



THE RAINBOW CONNECTION

Volume 4 Number 2 February 198

Table of Contents

PAGE 2.....	STORY OF THE MONTH
PAGE 4.....	HUMILITY
PAGE 5.....	SERVICE
PAGE 6.....	TREATED VS. UNTREATED ADDICTION
PAGE 7.....	TREATED VS, UNTREATED ADDICTION
PAGE 8.....	ROCK AND ROLL RELIGION
PAGE 10.....	THE RESPONSIBILITIES OF THE N.A.
PAGE 12 & 13.....	CALANDER OF EVENTS MEMBER
PAGE 15.....	GRATIITUDE & HUMILITY
PAGE 16.....	POEM, N.A. TRAIN
PAGE 17.....	A PRAYER, AND THE ANSWER TO WORD SEARCH
PAGE 18.....	MARIETTA A.S.R. REPORT
PAGE 19.....	R.S.R. REPORT
PAGE 20.....	BIRTHDAYS
PAGE 21.....	WORD SEARCH
PAGE 22.....	LET GO AND LET GOD
PAGE 23.....	ENCOUNTER IN N.A.

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I started using-drinking socially in college. Even then I discovered that I really liked the effect of those yellow pills the doctor gave me for pain when I had my wisdom teeth out. I started stockpiling drugs saving them to use on a rainy day, when I was feeling lonely, depressed, whatever.

I graduated with a degree in nursing, and moved to Houston, TX. I was introduced to Marijuana, and would smoke evenings to unwind. I was working on a psych ward then, would come home with terrific headaches, so I started experimenting with tranquilizers.

I met my husband-to-be, a young medical student, on the psych ward. I can remember our trying to improve communications by getting more and more drunk. I was blind; I thought things would get better. So we married, and moved to Salt Lake City, Utah, for his internship/residency. For a while I tried to be the perfect doctor's wife. But I was so unhappy. I dealt with my feelings(or, should I say, I did not deal with my feelings) by using drugs. I was high and I was numb. I buried myself in art classes, skiing, ballet. But I was using heavily. I tried to stop on my own - and did for two weeks. And was then arrested in a drug-store for forging my husband's name on a perscription.

I was 'lucky' ... I was treated with kid gloves since I was a doctor's wife! The charges were dropped if I would agree to a shrink for 6 months. I can remember feeling so low, so ashamed, so suicidal. What was wrong with me? Why was I so miserable?

My husband and I decided that a change was what we needed(geographical cure), so we moved to Atlanta. After all, it was different being Jewish and living with Mormons in Salt Lake City. I started working odd shifts at a private hospital. Drugs were so available - I thought it was a sin to waste perfectly good narcotics. Besides, I should know what my patients are feeling, right? Well, again I was 'lucky'. I got scared, resigned and went back to school.

My marriage was over - I moved out, and we were divorced in a few months. I started working full time to support myself. I managed to stay off narcotics for

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a few months, and then resumed my addiction. I used to feel 'normal' - relaxed, fun to be with. I enjoyed the isolation, being totally in my own world, oblivious to the pain. I admitted my using and fears of using to a psychologist I was seeing at the time. He said I used because I needed an intense relationship. So I got one of those, tried to stop again, and couldn't. I wondered again, " what was wrong with me ? " Why couldn't I control using ?"

I was forced into treatment, I was fired from work, and arrested on a felony charge, interrogated, and spent the night in jail, next to a transvestite (added a little humor to the evening). The police and friends encouraged me to seek treatment. I spent 1 month in an A & D Unit, and 4 months in a halfway house. That's where I found N.A.

At first I wasn't serious about recovery- I didn't buy the whole package, I'd use every now and then, and then the last time I used, my God was with me. I knew I was an addict. I got so crazy, so sick, that I prayed to come down. That was my last time (I pray, day by day) of using. I was one of those people who needed to relapse, to finally know that I could never use again.

And I had become complacent, I wasn't going to meetings. I was using men & friends. It wasn't until a good friend jumped me that I finally got into treatment. I had to go to 5 meetings/week, or be reported to Nursing Board. For me, there is nothing like pressure. It works wonders. So I went, and now I love it.

