



The  
Rainbow  
Connection

MAY 1984

# The Rainbow Connection



" ... caring and sharing the N.A. way ... "

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Marietta ASC.

Individual opinions expressed do not  
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## ATTITUDE OF GRATITUDE

Sometimes the freedom  
Feels so good  
That I feel a part  
Of everything.

Sometimes the love  
Is so strong  
That it channels through  
Me to others

Sometimes the awareness  
Is so powerful  
That I see God  
In everything around me

And the glimpses of these  
"Sometimes"  
Fill me with desire  
For a life time of gratitude

## METAMORPHOSIS

I seek the unobtainable, scaling in vain  
Sloping walls of slanted glass--  
Sleek, shining, treacherous and slippery  
as the moray.

(All to no avail.)

Clouds of dishonesty shield me from reality.  
Methodically the sun labors  
slowly penetrating through--  
First shrouded in despair,  
devoid of amber hue.

(Or so it seems.)

Winds of change shift and rearrange  
the ebon barrier  
That I might glimpse the light  
above the clouds--  
Flickering embers of dazzling hope  
knife the darkness,  
But only for a moment.

(Or so I would believe.)

But do not moments turn to hours,  
and hours turn to days,  
and if but one sunbeam appears,  
shan't others dispel the haze?

(Or so I would hope at last.)

And it is hope that triumphs in the end,  
Unless it is I who dons the shroud.

--Michael M.

The day we stop trying is the day we  
start dying.

## QUESTIONS FOR YOUR GROUP

1. What is the basic purpose of the group?
2. What more can the group do to carry the message?
3. Considering the number of addicts in our community, are we reaching enough people?
4. What has the group done lately to bring the N.A. message to the attention of clergymen, physicians, judges, and others who can be helpful in reaching those who need N.A.?
5. Is the group attracting only a certain kind of addict, or are we getting a good cross section of our community?
6. Do new members stick with us, or does turnover seem excessive?
7. How effective is our sponsorship? How can it be improved?
8. Has everything practical been done to provide an attractive meeting place?
9. Has enough effort been made to explain to all members the need and value of kitchen and housekeeping work and other services to the group?
10. Is adequate opportunity given to all members to speak and participate in other group activities?
11. Are group officers picked with care and consideration on the basis the officership is a great responsibility and opportunity for 12th Step work?
12. Does the group carry its fair share of the job of helping area? region? world? meetings in institutions?
13. Do we give all members their fair chance of keeping informed about the whole of N.A.-- Recovery, unity and service?

Additional comments: \_\_\_\_\_

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## 12th STEP

I can remember the many times, thinking of the 12th Step and "practicing principles in all our affairs and carrying the message."

I had been told that the principles of the 12th Step were love and service, but couldn't figure out how to practice them.

It finally dawned on me that whenever I'm practicing the principles of the preceding eleven Steps, I'm automatically practicing the principles of the 12th Step!

In carrying the message, it becomes the principles of really selfless love and selfless service! The rewards are the joy of seeing another addict live, the hope that one more might not die and seeing the miracles God has worked!

From this comes a peace not of this world!



## CREATIVE APPLICATIONS

Service is inseparable from recovery. Everyone who has stayed clean for a long period of time has been active in service. The services of some are more obvious than others, but a close look will always reveal service in one form or another. We serve according to our abilities and God's will for us, but we all serve in some way. It is important for us to serve in ways in which we are suited.

Service is its own reward, and it is a symptom of our relationship with our Higher Power.

No matter how right I think I am, if I don't look at both sides, I may never realize when I'm wrong.



## A Message

Looking back, it's all so clear  
Everything happened so I could get here  
The nights I cried and I couldn't sleep  
For I'd broken the promise I wanted to keep

Tired of life and sick of it all  
Scared and alone, who could I call?  
Could there be help for someone like me?  
There wasn't-- at least, none I could see.

Then one day I met all of you  
You offered me something totally new  
"Just for today, you'll be alright"  
And you convinced me that maybe I might.

You told me that I could learn how to live  
That I could be happy and learn to give  
I do it today, and know that it works  
But inside of me the disease still lurks

Day after day it's still on my back  
Addiction is real and that is a fact  
Together we can climb over this hill  
And prove again that recovery is real

Life can be good and it's worth it all  
We can learn how to walk,  
And we don't have to fall.  
My life has changed, more than I can say  
Because of the people that belong to N.A.

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The DIFFICULT we do IMMEDIATELY, but  
the IMPOSSIBLE takes a little longer.

## ADDICTION

Once there was a great hunter named Slayton. He had hunted since he was a small child, in almost every part of the world. Slayton had mounts of almost every type of animal known to man in his gallery.

One day a man from a small town in Canada called to ask for Slayton's assistance. There was a large grizzly bear from the nearby mountains causing a lot of trouble in the town. The bear had killed three small children, a man and a lot of livestock. The bear prowled around houses at night causing the inhabitants of this small town to live in a constant state of terror. Slayton got together several of his guns and some camping gear and boarded a plane. He was in town 32 hours after he received the phone call.

Several members of the town council held a small meeting with Slayton about the problem. This certain bear was extremely dangerous because several residents had shot and wounded him. The man who had been killed was a professional hunter himself, who had been called in to exterminate the bear.

Slayton set out early the next morning with two horses, his guns and his camping gear. No one saw him again for about a month. When he came back it was for more supplies. He had sighted the bear several times and had been tracking it for a long time. He seemed different.

Early the next morning, Slayton set out once again. This time he was not seen for seven weeks. On this journey he had shot the bear four times. It was in great pain and very dangerous. In the meantime, the crazed animal had killed five more people.

