

NEW HAMPSHIRE AREA ASSEMBLY presents  
**THE PIPELINE**  
NEWSLETTER

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# *Language of the Heart*

## NEWS & ANNOUNCEMENTS

NHAA CONVENTION, AREA OFFICE JOB LISTING, A WORD FROM THE DELEGATE, DELEGATE Q&A, DRUM MEETING, ETC.

## EVENTS

NHSCYPAA TRIVIA, NH BID FOR ICYPAA, NEW MEETING IN CONCORD, DELEGATE DAY OF SHARING, GSR SCHOOL, VALENTINES DAY EVENTS, ETC.

## THE TOOLBOX

2<sup>ND</sup> STEP, TRADITION, CONCEPT; LONER'S INTERNATIONAL, HALT, ETC.

## MIRACLES IN MOTION

ONE WOMAN'S WALK THROUGH FEAR CONFERENCE STORY, ONE MAN'S RECOVERS FROM DRY SPELL, ADDIE'S EXPERIENCE WITH THE ASL FORUM.

## AA HISTORY THIS MONTH!

ROCKEFELLER DINNER, FIRST SOBER ROMAN CATHOLIC PRIEST PASSES AWAY, FIRST AA CLUBHOUSE OPENS, DR. BOB'S DAUGHTER PASSES AWAY.

## LAST CALL

FINAL THOUGHTS, REFLECTIONS, OR CLOSING MESSAGES TO WRAP UP THIS EDITION.

# NEWS & ANNOUNCEMENTS

## 59TH ANNUAL AREA 43 CONVENTION with Al-Anon Participation

### TRUDGING THE ROAD OF HAPPY DESTINY



**DoubleTree by Hilton in Nashua, NH**  
April 17 - 19, 2026

#### 2026 Convention Highlights

Keynote Speakers - Terry K, Kesho S, and Matt and Justice K  
Interactive Workshops | Al-Anon Participation | Raffle Baskets | Drum Circle  
Saturday Sobriety Countdown | AA & Grapevine Books & Other Merchandise  
Fellowship & Social Activities | Yoga & Meditation | Early Bird & Night Owl Meetings  
Hospitality Room with Food & Fellowship | Long-Timers Speaker Meeting

#### 2026 Registration Form

REGISTER ONLINE OR POSTMARK FORM WITH PAYMENT BY **MAR 18, 2026**  
ONLINE REGISTRATION OPEN THROUGH **MAR 25, 2026** online at [nhaa.net](http://nhaa.net)

PRINT THE FOLLOWING PAGE AND MAIL WITH A CHECK PAYABLE TO NHAA FUNCTIONS TO:  
Area Assembly Office, c/o NHAA Functions, 2 1/2 Beacon Street, Suite 163 Concord, NH 03304

#### FOR HOTEL RESERVATIONS, CONTACT DOUBLETREE BY HILTON DIRECTLY

2 Somerset Pkwy, Nashua, NH 03063 | (603) 886-1200

Reservation code for booking is "91X" for discount room rates.

Several room options available from \$159+ | **Booking deadline is Mar 27, 2026**

For more information or assistance with dietary restrictions, special needs, ordering merchandise, or to volunteer at the convention, please send an email to [events@nhaa.net](mailto:events@nhaa.net).

We don't want finances to prevent anyone from enjoying this fellowship. If there is a financial barrier to attend this event, contact us at [functions@nhaa.net](mailto:functions@nhaa.net) by **Mar 25, 2026**.

### NOW HIRING!

If you're interested in a fulfilling part-time position at the Area Service Office, please submit your resume for consideration!

Email: [soc@nhaa.net](mailto:soc@nhaa.net)

This Valentine's season, show yourself a little love by registering for the upcoming **59<sup>th</sup> Annual Area 43 Convention** held in Nashua, NH! There's still time to register and we'd love to have you join us as we trudge the road of happy destiny!

#### AA & ALANON PARTICIPATION

### Seeking Part-Time Area Service Office Manager!

**Are you interested?**

#### Qualities of the Ideal Candidate:

- Available to work 20 hours weekly (and an occasional Saturday), at new location in **Concord**
- Working knowledge of the 12 Steps and 12 Traditions
- Experience with spreadsheets as well as comfortable learning and using new software
- Excellent communication skills and personable nature
- Previous retail or shipping experience helpful, but not required
- Manage daily bank activities (in person and Shopify) including downloading statements, processing transactions, and recording receipts, ensuring zero errors
- Primary contact for the Service Office as well as the members of the Area and Area 43 Leadership

**Submit your resume to  
the Service Office Chair**  
Email: [soc@nhaa.net](mailto:soc@nhaa.net)

View the full job description: [nhaa.net/office-manager](http://nhaa.net/office-manager)



New Hampshire Area Assembly  
2 1/2 Beacon Street, Suite 163,  
Concord, NH

# NEWS & ANNOUNCEMENTS

## UPCOMING SERVICE ASSEMBLY & YPAA CONFERENCE

A poster for the NHSCYPAA XXVI conference. The title 'NHSCYPAA XXVI' is at the top in a stylized font, with 'The Desired Shore of faith' written below it. The date 'March 6<sup>th</sup> - 8<sup>th</sup>, 2026' and location 'Ashworth by the Sea Hampton, NH' are listed. The background features a large sailing ship breaking through the glass of a bottle on a beach. Below the ship, the text 'Panels • Workshops • Speakers' and 'Meetings • Music • Community' is listed. At the bottom, 'PRE-REGISTRATION: \$35' and 'NHSCYPAA.COM' are shown, along with a QR code and the text 'Scan QR code for details & registration'.

