

JANUARY 1980

A stylized rainbow with a white cloud containing the title. The rainbow is composed of several curved bands of color: blue at the top, followed by green, yellow, and red. The white cloud has a black outline and contains the title text in a bold, black, serif font.

**The Rainbow
Connection**

"I wanted to change the steps to suit myself. I took the first drink and first drug and it immediately restored me to insanity."

PANAMA CITY BEACH TRIP IS BEING PLANNED

For the third (or fourth?) year we're going to the beach. One of the members who got the program "on the bus" going down last year is helping coordinate the arrangements for this year's trip. Anyone who wants to help should contact Jennifer.

AN OPINION

With our Higher Power guiding us, we may never again have to deal with using, but we will always have to deal with staying clean and sober on a daily basis.

My name is David E. Today I am a recovering addict. I have an addiction problem to both alcohol and drugs. I will have this problem till the day I die. Tomorrow, well I can't say. For in my program of recovery there is no tomorrow, no yesterday, only today. I find that this is an extremely positive course of action for me to follow.

Through the program of Narcotics Anonymous and living my life one day at a time, I do not learn how to handle my addiction, but how to handle it sobriety. It wasn't really that hard for me to stop using, the hard part was to stay stopped. Through N.A. and my Higher Power I found a road that was suggested to travel on. I find that after I travel for 24 hours, I start to get tired. If I try to travel another day without taking the time out to express my gratitude to my Higher Power for helping me help myself, I get stinking thinking. A lot happens in one day for me, negative and positive, and if I don't take the time to appreciate both, chances are that I will miss something that will help me grow or possibly get me loaded. The Big Book of AA says something that I can really relate to: we cast off the burdens of the past and the anxieties of the future, as we begin to live in the present, one day at a time. We are granted the serenity to accept the things that we cannot change and thus lose our quickness to anger and sensitivity to criticism. I have to live my program, which is my life, one day at a time. If I don't, I'll start worrying about things that when they happen I find out they weren't worth worrying about. With all that worrying I wouldn't have time to fully work my program, and that for me brothers and sisters could be a deadly mistake.

Love,
David

"NA SAVED MY DAY . . ."

Saturday morning the police came knocking on my door. I walked out and opened the door and there were guns everywhere. They hauled me down to jail and wouldn't let me get a word in edgewise. They read me my rights and told me I was under arrest for armed robbery. With my past record they didn't want to hear anything from me on the way down to the station. You know, "Shut up, we don't want to hear nothing from you!" I got down there and they went through the whole thing again, "You have the right to remain silent. Anything you say can and probably will be used against you in a court of law." Finally I said, "Wait a minute, was this robbery committed between eight and nine-thirty last night?" They said, "Uh huh, you claim you didn't do it and yet you know when it happened!" And I said, "Look, my car was loaned out." And they said, "Well, where were you?" I said, "Look, I was at an NA meeting over at Peachford Hospital." They said, "What kind of meeting?" I said, "N.A." and they said, "What's that?" I said, "Narcotics Anonymous" and they said, "Oh, you're a dope fiend." Then they started looking all over me for needle tracks and everything. They asked if there was anybody who could attest to that and I called a couple of the other people who were there at the meeting that night who were known to me personally while they listened on the extension. I just asked them if I was there that night and they said yes. In fact, one of them went so far as to say that he would testify in court if necessary. He said to go ahead and give the police his name and phone number. I didn't have the heart to tell him they were listening on the extension. First they weren't even going to give me a ride home. They hated to let me go. They were looking disgusted. They thought they had themselves an easy case. At one point they were saying, "Well, we know it was your car. It was described, they got the license number, your name's on the front and everything." They brought me back to my trailer and asked if they could search my home. "You're a dope addict? Well, if you're not using, you don't mind if we come inside and search your house, do you?" I said I didn't mind and so he followed me up to the front door and when he got to the front door, I said, "Have you got a search warrant?" He said, "Do I need one?" And I said, "Yes, I don't mind if you come in and search my place but you're going to need a warrant to do it." They took off. They came by once again last night and now they're trying to find the kid who actually committed the robbery and asked me to help them. After all that stuff that came down Saturday, they're asking me to help them.

Mark M.

