

APRIL 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 4 - April 1980

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Atlanta ASC, P.O. Box 53302, Atlanta, Georgia 30355

Marietta ASC, 890 Atlanta Road, Marietta, Georgia 30060

Rainbow Connection, 890 Atlanta Road, Marietta, Georgia 30060

404/427-2086

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

SERVICE

I had been told that the Panama City mini-convention would be an experience, but I had no idea what impact it would have on me in the area of service.

I have been aware for a while of an interesting coincidence; that is, the more I give, the more I receive. The gifts that have come to me as a result of this program go beyond my wildest dreams. These gifts are not material, although I have not slept on concrete or gone without a meal since I came into the program.

They are not places, although I was moved to this beautiful city three months ago, nor is it people, even though the abundance of wealth of you, my family often leaves me speechless.

It seems to be an inner feeling, self respect, self love, and faith in my Higher Power--not bad for someone who has lived in self-hate, self pity, fear and anger for twenty-nine years.

This has come through staying clean and working the steps of this program, and lately has grown through service.

We are in the process of organizing a telephone forwarding service. This will not only give many suffering addicts the opportunity to get prompt and organized information on our fellowship, but will also let me stay at home a couple of nights a week and still be in daily contact with you, working my program. This is a selfish program.

During the service meeting at Panama City, many of you volunteered for this telephone service, as well as 12-step calls. I am sure that others who were unable to attend are also interested in serving.

If you are new and wondering how you can serve, this is it! The instructions for the answering service will be simple and explicit; that is for me, more than you--and the experience of going on a 12-step call with someone who has time and experience in the program will help your program and keep you from getting loaded, believe me--it's true.

Please contact me if you are interested. You will all be contacted for a short meeting and training session.

Remember, I can't but We can. I love you all.

God Bless,
Sally P.

I got up and fixed myself a cup of instant coffee and thought that maybe soon I could afford a coffee pot and some real coffee, but not yet. My sponsor had told me that if I was going to be clean and sober, I should try to look clean and sober. So whatever extra money I had after child-support, rent, IRS and a million creditors that seemed to call every week went to buy inexpensive shoes and clothes that I needed badly. I sat back down and picked up the Twenty-Four Hour a Day book, that someone in the group had given me and asked me to try and read every morning. They said it would put a little discipline in my life and also help me to find a God of my understanding, which was very hard for me. Since I had long ago turned off religion as a bad guilt trip. I opened it to the marker and read: "Those who do not recover are people who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault. They seem to be born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average". Something went off in my chest, stomach and shoulders all at the same time. I was sick with guilt. Was that me? Was I one of the unconstitutional ones? I remember the pride that I felt the night our group elected me treasurer. It was right after my one year cake and how good it was when my sponsor came over to give me a congratulating hug and handshake. They trusted me. Now here I sat six months later afraid to go to my own home group because they might ask for a treasurers report.

It had all started, as I see now, with me not putting the collection int the bank, using the excuse that I would save it up for two or three weeks and then go. Procrastination, a three syllable word for lazy. The groups money was in the top drawer of my dresser and one day I needed a couple of bucks to buy gas to go to a meeting or get something to eat after the meeting. Making a solemn promise to myself that I would put the money back as soon as I got payed. After all it was only a loan and surely the group wouldn't care even if they knew. I was still lying, cheating and stealing, but I justified it in my mind as a loan. A few days went by and I needed another loan. By the weekend I had borrowed \$20.00 which I put 1/2 of it back on payday, because I had bills to pay and a date for Saturday night. I figured I would catch the rest next week but by midweek I needed another loan as the date had cost more than I had expected. I went to the top dresser drawer and opened it. There were the coins and a few one dollar bills and the \$10.00 bill I had put there for repayment of my loan. The ones were not enough this time and the change was too heavy - out came the ten dollar bill. By Friday I had made another meeting collection added that to the already dwindling treasury and made another withdrawal all to be repaid on payday. Now I was in for \$30.00, then out came the change. Now I owed the group \$40.00 and I lost my job.