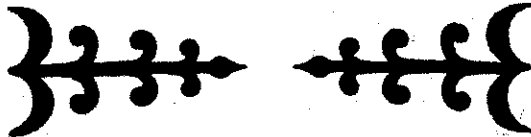
I'm happier now, happier than I ever have been. I feel like I'm living now, not merely existing. I can feel again-I have real feelings. The last 2 years I was married I was numb, and felt nothing. I enjoy people, telephone calls, family, friends, sunrises, sunsets, just everything now. I'm so grateful to be alive, to have found this new life. I feel so fortunate to have the N.A. fellowship, to have a place I can go, people I can turn to, I have real friends now, friends I can call when I'm happy, or even if I'm feeling crazy. And they understand, because they've been there.

I have found my God again, I had lost him somewhere in the rubble and confusion. Now we are very

close. For awhile (and sometimes now) I have a hard time giving up contril. I wanted what I wanted, and I wanted it now! Now, it's getting easier. I'm trusting in God, knowing he has a master plan, knowing that he knows what he's doing.

Now I choose to recover, and not to die. I use "easy does it", "one day at a time", alot, along with the serenity prayer. I deeply feel, I deeply know what all is going to be well, that my God is with me. May your God be with you all. Thank you for my new life.

VICTORIA A.



### HUMILITY

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The simplest definition of humility is; "Humility is Truth". Therefore it's Opposite, pride, is nothing but a lie, an exaggerated opinion of one's self.

That is the percise reason why I usually was such a liar, because I had such an exaggerated pride; that is why I so seldom admitted the truth; and finially that is why I became such a frustrated personiality, because I was working on false premises. Humility is not a denial of good qualities, for being truth it is the admission of all qualities both good and bad. I admit my faults and work to remedy them; I admit my abilities, accept them as a gift from God and use them. If I am absolutely truthful in the estimation of myself, I am humble. Until such an attitude of humble estimation of myself is achieved, I will not attain contented sobriety in the program; for without humility the program is impossible. Humility is the root of all the other virtues and the very cornerstone of the program. Humility is the root of faith, hope, charity, chastity, and obedience. And so with all the virtues I find that each one is upheld, fortified and practiced only if it rests on true humility.

On the other hand, pride is the root of all my troubles. In some way or another every difficulty or trouble I encounter stems from pride, like resentments or self-pity, criticism, intolerance

and bigotry, difficulty is submitting to GODS' will, temptation, worry and discouragement, boasting, lack of taking blame, lack of serenity, and slips through spiritual pride. The longer I am clean and sober the more it becomes necessary to keepeer in my conscious mind, "I am what I am by the grace of GOD. Isn't it great that GOD can do so much with such poor material." Examples of difficulties and troubles stemming from pride are endless. On the other hand the rewards of humility are unlimited.

Somebody once told me that, as I go through the day, I should pause when agitated or doubtful, and ask for the right thought or action. I should constantly remind myself many times each day " thy will be done", that I am no longer running the show. I am in much less danger of anger, fear, excitement, worry self-pity, criticism or foolish decisions. I become more efficient, humbly abandoning myself to GOD, admitting my faults to HIM and ether addicts... it works, it really does!!!!!!

The price of real maturity in life is a realization of the of the mistakes I have made. You become really mature the day you look back on you'r life and cry out; "My GOD what a mess I've made of my life" that day will be a day too, when only a real deep humility will enable you, despite the mess of the past, to go forward and do lifes work. Is such realization discouraging? Absolutely, unless-----unless I fall on my knees and humbly admit it all to GOD, with a heartfelt thanks that He knows and understands and will make allowances, full allowances, for my pitiful mistakes. What else could HE-or-I do expect ? Then from my knees I will arise and face the future, one day at a time, trusting far less in myself than ever before, and throwing my full weight on GOD and the fellowship of Narcotics Anonymous.

By Gary T.



