

THE

RAINBOW

CONFECTION

## HOW IT WORKS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are suggested only, but they are the principles that made our recovery possible.

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 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.

This sounds like a big order, and we can't do it all at once, we didn't become addicted in one day, so remember — EASY DOES IT.

## STORY OF THE MONTH

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### Today I am Clean and Grateful

Today I am clean and I am grateful for that. Not long ago I wouldn't have believed that this and all the events which lead up to it would have or could have happened to me. Even now it is sometimes hard for me to believe. A year ago, I didn't even suspect that I was an addict, mostly because I didn't know what an addict was. Sure, I had some problems, just like everybody else did, but I never related my problems to drugs. I could not understand people who did not use, and I was vaguely afraid of them. Instead of trying to figure them out, I would shake my head and say they were weird. The religious people really frightened me, and somehow it seemed they were always picking on me. I must have looked like I needed something to these people, but they didn't have anything I wanted.

The time did come when I knew there was something wrong with me, deeply wrong, and yet I did not have any idea of what it was. My fears and guilts were nameless and unreasoning, or at least they seemed that way to me. When my drinking came to the point that trouble with the law seemed an inevitable fact of life, I decided that it had to go. I reasoned that, since other drugs had never caused me any trouble with the law. I would keep on smoking pot and occasionally drop some acid "to keep from going insane." That should of been a clue, but it wasn't, and I watched myself substituting drugs, and nothing got better. In fact, it got worse. My consumption of pot increased proportionally to the decrease in alcohol (which never completely ceased) and it was even harder to handle. Flashes of paranoia were coming thick and heavy, and I was beginning to think I was going crazy on those rare occasions when I got honest enough with myself to admit that much.



# THE RAINBOW CONNECTION

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A WHOLE. ADDRESS: RAINBOW CONNECTION 890 B  
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to let go and let God, and EASY DOES IT. I reall didn't understand the last two slogans, but I could try to pray. Everyday I asked God, "Please help me!" Help me trust You and myself." Everyday I repeated that prayer and one day I felt the trust. Gradually the trust grew. As I began to trust myself, I began to trust other people, and the true good feelings came. The feelings of accomplishing something good, of being able to help other people, and to accept help from them. I realized that other people trusted me. I got involed in Narcotics Anonymous, and through the program and fellowship, my life has changed, blossomed and grown.

Today I'm grateful for everything that happens to me. For the good things and the down times. When something happens that is painful or frustrating, I thank God for it because I know God trusts me to be able with His help, "handle" these situations. I'm grateful for the beautiful people who helped me get involed with the program of NA. But most of all, I'm grateful for my relationship with my Higher Power---God. Without that relationship I am not whole. With God I realize that whatever happens to me, it's all right. There is a plan. I don't have to know what the plan is, just knowing that I am not now or never will be alone again is enough for me. Gratitude is the state of being thankful.

Mindy M. Svoix City, Iowa

## RESTORE ME TO SANITY

---

Over the past few months my personal beliefs and attitudes toward everyday life have really changed; sometimes slowly, often not even knowing it. Due to a lot of pain and inner-turmoil, I just had to have some relief.

After fighting for so long against myself, I came to realize I was powerless over people, places, and things. As a result of my trying to control or manipulate these, life became that much more unmanagable. Just the utter surrender to these facts, surrender meaning acceptance to me, left me with a peace and serenity all it's own.

Finally, I decided that I would try going to AA, in order to con the judge into thinking that I was doing something about "my problem" which I had not admitted to myself that I had, but I was up for my third DUI and looking at possible jail time. I talked to a clean addict who was an AA member, and he not only seemed normal, but his story was so similar to mine that I thought there might be something to this program. So, I went to an AA meeting the next night, where I met some clean addicts who invited me to an NA meeting the following night. I will never forget the feeling of that first meeting. I felt like I had come home for the first time, and that these people knew me and loved me for what I was, without me even saying a word.

Since that night, the road to recovery has become my trip, and it has seemed long and strange. So much of my life has changed in this short time that I can hardly recognize the person I used to be. I owe my life to NA and the God I have found, who I don't understand too much of other than that he loves me and for some reason has decided to give this dope fiend another chance at life, and to give me a better life in every way than I ever believed was possible. The program works for me, and I believe with all my being that it will work for anyone who will give it a chance. The seed is planted, and if I hoe my row, then God will work, and it will grow. Life is beautiful, baby. Wake up and dig it!

Bryant S.  
Athens, Ga.