NHSCYPAA XXVI  
The Desired Shore of faith

March 6<sup>th</sup> - 8<sup>th</sup>, 2026  
Ashworth by the Sea  
Hampton, NH

Panels • Workshops • Speakers  
Meetings • Music • Community

PRE-REGISTRATION: \$35  
**NHSCYPAA.COM**

Scan QR code for details & registration



# NEWS & ANNOUNCEMENTS

## Manchester Drum Circle Group Celebrates One Year of Rhythm and Recovery



The Drum Circle Group of AA, which meets Sunday evenings at 7 p.m. in Manchester, celebrated its first anniversary this past December, marking a year of innovative meditation and unity through music. The group's origin story began with a ride to the airport, where two AA members discussed the possibility of starting a drum circle. By the time they arrived at the terminal, both were committed to making it happen. With the host church's pastor's collaboration and donations of drums and makeshift instruments fashioned from buckets, the first meeting was held.

Initial attendance ranged from 10 to 20 members. The group swelled to as many as 50 participants during the summer months, and now maintains regular attendance of 25 to 30 people or more. The format follows traditional AA structure: the Preamble, announcements, chips, and Step 11 readings on prayer and meditation. The only difference is that the lights are off, electric candles illuminate the space, a glowing orb that changes colors, and projections of the aurora borealis and the Milky Way dance across the ceiling. What follows is an experience members describe as transformative.

Participants play an eclectic collection of instruments—traditional drums, sound bowls, pan drums, buckets repurposed as percussion, noisemakers, and even a cowbell. The centerpiece is a four-foot mother drum that multiple people can play simultaneously. The collective sound builds into what some might call a cacophony, but members report that this wall of rhythm serves a meditative purpose, clearing mental noise and releasing difficult emotions, whether anger, anxiety, sadness, or overwhelm.

When the drumming stops, silence fills the room. Members describe this moment as "deafening and palpable," creating space for a profound sense of presence and spiritual connection. The group has proven particularly meaningful for members who previously struggled with traditional meditation practices. Several participants who found formal meditation challenging have reported that consistent attendance and the rhythmic drumming have opened new pathways to spiritual growth. Members speak of developing a greater ability to sit with themselves, finding peace and serenity, and ultimately deepening their capacity for more conventional meditation practices.

The drumming itself embodies core AA principles. The unified beat of the group reflects Tradition One's emphasis on unity—individual drummers contributing to a collective rhythm while maintaining space for personal expression. The practice honors Step 11's focus on prayer and meditation, offering an accessible entry point for those seeking conscious contact with a higher power. The December anniversary celebration expanded the usual format. The group invited several musicians—a drummer, a keyboard player, a guitarist, and a bassist—to join the circle. Members described the result as extraordinary, an integration of musical talent and spiritual practice that created something unlike any other AA meeting they had experienced.

The Drum Circle Group continues to meet Sunday evenings at 7 p.m. in Manchester, offering a striking approach to recovery that blends the foundational principles of Alcoholics Anonymous with the ancient practice of communal rhythm. If you're ever in the area, consider checking it out!

-Anonymous Submission

# NEWS & ANNOUNCEMENTS

## *A Word From Your Delegate...*

### **“The Vital Role of AA Service”**

I am pleased to announce I will be serving on the Agenda Committee for the General Service Conference over the next two years. Each Delegate is selected by lot to serve on 1 of the 13 standing committees. These committees review a set list of agenda items and after a great amount of discussion, we make recommendations to the entire conference. This process allows for good deliberation while efficiently working through the large amounts of information and agenda items each year. Why is any of this important to you?

Concept I says, “The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.” What this means is that the groups hold ultimate responsibility and authority of A.A.’s world services. Tradition 2 says “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.” Tradition 2 is deeply rooted in Concept I and makes clear the A.A. groups are to be the final authority and that their leaders are to be entrusted with delegated responsibilities only. This is why we have a conference, but more importantly, it highlights just how vital your role is in the conference process.

I encourage you all to attend The Delegate Day of Sharing Feb 28 th , from 10am-2pm at the Service Office in Concord or any of the 4 virtual sessions. Here members can gather information on the final Agenda Items and background material, take the information back to the group, generate a group conscience, and then bring it back to the Delegate at the Pre-Conference Assembly held on March 28 th this year. I would like to share with you that I will be attending NERAASA “Northeast Regional A.A. Service Assembly.” It is being held in Portland, ME from February 20-22, 2026. It has been my experience that topics of importance are shared as well as information sessions regarding service and other related topics. Roundtables for members of all levels of service take place to enrich our membership and connect us to each other. This has proven to be a valuable place to learn, share and grow with other like-minded A.A members. With NERAASA being so close this year I would encourage those who are able to attend to please do so. I look forward to connecting with you all so that together we can create an informed group conscience that will help guide us in the process of carrying out our 12th step work.

Alex L.  
Area 43 Panel 76 Delegate

# NEWS & ANNOUNCEMENTS

## WHAT DOES A DELEGATE DO...AND WHY SHOULD I CARE?

We all like to have a “say” in things. It isn’t pleasant when things just happen “to us” and we have no input. Well, in Alcoholics Anonymous, we all have a say! The ultimate decision-makers are the AA Groups. Groups exercise their authority by electing a delegate, who attends the annual business meeting (General Service Conference) and votes on matters that affect AA as a whole.

### How do Groups choose a delegate?

The AA Groups in New Hampshire hold an Election Assembly once every two years. Every GSR is an eligible voter. What kind of things are voted on at the General Service Conference? All our AA literature is reviewed and approved by the General Service Conference (check for the statement: Conference Approved Literature on the Big Book, Living Sober, Daily Reflections etc.) All trustees of the General Service Board are elected by the General Service Conference. All matters of policy are decided by the General Service Conference.

### How can our Group find out what topics are on the agenda for the upcoming General Service Conference?

In early February, all Groups will receive a list of Agenda Items. By the end of February, a large file of Background Material will be available, which provides all the relevant details about each Agenda Item. It is the responsibility of each GSR to share the agenda items, and relevant background, with their Group. Typically, the Group selects a handful of Agenda Items that are of great interest and then holds a business meeting to discuss those items. As the delegate benefits by hearing all viewpoints, the GSR is asked to take notes and bring those to the Pre-Conference Assembly. Capturing all the Group Member’s comments is more important than asking the Group to vote on each Agenda Item.

