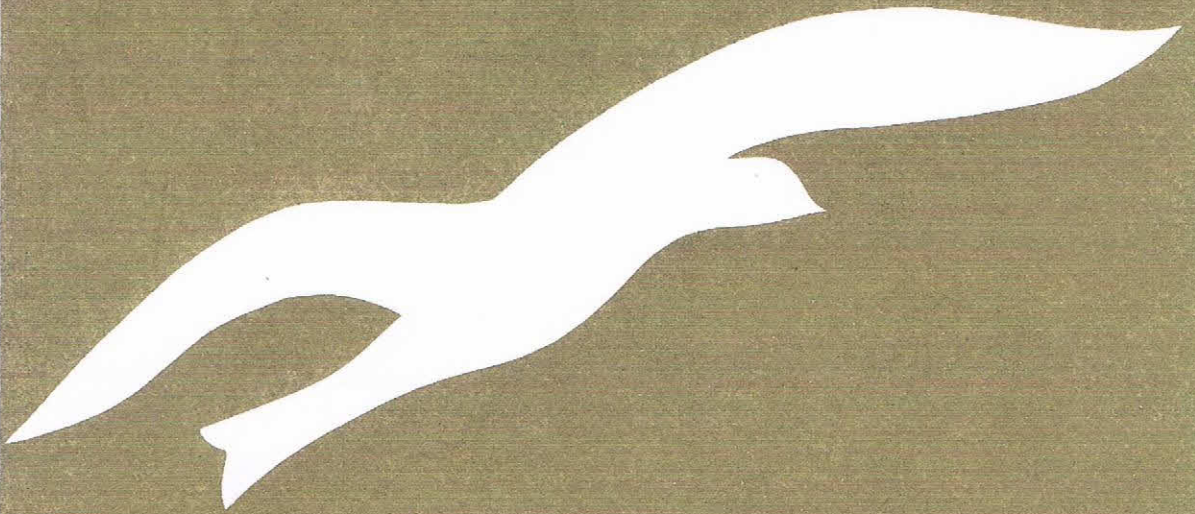


MAY 1980



The RAINBOW CONNECTION

HOW IT WORKS - THE TWELVE STEPS OF N.A.

- 1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.**
- 2. We came to believe that a power greater than ourselves could restore us to sanity.**
- 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.**
- 4. We made a searching a fearless moral inventory of ourselves.**
- 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. We were entirely ready to have God remove all these defects of character.**
- 7. We humbly asked Him to remove our shortcomings.**
- 8. We made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. We continued to take personal inventory, and when we were wrong, we promptly admitted it.**
- 11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.**
- 12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.**





The Rainbow Connection

METRO ATLANTA NA

".... caring and sharing the NA way"

Volume 2, Number 5 - May 1980

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We welcome your story, article or perspective relating to NA recovery.

SERVICE

WORKING WITH OTHERS

Intensive work with newcomers has proven effective in bringing our outlook on life. I'm an addict and alcoholic named Hank and I was talking to an Oldtimer in the program one day. He was disturbed that N.A. needed more trusted servants. He said that there were 100 or so members with time and talent who could really be of help to us in service; who could really get together and help us by coordinating a 12 step list and a good, much needed phone answering service. "However", he asserted, "they are doing the same thing that they were 5 years ago. They go to meetings at institutions, they socialize and talk about the program, It's pityful."

"Its also very intense." I said. "What?", he asked "for the good or for the bad?" "For the good! They work very intensely with newcomers. They sit around with them, one on one, and throw themselves into working with great sensitivity and feeling that only one addict can have for another. The caring and sharing that goes on is deep. Why, on the southside instead of spending a half hour on the fellowship after the meeting, they spend anywhere from one to one and a half hours on intensive work with the newcomers."

"Really?", he asked amazed, "Your a comfort to me, thats great!" "Sure" I said. "They operate on a social level, talking to a newcomer most of the time of their own sex. Going out to a movie or dinner they work intensely for hours. I mean, like spending their day with the newcomer getting them out of those institutions on passes. Sure, they show them a good time but they also work tirelessly and intensely with the patients."

"Well that's great. Personal service is the highest form of service", he said. "Dig this ", I continued, " the other day at Brawners I saw two of the most beautiful newcomers . One guy was a hard-core heroin addict, he told his story like this ." In 1969 my girlfriend tied me up and let loose with some blue morphine. It was the very best feeling I'd ever had in my life. I did it for a few

years and then my friend left (I knew from the pain in his eyes he was speaking of those lost slane by the needle) I was so lonely. For years I wanted to die. I had to have a shot to get up, to put me to sleep, I was addicted. The other newcomer coming off 7 years of prelude addiction was jonesing and both were crying out for help.

"Maybe you can't save the whole world, but you can save a tiny piece of it..."

