

JUNE 1980

# WAY TO FREEDOM



*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 and 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 6 - June 1980

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

# Staying



Two months of sobriety have begun to give me a new appreciation of life that I never before thought possible. I can see now that I can exist Independently of drugs, alcohol, and relationships, and not fall apart. Before I began to involve myself and even up until now, I felt an aching need for something that I could not feel. I experienced it as a physical sensation, the need for something outside of myself that I could not find. It was this need, this yawning chasm in my soul that drove me to drink, to use and involve myself in characteristically destructive relationships and behavior. Only by working my steps thoroughly have I really been able to see that my life was unmanageable; through the steps I realized that only a power greater than myself could restore myself to sanity. I spent six weeks in mental institutions and even now I realize that my own efforts are not enough to hang onto reality. Having realized that I was unable to maintain on my own, I immediately began experiencing depression, anxiety, hostility, and resentments. I began to feel emotional pain that I never had allowed myself to feel, had always been afraid to feel. I began to grow a little, began to open up a little into my new life that NA had promised me. I began slowly to turn a little of my life over to God at a time. I am a very rebellious person and the more I fought those new feelings, the more inadequate I began to feel. I kept going to meetings, because I realized that only through Group Consciousness was I able to survive, that reality was being offered to me through what happened at meetings- sharing, loving, and growing. I have begun to see only recently how much my Higher Power has to offer me. Sobriety and clean living are only the beginning of my new life. I am being given a gift of life without fear and insecurity. My desire to stop using was instigated by the second of two mental breakdowns, one involving drugs and one involving alcohol. I was tired of being rescued from the insanity that I called my life, tired of my inability to live the life I truly wanted, tired of trying so desperately to fill that void within myself. This desperation drove me to NA, drove me to keep going to meetings, drove me to work the steps even though I didn't understand them. I fancy myself to be somewhat of an intellectual and try to understand everything that I see in my life. For once I am able to stop struggling with all those tormenting questions of

why I am able to simply work the steps, work the program, because I am getting something out of it. It really, really works. No one has done the work for me. I have a sense of pride that I have been the one who wanted to change, and through NA and the help of God, I have begun to change.

Paul K.  
Atlanta Literature Committee



"Acceptance"  
or  
The First Step



God-  
Am I?  
I'm not!  
I wasn't b

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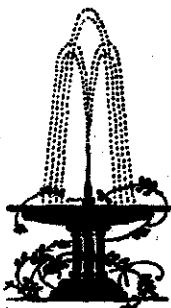
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e, How could I be, now?  
Oh God-,  
I am!

Karen C.  
Atlanta



We are very grateful for the Fellowship response to the RAINBOW CONNECTION. It has exceeded our wildest expectations. Cliff, Sheila, David, Page, Bo, Cat, Karen, Hank, Paul and Linda all say thanks. We hope to improve the quality of our newsletter monthly and also the length. If you are a member of Narcotics Anonymous and live in the Southeast, please send in your story, article or announcement and we will try to include it in the next issue.

The Rainbow Staff

Recently I had the opportunity to attend some of the sessions of the SECAD Conference sponsored by Peachford Hospital and attended by doctors and counselors in the field of alcohol and drug rehabilitation from all over the world.

Narcotics Anonymous and Naranon both had booths in the exhibition hall and many new contacts were made with professionals in the field through them. We found out about some new meetings too. For instance there is now an NA meeting in Huntsville, AL.

Stanley Gitlow spoke on the "ism" part of our addiction and made clear the difference between "alcohol addiction" and "alcoholism" with this example. He said that a doctor, wanting to study the effects of alcohol withdrawal on humans, solicited volunteers from a prison and, over a period of time, increased their alcohol consumption until they were physically addicted. Then he studied their withdrawals. If, after having gone through the pain of withdrawal, the doctor had said to his subjects that he had made a mistake and they would have to do the whole experiment over again, their reaction would probably be, "Forget it, Mister". Whereas the person who is an alcoholic does these things to himself over and over again. That's the difference between alcohol addiction and alcoholism.

Drug addiction, he said, is so new a field that there isn't even a word in the English language to describe our "ism". "Narcotism?", he quipped, laughing. But he got through to this addict. I'm not just treating my addiction. It quieted down several 24 hours ago. But my "ism" is alive and well and extends into all areas of my life in varying degrees.

