

JOHN DEWNEY

WASHBURN

RAINBOW CONNECTION
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George Richards, Jr.
75 MacFarland Ave.
Oryland, Pa. 18974

The Rainbow Connection

Volume 3 Number 6 December 1981

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Individual opinions expressed here in do not necessarily express those of N.A. as a whole.

We welcome your story, article, or perspective relating to recovery in Narcotics Anonymous. Send to:

Rainbow Connection
8908
Atlanta Rd.
Marietta, Ga. 30060

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Rainbow Connection
c/o Rising Sun Clubhouse
8908 Atlanta Rd.
Marietta, Ga. 30060

Dear Subscriber,

We wish to express our deepest regret concerning the failure of the Rainbow Connection to appear in the past eight months. We are reviewing our records in an effort to insure that you receive the twelve issues you paid for.

At present date we have a newly formed staff for this publication, and it will be printed on a monthly basis. Our funds do not permit offset printing, so you can expect a lower print quality. However, our efforts are oriented into producing a high quality content publication.

At present time our greatest hindrance in compiling issues is the lack of written material. We need articles and personal stories based on recovery experience in Narcotics Anonymous. Please spread the word in your area of our need for written material. Our primary purpose remains, to carry the message of recovery in Narcotics Anonymous to the addict who still suffers, both those old and new to the Fellowship.

This job can't be done by just a few, and we need your support. Above all, this is a task of the Spirit.

In Loving Service,

The Rainbow Connection Staff

John H.
Coordinator
Rainbow Connection
Staff

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Damsel in Distress

I was the happy little housewife, living in a happy little house.... sticking a needle in my arm.

I was twenty-six years old with two children and working on my second marriage (with my Knight in shining armor) when I started to use drugs as entertainment. After all, most people drink on weekends to have fun, why not a little dope to liven up things for a bit? My weekend heroin using went on for a few years until, inevitably, heroin began using me. Soon it was all I wanted and it didn't matter what day of the week it was.

My "Knight" began to feel our Camelot left something to be desired and started going to institutions and drug programs, although he wasn't having much success.

I started looking for some help, so I went to Alanon because it was obvious he had a problem with drugs and alcohol. I was 5'9" and weighed 114 lbs. when I came to this program and I thought I was "looking fine"! The miracle of this program worked even in Alanon, for I had to get honest. They told me to keep coming back and I did again and again. I finally went to my first Narcotics Anonymous meeting and knew I was home and safe at last! I was still saying things like "I don't know what I'm doing here, it's my husband who has the problem." "Naturally they understood, and again I got the "keep coming back" and I did.

I got some phone numbers, a meeting directory and was doing fine as long as I wasn't home or stayed in my car to avoid my "Knight" turned drug addict.

One night after arriving home after a meeting he was waiting for me with some dope, saying there was still some left. At that moment the "leftovers" sounded good and I used. The minute the chemical was in my arm I went insane. It was pain, and I never did like coke. For there

was never enough. I threw some money at him and demanded he get more. The next thing I knew we were fighting over the coke cotton. I knew there was nothing in the cotton and so did he, but we fought over it viciously as if our lives depended on it.

That night in 1975 was the last time I used drugs, even though there were many nights when my husband bought dope and offered it to me. He continued to slip on and off this program, but I stayed clean. I had to leave my house, my car, and all my material possessions. I had to go through a divorce, get a sponsor, go to women's meetings, share an inventory, and do many other things that I didn't want to do or that didn't make sense to me, but I did them and I didn't use.

I'm still 5'9" tall, although I now weigh 160 lbs. and other people tell me I'm "looking fine." Through this program I have acquired faith that if I stay clean, it will get better. I know if I use it can only get worse.

I was given a second chance at living and I took it. I have a job and function well there. I'm not doing at all bad as a wife and mother. By the grace of God the happy housewife, living in a happy house, isn't hiding anything any worse.

---From the review copy of N.A. "Big Book"---
The story of the ^{MENTA} will become a regular feature of the Rainbow Connection. It will be the only "personal story" appearing in each issue. Your personal stories will be greatly appreciated and happily received. If yours does not appear immediately, it does not mean it wasn't. Your written support is greatly needed and appreciated.