Love,
H ank

ATLANTA
INSTITUTIONAL COMMITTEE



I'm Barry and I'm an addict. I would like to share on behalf of the institutional committee some of our hopes and some reality of the joys and sorrows of "institutional service".

The Institutional Committee started as a result of one group being added to our fellowship at Buford Prison. Then another was added at the New Horizons Treatment Center for Women. Shelly L., Rebecca S. and myself supported these meetings at first. Later support grew to a few regulars who would regularly support the Golden Eagle and the New Birth Groups.

The inmates at Buford and New Horizon's who attend meetings regularly grew to about 100 members and most asked questions about the Twelve Steps, Traditions and the concept of the program. We had to dig into our literature to find the answers. We grew together, we still are.

Our hope is that some of you can join in the joy of giving away what you have so freely been given, and learn to enjoy what people have to give in return.

When I had been attending the meetings at Buford for 6 months, I was given a plaque that said:

"To Barry L., for helping us, one day at a time".

Today it is my most important possession. You have to be there to feel it.

We now have a new situation. We of the "outside" and the Committee are no longer the ones with the "most sobriety". Some inmate members have up to five years clean and sober! One shared with me about resentments and helped me out of one. Another helped me with the 11th Step. I have realized that the only difference between me and them is they must stay clean on one meeting a week! Please plan to attend, we need help.

The situation is now that soon there will be a meeting at Jackson State Prison on the 1st and 3rd Monday of every month, one starting soon at the Atlanta Advancement Center and possibly one at Eatonton Prison. We are talking about 400 addicts seeking help behind bars! This is over half the membership in Georgia Narcotics Anonymous.

Now, the situation that I constantly pester you with: there are

only a regular support rs of institutional meetings! We need people to speak and lead discussions, drive to Buford or Jackson once every 10 or 12 weeks, or buy coffee and cups for the meetings (some can not be self-supporting).

If you have been afraid of institutions but would like to serve, please try one meeting! Call Barry L. at 523-6633.



In recovery, it's LQ that counts, not IQ. We learn to live and as we learn our Living Quotient increases. While we may not actually get any smarter, our living starts making a lot more sense and we are less likely to put full energy into things and ways of being that hurt us or those we care about.



Meeting Note

Time is a sort of river of passing events,
and strong is its current-
No sooner is a thing brought into sight
than it is swept away and another takes its place.
This, too, will be swept away.

Time has no division to mark its passage
there is never a thunder-storm or a blare of trumpets
to announce the begining of a New Year.

Time is too slow for those who wait,
too swift for those who fear,
too long for those who grieve,
too short for those who rejoice...
But for those who love, time is eternity.

Do not squander time for that is the stuff life is made of.
Time in its wisdom gave us the perfect solution to living-
We should remember that what causes pain, joy, anger,
will immediately withdraw into the past.

What we plan, hope and dare to dream will determine our future,
But what we think, love and do
will always be our present.

Strive to do, think, and love with the best of yourself
You'll be able to take your strength from the past,
your courage from the future,
and hve peace for the present.

Patty B



A VISIT BY FATHER MARTIN

On Wednesday, March 30, the metro-Atlanta area was treated to a very enjoyable talk by Father Martin, of AA reknown. The talk was given at 8:00 P.M. and was hosted by the Atlanta Unitarian Church at their location at 1911 Cliff Valley Way, N.E.

Father Martin is known to many recovering alcoholics and addicts as the sometimes joking, sometimes dead serious priest in Chalk Talk and various other movies and tapes about addiction. His theme was "The Un-Problem". He stressed the disease concept's misunderstanding by both the addict AND the involved non-addict, and onlookers. He used examples such as people laughing at a practicing alcoholic staggering down the street, and told about a woman ~~is~~ who called him long distance for twenty minutes to talk about the drinking problem that she didn't have.

It was a memorable evening and a very inspiring experience for everyone there. The lecture ended by the entire congregation joining hands and saying the Lord's Prayer.

Upon leaving, I had an opportunity to speak to the good father. The only thing I could think of to say was "God Bless You...and keep coming back." He said that he would.

Tom M.
Atlanta 5/3/80

PERSONAL GROWTH IN N.A.

As I grow through attending meetings and working the Steps, I experience personality change. This change is reflected in my options. When I got here I couldn't concieve of the recovery that the program of Narcotics Anonymous had to ffer. My old ways kept me suspicious and critical. I had to keep coming back to let the new ideas about our disease and what recovery might mean to me sink in through a pretty thick skin of old ideas. I had to learn that what had worked for you might work for me. This new information constantly destroyed my old ideas and beliefs in many areas of my thinking and my doing. I didn't mind though because for every old idea lost, a new one-took it's place. It

seemed like a pretty good deal, especially after I found out how well the new ideas could work for me. I had been trying to get results for years before I came to the program and had failed miserably. At the end I was ready to try a new way. I found that the new ideas worked for me whether I believed they would or not. It was a fairly gentle process. I did not have to change all my old ways overnight. I got a little each day and it seemed that my life changed very slowly. I have since realized that the program produces personality change very quickly. It struck me that but for the program and the miracles of the 12 Steps, I was caught up in a web of old ways that would have kept me miserable till the end of my days.