Gitlow also said that the alcoholic (and the addict) seldom experiences "normal". He is so busy going "up" and "down" that he only passes through "normal" for 10 seconds or so. (Can you relate? I could.)

Dr. Joseph Purch described some of the qualities he looked for when hiring counselors. One of them was "the ability to be sexual without being pelvic". We have that in Atlanta NA, thank God!

All of the speakers stressed the fact that AA's program works, but NA was seldom, if ever, mentioned from the podium. We are young compared to AA but our success rate is pretty good and I hope to hear us mentioned by name by more speakers next year.

Father Martin, who opened the conference, spoke of the love and spiritual sharing that he felt at every SECAD conference and this one lived up to his billing for me. It is a wonderful experience to be in the presence of so many people who are truly concerned about how they can do more to help the suffering addict. Katherine F.

Reprint December 79



Hello Friends,

I just recently celebrated my second birthday in N.A. My recovery has been a miracle, made possible by the Grace of God and the Fellowship of A.A. and N.A. I could have never done it alone

Recently I called a friend who got loaded after a year and a half clean and sober. It got me in touch with my own vulnerability. I'm not above taking that first fix , pill or drink.

I would like to relate an experience that happened to me not long ago. One of my biggest problems in the Fellowship is fear. I don't like to get in front of a group of people and share. It's emotionally draining and physically also. When I speak I feel so inadequate. Along about last December I refused to ever do it again. Notice I didn't say "not just today" but forever. Anyway, I quit sharing. In case that hasn't happened to any of you, I'll tell you what happens next. When you stop sharing, you stop caring. And when you stop caring, you lose faith. And when you lose faith, you give up hope. And when you give up hope, you lose your ability to love, and your gratitude leaves you.

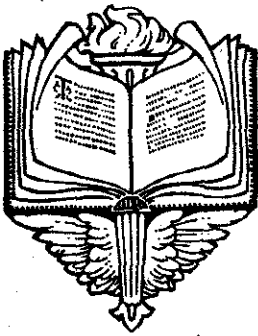
Now you are standing, alone, because you have lost everything. You are at that turning point they talk about, The Crossroads. What do you do? You have two alternatives. You could get drunk or loaded. Or you get out the directions and start at the beginning. Right where it says: 1) We admitted that we were powerless that our lives had become unmanageable.

I was very fortunate to be able to look at the directions and be able to start all over. I stayed sober. And I went to my friends and shared and cared and regained my faith and hope and gratitude. And most importantly, my love.

And I was restored to sanity again.

I Love You,  
Gary W.

June, 1980  
Western Pennsylvania



## SOUTH FLORIDA LITERATURE COMMITTEE

As stated in "The Service Structure of N.A.", the primary purpose of a Literature Committee is to "seek thru writing from N.A. as a whole and compile such material".

Every member is welcome to contribute to this effort, "You are the Book". The writing of the book, Narcotics Anonymous, can only come from you, the Fellowship. It starts with a member writing his/her story and filters through to the World Service Conference of N.A. for approval, by the Fellowship as a whole.

The local Committee is dedicated to making the effort for obtaining literature, for the program of N.A. so that others may find the freedom of recovery we have found.

The Committee now has use of a ditto machine, typewriters, and a supply of stationaries. We are holding raffles at meetings to promote Fellowship. The winner receives a one year subscription to "The Voice", "The Mainline", or "The Rainbow Connection".

If you want to become involved, contact either Bob G. of Ft. Lauderdale, Ralph of Ft. Lauderdale, Ted from North Miami, Keith E. from West Palm Beach, John from Miami, or write to:

P.O. BOX 14371  
Fort Lauderdale, Florida 3302

Remember, put the Spirit of Fellowship first and also remember that it is by our combined efforts that our message it is by our combined efforts that our message will assume Book Form, God Willing!

In Love & Service  
Bob G.  
Chairman, South Florida Literature Committee



## 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 from Merhadone 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 would 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. When 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 sponsor 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? It 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



### Needing A Place To Stay ?

This is a list of halfway houses and temporary living situations available. Some of our members have, at one time or another, needed a place to stay and have stayed at one or another of these places. Neither NA nor the Rainbow Connection endorses any of these places, and the list is published only to make the information more readily available to the recovering addict who might need it.

YMCA- 22 Butler Street, Atlanta 659-8085  
Rooming house for men.

Breakthru- 1195 Eastfield Street 289-5099  
Residential facility for women.

Decapolis- 632 West College Avenue, Decatur 377-6533  
Residential facility for men.