### SERVICE

Service, Is a word often used in our Fellowship. Each addict has certain notions or Ideas of what it means. The dictionary defines it to mean, to serve, and and to serve to be a servant, to aid, to do official service, to offer something to someone. It's an idea to some, action in certain ways to others. Exposure to the Fellowship in N.A. means hearing that word time & time again. In a practical sence what

does it mean to an addict's program of recovery, and how do we use it as a tool? One sure-fire way in my own experience is at the group level, like emptying ash trays or cleaning up after the meetings, doing what we are asked, such as chairing meetings leading discussions, serving as officer when asked, but mostly by not ignoring the new person. Sometimes a hug, a "glad to see here tonight", an extended warm greeting is the greatest service of all. At least it's in line with our primary purpose, to help others find what we have found, recovery & a useful, productive life.. If N.A. were the army I would be in the Infantry, you know a foot soldier in the trenches so to speak. The empathy we experience is at such a deep, deep level, you knee face-to-face encounters with others like us and it is there that Individual Recovery begins. Suggestion, acceptance, understanding, the freedom to be human, assurances, sharing, these are the things we experience by being aware enough to seize the twelfth step work God so conveniently sets up! It's all around us, changes to be aware, & sensitive to others, opportunities, to forget our self-centered problems and carry the message. This to me is true service, not phony titles & pompous crap, not playing God in other peoples lives, but caring enough to have time to work with others. We have to give it away to keep it-it's that simple. Individuals make up groups, and stronge Involved groups, make a fellowship.

CECIL L. MARIETTA GA.



### TREATED VS. UNTREATED ADDICTION

Untreated addiction kills 60 people each hour, approximated the speaker at the 2nd World Literature Conference. Certainly, the cause of death may be recorded as cars colliding with phone poles, suicides, insanity, gun shot wound to a vital organ, accident at work, etc. What many autopsys do not report is that the individuals were loaded at the

time of death. There are the overdoses. These are reported and noted as drug related deaths. Perhaps the most tragic part is peoples lives are made into inescapable cycles of misery and desperation. Addicts are driven by their disease to the point of insanity and death. So addiction, untreated, is a grim, gravely serious, and morbid thing. What about treatment? Yes, what about recovery?

The disease of addiction tends to defend its untreated side. It will hide under pride or resentment. It will hide an ugly reality under the notion that the path is leading us down or that what it is doing for us is beneficial. The result is that a lot of us never realize consciously that addiction is something which is deeply wrong with us.

The 1st step of N.A. tells us that we admitted that we were powerless over our addiction that our lives had become unmanageable. For many of us this is a gross understatement. As addicts we may suffer from untreated addiction even clean and sober after a few 24 hours on the program. Failure to follow basic principles can undermine our recovery. These are some of the basic principles: one day at a time, the serenity prayer, to say many times a day thy will be done, calling our sponsor, being honest open-minded and willing to try, 90 meetings in 90 days, easy does it, keep it simple, first things first, an addict alone is in bad company, I can't we can, Let go and let GOD, surrender, keep coming back it works, live and let live, gratitude, caring and sharing, if it's not practical it's not spiritual, we are right where we are supposed to be, acceptance, H.A.L.T., by the grace of GOD, there I go, patience and tolerance, turn it over.

We find certain tools to maintain a treatment for addiction. As addicts, we are set apart from most of normal human kind. Addiction not being recognized as a disease puts us at a disadvantage. The addict in recovery is a non-existent person. but we do recover. The twelve steps are said to be custom designed (we believe by GOD) to treat addiction. They deal with God and spiritual progress. We believe that this program will work for anybody who is willing to practice it and thus treat their illness. We become more friendly, and we get benefits to! These we