It was all over. Guilt and remorse set in. I thought the oldtimers

would fire me from the program or publish my wrong doing in the monthly newsletter - labeling me "to sick to serve." with my full name in bold print. I was really sick. The feelings of dispair and desperation set in. I couldn't call my sponsor and tell him what I had done because I was too ashamed. I went to the meeting that week and was afraid to go in and afraid to stay out. I just wanted to go get loaded. While I was walking around trying to make up my mind I asked God for help. An oldtimer came up and put his arm around me and asked what was wrong. I told him and it surprised us both. I never thought I could tell anyone. He smiled and asked if I thought I was the only one who had ever ripped a group off? I answered I was sure that I was. He assured me that I was not and asked me to go in and stand up at the meeting and make my amends to the group and let them knwo that I was sorry and would put the money back as soon as I could. It has been many 24 hours since that night but I have never forgotten the relief I felt of the love and acceptance I received. I found out that I didn't have to carry the burden alone anymore. That God and the people loved me, even when I was wrong. All that I had to do was give them a chance, "Trust God and clean house". The present as well as the past. To be able to walk with my head held up, eyes meeting the world, to serve and be served, to love and be loved, to forgive and be forgiven, to live and let live, to trust and be trusted - all of which I do very well some-times and not so well other times - but as I step out into this pathway of life, I know that many of us walk together. Experiencing the gnawing growing pains of freedom, joy and happiness that our fellowship has to offer. Keep coming back, it works!

Chuck S.
Atlanta, Georgia

REMEMBER

"A young bird in the nest must learn to fly,
and before the little bird must fall
but the bird does not give up,
he trys again and again."



We, like the bird must learn to live again
so if you slip just keep coming back.

Fred

WE WANT TO THANK our editor Tom R. who had to step down temporarily because his car kissed a telephone pole (clean and sober!) for the fine job of collecting material and designing the beautiful cover for this issue. Thanks to the members who have helped produce this issue: Cat, Paul, Shelia, Cliff and Tom and all of our contributors. It is music to my ears to have four typewriters all going at once during the Staff Meeting of the Rainbow Connection. It used to take several all night sessions by the hunt and peck system.

Bo S.
Rainbow Connection Staff



When I found this beautiful program of Narcotics Anonymous some twenty months ago, I was really a screwed up individual. I hated myself so much and I hated everyone around me, but you people loved me and accepted me and told me to keep coming back, one day at a time. By attending a lot of meetings and working the 12 Steps to the best of my ability I have come to love and even like me today.

I found in the program everything that I had been looking for in drugs. The love, acceptance, caring, sharing, the feeling that I could express to someone and you would understand. I found I finally belonged to something and could be a part of instead of apart from. I am proud to be a member of Narcotics Anonymous. I am grateful for the people who were here before me and for the people who come after me. I love dope fiends very much and I feel I am responsible to help that addict in every way that I can.

I owe my life to you beautiful people for giving me the things I have today: the good feelings I have for being alive another day. I had confidence to stay clean and sober because I wanted to live for a change. Today I have faith in that power, greater than myself, that everything is alright as long as I don't take that first fix, pill or drink. My recovery has been very slow and I wish I could say that I am perfect in all areas of my life but that would be a lie. Things are 100 per cent better than they were when I was using. The secret for me is surrendering to God's will and accepting his will in my life and realizing that my God wants the best for me. N.A. is my life and some other programs may work for someone else but I believe for me that this is the answer to my living problems.

Love

Ron R., a grateful addict

CLEAN AND GREEN GROUP of Greenville South Carolina has been meeting for three months and has steadily grown. The original group started with seven and has grown to twenty. Phil H was elected GSR, Marty B. was elected secretary and Woody M. treasurer. They are doing a fine job. We have people who want to get involved and help as much as possible. They are willing to do the things that are necessary for a group to grow.

We meet on Mondays and Thursdays at 8:00 at the Westminister Presbyterial Church on Augusta Road. We would love to have some of you beautiful people from Atlanta come up and share with us.