DeKalb Services, Inc.- 1275 Briarcliff Road, Decatur 874-8264  
Residential facility for men.

Threshold- 2151 Peachford Road, Dunwoody 455-2300  
Residential facility.

Salvation Army- 740 Marietta Street, Atlanta 522-9783  
Residential facility for men and women.

Mary's Rooming House- 922 Stewart Avenue, Atlanta 752-9564  
Rooming house for men and women.

Atlanta Union Mission-  
Rescue Mission for Men  
54 Ellis Street 659-1708  
Rescue Mission for Women  
910 Ponce de Leon Avenue 874-0891  
Potter's House  
Jefferson/Athens, GA 548-8338

Rockdale House, Inc.- 991 Peek Street, Conyers 483-3984  
Residential facility for men and women.

Buford Homes, Inc.- Buford, GA 945-4631  
Rooming house for men and women.

Saint Jude's House, Inc.- 95 Merriitt Avenue, Atlanta 874-2224  
Residential facility for men and women.

Reality House- 165 Alexander Street, Atlanta 522-7962  
75 Marietta Street, Atlanta 523-2894  
Residential facility for young people.

CHANGING OLD PATTERNS

Old patterns are what got us into so much trouble using. Old patterns are sick patterns, however anything that "works" to help us make it through a new day clean and sober is considered a new pattern. Complete abstinence is one of the first patterns we use in our clean and sober lives. Vigilance, integrity, honesty, openmindedness and willingness to try are all associated with strange and new patterns to the newcomer and to clean and sober drug addicts as a whole.

Over a period of years old habit patterns become familiar and many times the comfortable mode of our existence. Our egos were all down blown out of wack. Then we become uncomfortable due to the progression of the obsessive and compulsive nature of our illness, chemical addiction. The old comfort associated with addiction was lost. Life was addiction- a lonely, miserable prison.

Upon adapting the new patterns of chemical abstinence one day at a time, going to NA meetings and the How of the program we came to see life in a new light, a whirl of confusion that was slowly spinning itself out. We confessed to be of addictive nature and therefore addicts. We found furthermore that an addict using differs from that of the established norm and is set apart by marked obsession (fixed patterns of thought, seemingly inescapable) and compulsion (a physical craving for the potent drug of our choice or any drug) and physical discomfort when we were away from our drugs for prolonged periods.

These were the first symptoms we sustained, or were able to admit. Presently, we cleared up our thinking, sometimes with sudden frantic dashes and at other times gradually we saw where our using had been addictive and therefore by definition insane. Insane the way we understand it is poisoning one's self for no other apparent reason except that a compulsion or obsession drives the addict to desire his or her drug of choice so badly that there are not many things they would not do to procure that drug and mainline, ingest or inhale it. Insanity for us seems to occur in tragic cycles much like Russian roulette that we are more or less forced to play because we have tried and couldn't stop or wouldn't. The wouldn't is simply the insanity.



## TO THE SUFFERING AND RECOVERING ADDICT



I am here; I care. I may not have walked every step of your life or experienced every emotion you have felt and feel. We do have a common bond of chemical addiction, of mysteriously twisted personalities. We both have experienced that terrifyingly overwhelming urge, that need for something outside of oneself. I know the feelings all too well. We share a bond of fear, of anxiety, 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 self-aggrandizement 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 lull us into a sense of a symbiotic being with God, rather than a war of God against man. 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.  
Atlanta Literature Committee



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### HONESTY FEELS GOOD

I believe that my thoughts run through my central nervous system. When my thinking drifts into negative patterns, I usually feel badly. I am an addict. I hate to feel bad and I can't use drugs because in the course of addiction, I feel lousy. I can however, change what I am thinking about. When I am hurting I can fall back on honest thinking. Honest thoughts just seem to feel good going through my head. I tell you honest thinking feels good! It is always the fear of getting honest which makes me suffer. When I am honest I can feel that void inside me closing-up. I don't know what I would do without spiritual principles to fall back on.

Love - Hank F. 

