

NHAA PIPELINE

A Publication of the NH Area 43 Assembly of Alcoholics Anonymous

October 2015



Halloween Happiness!

- District 8 Halloween Dance. Saturday, October 31, 6 p.m. to midnight. Wesley United Methodist Church, 79 Clinton Street, Concord. \$8 per person. Chili and Chowder Potluck; prize for best costume!
- District 11 Halloween Bash. Saturday, October 31, 8 p.m. to midnight. Congregational Church, 69 Pleasant Street, Laconia. DJ, Dancing, Costume Contest, Raffle, Fellowship.
- District 13 Halloween Party, Saturday, October 31. 8-11 p.m. Good Shepherd Church, 214 Main Street, Nashua. Light refreshments, music, dancing. Prizes for best costume, scariest, best couple.

Living in Emotional Sobriety

—*This Too Shall Pass*

Being a responsible adult is difficult. Sometimes the best we can muster is to suit up and show up despite how we feel. However, experiencing emotions without resorting to various kinds of escapes is far more challenging than I thought it would be when I first got sober. Believing that my feelings would pass sometimes requires more faith than I can muster on my own. “This too shall pass” seems like a hollow platitude at these times, mocking me. It seems that I’m going to feel crappy forever. Compounding the dilemma is the knowledge that the emotional world I am experiencing is not matched by what is happening in the world around me. Nothing terrible is happening. There might actually be a whole lot of wonder and amazement going on and still I feel a deep nagging self-doubt that borders on depression. The feelings seem to have a connection to reality that is random and tentative. The feeling that this is *never* going to change is especially acute when I can clearly see that I am using every tool in my tool kit and the feeling is persisting: I’m meditating, praying, writing gratitude lists, going to meetings, active in a home group, working the steps. I’m suiting up and showing up and still my emotional reactions to life are *not* sober. It is at these times that one particular lesson I have learned becomes essential – we are not alone.

The gentle reminder to behave in such a way so that I don’t owe a future amends has been helpful in untangling my emotions from my actions. I can only get this insight when I talk to people I trust. I can act like a decent, responsible person even

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Living in Emotional Sobriety—*This Too Shall Pass* (continued from page 1)

when I don't feel that way. I can suit up and show up for work and family obligations when the fantasy of chucking it all and driving to the Grand Canyon on a whim seems to crowd out sane thought. I can act my way into sobriety, but I can't think my way into sobriety. But what about these pesky emotions? It seems clear that I can feel my way *out* of sobriety. I can believe that truly insane part of my mind that says, "This one is not going away! Forget everything experience has taught you. This time will be different. This time the feelings are *never going to change*." Does that sound familiar? "This time will be different?" Right. When I start to listen to that part of my mind, like I was earlier today driving home from a hard day at work, the thought of drinking seemed normal and acceptable. "This time will be different."

When people I admire say that their higher power speaks to them through others, I believe them. When I set aside my pride enough to ask for help, to tell my troubles to someone I trust and really listen to their response, I get relief. It doesn't always last, but for those moments, I feel okay. Why I don't actually follow their suggestions right then and there is a mystery for another day. The effect is even greater when I manage to focus on helping somebody else. It gets me out of my selfish mindset and allows grace to enter, unbidden, humbly and quietly. Grace comes and another layer of my former self seems to have been shed. I keep learning the same lesson – when I make the program about *we* instead of about *me*, new channels open up. New possibilities awaken like seeds germinating in the desert after a long drought has ended.

The hardest part of the first three steps was accepting that I needed to be restored to sanity. I could accept that I was an alcoholic who could not stop drinking on his own, but crazy? Me? No way. I am grateful today that the full extent of my emotional and spiritual withering, the real crazy that booze was anesthetizing was not made clear to me day one. In the stubborn hope of early sobriety, I wanted to believe that I wasn't really crazy, that my problem was alcohol and that once I managed to stop, all would be well. Well, that didn't happen. In response to a recent experience where I let some of the crazy out at a meeting and felt very embarrassed after, a friend remarked, "We are all crazy, but thankfully not all on the same day." I have been given an infinitely precious gift, a spirituality that includes grace, faith, hope and love. And of these, love may be the greatest, but slowly, slowly, with the help of others, I am gaining in faith that *This Too Shall Pass*.

- Greg O, Concord, NH

HEY! Yes, you, reading The Pipeline!

To make sure everyone knows what's going on in your district, please go to the link below to submit your district or group's event:

<http://www.nhaa.net/districts/submit-a-district-or-group-event/>

Your group or district's event will then appear on the NHAAs website at

<http://www.nhaa.net>, and everyone will be able to see it. Thank you.