Sometimes, I experienced growth as pain. My fear of failure and loss of control had me trapped. In the beginning I constantly felt like the world was fixing to come tumbling down around me. It never did. Once I realized change was working for my comfort and peace of mind, it was a little easier to go along with the program. Honesty set me free of the lies and gave me a place in reality. Keeping an open attitude toward what worked for you gave me the benefit of painless learning. Everytime I was closeminded or dishonest I experienced pain at some level clean and sober. This pain helped keep me teachable. I found out I had to be willing to try out some of the things I heard just to see if they might work for me. Many times I tried out something I had heard at the meetings so I could come back later and say, "See, It didn't work for me." "I am different!" Since the things I tried usually worked or produced some unforeseen good in my life, I can't remember a time in the program that something didn't work for me.

I am now able to accept change as the hand of God in my life. It is a natural and primary result of recovery in Narcotics Anonymous. I have been granted relief from pain in countless ways. I feel a part of you people. I have learned a new point of view that seemed impossible before coming to the program with surrender in my heart. I have learned that I have to keep doing things to keep changing for the better or it will get old and I might take my miraculous new life for granted and fall back into the horror of my addiction.

BoS. 3-30-80



THANKS to our new subscribers in Pennsylvania, Florida and California.

Rainbow Staff

Whoever heard of a campout in a pre-civil war farm house? Well that's just what we did last weekend and man, what an experience!

The third camp out that a group of live and kicking, clean and sober drug addicts took place last weekend the 12th of May. We took off from the Rising Sun Clubhouse around mid-night and at 6:30 the next morning we found our party in Gatlinburg, Tennessee. We dined at the S/M Restaurant as is tradition on these excursions. 10:00 found us atop Clingmans Dome the highest peak in Tennessee. It was so cold, wet, and windy that those of us who had come prepared for moderately warm weather had to turnback. Some of us were just plain set on going on. What a dissapointment when we had to head back to Cherokee to regroup. Driving there my hands were so cold and I so little prepared, that I had to ask someone for socks to wrap around them. Oh well, we get what we need when we need it. Well we got to this little restaurant in Cherokee and Lane and his brother Eric secured for us a place to stay, a relative had a 115 year old farm house, Yeah! (We had a meeting in the Restaurant; to the Waitresses amazement and our own.)

So we got to the house, went in and found it full of antiques. That was a trip. It was like we had gone back in time. We were estatic! Wildness and crazieness, eating and a 4 hour meeting followed. It was great.

The next day the sun was out and so were we, we decided to climb a near by mountain. We took a load of us out to the mountain and began to climb, others took the car and went swimming and sun bathing at a near by water hole while we climbed the mountain. Well, we got to the top of that mountain after an hour of steep slopes, there was to our delight a tree on the very summit of that mountain with wooden ladder steps nailed to it. Up... up I climbed on it, sixty feet up and praying I got to the top, it was like a giant eagles nest (if you don't believe me ask Donna Y., Lane W., or Greg) we all sat up there for a full 2 hours and had a mountain top meeting on spiritual growth, we got high; clean and sober.

When we got back to the cabin, Sheila O. just had to ride one of these horses that was in a barn across the way. A young lady came out and Sheila got her wish (careful what you pray for), soon we had all taken turns on it (and I'd never rode).

We headed back at 5:00 or so Sunday and made it back for the Sun 12 step group at the Clubhouse. God looked out after us that weekend and it turned out better than anything we had in mind.

Other members who went were Barry A., Cliff, Sheila, Doug, Greg, Hank, Donna Y., Lane and an earth person Eric.

DRUG FREE IN SCOTTSBORO

I am living in a halfway house now and have been here for the past nine months. I am addicted to both drugs and alcohol, though I started out with drugs, and I attend AA regularly. Before I came to Scottsboro and Oak Lodge I attended several NA meetings in Birmingham, where I am from, and enjoyed the Fellowship very much. I never took a chip at an NA meeting because I wanted to give up alcohol but wouldn't let go of my old best friend, drugs.

After many slips in which doing dope always lead me back to alcohol, I am finally convinced I must give up both in order to live a clean and sober life, free from any chemical crutch to get me through every day. I'm doing it one day at a time but still having that struggle of wanting to keep the drugs in my life. I am not leaving now but the desire hasn't left me.

Scottsboro AA has a growing group of cross addicted young members and along with help from the director of this halfway house and a member of AA with 5 years of sobriety, around eight of us are starting a much needed self-supporting NA group in Scottsboro.

