlier issues can be printed from the Area 43 website: www.nhaa.net.

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We need your help!

We need at least one hundred subscriptions to make our minimum for bulk mailing and we've been coming up short. If just one more group from each district ordered Pipeline, we'll be at our goal!

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 #: _____

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(if for group, please use GSR for the address)

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Send \$6 for each group subscription (10 copies/month annually) or \$3.50 for each individual subscription (2 copies) to NHAA, 1330 Hooksett Road, Hooksett, NH 03106. Thank you for your support!