The Greenville Members

IDENTITY

It happened! It happened! She was saying the things I had felt. About a year ago I was struggling to get my words to work with my feelings. I was trying to get clean and sober when I was hurting so bad and sharing it with our little group in Canton, Georgia. The words just would not come out like I wanted to tell my true feelings, but the program tells us that the newcomer is the most important person at a meeting. Last week Vicki was that newcomer!

She was earnestly seeking help from the group. As she struggled to share her feelings, it came to me, "She's saying to us the exact thing I was begging for a few months ago." I could feel the Spirit as she pleaded for an answer to her mixed up life. She was particularly seeking help from one of our members, so I prayed earnestly for the right thing to be said to help her find herself - as I have without realizing it. That's the beautiful thing about our program. Being able to see the Spirit work in us and others that we might grow.

I could never believe that a dopehead like me could actually help someone, but with the growth that I have made by caring and sharing at our meeting could actually move mountains as we share our experience, strength and hope with other addicts who still suffer.

Frankie F.
Canton, Georgia

HELLO EVERYBODY !

I would like to commend your staff for a very fine newsletter. It's the best we ever seen. Keep up the good work.

The second anniversary of N.A. in Western Pennsylvania is coming up real soon. The first N.A. meeting of the original Double Bubble Group was on May 8, 1978. In less than two years we've grown from one group to fourteen and we have an area service committee set up. We have a modest literature stockpile set up and a very modest treasury. We are having an anniversary banquet on July 12 at Center Township Fire Hall. Tickets are \$9.00. You can contact me if any of you would like to come. I'm looking forward to seeing you at the First East Coast Convention of N.A. in June.

I'll close now. In my early sobriety being loved was so important to me. It was a gift freely given me, and by the grace of God it is a gift I can freely give. Did anybody tell you they loved you today? If not, let me be the first. I love you.

Gary W.
Western Pennsylvania
(412)843-0205

ALCOHOL ADDICT

I would say my first major drug addiction was alcohol. I began at sixteen. It seemed almost from the start that it was an outlet of rebellion--most likely initially toward my mother. The more she "bitched" the more I drank and partied; and in addition, raised hell (wine, women, and music).

Between the years of 16 and 19, quite frankly, I became more and more high-strung. After a bout of mononucleosis my freshman year in college and my continual drinking, for some reason I went into deep depression, so deep that the next fall found me on a psychiatric ward at Duke Hospital. I stayed on a ward there for six weeks. And, you may say, that was my introduction to the uppers and downers. For seven years I was placed on prescribed sedatives and antidepressants. Incidentally, I never seemed to ever have real control of my moods thereafter. They were either real low or real high.

Of course, the fact that I was already a drug addict in my eight year history of out-patient therapy and prescribed drugs never was revealed or implied to me. I was told ETOH and psychiatric drugs didn't mix well, but what lover of ETOH and drugs ever paid any heed to such advice? On so many numbers of occasions, everything was mixed together (and on one occasion, I awoke in a hospital after approximately a two-day coma after having become drunk and devouring an entire bottle of antidepressants and a handful of tranquilizers). The doctor told me I had a close call. I informed him I'd had some problems and would resume psychiatric counseling. Nothing was stated as to the insanity of the "mechanics" of what I had performed.

I suppose most unusual and miraculous concerning my story is that it was not all downhill. Believe me, it was an absolute miracle that I managed to acquire two college degrees. College was interspersed with an immense degree of (1) counseling, (2) psychiatry, (3) prescribed drugs, (4) marijuana in later years, (5) and ETOH, ETOH, ETOH. Anything was an excuse for a celebration (a drunk). In fact, ETOH and drugs was my reinforcement for any prolonged study (such as an exam), a big paper or even a pop test! Weekends were simply considered a time of party! Strangely enough, however,

I only took an upper once to help get me through a chemistry exam. I ended up making a 40 on the exam.