### What happens at the Pre-Conference Assembly?

GSRs from around New Hampshire have an opportunity to discuss selected Agenda Items with each other and the delegate. Through this process, the delegate is able to attend the General Service Conference fully informed about the Group Conscience of Area 43.

### Do we tell the delegate how to vote on each Agenda Item?

The Pre-Conference Process exposes the delegate to the views of the Groups in Area 43, but the delegate (like every elected trusted servant) has a traditional “right of decision.” The General Service Conference brings together delegates from across the US and Canada and allows our delegate to hear the perspectives of the entire Fellowship. The primary responsibility of all the delegates is to make decisions in the best interests of Alcoholics Anonymous. If a delegate hears information at the General Service Conference that changes their mind on an Agenda Item, they have the right to vote their conscience. Along with that right comes the responsibility to report to the Groups in their Area how they voted, especially in cases where their vote did not mirror the conscience of their Area.

### How do we find out what happened at the General Service Conference and how the delegate voted?

The delegate will provide a comprehensive “Report Back” at the Post-Conference Assembly. The delegate is also happy to visit your District – or your Group – to provide a shorter Report and answer questions. In addition, all AA members can access a list of “Advisory Actions” (recommendations approved by the General Service Conference) and a Final Conference Report in both printed and electronic form.

### Who can attend Assemblies?

All AA members are warmly invited to attend the Assemblies in Area 43. GSRs are eligible voters, but all AA members are encouraged to participate by sharing at the microphone and asking questions.

# NEWS & ANNOUNCEMENTS

## Meeting Updates, Changes & Notices

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### **EXPERIENCE, STRENGTH & HOPE GROUP (CONCORD) – CHANGE IN ROOM**

For the month of February, the meeting will be held in the same meeting space (Boys & Girls Club @ 55 Bradley Street, Concord, NH), but will be held downstairs. Please use the first entrance and take the stair to the left. Please let the group know if you need handicap access, as there is an elevator.

### **CAME TO BELIEVE GROUP (CONCORD) – NEW MEETING**

Beginning on February 14, 2026, the Came to Believe Group will meet from 6:30am – 7:30am at Steve's Place, 40 Thorndike Street, Concord, NH.

### **DRY DOCK MEETING (PORTSMOUTH) – CHANGE IN TIME**

Beginning January 4th, 2026, the Dry Dock meeting at the Portsmouth Senior Center will be 7pm-8pm.

### **ONE SIZE FITS ALL GROUP – NEEDS SUPPORT**

United Methodist Church, 525 Lafayette Rd #1, Hampton, NH | 3:00pm, Monday

### **WOMAN'S WAY (NEWPORT) – NEEDS SUPPORT**

Millie's Place, 45 John Stark Hwy, Newport, NH | 10:00am, Saturday

### **SATURDAY MORNING STEP MEETING (BRADFORD) – NEEDS SUPPORT**

Bradford Community Church, 88 West Main St., Bradford, NH | 8:30-9:30am, Saturday

### **YETS GROUP (NEWPORT) – NEEDS SUPPORT**

20 Church Street, South Congregation Church, Newport, NH | 6:30 pm, Thursday

# the TOOLBOX

## STEP 2

*Using the Big Book, we can turn statements into questions to help identify our own alcoholism. After careful consideration, you may think, "Yes, I am one of them too; I must have this thing." p. 29*

### Questions to consider...

- Did the word "God" bring up a particular idea of Him with which someone had tried to impress on me during childhood? (pg. 45)
- Have I found myself handicapped by stubbornness, sensitiveness, and unreasoning prejudice? (pg. 48)
- Faced with alcoholic destruction, did I become as open minded on spiritual matters as I had tried to be on other questions? (pg. 48)
- Do I believe that my human intelligence is the last word, the alpha and omega, the beginning and end of all? (pg. 49)
- Have I given the spiritual side of life a fair hearing? (pg. 50)
- Do I believe I need to gain access, and believe in, a Power greater than myself? (pg. 50)
- Have I discovered I do not need to consider another's conception of God? (pg. 46)
- Have I seen others solve their problems by a simple reliance upon the Spirit of the Universe and stopped doubting the power of God? (p. 52)
- Who am I to say there is no God? (p. 56)
- Do I believe or am I willing to believe in a Power greater than myself? (pg. 47)



## TRADITION 2

*"For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."*

This tradition reminds us that unity matters, because none of us gets sober alone.

### Practicing Tradition Two...

#### GOD SPEAKS THROUGH THE GROUP

When we listen to the collective voice of the group, we allow our Higher Power to guide our decisions. God speaks through the group conscience, not just one individual.

#### SET ASIDE PERSONAL AGENDA

When we let go of the need to be right, we make space for a group conscience. This helps the group stay focused on its primary purpose.

#### LEARN TO LISTEN, LISTEN TO LEARN

Pausing to hear all voices, especially those we disagree with, helps ensure the group conscience reflects the whole group, not just the loudest voice.

## CONCEPT 2

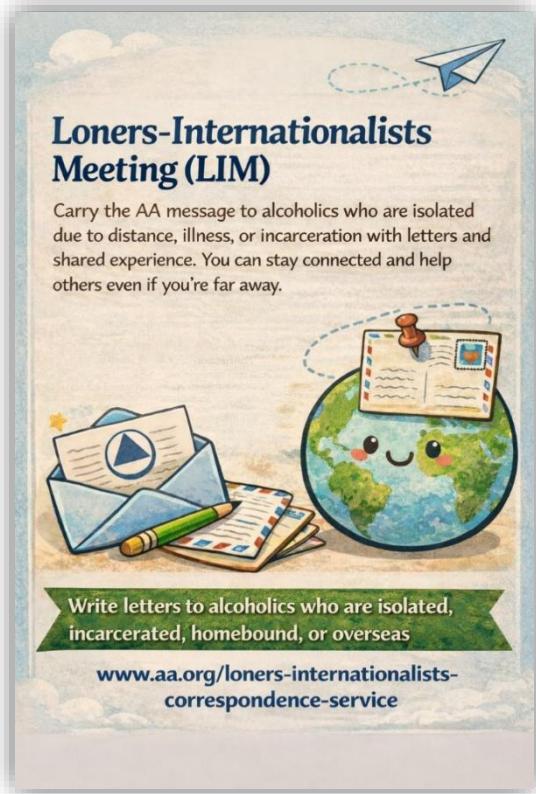
*"The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs."*

*Groups delegate power to the General Service Conference. Groups need a channel to do this, so make sure your group is active in your district and area! How can this concept be used in our group/area?*

- As a GSR, attend your district meeting and carry your group's conscience.
- Don't rush through the business meeting. Make sure members are informed before voting (background, facts, cost, impact)
- Attend district meetings, area assemblies, and communicate your group's voice/needs.