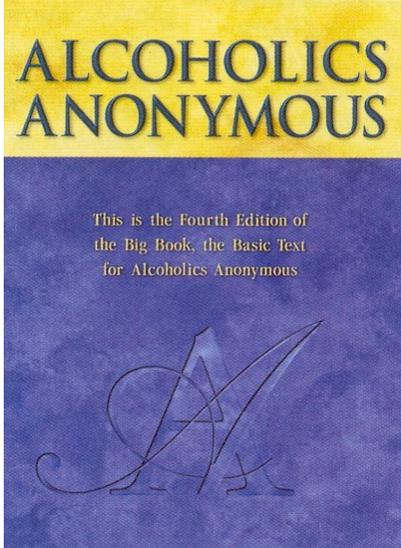
The following groups are thanked for their generous contributions to Area 43:

WOMEN IN NEED OF SOBRIETY, ROCHESTER
MILTON MILLS MENS MTG MILTON
FIRST LIGHT OF DAY, MANCHESTER
MON NIGHT BIG BOOK, NORTH CONWAY
RARELY HAVE WE SEEN, MERRIMACK
NEW HOPE, EXETER
OWNER'S MANUAL BB, GONIC
WOMEN WALKING THE WALK, CENTER HARBOR
MORE THAN SOBRIETY, KEENE
WOMENS BACK TO BASICS, MANCHESTER
KITCHEN TABLE GROUP, NO HAMPTON
JAFFREY BEG.GRP, JAFFREY
MILFORD NO-NAME GROUP, MILFORD
UP CLOSE & PERSONAL, LACONIA
LOONY NOONER, Laconia
T.O.A.D. GROUP, KEENE
INTERLAKES GROUP, MEREDITH
DOWNTOWN GROUP, NASHUA
GOOD MORN. PORTSMOUTH
SAT AM BB STEP STUDY, NEWINGTON
SPACETOWN, DERRY
INTO ACTION MENS, KITTEERY
KINGSTON 12 & 12, BRENTWOOD
GILFORD SUNDAY ORIGL, GILFORD
REBORN GROUP, PORTSMOUTH
EXETER SERENITY, EXETER
NEW SUNLIGHT GROUP, NORTH CONWAY
NEW HAMPTON GRP, NEW HAMPTON
AS BILL SEES IT, DERRY
LISBON MONDAY NIGHT, LISBON

ALL TOGETHER, MANCHESTER
TRI-STEP BEGINNERS, LACONIA
SAT MORNING STEP MTG, BRADFORD
NOONTIME GROUP, MANCHESTER
HIGH NOONERS, PORTSMOUTH
SISTERS IN SOBRIETY, KEENE
MEN'S BEGINNERS GROUP, DERRY
KITCHEN TABLE GROUP, NO HAMPTON
HAPPY HOUR BB MTG, NEWPORT
DISCUSSION MEETING, NEWPORT
EXETER BEGINNERS, EXETER
MID-WEEK TUNE UP, NASHUA
ONE DAY AT A TIME, HOPKINTON
WOMEN'S GROUP, KEENE
WOMEN'S POSITIVE STEPS, HAMPTON
12 STEP GROUP, LITTLETON
FIRST LIGHT OF DAY, MANCHESTER



“Rarely have we seen a person fail who has thoroughly followed our path.”



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 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

Email: office@nhaa.net

Website: www.nhaa.net

Office Hours:

Mon-Fri: 10am—4pm

Sat: 10am—2pm

Group Changes, Updates and Disbandings

Salem's Hopeful-Helpful-Grateful Group meets Saturdays from 7-8 p.m. at 70-78 Butler Street, NE Rehab Hospital. The end time changed from 8:15 p.m.

Milford Beginner's Group is on Saturdays from 6:30-7:30 p.m. at Milford Medical Center (St. Joseph's), 444 Nashua Street. It has moved from Church of Our Savior, 10 Amherst Street.

Milford Original Group is on Saturdays from 7:45-8:45 p.m. at Milford Medical Center (St. Joseph's), 444 Nashua Street. It has moved from Church of Our Savior, 10 Amherst Street.

New Group! Grantham's "Women in Recovery" Group meets Sundays from 7-8 p.m. at Yoga Connection in Greenway Plaza, across from the entrance to Eastman on Rte. 10.

"Two beasts at war within my breast

One is cursed, the other blessed

One I love, the other I hate

The one I feed will dominate."

- old Gaelic proverb