7



believe come through the tender love of God; the one who makes treatment for addiction on an ongoing basis one day at a time possible for anyone. Four basics that seem to really work are; Don't put any thing in, go to meetings, work the steps, and read the literature. If we are worried about the feelings and doubts we have, we have, "bring the body and the mind will follow". If we feel that the program is demanding or unreasonable or expecting us to do more than we possibly can and still live and function on a bareable level, then we remind ourselves that a loving God is running the show and that things are right on scheduel and that we are right where we are supposed to be. God is the director, we are trusted servants. We also never hace to be alone. We are surrounded by addicts who have a desire to stay clen and are glad to see us at any time. We are learning how to really love and how to surrender our finiteness to the infiniteness of God. We are living a very rich and full life. Some clubhouses that have N.A. meetings have a picture on the wall that is split into two halves. It shows two trees One tree is dead and its' roots in addiction. The other tree has its' roots in N.A. and is full, abundant, and alive. This is the treated side of addiction. We do have a treatment and it is simple, but no one ever sid it was easy. At the heart of it are men and women who go out and share, care, and give unselfishly of themselves so that more may live (give it away to keep it). This is truely beautiful.

ATLANTA LITERATURE COMMITTEE



### ROCK AND ROLL RELIGION

In all my years of searching for "the answer", I have never come up with any organized religion that really fits needs. It's true that I use teachings from many different spiritual sources, and I do have a great deal of respect for the people that believe in religious principles. But, so far, no matter what church I go to, I always feel like going outside and talking to God, after the service is over. Believe me, I've heard chants, hymns, spirituals, prayers, and

mantras, but none of these words and songs really got inside me. I guess they just weren't written in my language.

So, God has had to be a little more subtle with me. My Higher Power speaks to me everyday, and I sing its praises back to it. The words aren't hard to find. They're written into the lyrics of some of my very favorite songs. Just so you'll all understand what I mean, I've taken the time to compose a list of phrases and artists that illustrate my point. This list is a drop in the bucket. You will probably find yourself wanting to add to my list, or making up a list of your own. That's all for the good. Getting into this thing makes all more aware of how often God speaks through people.

"Imagine all the people living for today."--  
John Lennon

"Give me hope, help me cope with this heavy load."--  
George Harrison

"There will come an answer, let it be."--  
The Beatles

"And I could easily fall from grace."--  
Allen Parsons-Project

"When you shake hands with the devil, you get burned."--  
Charlie Daniels

"You'er beautiful as you feel."--  
Carol King

"I see Jah Glory in the morning sun."--  
Third World Band

"The Lamb of Gog is the Living Lamb."--  
Bob Marley and the Wailers

"When you believe in things you don't understand, then you suffer."--  
Stevie Wonder

"You've left it for someone other than you to be the one to care."--  
Jackson Brown

"Someone is crying to be heard."--  
Traffic



"What have I ever done to deserve even one of the pleasures I've known?"--  
Kris Krostofferson

"Shower the people you love with love."-- James Taylor

"When the lord gets ready, you've got to move."--  
Rolling Stones

"I'm free, And freedom tastes like reality."-- The Who

"Don't stop thinking about tomorrow."-- Fleetwood Mac

"I talk to the wind."-- Kansas

"Let somebody love you, before it's too late."-- Eagles

I could go on and on with this, and I'm sure you could too, but you get the idea, don't you? Some people say that since some of the people that wrote these songs were on drugs, the songs couldn't possibly be spiritual in nature. I disagree violently with that theory. Face it, all of those people at the Last Supper were drinking wine. Does that render the entire New Testament useless? In N.A., we have freedom of religion. And I believe in Rock and Roll.

ANONYMOUS



#### THE RESPONSIBILITIES OF THE N.A. MEMBER

When I came to this program, I thought the only thing I had to do was stay clean. Many times that was all I could do. Staying clean is not always an easy task, and I do mean task. However that is not to say clean is a tireless and unrewarding chore. In staying clean, I had to develop ties and close friendships with the people here. That is one thing that is different about my life today, FRIENDS!!!!

But what I really want to talk about is the things I feel are the responsibilities of the N.A. member. There's that word again...responsibility. I hated that word and all it stood for when I got here. In my recovery, though, I've had to practice the meanings of that word.. and not only in my own life. I've also had to practice it in my place of recovery..... Narcotics Anonymous.



The proposed revision of the Third Edition of the Service Manual states that the primary purpose of the N.A. member is to stay clean, a day at a time and to carry the message of recovery to the addict who still suffers by working with others.