#### GRATEFUL LADY

Hi! My name is Mindy M. and I am an addict. When I first came to the realization that I was an addict, I was very angry and very hurt. How could God let this happen to me? That was two years ago. As time has gone on, the bitterness has left and been replaced with gratitude; gratitude that has taken time, tears, and acceptance to achieve.

In my early recovery I wanted to get "well" fast and never mind the work, but let me have fun! That worked for a while, but pretty soon I had an empty feeling inside. Many people told me to pray,

When I came back I had lost a lot of reservations, but I still didn't understand the disease concept. I didn't know what an addict was! My conception of an addict was a male, who lived in New York City, and sat on street corners shooting heroin. My drug of choice was pot, my secondary was alcohol. I hadn't taken pills in an abusive way in about four years. When injured I would even doctors not to give me strong barbituates to kill pain.

However, I knew I had a problem of some sort. At that time I had come to believe that I was insane. That was the reason I came back, I was seeking relief from the insanity! I had tried enough "cures" to know that I didn't have the answer to whatever it was that kept screwing me up. I didn't even know what IT was!

When I was told not to use, that's what I did. I didn't use. When I was told to go to a lot of meetings, I did; WITHOUT QUESTION! It was apparent that these people had the answers to my problems, they had been where I was at, and they had gotten better! I asked a lot of questions about things that bothered me, and I shared the good times.

After four months clean I found out what an addict was; a man or woman whose life is controlled by drugs and the getting, using, and finding ways and means to get more. I was four months CLEAN when I saw the first glimpse of reality concerning my disease. This is just one reason behind going to ninety meetings in ninety days. Many of us come to NA not knowing what we are suffering from.

After six months clean I came to believe that this program would work for me. After a year and three months I finally accepted INSIDE that I was an addict and that it was O.K. At a year and six months I really began to apply the program to my own life.

The point I am trying to make is that we didn't get here in one day. It's unrealistic to expect to gain 5 years of serenity, ability to use the program, closeness to the god of my understanding, and all the gifts this program offers in a few weeks.

My disease is progressive, but when I'm clean it is in a dormant state, However, it is still with me. The dope feind thinking and acting

To me that meant I no longer had to make excuses I didn't have to lie or twist the truth. Although I did feel very ashamed and guilty for the things I had done. I had an empty spot in my life those things had filled for so long. I strongly believed this left me with only two choices; run away from everything, or turn to the spirit that I had both denied and at the same time blamed for all the pain and grief I felt.

GOD ONLY YOU CAN RESTORE ME TO SANITY:PLEASE  
HELP!!!!!!

Let me say that I was very scared of this God. My belief was that God kept a record of all the things I had done in my life, especially the "bad things". I was ready at any moment for God to squash me like a bug!

That hasn't happened. Instead I've felt compassion, love, understanding, peace, and an overwhelming sense of entification and belonging.

Since acknowledging my faith in this Higher Power I haven't been to angry, hungry, lonely, or tired. I've felt the need to love others unselfishly, and it's always come back one-hundred fold. The desire to share my life, both my troubles and pleasures with someone, has brought a great deal of joy and release into my life. It is my belief that we need to share ourselves, both our experience, strength, and hope, as well as our weakness, uncertainty, and fears in order to grow spiritually and emotionally.

Grateful I'm Alive,

Jaye H. Marietta, Ga.

### RECOVERY AND RELASPE

The topic for discussion tonight was relaspe. The question was asked, "Is it really possible to stay clean? Can my life really get better? Will these steps and tools work in MY life?"

I had been introduced to this program when NA in Atlanta was at most two years old. I could see from the first meeting that the people there had something I didn't, and I wanted it badly. Explain, share, and love me they did, but I never saw what they were saying to me at that time. I went out for another two and a half/three years of using.



Sunday Monday Tuesday We

# January 1982

3

H.L. ASC.  
11:00 A.M.  
Highland Club

4

5

6

10

11

12 S.R. CONVENTION  
COMMITTEE  
Highland Club  
8:00 P.M.

13

17

18

Linda G  
2nd B'day  
Ridgeview.

19

R.S.C  
7:30 P.M.  
Highland Club

20

4

25

26 S.R. CONVENTION/  
COMMITTEE  
Highland Club  
8:00 P.M.

27

still flares up at times. The only way to combat that, is NOT is not to take that first mood or mind altering substance, and to practice a progressive program of RECOVERY. An addict who wants to stop using CAN do so. Through Narcotics Anonymous, recovery from drug addiction is a reality! Every person in any meeting, anywhere, clean of their own choice, proves that. Yes, is the answer to the question. It is possible. For many of us, recovery is a reality, and many more are finding that to be true in their own lives. The "big secret" is this; applying and practicing the twelve steps and tools of this program.