I love the few copies I have of "The RAINBOW CONNECTION". I'm sure it will be a great help to us in our efforts to form a group in Scottsboro. Enclosed is \$5.00 for a subscription. Keep up the great work and God Bless.

Pam C.
Scottsboro, Alabama

I can't tell if I'm more amazed at how sick I was or at how well I've gotten... -Karen C., College Park

OLD WAYS - NEW WAYS

Finding fault, criticizing and complaining; these are the hallmarks of the behavior which kept me sick and prevented any help that might have come my way. I have to replace these with gratitude, tolerance and acceptance if I am to learn to enjoy life on it's own terms. If I had to do this alone, there might be no hope. We all need people and the program has given me fellow recovering addicts who can love me where I'm at even when I fall on my face. I want to do better because of their love and support. They are always there when I need them even if I forget to ask for help. They will often times help me without my even knowing it. I trust them because I know how it is with me. If I get to help someone, it makes me feel better about myself. The last thing on my mind is self-righteous criticism and false moralizing. In most cases I've gone through whatever may be bothering them or something very similar. I often wind up taking my own advice, advice that may never have come to me without the opportunity they provided by letting me share their load.

HOW DO I STAY CLEAN AND SOBER

For the last couple of years I have asked myself this question. After 12 years of being a heroin addict I was tired, really sick and tired of being sick and tired.

I tried every drug program imaginable from Methadone to YA and nothing really worked. I came to NA while serving time in a Pre-Release Center. Up until that time I had not heard of NA and probably wouldn't have tried it if I had.

At first I attended NA so that it could look good for my parole record. I'd sit in meetings and pick apart the people and the program. Then one night I realized that these people were clean and they were staying clean, and I couldn't pick them apart. I started listening and really hearing what was being said. I saw and felt the love, sharing and honest to God caring of one human being to another. This in itself was a real trip. Where I'm from people don't really care. All these people knew I was a junkie, they knew I was a liar, thief and a lot worse but it didn't matter; they loved me, they cared about me. Wow! That was really something!

After attending several dozen meetings I began to have thoughts again of getting high and the stronger the thoughts became the more afraid I became. I talked about this finally with my outside sponser and I guess I was really mad. I told her that I was going to meetings, really sharing at meetings, but I still had a craving to get high. What was I doing wrong? I was then after cursing me out that she introduced me to the steps and told me to get off my fanny and start working the program - really working the program- not just going to meetings and flapping my lips.

Now I'm still clean, I work my program every day, every hour of every day. I live by Easy Does It, One Day At A Time and Working The Steps. The Twelve Steps are my bread and water without them today I'd be dead.

Jackie B.
New Birth Group
New Horizons Treatment Center





In the last two years of my sobriety, I have given a lot of thought to the Twelve Traditions, and how important are to us as individuals. In my opinion, many of our Traditions are more important to the newcomer than even the Steps. Even though he may see the Steps written on the wall long before he sees the Traditions, he is probably seeing the Traditions in action first, long before the gravity of the Twelve Steps has had time to really sink into his fogged brain and his pent-up emotions.

To me, the First Step and the First Tradition had to go together. After I admitted that I was powerless, I had to admit to myself that my own personal recovery depended on NA unity, and for that reason, meetings and contact with others in my group was essential. A lot of newcomers are not sure they have a problem with drugs that is severe enough to merit total abstinence, but they do know that drugs are not welcome in the meeting halls, or at least they learn that fairly quickly, because possession of drugs would damage the entire group. Sometimes, a newcomer likes the feeling that he matters to his group, and he senses that the taking of that first fix, pill, or joint would cut him off from his new found friends. And that keeps him clean and keeps him coming back until he's sure he really qualifies for the Program.

One of the things that makes our Program attractive to the still-suffering addict is the fact that there are no leaders, and nobody can come in from the "outside" and order him around. In the 2nd Tradition, he is assured that he is his own boss, and in the Third, that nobody can kick him out. But, that is just a beginning. We often catch our first glimpse of a Higher Power at work through the power of the group or the Group Conscience. It seems to pulsate like electricity through the people, especially during meetings. From a simple beginning like that, a person often "comes to believe" in Something, and learns to trust It.

When we really think about it, it makes sense that sometimes, one person can be the group. Those of our Fellowship who have tried to start new meetings or who have been active in a very obscure NA group, have had the experience of being alone in the meeting room, holding a meeting of one. If one person is a group, then the Traditions, which are suggested for the survival of the group, must be applied for the survival of that individual. So, they belong in our personal lives too. For example, take the idea that each of us should be autonomous. That means, to me, "Don't compare," for one thing. Keeping our individuality is vital, because if we didn't, then if one member relapsed, all of us would. We have no right to impose our ways on anyone else.