## HOW I STAY CLEAN AND SOBER

My name is Deborah and I'm an addict and an alcoholic. For fourteen years I had no idea what clean and sober was. Thanks to my incarceration and Narcotics Anonymous, I am clean and sober today. At first my being clean and sober was due to the fact that drugs and alcohol were not available to me. Now that I am able to get drugs and alcohol, I don't want them. After so many years of being under the influence, I had lost all touch with my feelings. When the time came that I was no longer able to get high, it was like being in a different world. I was lonely, frightened and depressed most of the time. After being straight for a while I've come to the point where I am no longer frightened, lonely or depressed. How did I get that way? My answer is with the help of N.A. Just being with other addictive personalities and seeing them clean and sober is what helps me. I never realized that people could be so content and happy without being high. To me it is a natural high to see a group of addicts get together and love and help each other. I think it is wonderful the way everyone cares about each other. I still get frightened, lonely and depressed but today I know there is someone I can go and talk to or be with and they honestly care about what I'm going through. They help me just by letting me know they care. I honestly believe that without the Fellowship of Narcotics Anonymous I could not stay clean and sober. Being with people like myself has made me see that life can be so much better without drugs or alcohol. I'm very grateful to N.A. for showing me a better way.

Deborah K.

Atlanta Literature Committee

## LOADS OF THANKS

The New Birth Group would like to express their whole-hearted thanks to everyone who attended the Institutional Meeting and Dance at the Highland Club, April 19th. The warm welcome we received was greatly appreciated. We could feel all the love that was there that night. It was better than any high we could have gotten from drugs. Thanks again. We love you all.



New Birth Group  
New Horizons Treatment Center  
Deborah K.- Rainbow Connection  
Chairman



# It Gets Better



I came into the program from the streets. For me there was no medical detox. The whole weight of what I had physically done to myself came down when I stopped using. I had a job I could not afford to loose and a host of living responsibilities I could not afford to walk away from. In my addicted head I had sold myself on the notion that it was as bad to go into an institution as it was to keep using. So I got sick in an attempt to get better.

Not only was I afraid that the physical addiction was a part of my destiny, the constant dread of the inevitable; but I was also scared of putting my corrupted soul in an institution. I was melted into the passenger seat of the car that delivered me to my first meeting. I was too sick to drive and too busy thinking up excuses for changing my mind about the meeting to notice "it was time".

I was uncomfortable with the institutionese I heard spoken during the course of that first meeting. But I was hurting so bad I could pick up on the sincerity and caring of the message. By the end of the meeting I had convinced myself that this was just a room of psychos who could not handle dope, not addicts; so I made a steady pace for the door. I was stopped by a no-nonsense-member who began to talk program. It was straight, up front, program spoken like one street addict to another, without any group therapy pharmaceutical overtones.

I left feeling lousey, hurting, sick, but with the illusion shattered that the program wasn't about recovery of people with a serious disease. I left that first meeting with the first stone of my recovery, that if I was going to do this without signing into the hospital I had to completely surrender from the beginning or there would be no beginning.

The first week I was so raunchy with the green sweats I could only make it to three meetings. All three were in institutions. And after each meeting I felt so bad from the unexplainableness of it all that I was sure that it wouldn't work without first enrolling in a hospital for the full course. I had the monkey telling me I would be back out in a couple of weeks so what was the use. But - One Day at a Time - I made it the first week. At the end of the first week, I made a meeting at a clubhouse where NA meetings are held, a non-institutional meeting where I could relax and listen without looking over my shoulder or hear strangers speaking in the tongues they had learned while in the hospital. There was something in the ease with which these people accepted my miserableness that there was no doubt

they were of my kind. With this meeting I found a solid footing for riding out the first weeks of my fog.

I felt like a reptile crawling onto a rock, waiting to be stepped on by civilization. That first morning I had to make myself get up and go to work. All the while I could feel the big foot overhead about to squish me. I made it by making it from hour to hour, from one break to the next break, from lunch to the end of the day. It was the longest day of my life. But because of the unusual conditions the management was used to seeing me during my using, withdrawals did not stir any out of the ordinary comments. I believe that the management and my co-workers knew I did not have much longer on this earth.

The first day was the day I took time to memorize the Serenity Prayer. Saying the prayer over and over within my fractured head did not work a miracle, but it over rode the voice of the constant babbling of my monkey saying, "it ain't no use it ain't no use it ain't no use". I felt really awkward praying. My monkey would say, "who are you kidding, who are you kidding". It was no coincidence I heard about the monkey at my first meetings. It was this image that saw me through my detox. I hated the self doubt and uselessness the creature fed me. I hated the monkey enough those first few days that I acquired the power not to hand my life over to it. The hate for the monkey led me to the softer way of handing my life over to spiritual principles. But in those first days it was hate for the monkey and not the love of a god that kept the dope out. I knew that I was fighting for my life and those first days were the most melodramatic of a struggle for which I was poorly prepared.