# the TOOLBOX

## BECOME A PENPAL TO ALCOHOLICS IN NEED!



Visit: <https://www.aa.org/loners-internationalists-correspondence-service> to access application!



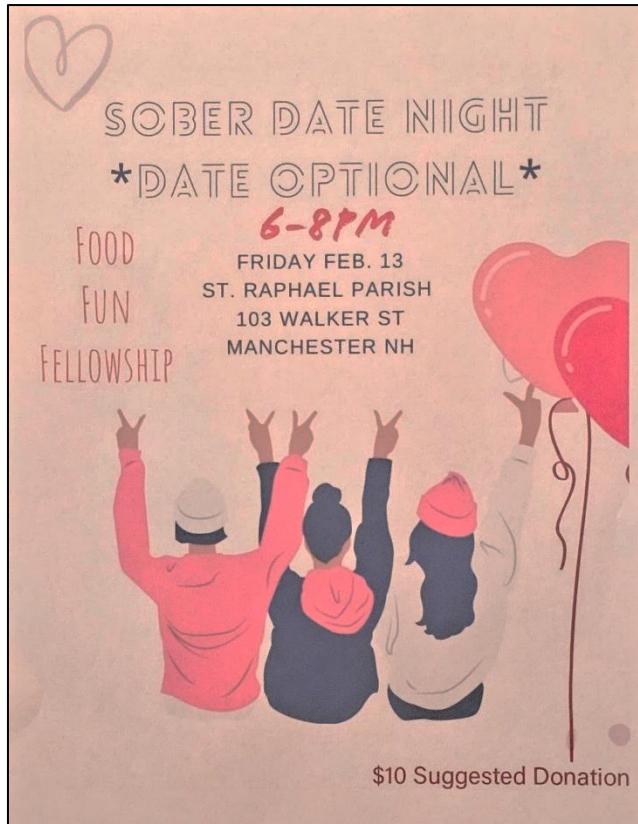
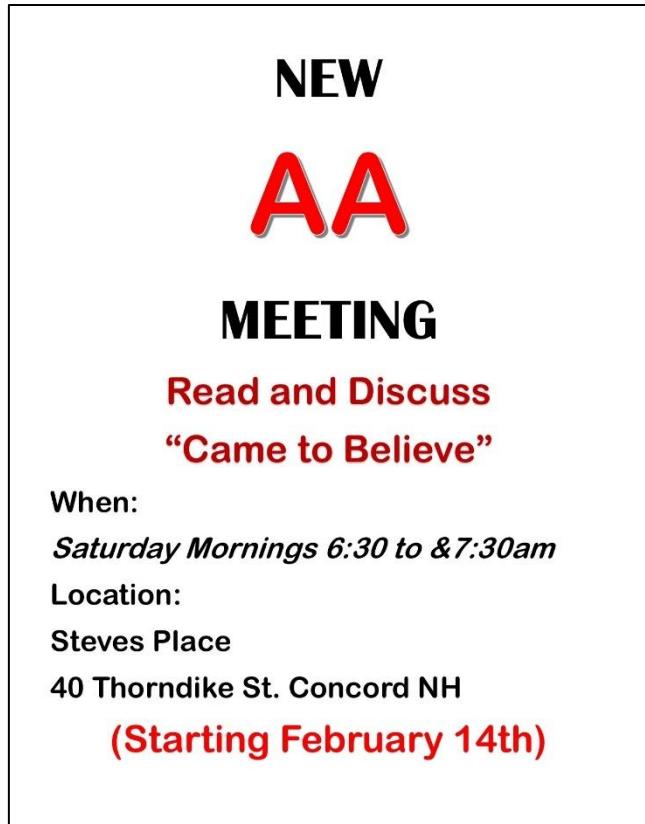
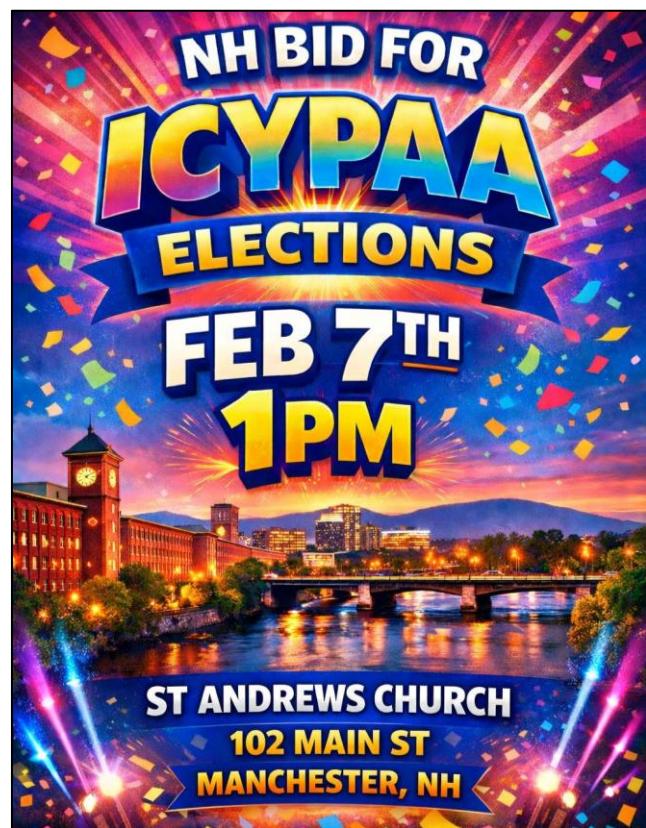
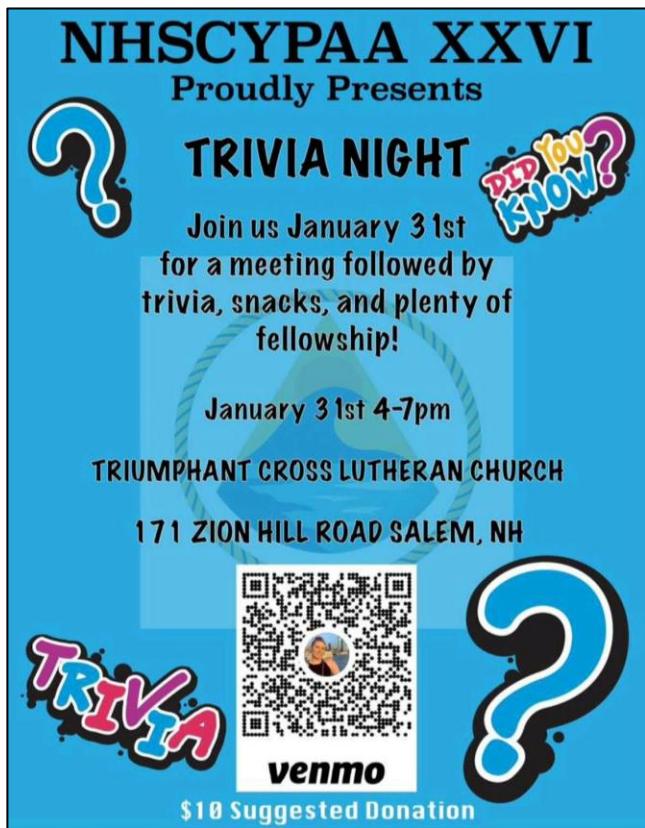
## “THE RESPONSIBILITY STATEMENT”