))))))))) MY HAED WAS/IS OUT TO GET ME (((((((((((

Throughout my life I have always had these unaccountable "Lurking Notions", feelings of discomfort and impending disillusionment. Doubt, confusion, dispair and sometimes anxiety would follow. In all my new undertakings, these lies would haunt me. When I was using speed, pot, pain-killers, acid and anything else, my little record taker upstairs (my ego) just recorded that I was a failure and had no chance at a happy, sucessful life.

So, my head says it is impossible for me to suceed, at least for a prolonged period. It kept telling me something was going to go wrong so I might as well go crawl in a corner with something to make me happy till I could come out and try again with what I had left.

The great day came when I hit rock bottom and declared myself insane and constitutionally incapable of determining the future or what was good for me or not. That was the soundest decision I ever made. I admitted that not only was I a genuine human being with a progressive, terminal, chemical, mental and spiritual disease but also my cures didn't work.

Only then did I become a little open-minded. I earnestly tried not to think so much and listen to these fellow addicts who had what I wanted: a happy, contented life. I wanted it for me.

Sure, I'm still sick, but I don't have to listen to my cunning, baffling and stupid head. My head is out to get me so I just try not to use, not to think too much and go to a lot of N.A. meetings. I try to put my head into the solution, not the problem. What do I do instead of spinning my wheels? I pray a little prayer: "Thy will be done in me and through me", and something good happens in my life.

Hank F.

You Are Welcome...

You are welcome to contribute material for the RAINBOW CONNECTION. Most of us reach points in our recovery where we suddenly see clearly the solution to something that's been bothering us or overcome a difficulty to which we had become accustomed and we hope to publish as much of your strength and hope as we can. You can write it down or call it in to 427-2086. We are trying to build unity by helping our local NA get past the word of mouth stage. We send out cards to group service representatives monthly and publish nearly everything contributed by our members. How about that special idea, the one only you know about?

BUT FOR THE GRACE OF GOD . . .

I came in the program because I was hurting and I knew I needed help. At first I didn't really know what it felt like to be clean. I listened a lot and did very little talking. After my third and fourth meetings I began to listen and could understand the people who were sharing their troubles with dope. Funny thing, I knew where they were coming from.

I started smoking pot at the age of eleven. Really before then but it was at eleven that I started regularly. After about a year I couldn't get as high on pot as I used to. So I started chemicals. I used THC, chrystal meth and acid for a couple of years. I know now that I was really hurting myself and the people around me. I got thrown out of my house at the age of fourteen. I lived off of other people's parents by telling them that my folks died and I didn't want to live in an orphanage. By then I was really strung out on meth. I lived from place to place, stealing whenever I needed some dope.

Finally I ran out of places to stay and schools to go to. I called my parents and conned them into letting me come back home. I was eighteen at this time. I started my fourth high school in four years and was introduced to MDA.

This drug I thought was the answer to all my problems. When I would fire a half gram all my problems would go away and the whole world was beautiful. I got strung out on this drug but really didn't care. Well, a couple of months after I turned nineteen I was up to doing two to three grams a day. I lived and needed this dope.

I ripped off a large amount of money and decided to throw a party. I brought a couple of ounces of MDA and a pound of pot. With these drugs and a few friends we headed for the lake. We got to partying real heavy and found three more friends of mine. They asked me if I had some drugs. I told them I did and they were welcome to party with us. They got high and two of them overdosed and died. Now I'm in prison doing time for their deaths. It really scared me to realize that it could have been me instead of them. I needed people like ya'll to help me.

I've been in the program nearly nine months clean and sober. I really have begun to understand and relate. I thank my Higher Power and the fellowship of Narcotics Anonymous for my recovery. I haven't been on the streets yet but I know when I get out I am really gonna need this program. May God bless all my brothers and sisters in Narcotics Anonymous who have shown me the way to stay clean and sober one day at a time.

Bob W.

DOGWOOD WORKSHOP

The Atlanta Area Service Committee hosted another workshop January 12th at the Dogwood Club. Institutional Committee reported that about a fourth of the members in Metro Atlanta are behind bars. They have been limited to one meeting a week but the guys at Buford Prison have been holding two meetings a week on their own in addition to the meeting with outside support. They also raised money to buy a coffee pot for the ladies at New Birth Group. That shows spirit.

Literature Committee filled up the tables by laying out the files on all the material collected so far. 135 NA tapes and hundreds of files. Really it surprised everyone, that so much has been collected. Attending members were encouraged to carry the message that each and every member is welcome to turn in material on any aspect of their NA experience. A growing number have done so already.