The only way one can carry the message to the addict who still suffers is by living it. I remember when I first got here, I wanted to run out and save the world. It didn't take me long to figure out that I didn't know what I was talking about. I hadn't lived this way of live long enough to know what I was talking about. I could see that the people here had something,,but I was confused what it was. I had to stay clean and experience the steps before I could share anything more about them than what I had heard in meetings. I surely couldn't tell someone about life clean if I was loaded.

After I got a sponsor I began to here things about something called service work. I had heard about service before, but the things I heard were either negative or I hadn't stayed long enough to hear all the of the conversation. To hear anything good about service, I had a very sketchy idea of what service was, really was. In time I learned that true service is of the heart. True service as a result of one's recovery. True service comes when a person is seeking to better carry the message of recovery to the addict still suffering. I also learded that the service structure exist to fill the needs of the addict of seeking recovery in Narcotics Anonymous. In time I learned that at the service structure is filled by the addict in recovery in N.A.

This is the area I want to address..... the addict in recovery filling the service structure. Applied, the service structure provides the member with a way to fill their needs in recovery . The service structure gives the NA member a voice in their fellowship, a voice in their fellowship, this fellowship exists because of the basic needs of every member... a way to live and enjoy life, a way to live drug free, and a way to become a "normally functioning" human being. But most important of all, the service structure provides an atmosphere of recovery. Without an atmosphere of recovery none of us would be here. Alone, I could never do this for my self. It is my

| Sunday                                           | Monday | Tuesday | Wednesday |
|--------------------------------------------------|--------|---------|-----------|
| Feb.<br>1982                                     | 1      | 2       | 3         |
| (7) ASC Meeting -<br>11:00 am -<br>Highland Club | 8      | 9       | 10        |
| 14                                               | 15     | 16      | 17        |
| 21                                               | 22     | 23      | 24        |
| (28) →                                           |        |         |           |

| Wednesday               | Thursday | Friday                                                    | Saturday |
|-------------------------|----------|-----------------------------------------------------------|----------|
|                         | 4        | (5)<br>6:30p Highland Club's Birthday Covered Dish Dinner | 6        |
| 11                      |          | (12)<br>9:30 Valentine Day Fundraiser - SCOUT HUT         | 13       |
| 18                      |          | 19                                                        | 20       |
| (25)<br>NA CONVENTION → |          | 26                                                        | 27       |
|                         |          |                                                           |          |



belief that the many times I tried to stay clean on my own were not successful because of that one thing... I could not provide myself with an atmosphere of recovery. It is that atmosphere that exists in meetings that allows us to enjoy recovery. Sure, knowing what we know about the steps and our experience in recovery, we can meet among ourselves informally and enjoy that same or similar feeling in the air. But it is the service structure being applied that sets the stage for that atmosphere to occur again and again. This, in my belief, is the third responsibility of the NA member, to fill the positions of the service structure and to serve or make our services available to any committee that the service structure in an area, region, or World Service Committee exists for one reason and one reason only, TO FILL THE NEEDS OF THE ADDICT SEEKING RECOVERY IN NARCOTICS ANONYMOUS! Yes, a group has a service structure, the secretary, treasurer, and the GSR. It is directly their responsibility to make sure the meeting they serve has an atmosphere of recovery and is filling the needs of attending members. It is the Area Service Committees' responsibility to fill the needs of the members in that region. It is the World Service Committees' responsibility to fill the needs of the world wide fellowship.

Narcotics Anonymous exists FOR AND BY THE MEMBER!!! If the member doesn't take a RESPONSIBLE part in this fellowship... it may in time no longer exist.

There are many ways a member can serve, from attending meetings to being a trusted servant to sitting at home and writing for a literature committee. But if Narcotics Anonymous is to continue to grow, someone has to do the footwork, and we are the someone.



Love, Jenn H.  
MARIETTA, GA.



Gratitude and humility are interlinked in a way that they that they can not be seperated.