**“I am responsible, when anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”**

QUESTIONS THAT HELP ME CONSIDER WHERE “RESPONSIBILITY” IS ON MY PRIORITY LIST!

- AM I SHOWING UP TO MEETINGS CONSISTENTLY?
- AM I REACHABLE ( PHONE, TEXT, IN PERSON) WHEN POSSIBLE?
- DO I GO OUT TO FELLOWSHIP AND/OR INVITE NEWCOMERS SO THEY FEEL PART OF?
- DO I HOLD A SERVICE COMMITMENT OR HELP WHEN ASKED?
- AM I HELPING FROM A PLACE OF LOVE, NOT EGO, OBLIGATION OR CONTROL?
- AM I SHOWING UP TO THE COMMITMENTS I HAVE IN AA?
- AM I RUSHING OUT THE DOOR AFTER A MEETING INSTEAD OF APPROACHING A NEWCOMER TO SEE HOW THEY ARE DOING?
- DO I SIT WHERE NEWCOMERS CAN APPROACH ME OR DO I SIT IN THE SAME SPOT WITH MY FRIENDS?

# EVENTS around the Granite State



# EVENTS around the Granite State

# GAME Night

The best thing about game night in AA is \_\_\_\_\_.

Sober People Laughing

**District 14 Event**  
**Saturday, Feb 14th**  
**Portsmouth Senior Center**  
**5pm: Doors Open**  
**6pm: Let the games begin!**  
**9pm: Last round**

District 8 invites YOU to a:

## Valentine's Dinner

Wesley Methodist Church  
 79 Clinton Street  
 Concord, NH

6:00 pm to 11:00 pm

**Saturday, February 14**

Suggested Contributions:  
 \$15.00 per person  
 \$25.00 per couple

**Bring a Dessert!**  
**Music & Dancing**



**NH AA District 18's**  
**5th Annual Round-Out/Chili-Fest**

Come one – Come all!  
 (Fun for the entire family)

If you're a chili foodie, you will surely warm your booty!

**What?** Sober Social Event - Food and Fellowship  
**When?** Saturday, February 21st: Noon – 4PM  
**Where?** 7 Stevens Rd, Wilmet NH 03287  
 The Great Outdoors!



- Bonfire
- AA Gratitude Meeting at 2:00PM
- BBQ: Hamburgers and Hotdogs provided
- Chili Cookoff: Bring your best recipe to share
- Raffle – 50/50
- Sobriety Countdown

 Dress for February Weather  
 Bring your own chairs  
 Bring your best Chili Recipe for prize!

**AREA 43 PRESENTS**

## GSR SCHOOL

**Area Assemblies** are where GSRs play a vital role in carrying the message of their home group to AA as a whole.

**Join us to know what's happening and why it matters!**

**Come learn:** What happens at Area Assembly, Why your presence matters, How your group's voice becomes part of AA's decision-making...**Bring It!**

**FEBRUARY 25, 2026**  
**7:00 PM – 8:00 PM**  
**VIRTUAL SESSION**  
 MEETING ID: 755 883 2087  
 Password: share



# EVENTS around the Granite State



## CALLING ALL AA MEMBERS

Come Learn about the Agenda Items being discussed at the 2026 General Service Conference!