The Rainbow Connection Staff

A Place Of Recovery

When I got to the fellowship of Narcotics Anonymous, I was nearly dead. I had heavy exposure to another twelve step program, and was well educated on the steps and traditions. What I wasn't educated on was how to live! At my first few N.A. meetings I encountered happy people who were enjoying life, having fun, and recovering from drug addiction at the same time. I didn't like that at first and remember thinking that if things didn't change, I would go back on the other program.

I had been taught addiction is not a pleasant subject, and that it wasn't supposed to be comfortable when it was discussed. Addiction was something that was talked about in a dark, smokey room, in a low tone of voice. These twisted concepts nearly led me out of the doors of the meetings.

I hung around awhile and some of the living and enjoying started to rub off on me. I began to open up and ask for help. Then I began accepting some of that help offered to me. Soon, I became openminded enough to start trying things the N.A. way, the way people at meetings told me. After a while, my memories of the re-hab and of my hard-core therapist began to fade, and new thoughts of my sponsor and my new friends and meeting halls started to take their place. I began to realize that being a dope fiend was not a mortal sin. I was not doomed to eternal damnation. I began to realize that as far as God is concerned, the only thing He wanted was for me to be happy and free.

I came to realize the program is all about freedom. The steps are about freedom. The traditions offer freedom for the groups and the groups offer freedom to the individual.

The things I learn in the program are available nowhere else. I learn how to fix myself on the inside so that I can live in society. I do not want to "appear to be" an active, productive member of society...I want to BE an active, productive member of society! I learn to do this in the program of Narcotics Anonymous and by no other means. N.A. works for me, and if you are like me, it will work for you! It took complete surrender to the program of N.A. for me to start enjoying life to the fullest. I couldn't surrender to two programs, just like I couldn't surrender to half a program.

While there are still some areas that don't have seven meetings a week, some areas don't have any meetings at all. This is not to say there will never be any. As a fellowship, we are growing phenomenally. The need for the fellowships in the U.S. alone is overwhelming but the program is for those who want it.

I am tired of seeing addicts die because they are misinformed, misled and misinterpreted. In the program of Narcotics Anonymous, I treat my demerol addiction, my alcohol addiction, my barbiturate addiction, my codeine addiction, etc. I also treat my compulsive gambling, my overeating, and my obsession with sex. All these things are part of my addictive personality over which I am powerless. It is only when I admit complete powerlessness and surrender to the program that I can win. Until I surrender completely there can only be a temporary truce.

-- Page C. Marietta, Ga.

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DECEMBER

1966

	1	2	3	4	5
6	7	8	9	10	11
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30	31				

MARIETTA ASC
10:00 AM. RS.

Running/Balls &
(Fund Raiser)

Picking Sun
Decorating Home
TREE TRIMMING
PARTY (Fund R)

NEW YEAR'S

JANUARY 1966

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

A WONDERFUL PLACE

I remember not being able to make four days at work, and to walk around and look like I was doing something took a lot of effort.

Today when my boss thinks there is something "wrong" if I'm walking around trying to figure out what I'm doing, he doesn't know about the time when that was all I could do.

I get out twice as much work today with half the effort. Adequacy is a wonderful place for a recovering addict to be. When I no longer need to be perfect, and do everything better than everyone else, and live up to everyone's expectations in addition to my own, I became free from a chain of my past and am required to do only that which I can.

John H., Marietta, Ga.

AFTER HOURS

Last night after the meeting, some of us went out for coffee. We sat around and talked both seriously and humorously for an hour. I just can't get enough recovery out of an hour a night. Occasionally, when I leave a meeting I don't feel that much better. I mean, life does not start and stop with just one hour a night. I feel I have to share my experience, strength and hope, my every waking hour. I also need others to share these same things with me as much as possible. I don't think I'm the only one who feels and needs the love and closeness I experience at the after meeting meetings.

Jaye H., Marietta, Ga.

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The Best Part of the Meeting

"Our Father who art in heaven..." It was suggested to me as we held hands to say the Lords Prayer, instead of bowing my head to look at the others in the room.