Self-support and self-government really make an impression on potential members too. Many of us come into our first meetings flat broke, and the last thing we need to see is another hand out, grabbing for our wallets. As a part of our Ninth Step, self-support is absolutely necessary, along with the payment of our debts from the past. It is tied-in closely with our self-respect, which must be developed for comfortable sobriety. But, not only that, an addict is often pretty suspicious, and especially skeptical about do-gooders. Part of what inspires his trust in us is realizing that we aren't "after something".

A good slogan for all of us is, "If you want your sobriety to last, you have to put it first." In a meeting, remembering that our primary purpose is to stay clean and sober, and to carry the message, will keep us on the right track. We would lose our primary purpose if we started bringing in outside issues or entering into public debates. And when we leave the meeting, thinking of our primary purpose for the day in the same way will keep our priorities straight.

No essay on the Twelve Traditions would be complete without the mention of anonymity and its importance to all of us. Most of us wouldn't even have made it to our first meeting if we hadn't been assured that everything that goes on there would be strictly confidential. But, the spiritual concept of anonymity runs much deeper than that. We hear in meetings that addiction is the "Great Leveler". As someone so aptly put it, "In NA, there are no big shots and there are no small shots. One shot and we're all shot." Plus, most of us can look back on a few times when we left a meeting determined to never return, just because of some petty resentment aimed at a fellow member. Of course, if we were sincere, we would eventually be back, having learned to place principles before personalities.

Many newcomers do not know what we have to offer, or they haven't decided whether or not the Steps apply to their lives. But, our purpose is to carry our message to him, and let him decide from there. And, no matter what he decides about the Steps, he sees the Traditions at work from the beginning, sometimes even before he attends his first meeting. By just being there, he is putting them to work in his own life.

Gina H., Nashville - May 1980





This strange and infrequent meeting takes place in the dunes of Panama. It has only met twice that we know of, but it always has a good topic and gives its members in attendance a good feeling. It first met five years ago when a party of beach-faring members of NA spotted a beautiful setting among dunes overgrown with small seashrubs and sand mosses.

It was early one Sunday morning; we had all been up late fishing, talking, and fooling around a fishing pier in Panama City, Florida. The topic I can't remember, but the feelings of awe and unity are still with me today. We read the literature and drew pictures in the sand.

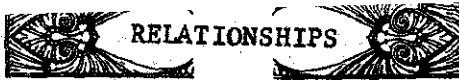
Four years later, another group of recovering addicts found themselves at sunrise wanting a meeting, although they had just gotten out of a four hour NA meeting. This time I can remember the topic--it was Hope. A lot was shared by the nine members who attended, some hope, and some dreams. We all agreed on one thing, however; if any of our hopes were to be realized, it depended on one thing--our hope for new lives as clean and sober members of the main highway out of active addiction that we call Narcotics Anonymous.

I have been to many meetings where I shared with fellow members what it was like during my active addiction. I have been to many meetings where I shared with others how I stayed clean and sober through the miracle of the Twelve Steps of our program.

Discussing hope made me uncomfortable because it felt like I was planning outcomes and projecting into areas of powerlessness. I think a lot of the others felt the same way, but no one said anything about it; they just shared their hope. Some talked a little about what they had come from and their hope that it would be different as much and as soon as possible. Others talked of dreams of peaceful and orderly lives, free of drugs and addiction. We got into sharing about spiritual feelings that were beginning to awaken for us, and our hope that what had begun for us would continue and take the form of conscious contact with our Higher Power. A few were concerned that the wreckage of the past would prevent them ever getting a real feeling of hope, but they were consoled by the sharing of the others, that recovery was possible for them too.

We closed the meeting with the Lord's Prayer and "Keep Coming Back". We look forward to the next meeting of this group, but we know we cannot announce it. It meets in God's time, not ours.

Bo S.
Spring, 1980



In the program, as we are recovering addicts, we are also recovering humans. Part of our human nature is male-female companionship. These relationships play an important role in our lives as they are one of the cornerstones on which our lives are built. A relationship with a member of the opposite sex can be beautiful and a helpful part of our recovery. However, it can work to destroy us spiritually, emotionally, and mentally. These three things are the cornerstones of a relationship. There are also building steps to a healthy relationship. These include communication, honesty, individuality, care, trust, and lots of understanding. Let's talk about each of these steps.

Communication is of the utmost importance. This is where each finds the other. Honesty plays a large part in communication for only when we are honest about our feelings, likes and dislikes, wants and needs, is the other person going to know in what way they can aid the relationship. For many of us, it was hard to understand what happened in our past relationships which were at one time so beautiful. In an honest look many of us have found that a lack of communication served in the destruction of the relationships.

In all phases of the relationship we should maintain honesty. Only in honesty can each partner be respected. If we aren't honest in our feelings, how can we expect a full and lasting relationship?