My supplier friend told me I should have taken another just before the exam to insure not coming down (which is what I did). I can say with all honesty, however, that my achievements academically were honest. However, if you consider how far I may have gone and achieved had I not been an addict, my academic career certainly was far from being honest with myself. However, I'm coming to the conclusion (now) that I must be fairly intelligent to have accomplished so much academically during my active addiction, but then, I most definitely have always had an inferiority complex and, in many respects, been an over achiever. If I could aspire to president, I don't think it would be good enough for my mother, but with God's help, I can now forgive her as a sober person.

I was married twice in the last ten years. Both marriages began and ended with ETOH and drugs, and when I finally recognized this similarity some six months ago (and talking and meeting a young woman AA counselor who related a similar story to mine, as she was a real alcoholic) I took her advise and joined AA.

For some three months in AA I continued to play games. I told God I'd give up ETOH but please let me retain at least marijuana. Isn't it a fact everyone needs something? And then, too, even though I truly now love my entire AA group here (and I've learned and grown perhaps in the last six months more than in my entire life); I could not discuss my dual addiction. In this program and area, I truly believe ETOH was their only addiction. But down deep, I knew I was being only 50% honest. The name and word of the program is total sobriety.

In answer to prayer, some three and a half months ago, two persons from the Atlanta NA group came to an AA meeting (of all places in the way out area of Bryson City, N.C.) I shall always be indebted to both these NA people, for they began to make me face total sanity--total sobriety, within NA fellowship. Incidentally, I recognize that perhaps one reason I am so way out was my efforts to escape drugs. It's been partly helpful, but for an addict, we all know there is no place perhaps on this entire green earth we can escape --as long as the desire is active. But turn this around and you may conceive why I (with God's help and NA support in whatever capacity) must make a success of the program in a way out capacity.

This week I pick up my six months chip with AA. I'm very proud and happy now. My moods are leveling off. I hope shortly to also

claim my status with NA (as pertaining to some length of abstinence). I firmly believe with God's help and the acceptance of NA fellowship and practice, this "way outer" will (and is) making it. Thank God for you all and for NA.

Jim L.
Bryson City, N.C.

STAYING CLEAN IN PRISON

Staying clean in prison was a challenge for me and so this is what made it possible. I have a history with drugs and because of it I made a successful trip in to my mind to find out why I why I went to the drug game as I did.

Making a list of the people that I have harmed wasn't all that easy because I felt that there was a reason behind it because I was also hurt but now I realize that all of my experience, good and bad, was because I made the choice to do so.

Choosing between right and wrong was all that simple and in prison I saw and still see alot of injustice and so as before I set myself up for a fall.

In a way I'm a gambler and I like the odds against me. This was the way that I was when I use drugs.

I expermented to see how far that I could go and I lost the game, but my friend, I haven't lost the game that I'm Playing now.

I'm using my mind for more productive things and I have a future and so I will keep it the way it is.

I'm stronger in mind than I was a few months ago and I'm sorry that I let myself rely on some pøople that was fighting like I was to regain who they are.

I'm not sorry that I met those people because they are very beautiful and no amount of negligence will ever prove to me that they're different.

My love to them is the same as it was when I first met them. Maybe some will never speak to me again and if that is their choice then I want it to remain the way it is.

Bo, this is my choice like it was when I dedicated myself to N.A., I have my own philisophy and it is the way I live.

I have taken all of the hurt that I have felt and that hurt that I have cause to other people and made it into a ball and threw it away.

I can't change the past but through prayer and meditation like it says in the 11th step I will make sure that my future will be clean.

In prison I see that I must change otherwise I will be the same when I get out and so it will make me return to prison.

In all I have built 4 years 1 month in prison and none of it was

easy but this last 17 months has made me realize that I must do something to keep myself clean. N.A. was at Buford but my friend if it hadn't been for the people that I met then I wouldn't be in it or ever writing to you.

Bo, there is alot of risk in gettin drugs in prison and this risk make it tempting for fellow addicts to take the challenge because they cannot get any relief for the mind.