**Your Voice Matters**

Please attend 1 or all of these sharing sessions

Delegate Day of Sharing Feb, 28th  
10 AM-2 PM at the Service Office  
2 1/2 Beacon Street, Concord NH 03301

Virtual sessions  
Saturday February 28th 2-4 PM  
Tuesday March 3rd 7-8 PM  
Sunday March 8th 2-4 PM  
Thursday March 12th 7-8 PM  
Zoom ID: 755 883 2087  
Password: share



## Get Your Flyer Seen!

There are several easy ways to share your event and boost attendance:

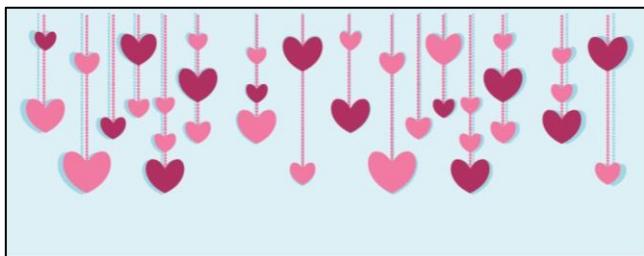
- Post it on the Area 43 website: [www.nhaa.net/events](http://www.nhaa.net/events)
- Reach out to your District's Website Chair to have it added to their site
- Email your flyer directly to: [pipeline@nhaa.net](mailto:pipeline@nhaa.net)

**For maximum exposure, send your  
flyer to all three!**



# EVENTS beyond the Granite State

## Maine



### VALENTINE'S DANCE

Hosted by your Central Service Office

Join us on the dance floor!      Tunes by Greg's Music Mix  
\$10 admission  
Feel free to bring a snack to share      For more information: 207.774.3034



SAT., FEBRUARY 14<sup>th</sup>  
71PM      WESTBROOK WARREN  
CONGREGATIONAL CHURCH      810 MAIN STREET,  
WESTBROOK  
FEEL FREE TO BRING A  
SNACK

## Maine

Updated 12/31/2025

### NERAASA 2026

*NorthEast Regional A.A. Service Assembly*

All A.A. members are welcome! #ComeMeetMaine! Area 28

**PURPOSE:** The purpose of NERAASA is for GSRs, DCMs, Area Committee members, and Intergroup/Central Office Representatives from the Northeast Region to discuss General Service Conference- related issues and those affecting A.A. as a whole, as well as pertinent aspects of recovery, unity, and service common to the Areas of the Northeast Region.

**February 20-22, 2026**  
Holiday Inn By the Bay  
88 Spring St  
Portland, ME 04101

**Hotel Room Reservations at HIBTB are SOLD OUT**

**ROUNDTABLES:** Intergroups (Saturday Only) ~ DCM/Alternate DCM/DCMC ~ GSRs/Alternate GSRs ~ P/C/P/C/Literature ~ Corrections Bridging the Gap/ Grapevine/ Treatment ~ Delegates/Alternate Delegates ~ Secretary/Registrars ~ Accessibilities/ Remote Communities/ Website and Technology ~ Area Chairs/ Alternate Area Chairs ~ Treasurers/ Alternate Treasurers ~ Young People (after hours) ~ Spanish (after hours)

**BOOK YOUR ROOM at The Westin Portland Harborview:**  
We have added an overflow hotel at The Westin Portland Harborview. It's about a 4-minute walk to the Holiday Inn By The Bay. To reserve a room on line use the following link: [Book your group rate at The Westin Portland Harborview for Northeast Regional Alcoholics Anonymous](#). If you prefer to call in to register then contact The Westin's Sales Coordinator, Lynn, directly at 207.517.8822.

**PARKING at Holiday Inn By the Bay:**  
Overnight guests park under the hotel for \$15 per vehicle, per night with unlimited in and out privileges. Day guests park in the external garage at a rate of \$5 per vehicle, per day with one in and out.

For additional information visit our website  
[www.NERAASA.com](http://www.NERAASA.com)

Questions? Contact us: [NERAASA2026Info@gmail.com](mailto:NERAASA2026Info@gmail.com)

Visit Our Website  
To Register Online





## Vermont

### Wicked Early Breakfast Fest 2026

*Gratitude, Fellowship, and Feasting*



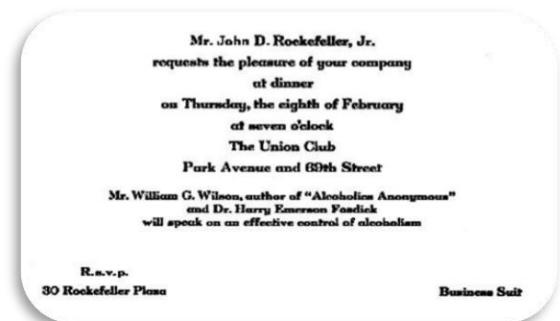
#### Come feast with us for our 16<sup>th</sup> birthday!

<b>When?</b>	Friday February 20, 2026. Breakfast served at 6:00 AM, Speaker meeting following at 6:30 AM
<b>Where?</b>	Faith United Methodist Church, <b>899 Dorset Street</b> , South Burlington
<b>What else?</b>	Meeting is in the hall at the end of the building. Please park in the upper lot.




# AA HISTORY in February

**FEBRUARY 8, 1940** – John D. Rockefeller Jr. held a dinner with Alcoholics Anonymous.

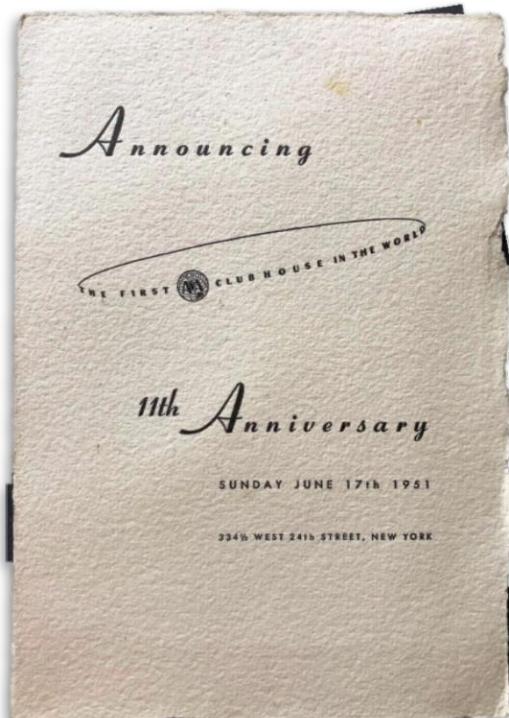


Rockefeller Dinner Invitation

**FEBRUARY 1967** – Father John Doe (Ralph S.) passed away. Father was the first known Roman Catholic Priest in AA.

**FEBRUARY 1940** – The first AA clubhouse opened at 334-1/2 West 24th Street in New York City.

**FEBRUARY 9, 2002** – Sue Smith Windows, daughter of Dr. Bob, passed away.



11<sup>th</sup> Anniversary  
Announcement for the 1<sup>st</sup> AA  
Clubhouse in NYC