Individuality: At all costs, each partner should allow the other to remain themselves. Being human, we all have our goals. If these goals are smothered or taken away, we retaliate. At worst, we lose a part of ourselves. This can lead only to destruction of the person and the relationship. In what ways does the relationship benefit from individuality? Each person, by being free to make their own choices, gives more freely. This is another part of the relationship...giving, receiving, and giving more.

Care: To care for the person for whom they are, not what they are, or for what they may have to offer is a great and joyous show of love. Caring is something we can't do enough of in the relationship.

Trust: There must be absolute trust for a good relationship. Trust is one of the great steps in a relationship. Jealousy seems to be the single largest contributor to mistrust. Trust serves to bind the relationship together. Mistrust serves to tear it down. Only in trust can we enjoy the person for who they are.

Understanding: This walks hand in hand in communication, understanding the person's feelings, wants, their needs and likes, and dislikes. Many times in a relationship, one or the other seems to be out of sorts at times. They may be grumpy, silent, depressed, moody, or, at the other extreme, unusually excited, hyper, and even crazy. It takes understanding of who the person is to deal with this at all times, good, bad, or indifferent.

Sex: Also plays an important role. Being a gift of God, it is good. It can work to the other side, bad. Sex is a part of the relation-

ship. Any dependence on sex can work to tear the relationship down. It confuses feelings and thoughts. It is a physical bond, but it gives a spiritual closeness. All feelings and thoughts should be taken into consideration before any large degree of sexual contact,

We have talked about some of the steps; let's look at the corner stones--spiritually, emotionally, and physically. In a lasting relationship, you will want the person in each of those three ways.

John H.



THE PANAMA CITY TRIP

There was a trip planned for a yearly meeting in Panama City, Florida, in April. The dates were the 11th, 12th, and 13th, leaving Friday morning, April 11.

On the way down to Phoenix City we had a meeting on the bus with Billy B. as chairman. We stopped in Phoenix City, had lunch, and were again on our way. We held the second half of the meeting, and when we finally got to Panama, it was 7:30 P.M.

We all went out to eat after checking in to the motel, then went to the 11:00 P.M. meeting. Doug H. was chairman, and discussion leader was Tommy B. The Topic was "How to Help a Newcomer."

At 10:30 A.M. there was a Service Seminar. At 3:30 P.M. a meeting was held on Unity, lasting until 4:30 P.M. We all went out to dinner, and came back at 9:30 P.M. for a meeting on Sex, Security, and Society. That lasted until sunrise, when there was a Sand Dunes meeting.

Sunday before departing for home there was a spiritual meeting, after which we left to come back to Atlanta.

We stopped for supper in Phoenix City, then had another meeting on the bus, where everyone got the chance to share something.

When we got back to Atlanta, we all hated to leave each other. Some of us shed tears as we departed at DAC.

Doug H.

I am here; I care. I haven't walked every step of your life or experienced every emotion you have felt and feel but we have a common bond. We are addicts, we share mysteriously twisted personalities that spell chemical addiction. We both have experienced that terrifying, overwhelming urge, that need for something outside yourself. I know the feelings all too well. We share a bond of fear, of anxiety, and of anger that we are unable to control. Fortunately we can also share a bond of love. We can reach out and grasp one another, each unable to maintain as an individual but receiving strength and comfort in our shared humanity. Together we can release our fears and anger, release the tormenting ideas of a necessary super existence. The need for excitement, of stimulation, of ego-inflation can leave us. In our peace and quiet being we can then begin to come into contact with a deeper part of ourselves. The knowledge of a higher power begins to pull us into a sense of companionship with God, rather than at war with him. In beginning a new life, old behavior patterns are released for new creative ones. We begin to live as never before possible. We become ourselves.

Paul K.



When I got here I couldn't see the point of being honest. I felt I was as honest as I could be, after a while, but honesty had always seemed to be a matter of righting my wrongs not avoiding my wrongs. After a while I would catch myself doing and saying things that I could see would get me in some sort of trouble but couldn't stop myself. It was explained to me that I would see these things before I could change them but that in time I would be able to change, especially after I could see where it would benefit me. It's a selfish program. A lot of my dishonesty came from old ways. Things that worked to help me survive before I had the program in my life. These things I discarded as soon as I realized that they no longer got me the results I was seeking. Other forms of dishonesty involved learning to live in the sense that my living level had never gotten up to the point where I could even attempt to deal with them before. Personal relationships or job improvements offered many opportunities to fail as I progressed that had never been available to me before. Through my cleanliness and working the twelve steps in my life, I have been able to overcome the worst of these a day at a time. Every time I do though it seems like my Higher Power gives me a new "opportunity to grow." Thank God for those who stand by you in this sometimes painful but always rewarding process of learning to live.