With and out of love,  
John H.

 PRAYER 

Prayer can be a simple thing--and as natural as breathing.

Many of us are intimidated by our childhood memories of prayer. We remember either standing or kneeling, with our head properly bowed, while the preacher, minister or priest carried on a five minute dialog with God. We never could quite remember what he said, but he surely had said a lot of it.

Prayer, in later years, was generally used when we were either scared out of our wits or in trouble. It was more of a bargain process--I'll do THIS if you'll THAT--sort of like dealing with a used car salesman.

Prayer, in NA, is simply conversation with our conception of a Higher Power. No elaborate ceremonies are necessary. It can be done in a shower, in the car, or at our place of work. No one but the one praying need know what is being done.

Our Higher Power can understand simple prayers singles sentences, even phrases such as; "Please help me make it through the day" or "Please help me make it through the next half hour".

Those of us who doubt tha such a simple method can be effective need only remember one thing... there are addicts who have remained clean for years by using it...and that, in itself, should be proof enough.

Linda G.

Atlanta, Ga.

## HAVE A LITTLE FAITH

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I remember when I first came to the program. I would read the Rainbow Connection every night. I wanted to indentify with people. I wanted answers. I wanted to know how these people thought. I read a lot of good things, I could identify with some people, but it seemed as if something was still missing. I wanted to read the right thi and find the answers to things that were botherin me, answers that I could understand. I couldn't quite find the answer I was looking for.

I stayed in the program, went to a lot of meetings, made friends, and put effort into be- lieving God is going to help me. I think I've found the answer.

Everything is going to be O.K. now. I just wanted to say it from my heart. Give this way of life a try and have faith.

I have found out a lot of things about myself that I never knew. I'm really learning a lot in this program. And believe me, it does get better! Give it time. Time is on your side, and so is God

MISSY U. MARIETTA, GA.

## QUOTE BY WILLIAM STRINGFELLOW ON LISTENING

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"Listening is a rare happening among human beings. You cannot listen to the word another is speaking if you are preoccupied with your apper- ance, or with impressing the other, or are trying to decide what you are going to say when the othe: stops talking, or are debating about whether what what is being said is true, or relavant, or agree- able. Such matters have their place, but only after the word has been uttered.

Listening is a primative act of love in which a person gives himself to anothers words, making himself accessible and vulnerable to that word."

## A LETTER FROM PENSACOLA

Dear fellow addicts,

We hope that this story will bring a measure of strength and enthusiasm to other members in our program of NA who work "inside the walls".

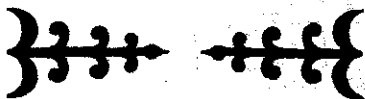


sday	Thursday	Friday	Saturday
		1	2
	7 Lynn F. 1st B'day V.A. Hospital	8 MARIETTA ASC - Rising Sun 10pm Jeannie B. 4th B'day Highland Club	9 RISING Sun clean-up day 11am RISING Sun business meeting 10pm
	14	15 Van 1st B'day Highland Club	16
	21	22	23
	28	29 Highland Club Meeting	30

# word search

R V O M L O V E G B L  
S U R R E N D E R G R  
S S T E P S L O O T C  
Q U C V L Q S V W R I  
M H O I M W O H R H N  
V P D M T T K O J D V  
S R G K Y O B P E I E  
P A T I E N C E X T N  
Y S P O N S O R N I T  
T W R H X W Z N A O O  
I Q N B T K V T A N R  
N V X U N I T Y J S Y  
A S T K V S A P O B G  
S M O D E E R F Y L R  
H I G H E R P O W E R

1. Why NA works
2. How it works
3. someone you can call on day or night
4. The telephone is one of the \_\_\_\_\_ of the program
5. The "We" Program
6. The short version of honesty, openmindedness and willingness
7. Whatever we choose to call him
8. The balance met through the 2nd step
9. The partner to tolerance
10. we express with hugs and kisses
11. exhilarating feeling of happiness " 3 letters"
12. admitting we are powerless
13. looking on the bright side
14. independence at last
15. growing together
16. writing what we've had and have
17. opposite of fear
18. there is a hidden word that we did not define and it begins with a "G"



The first and longest running meeting in North-east Florida is a prison camp meeting, known as the "Camp-5 Group". It is a Friday night meeting that starts at 6P.M. and often runs until 8P.M.

There is one thing that has helped more with our meetings; a cooperative and supportive staff. These people believe in NA. They have seen guys stay clean that go to our meetings.