I do not know how it must have looked that first week muddling through my job, but I made it. My erratic behavior had long been accepted and the quite misery of my withdrawals raised no complaints from my co-workers or the management. Only once was there a meeting of concerned active users who offered to turn me on to a few Quaaludes and a little smoke to cool my jets out. I yelled that nobody was going to kill me and they backed away, never to let the subject come up again.

My functional short term memory was so shattered I had to carry a note pad and make notes concerning everything. I could trust nothing to my memory. I was sure only of being beaten by the dope and if I was going to recover I could not afford to walk away, in a daze, from a job I couldn't handle when I could. ("courage to change the things I can") So I carried my note pad, making notes, hopeful that the strange sounds and the nauseous sweats would soon go away.

The saving grace of all the nagging aspects of detox was that among the ever changing mood-swings would come a period of simple ease, OKness, semi-comfortability, coming just as I was about to climb the wall.

After that first week of realizing how I had been physically

raped by the monkey, I stepped into more emotional struggle. The emotional battle is where The Program made it's real impression on my monkey. The Fellowship could not hurt out my detox for me, but they could start the wheels into motion as to what my recovery was all about, and the spiritual awakening around the corner waiting to stomp the life out of my monkey. I believe when the Spiritual Awakening first peeped its head was when I stopped backing away and allowed the hugs and smiles to come and let the Fellowship replace the Running Mates.

Meetings every night filled the miserable problem of what I was going to do with myself centered pitiful condition. They kept my old friends and their well-intentioned-poisin away from my highly compulsive presence. Instead I made a meeting and let myself be surrounded by "It can be done", instead of, "when are ya gonna backslide?"

After the first couple of weeks I was able to pray without feeling as if I were a jerk. With the comfort of prayer came the conviction of recovery. It had gotten better.



David A.  
Atlanta Literature Committee

#### HOW I STAY CLEAN AND SOBER



First of all I am in a half-way house for incarcerated women, with the threat of a return trip to prison hanging over my head. I am constantly watched and can't afford any chances. Going to prison taught me that I'm not too slick and any con knows that no game lasts forever. Of course, I had to be forced into sobriety to realize this among other things such as how expensive a drug habit is, how far it got me and how much life I was really letting pass me by.

My pride helps me stay clean. When I was doing drugs the only people I was impressing were junkies going nowhere fast. Now I have to impress people that count - the Parole Board, for example. My pride will carry me through clean and sober. I've come too far to shame myself by using again.

I'm an observer by nature and have never seen a successful user make it big and stay at the top. Since I've joined the Fellowship of Narcotics Anonymous, I have seen recovered users well on their way to the top with a certainty of staying there. This intrigues me. I want what they have.



Dana D.  
Atlanta Literature Committee

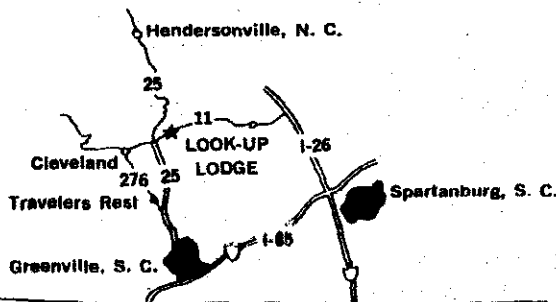


1st ANNUAL BLUE RIDGE MINI CONVENTION  
JULY 18, 19, 20, 1980



COME JOIN US IN THE FOOTHILLS OF  
BLUE RIDGE MOUNTAINS FOR SERENITY, SHARING AND  
CARING AT LOOK-UP LODGE. JUST 22 MILES FROM  
GREENVILLE, SC.

#### LOCATION



REGISTRATION ENDS JUNE 18, 1980: \$35.00 PER  
PERSON INCLUDE LODGING, MEALS, AND REGISTRATION  
FROM 3 P.M. FRIDAY UNTIL 3 PM SUNDAY MAKE CHECKS  
PAYABLE TO: 1ST ANNUAL BLUE RIDGE MOUNTAINS CONVENTION  
SEND CHECKS TO: 1211 NORTH FAINT ST. ANDERSON SC 29621.

NARCOTICS ANONYMOUS BEGINNER'S MEETING  
CHECK LIST

Most of the subjects should be touched on at some time during the month.