Father John Doe wrote a "Golden Books" series, composed of 14 booklets



Grave marker of Sue Smith Windows,  
Dr. Bob's beloved daughter

## WALKED IN NERVOUS, WALKED OUT CHANGED

I participated in my first NECYPAA, the New England Conference of Young People in Alcoholics Anonymous, the weekend of January 11, 2026. It was my first conference, and I was 7 months sober. Being nervous while walking in was my first reaction, and my initial thought was to leave. There were so many people and my anxiety started to kick in, but I chocked it up and attended anyway. I'm so glad I did. There were wonderful people I met, the vibe was great, and the meetings were informational! I never thought I would be in a sober community, never mind a sober event, yet here I was, loving it.

I was with a few of my sober crew which made it more comfortable. Everyone who attended made it very calming to enjoy the conference. I have learned so much in my short amount of time in sobriety and I will continue to learn my program, be the best version of myself and help the suffering with the opportunity that was giving to me. I came in and got so much more than I bargained for. I was expecting one thing, and was handed a new whole life. AA has changed my life in so many ways that I can't begin to explain. I get to be more involved with my family sober, my community, and I get to SHOW UP!! I'm excited to see where this journey takes me, but I know right now I'm going to live "One Day At A Time!"

With love and gratitude,

*Blair S.*



## From Dry to Recovered

As I sit here and reflect on the fifteen years of sobriety, I can't help but think about how difficult it was to walk into my first meeting. I manipulated a young person in AA by dishonestly telling him that I wanted helping a teenager out, not myself. He was willing to help the teenager out and when I picked him up, we drove around and talked about sobriety. We got to the meeting, and the young person said to me, "Gene, we didn't pick up the kid, is he meeting us here?" And for the first time, I said something honest. I explained, that in fact, it was me who needed to go to meetings. As I waited for his anger, I was shocked that he was not angry. He said, "Great, come on in the room, and I'll introduce you to guys who are helping me." So he did.

I had to be completely honest from day one. However, that wasn't easy. The struggle of being sober and waking up with the urge to drink was difficult. It was hard to wipe away the feelings I was having with self, and I was just getting through a day not shaken and sick. This was how early sobriety was. I got myself to meetings; all kinds of meeting. Discussion meetings, big book meetings, and a step meeting, men's meetings, and speaker meetings. Because of the success of other alcoholics, they showed me the way! As attractive the program was, I did accrue two years. In the second year of my sobriety, my wife and I made a decision to buy a home. Life was getting better, because I was sober. I wasn't drinking and it felt better than good. We moved to New Hampshire in 2013 and I did not go to meetings because I felt as if "I got this under control and I never have to drink again." At the time, our three small children who got involved with football and lacrosse and it made our schedule pretty chaotic and calamity set in.

As time went on, I trudged though and life got unmanageable. I was confused, and I didn't understand why my life was extremely chaotic! I felt unloved, unappreciated, and it spiraled me into years of resentment, anger, and rage. That, of course, led me to holding my family hostage, sober. As the terms we use, I went dry. I was as dry as the desert, which means that in my mind, nothing could grow the seeds that were planted in my mind. I was in untreated alcoholism, a state in which I spent the next eleven years of not going to meetings and not treating my alcoholism. My behaviors, and my decisions affected me life, sober! I was hurting myself, my wife and my three children, not to mention the ripple effect it was having to all the people around me. I had to hit my final rock bottom, and that's exactly what happened. As the term goes, in the big book, the ultimate sacrifice was my answer to solving all my problems and I punished my family. On the day that I decided to do this, I picked up a handle, a substance and brought it to my home, opened them up and BANG! An overwhelming force came over me. I got emotional, and the voice in my head that told me I was no good and I needed to end my life. Then I heard another voice, said to me very clearly, "You need to go back to Alcoholics Anonymous, where you did not feel like ending your life."

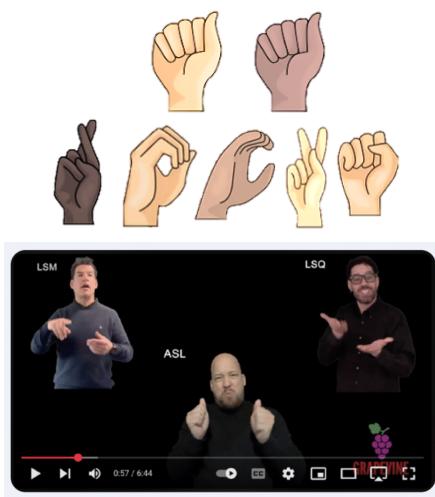
So I did. And it was the best decision I have ever made. Not only am I still fifteen years sober, but I am going on two and a half years of actually being a grateful, recovered alcoholic. When I wake up, I wake up thanking God for another day. I thank God for another twenty-four hours I can serve him and my fellows. I start with prayer, then I meditate. Keeping still and silent, because when I talk, I cannot hear my higher power speak to me. After ten minutes of meditation, I finish with the Set aside prayer and I ask God to set aside everything I think I know about Him, about the program, and about my life, and I ask for a new experience today to be of service. This sets the cornerstone, so I can walk through the arch of life. A recovered life, where I can make sane decisions and treat people with the dignity and the respect that, the same dignity and respect I've always wanted. As I go through my day, if I lose my temper or get frustrated, irritable, restless, and discontent, I remember that we have a pause in AA to breathe and start over. Also, I get to say to anyone that I may have harmed by my behavior throughout the day that I'm sorry, that's not the person I want to be. That's not the person I'm hoping to become. Is there anything I can do to make up for what just happened?