Being greatful for something, like being clean and sober, seems to focus on the fact that we are not doing drugs but that we have an outside or inside influence wh h helps us outwhich we are greatful to. Big egos have a tough time accepting at a deep level at this type of graditude. Because we addicts notorious for the over extended sence of credit that we assume for happenings in our lives, we have a tough time really being thankful for the good things that comes from God, as we understand him. The amount of graditude that we have is directly proportional to our humility level and for comfort--able, happy clean time both are nessesary.

In order to gain humility we need to look honestly at who and what we are. This look may have painful areas such as fears or resentments which we would over look altogether. When we examine ourselves and our circumstances throughly and with a spirit of honesty, it is very revealing, espicially if we are fearless and thourough about it. We see that although we ourselves were the blatant ones who brought our problems on ourselves, that we are sick. We see in anhoneest appraisal of ourselves that although we asked for much more of what we got that we were sick, that we were guilty of using ourselves and other people to get what we are after, money, prestige, attention, property, or if we were after the right to strike out at the world and justify it.

We did tend to justify our addiction, our attitudes about it, and our actions for the reason that justification was better that being condemned with out any defense. If that defense of our part ia a bad scene weither we were guilty as charged or not. The important thing was that we maintain some dignity, that we keep our pride. Then, N.A., wegot clean and sober because of terrible affection we admit we had and the grace of God. Sooner or later though our pride returned. We were clean now so why not take the credit for it. After all we had not been the ones to meetings and working the program. Maybe God had done for us what we could not do for ourselves in the start, but now we were the ones who were



Sure, God helped out sometimes but essentially/divulged we were taking the credit out of dishonesty.

What an honest look, however, was that we should be and needed to be grateful to God as we understand God for every thing. An honest look at the 1st step told us that we were doomed and that from our track record no worldly help possible. In our using of drugs we inevitably got very sick. Even after cleaning up in N.A. very sick individuals and we depend on God each Minute to keep us out of our own traps that we set for ourselves. Fear still dominated us at times we were seized with terror. The only way we could get any real peace was to bow down and surrender before God as we understood him and deeply sense his power and our powerlessness. ANONYMOUS

We may not always realize that every thing we do affects not only our lives but touches others, too, A single happy smile can always brighten up the day. For anyone who happens to be passing by your way, and a little bit of thoughtfulness that shows someone you care, creates a ray of sunshine for the both of you to share. Yes, every time you offer someone a helping hand, every time you show a friend you care & understand, every time you have a kind and gentle word to give, you help someone find beauty in this precious life we live, for happiness brings happiness, & loving ways bring love, and giving is the treasure that contentment is made of.

SUSI, MARIETTA, GA.

N.A. TRAIN

I'm not aboard to drive this train, or to say how fast to go. It's not my job to let off steam, or even a whistle blow. I've no control of It's direction. But this one thing I can tell, this train must be bound for Heaven cause I know It's leavin' HELL...

THOM L. ST. LOUIS, MO.

M.R. DUCKS

M.R. DUCKS

L.M.R. NO DUCKS!

O.S.M.R.--C.M. WANGS?

L.I.B. M.R. DUCKS

A.B.C.D. PUPPIES?  
L.M. NO PUPPIES!  
O.S.A.K.!--C.M.P.N.?

Lord, may we be able to offer hope, help, & acts of kindness to the ones we call friends.

We pray that we may continue to strive for progress, & be satisfied to be imperfect humans.

We pray that we will not come empty to the end of our lives.

We pray that we may so live that we will not be afraid to die.

We pray that we may carry on with faith, prayer, and hope.

We pray that God will guide us one day at a time in the new yera.

We pray that for each day, God will supply the wisdom and the strenght that we need.

We thank you for our blessings. AMEN.

SUSI, MARIETTA, GA.

#### ANSWERS TO JAN. WORD SERCH

Traditions--Why It works.

Steps--How It works.

Grow--

Sponsor--Someone you can call day or night.

Tools--The telephone is one tool of the program.

Narcotics Anonymous--The "We" people.

How--The short version of honesty, openmindedness, & willingness to try.

Higher Power--What ever we choose to call him.

Sanity--The balance met through the 2nd, step.

Patience--The partner to tolerance.

Love--We express with hugs and kisses.

Joy--Exhilaratin feeling of happiness.