ALL MEETINGS: STAYING AWAY FROM THAT FIRST PIL, DRINK FIX, SMOKE  
SNORT OR SNIFF .....

- 24 hour plan: One Day at a Time.
- Postponing the pill, drink, smoke, snort, fix, or sniff.
- HALT: Don't get too hungry, angry, lonely or tired!
- Eat properly, especially honey and sweets - lots of liquids. Maybe you will need vitamin supplements or calcium also.
- Avoid old habit patterns like "People, Places and Things".
- Watch for TRAPS of Resentments and Self-Pity.
- Get a lot of telephone numbers - and USE THEM!
- Identify yourself at meetings - try not to leave without speaking to at least one person. GO TO MEETINGS, MEETINGS, MEETINGS, "....if you put the body in the right place, the mind will follow."
- Identify, don't compare.

HONESTY, OPEN-MINDEDNESS AND WILLINGNESS:

- especially Self-Honesty
- the closed mind is a bar to all knowledge
- willing to go to any lengths, HALF MEASURES WILL AVAIL YOU NOTHING...

SLOGANS:

- Easy Does It
- You Are Not Alone
- One Day at a Time
- But For the Grace of God ... (there go I)
- This Too Shall Pass
- KISS: Keep It Simple, Stupid!
- HALT: Hungry, Angry, Lonely, Tired
- HOW: Honesty, Open-mindedness, Willingness
- Think It Through
- Live and Let Live
- First Things First
- Stick with the Winners!
- Positive is Contagious (as is negative)

HIGHER POWER: (this is a spiritual program, not a religious one)

- As You Understand It.
- Ask for Help in the morning and say "thank you" at night.
- Keep and Open Mind.
- Ask only for God's Will for You and the Will to Carry it out.
- Act as if...
- Let Go and Let God...
- How do YOU pray?

JOIN A GROUP, GET A SPONSOR, TELEPHONE NUMBERS, BE ACTIVE!!!

KEEP COMING BACK, IT WORKS!

\*Note: this beginners checklist is used in the South Florida area with good results and is a good example of how a lit committee can serve an area.

COVER CREDIT: This issues cover was taken from an old NA newsletter published by and for NA members at the Lorton Reformatory, Washington, D.C. We liked the spirit of the cover. Please send us your cover design or idea for the RAINBOW. - Thanks

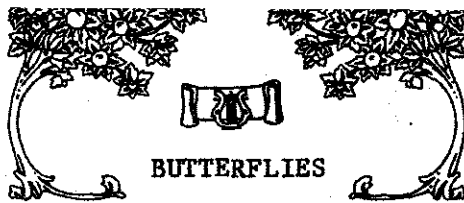
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If you are interested in working on material for the program of Narcotics Anonymous in accord with our Twelfth Step and Fifth Tradition, please write the WSC Literature Committee at 890 Atlanta Road, Marietta, GA 30060

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Grow for growing; not to be ever grown.  
Stay young in the program.  
More will be revealed.  
Stay green. Grow.



Inside, inside, I am, I am  
where I cannot touch

only, together, you and I can.

Be careful of the traps my fellow butterflies  
As we go searching, seeking, journeying into the sky.

LOOK AT ME AS IF IT WERE FOR THE LAST TIME

There may be no such place as far away as "For the last time".  
And in this: "See me" and "hear me" NOW BEFORE I GO ASRAY

The ice wants in its cunning ways to refreeze

Before my true nature perceives

The evil that can burn so much of my SOUL  
As so many of the gurus of old have to us told.

LOOK AT ME AS IF IT WERE FOR THE LAST TIME

The heart nestled in all that blood

As in the cow chewing, chewing the hay with all that marvelous cud.

The depth of so called seperation

Surrendering to a perfect vacation

Joining the hearts pumping in unison together.

But, only you fellow butterflies can knock down my "I'd rather".

Thank God I have a choice of the cud from the hay

LOOK AT ME AS IF FOR THE LAST TIME.

Jonathan Livingston found a way

That old seagull also went astray,

But our DIVINE CREATOR caught sight

and started in wonderous ways to make it right.

The creator in you will help me stay right.

Can you see the burning as if "for the last time?"

Can you see the shell I wear struggling with me "Don't touch me?"

And wearing also those cold dark monocles

When I came to you, you would not hear of that chronicle.