The spiritual condition that I have has changed the way I think, behave, and act. Today is joyous, happy, and free, and totally amazing. It's filled with blessings that I can actually see and I have a gratitude towards that. At the end of my day, I sit in a quiet of my room, meditate for ten minutes and use the readings from the big book to assist me. I end my day with a gratitude list and I talk to my higher power by telling Him how grateful I am. I then ask, if it be His will, that I may wake up the next day, to try again, and be an example of His power, His strength, and His love. By practicing this on a daily, I get the privilege and honor to share at commitments, to be on YPAA committees, and to still be involved with the YPAA, as well as hospitals, jails, and institutions. I am truly grateful for this time that I could share my daily routine with you, that has totally changed my life. Doing this makes my life is pretty amazing and because of the spiritual program of Alcoholics Anonymous, and a group of men and women, I get to share my experience, strength, and hope with you all.

May your higher power Bless you every day. Thank you for reading.

Gene K.

# MIRACLES IN MOTION *Personal Stories*



My favorite event I was able to attend this month was the Virtual Regional Forum on Saturday January 17, 2026. This was the first ever Language and Cultural Special Forum for Deaf AA Members. It took place at one point was 262, which included the 4 or 5 different tech ASL to American Sign Language, LSM is Lengua de Señas Mexicana (Spanish sign language) and LSQ is Langue des Signes Québécoise (Quebec sign language).

It was impressive to watch. As some of you know, I find ASL to be a fascinating and engaging way to experience an event. I feel it brings so much more to someone sharing their story. I'm a visual learner, so it appeals to how my brain processes things. That is obviously not the intent of having translation available, but I appreciate the extra level it can bring to the hearing community. It is important for everyone to see and to have the visibility of the need that some members of A.A. have.

There were 5 panels followed by a town hall Q&A. Each panel had 3 presenters and about 15 minutes for Q&A. Questions during this time were taken from deaf members only. Hearing members were able to send questions in through Smartsheet. I appreciated this so much because it kept the focus on the deaf community and their voices were the only ones being heard at this forum. It is very important to be able to listen and take information in. We can sometimes forget that we need to listen more and give less advice when we are trying to help. Accessibility is something that is taken for granted by many of us, myself included at times. If it is on a virtual platform, we often give the advice to turn on closed captioning.

But what if English is not your first language? For many in the deaf community ASL, LSM or LSQ are their first language. What if reading is a struggle on a normal day? Add in trying to follow along with the various distractions in a zoom meeting and it can be overwhelming. Closed captioning is mostly accurate, and it can be ok in a pinch, but it is a bare minimum and not nearly enough. We learned that there is a group of A.A. members in the New York City area, that have been able to have a community ASL fund so it can be used for different events and meetings as needed. This is separate from GSO or the A.A. structure, so this should not incite controversy. To me, it shows how resourceful and helpful we can be to each other to make sure our needs are met and that we are helping each other and meeting their needs that day. There are resources out there for our Deaf A.A. members. We have our YouTube Channel Grapevine & La Vina. There are 10 personal stories in ASL. You can go to [www.youtube.com/aagrapevine](http://www.youtube.com/aagrapevine) to find these videos. You can also watch the videos of the Big Book and the Twelve & Twelve. A fantastic website to use is [www.deafaa.org](http://www.deafaa.org). Many different resources can be found there.

The General Service Office in Mexico has now released an LSM Big Book. GSO is currently asking for personal stories in ASL from the deaf community. If you are interested in helping out or if you know anyone in the deaf community who is in need of assistance to submit their story, you can email the team at: [deafgyteam@gmail.com](mailto:deafgyteam@gmail.com). It would be wonderful if we were able to get ASL videos for 5-10 stories or pages from each of the most commonly used A.A. books, like Living Sober, Came to Believe, As Bill Sees It and Daily Reflections. If there was a different QR code associated with each story or at least one QR code for each book to bring you to a list of translated videos, we would be able to include more people from the deaf community in an A.A. meeting. To be able to walk into a meeting and be able to participate is key to making people feel welcomed and a part of. We are making steps in the necessary direction, and we need to keep moving forward. Love, compassion, empathy and hope is the combination of energy I'm hoping to take into this new year. I love who we are as an organization and look forward to what we will continue to do to help the next alcoholic who stumbles into the rooms.

*In Love and Service,*

**Addie Friend-Gray**

**A43, P76 Alternate Delegate**

# LAST CALL *Important Reminders...*



*In traditional February fashion, don't forget to show love, gratitude and appreciation to those around you. You never have to be alone again!*

*"Love and tolerance of others is our code."*

*Big Book pg. 84*

*Share your story and  
be featured in the  
Pipeline!*

E-mail [pipeline@nhaa.net](mailto:pipeline@nhaa.net)

## MEETING UPDATES

### **Experience, Strength & Hope**

**(Concord)** – Change in room.

### **Came to Believe Group (Concord)** –

New Meeting, Sat 6:30am-7:30am at Steve's Place.

### **Dry Dock Meeting (Portsmouth)** –

Change in time; 7-8pm.

### **Women's Way (Newport)** – Needs

support, Sat 10:00am at Millie's Place.

### **Sat Morning Step (Bradford)** –

Needs support, Sat 8:30–9:30am at Bradford Community Church.

### **ONE SIZE FITS ALL Group**

**(Hampton)** – Needs support, Mon. 3pm.

### **YETS Group (Newport)** – Needs

support, Thu 6:30pm at South Congregational Church.

### **NHAA HELPLINE**

**(800) 593-3330**

**Need Help with a Drinking  
Problem?**

If you or someone you know  
wants to stop drinking but  
can't, you're not alone.

We're here to help—  
24 hours a day.

Call our helpline anytime:

**(800) 593-3330**

There is a solution.  
Recovery is possible—  
one day at a time.