RESERVATIONS

My reservations helped me hurt enough to finally seek help from the Fellowship of Narcotics Anonymous. After getting on the program, I came to realize that some of my reservations were still with me and others had taken new forms. I found that I could be very open-minded if we were in total agreement. I could be honest most of the time if I had nothing to lose. I could be willing to try if you were going my way. If on the other hand, you wanted to express your opinion after I had told you what I thought, I wouldn't even listen to what you might be saying. I considered myself very tolerant as patiently waited for you to finish whatever it was you would say so that I might explain it once again. I would even be very careful so that you might receive the full benefit of my point of view. My honesty grew in time until I could explain in great detail where you were going wrong. I tried to do better myself when I could, but I had so many other people to straighten out. I was willing to try out things again that I had been trying to get to work for years, figuring that since I was clean and sober they might just work out. I had heard that self centeredness was at the root of all defects of character and even read the literature so I could explain it all to these others who needed help. I would explain to them that they couldn't possibly change their life without changing their actions. I felt that I had always had a special gift for seeing the exact nature of the wrongs of others. I would hate it when others would go off half cocked without even consulting with me. I could only pray for their eventual recovery and hope that they would keep coming back. Me too!

Love Bo.



SECOND WORLD LITERATURE CONFERENCE



A seven day conference to work on compiling material which will lead towards a basic text for the program of Narcotics Anonymous will be held at Lincoln, Nebraska this September 8-14th. The site and time was chosen by group consciousness on the floor of this years World Service Conference. Details will be forthcoming and flyers mailed out. If you can't attend, pray for us.

WSC Literature Committee

A Simple Lesson From a Simple Prayer

While utilizing the Prayer of St. Francis in an effort to improve my meditation, I stumbled upon a bit of truth which I would like to share. We do indeed get what we pray for even if we aren't conscious of what they may be.

Shortly after praying this prayer, my phone seemed to become extremely active. The opportunities for personal growth and carrying out the primary purpose of our Fellowship usually in the form of service work were legion. Suddenly my calendar become overcrowded to the point that some restrictions had to be imposed for the sanity of close friends. The immediate and simple lesson that I aquired from this experience was that one should not ask to be used as an instrument if he or she is not willing to undergo a not too subtle change in their relationship with the Divine Spirit of the Universe.

Therefore, I caution you to be prepared.....

Love and Light,
Tommy D.
SW Atlanta

TO A NEWCOMER

The journey sometimes seems to rough. I know. I've been there, too. I wish I had some majic carpet that I could give to you, and make you smile, and make it easy. "Getting there is half the fun". That's what they told me, friend. On this road you'll someday see that you'll never reach the end. A journey with no destination? It seems too much to endure. Remember, you have a malady for which there is no cure. We can stay clean and sober and even have fun! If we remember to do it one day at a time. Just don't take a fix, pill or drink today and sooner or later everything will be fine.

The clouds that sometimes seem to come out of nowhere to block the light which we cling to so desperately not knowing that the clouds offer a bright reflection if we will only look for the good in ourselves and in others. Many people pass this way, our sisters and our brothers. "You must give it away to keep it". You'll hear that time and time again. Working with others like yourself will help you ease the pains of just existing. I know, its a bitch. Just keep getting yourself to a meeting each day and one day your attitude will switch to one of sunshine, that no cloud will be able to hide. No problem will ever again be able to cover the love you have inside.

CALENDAR OF EVENTS



WORLD SERVICE CONFERENCE will meet in Los Angeles, CA for the third time. A lot will be happening and some of it may be historical so if you can, plan to attend. The money raised at fundraisers which were held in several areas where NA is strong will be applied to the needs of our Fellowship, primarily to the World Service Office. Improvements to the Office will help maintain an up to date World Directory of NA meetings and literature distribution.

THIRD ANNUAL PACIFIC NORTHWEST NA CONVENTION will be held May 23, 24 and 25 at the Cosmopolitan Hotel in Portland, Oregon. Hotel rates and ticket information available by calling 404/427-2086 or writing T.A.P.N.A Convention, P.O. Box 6531, Portland, OR 97228.

FIRST EAST COAST CONVENTION OF N.A. will be held June 27, 28 and 29 at Bucknell University in Lewisburg, Pennsylvania. The total package for rooms and meals will be \$48. This includes the two nights and the banquet. For more information contact: 1st E.C.C.N.A., P.O. Box 1521, Kingston, PA 18704. The theme is: "NEVER ALONE".

2nd ANNUAL REGIONAL CAMP-OUT will be held July 4, 5, and 6, 1980 at Harvey Co. West Park in Newton, Kansas. Flyers available at meetings in Atlanta or call Ray P. at 1-316-283-3529 and Steve O. at 1-316-8884 for more information. There will be a regional business meeting and fundraising for the 10th World Convention of N.A. Also N.A. Olympics, a fishing contest and clean and sober jam session.