There are no long timers at the camp. (The longest sentence is approx. two years.) Many of the local guys who have stayed (ed. note, in the area) after their release keep coming back and are active in the program. Some go back to camp and share with our brothers at the meetings.

Many of us who support the meeting also sponsor the guys one on one. We are allowed to come back to the camp (after making arrangements) and work the steps with our "birds" in private!

When we have something special going on in town with our other meetings, we can have arrangements made in order that some of the camp guys can go out and actually attend the function. We celebrated our second anniversary last October and we were able to get five guys out to it from the camp.

A few months ago, when the need was brought up for more than just one meeting a week, the inmates got together and formed their own meeting. They use it as a step study meeting, and they really use it.

The Camp 5 Meeting has been a strong and stable foundation for NA in and around the Pensacola area. We have tried to carry the message to other institutions with some success. We have also been met with ridicule, lack of appreciation, personal criticism, misjudged motives, and many other adverse reactions.

Camp 5 has always been a warm, shining light in our days. Inmates who are addicts, are recovering through the program of Narcotics Anonymous. If but one man can live today without using, the Camp 5 Meeting is doing its job!

With love,

PENSACOLA NA

PENSACOLA, FLORIDA



"TODAY WE HAVE A CHOICE"...and indeed we do, that is why we chose this as our theme for the Convention.

What Convention? The Southern Regional Convention for NA. The Convention will be held FEB. 25-28 in Atlanta, Ga. Howard Johnson's in Midtown is the location. Reservations should be made directly with the hotel and it is suggested that everyone register early. FEB. 4 will be the cut-off date for guaranteed reservations. That's not to say it will be impossible to get a reservation after that date, but it could happen. When making your reservations, be sure to tell the hotel you are with the Convention for reduced rates.

If you plan to attend our banquet, please make arrangements no later than Wednesday, Feb. 24. The hotel must know the number of people that will attend ahead of time, so preparations can be made. If these arrangements are not made by FEB. 24 unfortunately, you will not be able to participate in the banquet, as they will not take late registrations for this.

We can only keep what we have by giving it away, let us join together to celebrate our recovery and help one another to stay clean a day at a time.

May this New Year, see us in unity together, to spread the word, so that none of us have to die...but let us always remember the pain we went through...and now...help one another...to learn to live...and stay clean and sober...one day at a time.

Join with us in this celebration of life.

SEE YOU AT THE CONVENTION

(FOR MORE INFORMATION CALL BONITA (404-4338430))

#### REGIONAL SERVICE REPRESENTATIVE REPORT, ED C.

As many of you know, our basic text book is out in the Fellowship in approval form. If you haven't seen or read it...PLEASE DO SO!!! Your group should have a copy. See your GSR to find out where your group copy is at. (It is suggested that the GSR make a check-out list in order to keep track of the book)

The proposal revision of the third edition

We wish to express Happy Birthday to:  
Linda G. She will be celebrating her second  
birthday January 18, 1982 at the Clean and  
Serene Group

Jeannie B. She will be celebrating her fourth  
birthday January 8, 1982 at the Highland Club

Van, He will be celebrating his first birthday  
at the Highland Club January 15, 1982 at the  
Highland Club

Lynn F. will be celebrating his first birthday  
January 7, 1982 at the V.A. Hospital

If you are going to be celebrating a birthday  
let us know. We wish to rejoice in your happiness  
also.

#### ATLANTA NEWS...



The Atlanta Area Service Committee will meet  
at the Highland Club January 3, 1982 at 11:00 A.M.  
If you are a trusted servant of an Atlanta Group,  
please attend.

The Highland Club will have a business meeting  
January 29, 1982. If you are a member of the Club  
please attend.

#### MARIETTA NEWS...



The Marietta Area Service Committee will meet  
January 8, 1982. If you are a trusted servant of  
a Marietta Group, please attend.

The Rising Sun Clubhouse will have a clean-up  
day January 9, 1982 beginning at 11:00 A.M. Please  
come and help. Also at 10:00 P.M. the same night  
the Rising Sun Clubhouse will hold a business  
meeting.

The Regional Service Committee will meet  
Tuesday January 19, 1982 at 7:30 P.M. at the  
Highland Club.



may god  
bless you  
in the  
new  
year

*The Rainbow Connection  
Staff.*

## THE TWELVE TRADITIONS OF N.A.

We keep what we have only with vigilance and just as freedom for the individual comes from the Twelve Steps so freedom for the groups springs from our traditions.

As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

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 out to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our Service Centers may employ special workers.
9. N.A., as such ought never be organized; but we 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 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.