



October 2026
District 12 - NHAA
Bedford
Goffstown
Hooksett
Manchester
New Boston

THE VOICE WITHIN OCTOBER 2026

NEWS & ANNOUNCEMENTS

 Mast Rd. meetings - new locations

EVENTS

 halloween, halloween, halloween!

AA SLOGANS AND ACRONYMS

 thoughts and questions to ponder

VOICE WITHIN

 a submission from Tiffany L.



MAST ROAD MEETING RELOCATIONS

JUST FOR TODAY - WEDNESDAYS 5:45PM, BROOKSIDE CHURCH 2013 ELM ST,
MANCHESTER, NH

BACK TO BASICS - THURSDAYS 7:00PM, ST. ANDREWS CHURCH, 102 MAIN STREET,
MANCHESTER, NH

CLIMB THE LADDER SATURDAYS 6:00PM HOPE FOR NH RECOVERY CTR.293 WILSON
ST, MANCHESTER, NH

IN THE WIND WEDNESDAYS 7:30PM GRACE EPISCOPAL CHURCH 106 LOWELL ST,
MANCHESTER, NH

HEARD IT THROUGH THE GRAPEVINE - TUESDAYS 7:00PM ST. ANDREW'S EPISCOPAL
CHURCH,102 N. MAIN STREET, MANCHESTER, NH

FREE SPIRIT - FRIDAYS 8:00PM FAITHBRIDGE CHURCH 301 S MAIN ST MANCHESTER,
NH

DOCTOR'S OPINION - THURSDAYS 8:00PM ST. RAPHAEL PARISH 103 WALKER ST,
MANCHESTER, NH

STEP 11 MEDITATION - SATURDAYS 12:00PM ST. ANDREWS CHURCH 102 MAIN ST,
MANCHESTER, NH



Halloween Happenings

*BOO-TIQUE - FRIDAY OCTOBER 2ND 5:30-7:30 PM, ST.RAPHAEL'S, 103
WALKER STREET, MANCHESTER*

*SPOOKYPAA - OCTOBER 17TH, 6 - 11 PM, FIRST UNITED METHODIST
CHURCH, 961 VALLEY STREET, MANCHESTER*

*DISTRICT 8 HALLOWEEN PARTY - OCTOBER 24TH, 6-10 PM WESLEY
METHODIST CHURCH, 79 CLINTON STREET, CONCORD*

*DISTRICT 12 HALLOWEEN PARTY - SATURDAY OCTOBER 31ST 5:00 - 10:00 PM,
ST. RAPHAEL'S 103 WALKER STREET, MANCHESTER*



Greetings Fellows!

I hope this version of the Voice Within finds you well. As we say goodbye to summer, and welcome in a new meteorological season, we welcome a new AA season for you, if needed. Does your AA need a tune up or refresher? Are you continuing to grow, but possibly forgetting about the basics? I dedicate this newsletter to AA's slogans and acronyms. I believe in the power of these to help us maintain sobriety and I'd like to do my part in helping them remain in our AA toolbox.

In love and service,
Susanne K.



COMMON AA SLOGANS

One Day at a Time: Focus only on staying sober today instead of worrying about the future.

Keep It Simple: Avoid overthinking and stick to the basics of recovery.

Easy Does It: Slow down and stop trying to force outcomes or rush through life.

This Too Shall Pass: Remember that difficult feelings and hard times are temporary.

Progress, Not Perfection: Accept that growth takes time and you do not need to be flawless.

Live and Let Live: Stop judging or trying to control other people.

First Things First: Put your sobriety before all other drama and tasks.

It's interesting that the Big Book places this slogan at the top of the list. As a prayer or a mantra to be quietly repeated to ourselves when the mind is leaping about hither and thither, this slogan has the noticeable effect of calming down the noise and racket. It encourages us to focus on what matters right now, in the present moment. It reminds us to look to see what's going on, what needs doing. Perhaps in early sobriety, it softly reminds us that what matters first and foremost is to not drink, to stay clean and sober in this moment, right now. Are we sober? That's what matters most. And, as we stay sober longer, repeating this slogan continues to naturally calm and focus the mind, enabling us to more easily prioritize whatever items we're thinking about. In practice, we thus come to see what action might be taken, what action should be taken, in the here and now. First Things First, my friends. Calm yourself, and look to see what's important. Bill W. puts it first.

COMMON AA ACRONYMS

HALT: Hungry, Angry, Lonely, Tired. Use it to check your basic physical and emotional state before reacting.

HOW: Honest, Open-minded, Willing. Use it to check if you have a healthy attitude for healing.

KISS: Keep It Simple, Stupid. Use it to stop complicating your problems.

EGO - Edging God Out

AA SLOGAN/ACRONYM QUESTIONS TO PONDER

What do the AA slogans and acronyms mean to you and your sobriety?

How often do you rely on them?

How often do you quote them? Do you apply them to all areas of your life?

Which one is your favorite?





A VOICE FROM WITHIN - We thank Tiffany L. for her submission 🙏

"My first AA meeting was around 2008. I wasn't ready. I hadn't hit bottom yet, and although I heard people sharing, I wasn't really listening. I wanted my life to get better, but I still wanted it on my terms. Back then, I measured success by what I had, what others thought of me, and whether life was going the way I wanted. When I came back years later, I was finally ready to hear the message. Today, the biggest change in my life isn't my circumstances, it's my perspective. Success no longer means having things. It means staying sober one day at a time, being honest, asking for help, showing up, and being of service. I know I wouldn't be where I am today without my Higher Power, my sponsor, and my home group, First Light of Day. They loved and supported me until I could believe in myself, and they continue to remind me that I never have to do this alone. For someone who spent so many years feeling isolated, AA has given me something I never expected: a place where I belong. My life isn't perfect, but today I have something I never had before: peace. AA didn't just help me stop using, it changed the way I see the world, live in it, and connect with others. For that, I will always be grateful."

The Voice Within welcomes submissions of any length: snappy one-liners, one-paragraph anecdotes to full page articles. They can be emailed to me.

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