The first 2½ years that I spent I was in A.A. but my mind could comprehend the real meaning behind the steps. As I read them I could see the church in every form and this I couldn't accept.

Even though I stayed in the program I had my doubts and this made me take the risk as I did. I use drugs then and even though they wasn't as frequent as I did on the streets I still use them and felt that if I could use this little amount for this long then when I got out of prison then I would do the same thing. But it didn't work that way. I had easy access to any and all the drugs that I wanted and so I used them.

Bo, for a man in prison he needs someting to take him away from the loneliness of hisself. I have my writings and my letters. I have N.A. in my heart and I'm determined to get people to see that N.A. and A.A. isn't a freaky church but it's going to be hard. The Golden Eagle group was a beginning for some people but remember this when you attend. Some are caught, and some are not and the one's that is has a bad case of conning people because they went out to fall back into their little paper mache lifestyle. Honesty and fellowship I found in N.A. but it wasn't all the inmates at Buford that kept me believing it was all the visitors that came.

Here there is no N.A. and A.A. in falling apart but my friend I won't let it as ong as I'm here. Prisons need N.A. and A.A. but it is up to the inmates to get and keep the program but in some institution it is hard to get anything done.

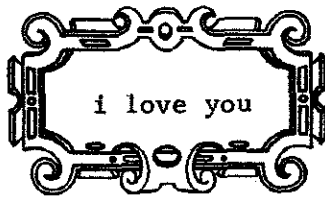
It took me seven weeks in seclusion to convinde these people that I was right but this was my choice. I knew the risk that I was taking when I told the staff of this prison what they had to do for me , but I did and got put in that all. This didn't break one because I was right.

You see, this is what a man should do if he wants to remain clear. He must dedicate hisself completely to help himself. If he's doing something that he has doubts about then he should seek the answers for his confusion.

He has to give up the need for other people to approve of him. You see if only one person out of 10 like you for who you are then their will be other people that will also accept you but if not then it doesn't matter because you have made a choice and you like yourself.

Love you, Love me, A Friend,
Richard W.

10. (Letter to Bo. S)



My name is Paul and I'm a drug addict. I've been in the program a short time. I've attended N.A. and A.A. meetings. A.A. introduced me to N.A. and started me on the road to my recovery.

Every meeting that I've attended whether N.A. or A.A. has been very special to me. I relate to both groups because of my addictive personality. I can never get enough of anything even if it means exhaustion, depression and nervous breakdowns. My personality and energy drove me past the point of overload over and over again. I need N.A. because it gives me more love, caring and understanding than I've ever found, either in groups or with individuals. N.A. to me is people who know where I'm coming from. They've been there and they care enough to help on the road to recovery and serenity.

One very important character defect I have is an overinflated ego. I'm bright. I'm intelligent and have a great deal of energy. It's very easy for me to decide that I am able to live my life and deal with my problems without any help. Only in moments of weakness and surrender have I been able to share my inability to cope with another human being. I am able to share at N.A. Last night I attended my first Survivors Group meeting. I had no idea what I was getting into. I was tired. I didn't particularly feel an overwhelming desire to attend, but I was curious. What I discovered in seven hours made me realize in an even deeper way why I need N.A. In seven hours I saw people drop their defenses and become vulnerable to their pain. They opened up and admitted their inability to cope. I did the same. A sense of peace and security permeated throughout that bleary eyed seven hours. A sense of hope confronted people who refused to see it. Sex was openly discussed and handled in a way I'd never seen done. I managed to surrender my fears and in my surrender admit that I was gay and that it bothered me. Group consciousness eliminated personal preferences and allowed me to be honest and open. I've found a home and I've found a place I can be myself without fear of retribution and recrimination. The absence of religious principles allows me to experience my Higher Power and let it guide me. For all this I feel a deep feeling of gratitude for A.A., for N.A. and the people they are formed of. Thank you. I love you.