Hospital meetings were discussed in detail from the autonomy of the groups to coffee arrangements. The next workshop will be held in April on the World Service Conference and lead by the Chairman of the WSC. Don't miss it.

HAPPINESS IS WANTING WHAT YOU HAVE.

SPIRIT OF 1980

The fundraiser for the World Service Conference surprised everyone by raising \$500. Over 150 members attended the party and had a fine time. The same kind of celebration took place in San Jose, San Francisco and Virginia Beach. I never thought I'd live to see 1980, much less see it clean and sober, surrounded by a hundred friends. Well, they told me it was a program of miracles. - Bo S.

Narcotics Anonymous literature and birthday chips can be ordered by calling 427-2086 or by filling out the standard forms and mailing them in with the money. If you need these forms call the number or write the ALC at 890 Atlanta Road; Marietta, GA 30060

PLEASE ALL AND YOU PLEASE NONE.

Acceptance is the only real source of tranquility, peace and serenity.

LITERATURE

We all have our personal story of recovery in Narcotics Anonymous. This is the way the program works. It is available to each addict seeking recovery. As our addiction has damaged us in various ways and the nature of our personality varies, so our experience of recovery varies. The purpose of literature is to make our message available to all addicts seeking help regardless of drugs of choice, age or background. We try to present the nature of our recovery in general and also single out areas of difficulty and share our progress. We are motivated by the miraculous nature of our own recoveries.

The Twelfth Step speaks of our Spiritual Awakening, characterized by personality change and sharing our message of recovery with the addict who still suffers. In the course of carrying this message, each of us comes to our own understanding and if we have difficulty, we trust our groups to guide us by right of their spiritual nature. Those things shared to help others are those things which should be written: our common experience of recovery.

We hope that our ongoing appeal to you the members of Narcotics Anonymous for literature contributions will awaken something within you. Who else can we appeal to but you the members and a Loving God.

I'd rather be crazy and straight than sane and messed up.

CONSCIOUSLY THANKFUL

Special thanks from Ken and Beverly P. to all who helped with their recent move whether in body or spirit. They're planning a house warming soon - Call 977-7201

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GROUPS IN THE METRO ATLANTA AREA
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SUNDAY

12 Step Study Group - Rising Sun
Candlelight Meeting at Lynn W's
ask for directions

MONDAY

Clean and Serene - Ridgeway Ins.
Feeling Free Group - Peachford Hos.
New Meeting - Atlanta West Hos.

TUESDAY

Open Arms - Brawners Hos.
New Visions Group - DeKalb Add. Cl.
Buckhead Group - St. Ann's Hos.
Canton Group - No. Ga. Men. Health

WEDNESDAY

Turning Point Group - P'tree Plwd.
Southside Survivors - Clayton Gen.
Forward Group - Rising Sun

THURSDAY

NAVAHO Group - VA Hos.
Kennestone Meeting - Kennestone Hos.
Golden Eagle - Buford Prison
Open Up Group - Rising Sun

FRIDAY

New Connections - Peachford Hos.
Dogwood Group - Dogwood Club
Reaching Out Group - Rising Sun
New Birth Group - New Horizons

SATURDAY

Speakers Group - Rising Sun
Frogmire Junction - Ridgeway Crisis
Survivors Group - Rising Sun

All groups meet at 8:00 pm each week except the Survivors Group which meets at 11:00; the Golden Eagle Group and the Southside Survivors which meet at 8:30 pm.

FROM THE ASC'S: Make sure your groups are registered and that your Group Service Representative attends the ASC monthly. If you have a meeting without a GSR, you can attend as that groups founder and maybe get help with attendance and other problems you may be having.

ANNOUNCEMENTS: Judy S. is celebrating 5 years, clean and sober, at the Friday night Reaching Out Group. Beth E. celebrated her 1 year birthday January 16 at the Wednesday Forward Group. Send in your post cards or call your group announcements by the second Saturday each month to be announced in the Rainbow. Survivors Group will celebrate it's first anniversary on the 26th of January.

RAINBOW CONNECTION: If you do receive your copies of the newsletter, please make sure your group is registered with your ASC. Individuals can subscribe at the rate of \$5.00 per year. We need your support. Groups outside the Atlanta area can subscribe at the same rate but will receive additional copies.