Slayton seemed obsessed with killing this bear. He left again early the next morning. Slayton was never seen or heard from again.

The disease of addiction is much like this bear waiting to kill us. We can't kill it. We can't escape from the reality of its being there waiting. We can only hope that it doesn't take us. There are certain steps we can take to avoid being killed by it. We can't move, for the disease is everywhere.

Some of us are like Slaytons and become so obsessed with conquering our disease that it lures us to our own deaths. Some of us are like the townspeople and just sit around huddled in fear waiting for the disease to kill us.

A bear will usually only attack someone who is alone. It will rarely attack a whole group of people. We can't kill it alone. We can't even kill it in a large group. But if we stick together, we can keep it at bay. Keep coming back. Stick with the group.

Joe

#### SHARING A COMMON GOAL

We're going the same way so let us go hand in hand. You help me and I'll help you. We may have some differences, but in the end we are reaching for the same goal. Rather than compete, let us work out our differences and respect each other's opinions.

But never let us withhold love as a weapon against each other. It is unnecessary for us to hurt each other, or cause suffering, or increase pain, for we are held together by the common bond of our solution.



## FEELINGS

Feelings are so much a part  
Of everything we do  
Love and tears, friendships and fears  
Just to name a few

An open heart and open mind  
Lead us on the way  
And talks mean so very much with  
The special things you say

A friend is special when you  
Need someone to talk with  
It helps to have a person who  
You know will pull you through

In life there are changes we  
Experience every day  
Time will have the answers  
For all the things you say

Live life to the fullest and  
Leave all worries behind  
You'll see what life brings to you  
Is what you want to find



## STRONGER?

The stronger that I become in my recovery, the greater is my need for NA and the God of my understanding. Because the stronger that I become, the more chance of me convincing myself that I'm cured, that I am self-sufficient. that I have power or that I'm a messenger from God sent to save the world and cure others. It's easy for me to forget the last statement in Our Book at the end of the 12th Step; "This is not the end, only the beginning."

A N N O U N C E M E N T S  
& C A L E N D A R

REGIONAL RETREAT - NEBRASKA RSC  
SWIMMING-HIKING-MEETINGS  
JULY 20-22 FREMONT LAKES  
NEBRASKA REGIONAL CONVENTION  
OCTOBER 5-7 OMAHA HOLIDAY INN

5TH BLUE RIDGE MINI CONVENTION  
JULY 6-8 CHEROKEE RESERVATION

HIGH ON LIFE PICNIC  
SHOW ME REGION  
JULY 27-29 STOCKTON LAKE

SOUTHERN CALIFORNIA CONVENTION  
OCTOBER 19-21 MIRAMAR HOTEL

SURRENDER '84 - ALABAMA-NW FLORIDA RSC  
SURRENDER IN THE MOUNTAINS  
OCTOBER 19-21 CHEAHA STATE PARK  
P O BOX 11332 MONTGOMERY, AL 36111  
(205)272-3873 (205)324-6680

3RD FELLOWSHIP UNDER THE STARS  
MISSISSIPPI RSC  
CAMPOUT '84  
MAY 25-27 ROOSEVELT STATE PARK  
(601)352-5501 (601)939-0357

7TH PACIFIC NORTHWEST CONVENTION  
VISION OF HOPE  
OCTOBER 5-7  
THUNDERBIRD INN AT THE QUAY  
P O BOX 5159 VANCOUVER, WA 98668  
(206)254-0179 (206)693-0038

4TH SPRING GLEN RETREAT  
BRIT. COLUMBIA MAY 25-27  
SW WASH. 3RD RETREAT  
AT CAMP WA-RI-KI JULY 30-32

5TH BCNA RALLY  
AT VANCOUVER AUGUST 18-20

1ST NORTH PUGENT SOUND ASC RETREAT  
WHIDBAY ISLAND SEPT. 14-16

ORCNA II OUR COMMON BOND  
MAY 25-27 AVALON INN  
P O BOX 606 NILES OH 44446  
(216)545-4387 (216)424-3701

2ND STAMPEDE FOR SERENITY  
CAMPOUT AND FUNDRAISER  
JULY 13-15 - STAMPEDE RESERVOIR  
P O BOX 3344 SPARKS NV 89431  
(702)827-3313 (702)329-6484

5TH EAST COAST CONVENTION OF N.A.  
REACHING OUT  
JUNE 22-24 - YALE UNIVERSITY  
P O BOX 611 HARTFORD, CT 06142-0611

1ST UPPER MIDWEST RSC  
COMING ALIVE  
JUNE 14-17 U. OF N. DAKOTA  
P O BOX 5063, GRAND FORKS, ND 58206

VOLUNTEER REGIONAL CONVENTION  
NOVEMBER 21-25  
PO BOX 10213 KNOXVILLE, TN  
37939-0213

3RD FLORIDA CONVENTION  
BELIEVING IN MIRACLES  
JULY 4-8 - TAMPA HYATT  
HYATT REGENCY,  
2 TAMPA CITY CTR., TAMPA, FL 33602

14TH WORLD CONVENTION OF N.A. AT CHICAGO  
MIRACLES HAPPEN  
AUGUST 30-SEPT. 2 - HOTEL CONTINENTAL  
BOX 24 1744 W. DEVON, CHICAGO, IL 60660

1ST AUSTRALIAN REGIONAL CONVENTION &  
NEW ZEALAND  
LIVING PROOF  
SEPT 29-30 AND OCT 1  
SYDNEY, N.S.W., AUSTRALIA

LAKE HARTWELL RETREAT  
CAMPOUT AND MEETINGS  
JUNE 8-10  
890 ATLANTA RD. MARIETTA, GA 30060  
(404)428-0081