You wrenched my guts

and it was too much;

But today, please, please let me touch you

and help me to allow you to touch me.

I will always be able to feel you, see you, touch you in the sky.

And in your allowing me to, I will never go awry.

You are the moon, sun, stars, grass, dirt, flowers, bees.

You are a soaring Eagle flying along with fellow butterflies.

The glorious hot molton ash calling the cold sea, intermingling  
thrashing into the air like the Phoenix, can not you see?  
Together we can treat the cocoon better than I.  
Please, please don't let me fall from the sky.  
I alone cannot help the crippled butterfly to mend  
Since I have t get open with you on my own little sins;  
So let us help one another return to that innocence of birth  
By making a large circle and helping the cripple back into the berth.  
Fly to who you are, fly to what you are, fly tp the land of OUR souls.  
Please, touch me, feel me, look at me also as if it were for  
the last time.

My world is getting bigger and bigger, so please come on in  
you allowed me to be and please let me continue to come into  
yours.

The dew, early morning sounds, rising fog passes, and again comes,  
but the door, land into the soul can always close,  
And the loss of a SOUL behind a closed door, can triumph for;  
For Evil on that score.

The gentle bustlings of soft wings on that strong, prideful door  
Can break the steel bolts and splinter the stubborn door  
And that cowering, scared newborn may be willing to settle  
With his HEAVENLY score.

I want you to hold me in your arms until the fear subsides  
of not being able to live and not quite ready to die.  
Allow me to look at you, old and new as, as if for the last time.  
The fluttering in unison to that far away place  
Many bodies journeying all over; with many tentacles of one SOUL  
all going back to the GOD OR OUR GRACE.

Teach me AGAPE and allow me to teach you ... "spontaneous self giving  
LOVE expressed freely without calculation of cost to the giver or  
merit on the part of the receiver".

Allow us to be connected with tendrils of AGAPE LOVE and shed the  
remnants of the blackened cocoon, no need for the BUTTERFLY  
to die without ever having seen or been seen or really ever lived.

Please look between the lines  
and try to feel with me through the signs  
for God must love us very much  
for us to have even small, vague inklings of such

Inspired by earthly situations  
and George, a kindred spirit

with love

lynn w.  
March 20, 1980  
Minneapolis, Minnesota



## Step 4

Only if our houses are cleaned regularly will more be revealed to us. The revelation of being clean and sober is our safe guard against relapse.

Remembering how much it means to us to be clean and sober is our sanity. When we have lost the revelation of what it means to be a clean and sober drug addict there are a few things that we can do. First of all it means that we are free. We are clean and sober and we don't have to use drugs today. We just don't have to have them.

Second it means that we are a part of a wonderful Fellowship woven tighter than all the dope in Iran, than anything we had ever known. It means a beautiful way of life and a chance to be loved and accepted as ourself for what we are. The old ideas can be knocked out like a piece of glass and fresh air can come into our suffocating persons. We are given a chance to adopt spiritual principles into a personal program that situations and circumstances cannot give nor take. They no longer hold us in the grip of insanity, loneliness, and terror. Finally we are left alive and happy, grateful, joyous and free. WE don't have to die today no matter what, we don't have to do drugs, or drink liquor, or beer today. Because we don't have to be any more than ourselves or show anybody anything. We have been freed from a hopeless reliance with the forces of dope.

"Know thyself", Socrates said. This is step four as I understand it. I may not understand it like Joe or Fred but I feel there is so much more to recovery than don't use and go to meetings. There is that freedom, happiness and joy that I hear others talk about. These others are my brothers and sisters in recovery from addiction. I want what they have to offer.

There are quite a few Fourth Step guides. As I have been taught from my daily experiences in recovery, members I've talked to, and lessons sent me by my Higher Power, it is what we don't know about ourselves that can maim and kill us or cause great suffering if not removed. Of course we have a long history of sick living behind us and it is a matter of effort on our part whether or not it stays behind us. Writing down these fears, resentments, hardships, grudges and grievances and the underlying parts of our nature that caused them has a calming effect on me. This sharing of ourselves with ourselves is, I think, good for our entire nature. The inadequacies

I have felt left for a while after my first Fifth Step. They come back. I have to keep up a Tenth Step for me to have that more feeling that recovery has to offer. There is a peace clean and sober of a kind unknown by our brother and sister addicts still using. When I clean house, more of what it means to be free from the grip of my addiction is revealed.