1st ANNUAL BLUE RIDGE MINI CONVENTION: July 18, 19 and 20, 1980. Come join us in the foothills of the Blue Ridge Mountains for serenity, sharing and caring at the Look-Up Lodge just 22 miles from Greenville, South Carolina. Registration ends June 18, 1980

THE TENTH WORLD CONVENTION OF NARCOTICS ANONYMOUS will take place in Wichita, Kansas on September 4, 5, 6 and 7, 1980. We are still waiting for flyers. The Convention will be held at the Broadview Motor Hotel. Pre-registration fee is \$12 through August 15, 1980. Registration at the door will be \$15. Banquet tickets will be \$11.50. The number of the Broadview Hotel is 1-800-362-2929. The address of the W.C.N.A.-10 is P.O. Box 1303, Wichita, KS 67201. This should be the best ever - register early!

WE NEED YOU to insure that we announce events which we all want to know about. If you know of something being planned, please write or call us to make sure we get it in the RAINBOW. Thanks for your support!

NEW MEETING at Georgia State College will meet Tuesday at 11:40am on the 2nd floor near the chapel. Contact Hank F. or Lane W. for more information.

The ATLANTA ASC will meet the first Sunday of each month at 2:00pm at the Highland Club. Phone 875-3995. The next meeting will be June 8th. Spread the word.

The MARIETTA ASC has a new secretary, Ginny G. The new meeting time has helped members attend: last Friday of the month at 10:00pm at the Rising Sun Clubhouse. All Marietta groups are asked to send a group service representative to the ASC meeting to help with group needs and promote unity among the groups.

HELLO from the Southside Survivors - We celebrated a double Birthday Wednesday night April 23rd. Number one for Barbara T. and Tommy D. Southside Survivors has a new meeting location at the Flint River Adolescent Center on Riverdale Road next to Clayton General Hospital. Time is still 8:30 pm Wednesday nights. Terry B. will be celebrating his "1st" with the SSS group on May 7th. Rebecca will be the speaker.
We Love You!

The new number for the Highland Club is 875-3995.

MAILING ADDRESS of South Florida Narcotics Anonymous is P.O. Box 14371, New River Station, Ft. Lauderdale, Florida 33302.

NEW MEETING at Jackson Prison 1st and 3rd Monday of June. This long awaited meeting is a dream come true for members of our institution committee. Please contact Barry L. at 523-6633 for further info.

TWO NEW MEETINGS at the Highland Club on North Highland in Atlanta. Wednesday morning at 11:00am and Thursday night at 8:00pm.

Hello good people! Just want to express our appreciation of the Rainbow Connection. Our group finds the sharing and caring in the letter to give us strength and hope.

We have so much to be grateful for a nice meeting, on the average of 17 members a month, and Neal, Woody and Ron who give so much experience and knowledge of the program.

We hope the Blue Ridge Mini Convention will be a chance to get to know the groups in the area and to experience the power that works in and thru us all.

Love you Atlanta,

Clean and Green
Greenville, S.C.

GROUPS IN METRO ATLANTA

SUNDAY

12 Step Study Group - Rising Sun

Highland Group - Highland Club

MONDAY

Clean and Serene - Ridgeview Institute

Feeling Free Group - Peachford Hospital

New Answer Meeting - Parkway Regional

Highland Group - Highland Club

TUESDAY

Open Arms - Brawners Hospital

New Visions Group - DeKalb Addiction Clinic

Buckhead Group - St. Ann's Episcopal

Canton Group - No. Ga. Mental Health

Highland Group - Highland Club

11:00 am Meeting - Highland Club

WEDNESDAY

Turning Point - Peachtree Parkwood Hospital

Southside Survivors - Clayton General

Forward Group - Rising Sun

THURSDAY

NAVAHO Group - VA Hospital

Woodstock Meeting - Little River Methodist Church

New Meeting - Kennestone Hospital

Golden Eagle Group - Buford Prison

Open Up Group - Rising Sun

Cartersville Group - Church 8 mi. North

11:00 am Meeting - Highland Club

FRIDAY

New Connections - Peachford Hospital

Highland Group - Highland Club

Reaching Out Group - Rising Sun

New Birth Group - New Horizons Womens Pre-Release Center

Late Meeting - Highland Club

SATURDAY

Speakers Meeting - Rising Sun

Frogmyre Junction - Ridgeview Crisis Center

Survivors Group - Rising Sun

Speakers Meeting - Highland Club

Meeting times are all 8:00 pm except Survivors Group and Friday Late Meeting at Highland Club which meet at 11:00 pm; and the Golden Eagle Group and Southside Survivors which meet at 8:30 pm.

THE TWELVE TRADITIONS OF N.A.

1. Our common welfare should come first; personal recovery depends on N.A. unity.
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.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomous, except in matters affecting other Groups, or N.A. as a whole.
5. Each Group has but one primary purpose — to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. Group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our Service Centers may employ special workers.
9. N.A., as such, ought never to be organized; but, we may create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence, the N.A. name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



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