Paul K. April 1980
Atlanta



A MAN IN PRISON



I am an addict that found it difficult to admit to myself and to others that I am an addict. Not only did I find it hard to admit to others that I am an addict, I found it difficult to relate to people... period. Narcotics Anonymous has assisted me in coming to grips with my addiction, character defects, my ability to accept reality, and my dealings with people.

As stated, I found it most difficult to deal with people. NA has shown me a way to bridge the gap that existed between me and God as I understand him. This in turn helped me bridge the gap I felt between me and my fellow brothers and sisters. I believe that my faith and God's power can accomplish anything in human relationships.

By attending NA meetings, my inhibitions slowly disappeared as I practiced the NA way to the best of my ability. I found in NA a way of life that is tolerant of my capacity to slip and to make errors. I found a group of people that would not only listen to my problems but also people who were willing to share those problems with me. Not only does the group show concern for me, but it also directs my attention to a power greater than myself that can guide my life through the hills and valleys I encounter from day to day.

I find that it has become necessary for me to live one day at a time, without fear of what tomorrow might offer, and no worry about what yesterday has brought. Remaining constantly aware of the will of my God, and attempting to carry that will out, I find today to be beautiful.

My being clean and sober today is the direct result of the fellowship, love, and concern I found in NA. It's the direct result of you showing me a loving God and understanding creator. To you all- I'm grateful for my sobriety.

My personal and special thanks to Barry, who week after week has come to show me more about applying the NA way to my life. Rebecca, Shelley, Les, Bo, and many others have played a great role in the change I now experience. Without their knowing, they helped me more than anything else. I thank God for motivating these people to share with me what they have found.

Although I am incarcerated, I find it a battle to go straight. Nobody ever told me it would be easy, yet I realize the real test will come upon my release. At present, I have no fears, because I know you'll be there to see me through.

Kenneth B.

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 magic 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.

Barry L.
February 1980

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".

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!

The Rainbow Publication, in my belief, is of major impact for the progression, survival, and further establishment of satellite programs. It is a means of "keeping the fellowship" and of God's power and grace to us fortunate recovering souls.

As concerning Panama City, I really have only great insights to report that I gained. Most importantly, I re-substantiate my own intrinsic surrender to the program of NA. I'm an addict--there is no argument!

Jim L.
Bryson City, N.C.

Marietta ASC report: The time of the MASC meeting has been changed to the last Friday night of the month, 8:00 at the Rising Sun. The Secretary has been sending out copies of the minutes of the Committee to all groups. Phone forwarding has been installed on the 428-0081 number paid for by MASC. Next meeting May 30, 10:00 pm.

Atlanta ASC: Chairman Billy B. brought up the need for alternate delegate to the World Service Conference since the former delegate has moved. Pat S. was elected to serve. Atlanta will support the effort to create a committee for the 428-0081 number. Next meeting May 4, 1980 at 11:00 am at the Highland Club.

Note to all groups: Your group service representative should attend the area service committee which exists to serve you.

"Love may NOT know its depths until the hour of seperation" - but dammit - true lovers in the soul as we are all conected together - time and space are meaningless and the path to truth may be lonely but WE are never alone.

I love you so much Atlanta N.A.
Lynn W. March 30, 1980

Atlanta Literature Committee has new chips available for 10¢ each. The initial order of 1200 has been sold out but 5000 should be in around the first of May. Order forms have been sent out to all area group service representatives.

Cost analysis of the Rainbow Connection through March 1980. 550 copies produced and distributed for \$217.09. Average cost 39.5¢ per copy. We expect this to go down as the number of subscribers goes up and we get bulk mailing. We need your support.

SODHOUSE TIMES: The NA groups of Topeka, Kansas have come up with an April issue of their new newsletter, the Sodhouse Times. Topeka is the regional center for the states of Kansas and Nebraska. Send your name and address to Linda or Jeff at P.O. Box 1191, Topeka, Kansas 66601 to receive copies. This region will host the 10th World Convention of Narcotics Anonymous and a lot is happening there that might interest you or members in your area.

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.