Thankfully for all your Love,  
Hank F., Atlanta Literature

MAY GREAT THINGS COME TO PASS FOR N.A.,  
OUR FELLOWSHIP



MEMBERS AND GROUPS in the Southeastern United States are urged to contact the Atlanta Literature Committee immediately. We are preparing a new MEETING LIST of groups in the States of Louisiana, Tennessee, Mississippi, Alabama, Georgia, North Carolina, South Carolina and Florida. We want your group to be listed so send in the name of the group, the meeting place's address and at least one contact person's telephone number. The new directories will be printed in July and will only include those groups we know about. - Thanks

Atlanta Literature Committee  
890 Atlanta Road  
Marietta, GA 30060  
404/427-2086



# CALENDAR

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.

## BLUE RIDGE MOUNTAIN MINI CONVENTION

We of the Clean and Green Group of NA in Greenville, SC are inviting each of you members in the Atlanta area or NA members everywhere to support the Mini Convention in the foothills of the Blue Ridge Mountains July 18, 19 and 20 of 1980.

Our members in this area need your experience, strength and hope and your Spirit at this Convention to enable our Fellowship to grow and hopefully to enrich each of us. We hope this Convention can be established as an annual event. We feel this can be rewarding to each of us as the Panama City Convention has become for many. We need you to be there. It has been done at the beach, so lets do it in the mountains!

Greenville NA

FIRST ANNUAL HIGH ON LIFE N.A. PICNIC will be held August 16 and 17, 1980, Lake Stockton, Missouri Camp Grounds, sponsored by the Joplin and Springfield, Missouri groups and Fayetteville, Arkansas group. Call Bob R. 417/781-6770 or write to Bob R., 1339 Crest Drive, Joplin, Missouri 64801 for more information. There will be a regional business meeting, Saturday night and Sunday speakers and all night camp fire meetings. Lots of good fellowship, fun and games.

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!



ATLANTA ASC REPORT: Chairman Billie B. expressed concern about unity and volunteers not following through on commitments. GSR attendance has been poor. The meeting of the AASC was moved back to 11:00am first Sundays of each month at the Highland Club. New treasurer was elected: Pat S. New vice-Chairmen elected: Annie W. and Maxine from Gainesville. Charlie C. brought up possibility of using write-up from old doctors conference for public information in Atlanta area. Institutional Committee doing well. New prison meeting at Jackson, GA Work on answering service proceeding.

MARIETTA ASC REPORT: Meets last Friday of each month at 10:00pm at the Rising Sun Clubhouse. In the future rollcall will be held at the start of the meeting after minutes but before old and new business. \$187 was collected from member groups. Groups and ASC to pay percentage of treasury to H&I Committee to buy literature for our members behind bars. Motion carried to suggest formation of local RSC ( regional service committee) to bring increased unity to our metro area. The Chairmen will work on this to keep personalities and politics out and unity and service in. Politics defined as not using the service structure. Under new business concern was expressed about limiting area meetings to one hour and getting around to everyone attending a discussion meeting. Long windedness and inappropriate laughter disruptive to the atmosphere of recovery was also talked about. Motion carried to hold regular training sessions for trusted servants separate from ASC meetings.

#### NEW GROUPS AND MEETINGS:

MONDAY: Serenity Group, Gainesville, GA United Methodist Church  
Literature Meeting, Clubhouse of the Rising Sun, Marietta, GA  
TUESDAY: New Meeting, Ga. State U., Room 212, 11:40am  
Non-Smokers, Rising Sun, Marietta, GA (no smoking in room only)  
WEDNESDAY: 11:00am Meeting at the Highland Club, Atlanta, GA  
THURSDAY: Good Time Gang, Holy Cross Catholic Church, Atlanta, GA  
Highland Group, Highland Club, Atlanta, GA

\*all meetings take place at 8:00pm unless otherwise stated.

NEW PRISON MEETING at Jackson, Georgia on Monday nights. Contact Barry L. at 523-6633 for directions.

THURSDAY NIGHT OPEN UP GROUP will hold a 1st birthday for Doug H. July 24th. Speaker from Greenville, SC will be Neal B. Bring a covered dish.

SURVIVORS GROUP will celebrate a six year birthday for Bo S. July 12th. Speaker tentative Joseph P. from Memphis, Tennessee. Ron R. will tell his story at NEW CONNECTIONS for Bo at Peachford Hospital, Friday July 11th.

## 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

1:00 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.**