Surrender-- Admitting we are powerless.

Hope--Looking on the bright side.

Freedom--Independence at last.

Unity--Growing together.

Invertory--Writing what we've had and have.

Faith--Oppsite side of fear.

M.A.S.R. REPORT  
M.A.S.C. JAN. 8, 82

The Tuesday "Open Arms" group at Brawners, The Wed. night "Douglas County" group at Douglasville General Hospital and the Brawners Young Adults group at Brawners need support. Ridgeview Institute needs transportation to the Tuesday Open Arms in lieu of a meeting on that night. For more info. contact Scott at Ridgeview. It is our responsibility to support these groups. For contact numbers call our Area chairman, JOHN H. There will be a G.S.R. wksp, Jan. 23rd. from 2:00-5:00 P.M. at the Rising Sun, for further info. contact CECIL L.

There was a proposed format change which will be included in this month's Minutes. The new format is geared for experience, and maximum efficiency. Please consider it.

We need a H&I committee, take it up in your group & send input to A.S.C. via your G.S.R. G.S.R. attendance was discussed and it was determined that it is the duty of your groups G.S.R. & G.S.R. ALT. to attend all of the regular meeting & monthly group business meetings and to attend the A.S.C. for the duration of the entire meeting. If your groups G.S.R. & ALT. are not willing or capable to serve in this capacity, they should step down and a capable & willing G.S.R. & ALT. should be elected.

Our area has lost 2 meetings in the past year. There are several causes for this, one is which is a faulty service structure. If you are a T.S. familiarize yourself with your responsibilities by talking to your sponsor and reading the manual. Groups should hold monthly business meeting 1 wk. prior to A.S.C. to discuss input to the committee. G.S.R.'s should report back to the group what took place at the meeting. T.S. who do not serve are doing a disservice and literally killing addicts seeking recovery. Service work is serious business. A.S.R. ALT. Gina H. was elected. Donated \$76.00, was donated to R.S.C. A.S.C. TRES. starts at \$39.00 A.S.C. TRES. will keep a stockpile of lit.

PAGE C.



## R.S.R. REPORT

New name for our regional. It is now Georgia R.S.C. The other name became too long. So as we learn to in recovery we "Kept it Simple". Our next regional meeting will be at the Highland Club on March 2nd, 1982 at 7:30 P.M. Everyone is welcome to attend.

Of course the convention is drawing closer so everybody needs to register for it. \$12.00 to register & \$10.00 for banquet. Lots of out of town people are planning to attend (Ohio, Pa., Fla., S.C., N. C., ALA., & TN.) so it's going to be a big PARTY

The approval form of our book is still available from the :

MID-SOUTH REGIONAL SERVICE COMM.

P.O. BOX 41323

MEMPHIS, TN. 38104

they are asking for a 7.00 contribution for each book. Send it if you can-they need the money.

Clean Living Party ! Where: Corpus Christi Rec. Center  
249 Squirrel Ave.

Dayton, Oh.

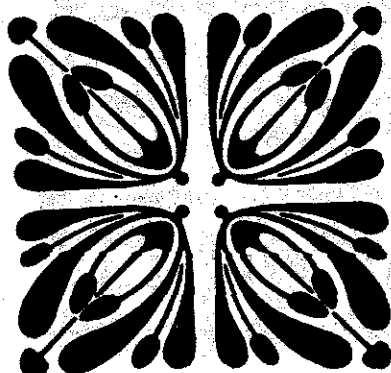
When: Saturday Jan. 30th. 1982

Cost of dance: 3.00 per person.

Sponsored by: Miami Valley Fellowship Committee for  
Narcotics Anonymous. (SEE MAP BELOW)

Panama City Trip planning session, 6:00 P.M. Tues.  
Feb. 9th. at the Highland Club. Contact Lynn W.

IN LOVE,  
ED C.



We wish to express Happy Birthday to:

George S. 3 yrs. He will be celebrating his birthday at the Rising Sun on Friday Feb. 12

Walter will be celebrating his 2nd birthday at the Clean and Serene Group Feb. 8th.