As the words "Our Father..." came from my lips, deep emotion came from my heart. I saw my friends joined together as one and felt the Spirit, that had offered us all an escape from the self induced hell of addiction. I saw friends, who, I had come to love in this program, my very special friends. Those special friends, who I really hoped would it. I saw some who I had sponsored, who had unknowingly sponsored me. I saw one who was embarrassed because he didn't know the words of the prayer well enough, and I remembered my own discomfort at my first meeting. I saw those who I had judged as losers making it, despite my predictions. I saw that some of my predicted winners weren't there at all. I looked further and saw some I had resented and talked about behind their backs. I felt shame at my impure heart in the presence of God. As I prayed, I knew He loved us all as one, as a loving father loves his family. I felt all this from only two words, "Our Father".

A Member in Ohio

Grateful Member

As I look back on my many memories in this fellowship, I can see the pain, the sorrow, the joy that lead into the person I am today.

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In my using days I was constantly trying to escape, and my friends were few. The ones I did have had been through the jails and institutions with me. At my very first meeting I can remember crying because I knew where each and everyone of you people had been, and felt the strength I knew you must have found in this fellowship. Now after being around for two years, I am seeing others grow through repeated confrontation with reality. I would like to thank all the people in this fellowship for their help and encouragement. Without you I wouldn't have made it.

Shiela Marietta, Ga.

Creative Corner

Miracle of Love

To be loved is to know
happiness and contentment.
To give love is to know
the joy of sharing oneself.
It is through the miracle of love;
that we discover the fullness of life.

Susie Marietta, Ga.

Character

Character like fine lace;
weaves a pattern on each face.
What we do and what we think;
leaves its imprint just like ink.
If we fill our lives with hate;
ugliness will be our fate.
If we give out love and cheer;
lines of beauty will appear.

Anonymous

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Thinking Of Today

As I lie here in bed alone, I ponder on days gone past. On all of the friendship I have found. I pray to God to let them last. And though my defects, they be many, I hope that God will make them few. Train my thoughts God, "not on me, just keep my thoughts on loving you."

Danny V. Marietta, Ga.

Regional Service Representative Report

As we all know there is alot going on in preparation for the Southern Regional Convention here in Atlanta, Feb. 25th - 28th;
/ Dec. 12th... Tree Trimming Party; it is asked that those in attendance bring some type of ornament for the tree.

Dec. 31st... News Years Eve Party
Both these functions will be held at the Highland Club. All are welcome to attend.

The next meeting of the Southeastern Central Region Service Committee will be held Jan. 19th, 1982 at 7:30 P.M. at the Highland Club. All are welcome to attend.

We still need people to be on the phone answering service in this area. Please contact Memphis Mike.... 435-7253 for more information.

The Marietta Area Service Committee will meet Dec. 4th at 10:00 P.M. at the Rising Sun Clubhouse.

Out of State:

Youngstown, Ohio Dec. 18th, 19th & 20th.
12 Step Retreat Weekend, cost is \$50.00 registration; includes food & sleeping place.

Contact persons are:
Keith S. (216) 399-6129
Garry (216) 372-3529

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Tom H. (216) 792-8692

In loving service of the
Fellowship and the Spirit,
Motorcycle BB

We wish to express Happy Birthday to:
Frankie F. 12/3/81 1year Feeling Free Group
Peggy F. 12/5/81 2 years Feeling Free Group
Lynn F. 12/31/81 1 year

If you are having a birthday, let us know.
We wish to rejoice in your happiness also.

We give our thanks to those who made
this issue possible. If you have any com-
ments please call John H. at 435-4270 (404)
or write:

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c/o Rising Sun Clubhouse
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Marietta, Ga. 30060

To Think On
In opening up to others, we begin to
see more of ourselves.
Action is the root of this program,
there is no substitute.
A man hears what he wants to hear and
disregards the rest,
and for that reason we often miss what
is being said.
Love is a two way street,
I get none until I give some.
The program doesn't work when we adapt it
to our lives,
we have to adapt our lives to the program.
Only when we reach out for help,
can we be helped.

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RAINBOW CONNECTION SUBSCRIPTION

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ADDRESS.....

STATE, CITY, ZIP CODE.....

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RAINBOW CONNECTION
C/O RISING SUN CLUBHOUSE
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SUBSCRIPTION COSTS 6.00 PER YEAR

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