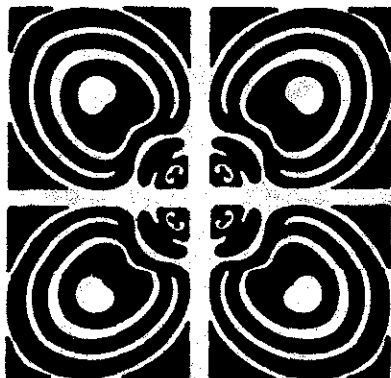
Scott will be celebrating his 8th birthday Feb. 19th at the Rising Sun Clubhouse

If you are having a birthday please let us know. We want to share in your joy also.

John S. (Big John) will be celebrating his 1st birthday at the Tuesday Night Brawners Open Arms Group. FEB. 2

**A FRIEND**

is one who knows you as you are;  
understands where you've been  
accepts who you've become and still  
gently invites you to grow the N.A.way.  
K.B. Minneapolis, Minn.



# WORD SEARCH

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

PEACE OF MIND

The --- to know the difference

---before personalities

Restore us to ---

My Way

---principles

Prayer and ---

---with Higher Power

---does it

The practice of the steps leads to---

Keep it ---

--- day at a time

The members of N.A. make a ---

Being Thankful

Giving of oneself

The --- desire stop using

What you feel when you make amends

Those you love and care about

## "LET GO AND LET GOD"

As children bring their broken toys,  
With fears, for us to mend,  
I brought my broken dreams to God,  
Because he was my friend.

But then, instead of leaving Him in peace,  
To work alone, I hung around and  
Tried to help, with ways that were my own.

At last I snatched them back and cried,  
"How can you be so slow?"  
"My child, He said, "What could I do?  
You never did let go!"

## "ONE DAY AT A TIME"

There are two days in every week about which  
we should not worry; two days which should be  
kept free from fear and apprehension.

One of these days is Yesterday, with its  
mistakes and cares, faults and blunders, its  
aches and pains. Yesterday has passed forever  
beyond our control. All the money in the world  
cannot bring back yesterday. We cannot undo a  
single act we performed; we cannot erase  
a single word... Yesterday is gone!

The other day we should not worry about is  
Tomorrow with its possible burdens, its large  
promise and poor performance. Tomorrow is  
also beyond our immediate control; Tomorrow's  
sun will rise, either in splendor or behind a  
mask of clouds, but it will rise. Until it does  
we have no stake in tomorrow, for it is yet unborn

This leaves only one day: Today! Any man  
can fight the battle of just one day. It is only  
when we add the burdens of those two awful  
eternities, Yesterday and Tomorrow,  
that we break down.

It is not the experience of Today that drives  
men mad; it is the remorse or bitterness for  
something which happened yesterday and the dread  
of what tomorrow may bring.

Let us, therefore, live but one day at a time.



Encounter in N.A.

For those who cannot stand the pain  
Of life and living as they grow,  
They turn to drugs again and again  
To hide from the pain the world shows.

I did that once, I went down the road  
Of living in hell, doing things in shame.  
When I went to N.A., to rid of my load,  
I found using drugs no longer a game.

The people in N.A. seemed to understand  
How I felt, but I couldn't believe it true.  
Then finally I could accept their loving hand  
And found in turn, that I could also love you

So I want to say before I go  
To those N.A.r's I haven't ever seen.  
Though many of you, I'll never know,  
My heart goes to you- those who've been.

Sherri A  
Morganton, N.C.





RAINBOW CONNECTION SUBSCRIPTION

NAME.....PHONE.....

ADDRESS.....

CITY, STATE, ZIP CODE.....

RETURN ADDRESS:

THE RAINBOW CONNECTION  
c/o THE RISING SUN CLUBHOUSE  
890 B ATLANTA ROAD  
MARIETTA, GEORGIA 30060

SUBSCRIPTION COSTS \$6.00 PER YEAR  
MAKE CHECKS PAYABLE TO: THE RAINBOW CONNECTION

TO ALL WHO MADE THIS ISSUE POSSIBLE,  
THANKS!!!