



**the
heartbeat**

"The heart of NA beats when two addicts share their recovery"

MAY/JUNE 2001

TRUST

Trust, what a concept! It's easier said than done. For me, it is a spiritual principle that dwells in my heart as faith and works in my life as action. It's easy for me to say I trust my Higher Power but is difficult to put that action in my daily life. Coming to believe in a loving, caring Higher Power has been very difficult for me.

To actually believe, that there is a power greater than myself who loves me and wants good things for me is a stretch of my imagination and belief. Good things like the ability to love and allow others to love me. Patience and tolerance that once built inside and learned can allow me security and peace. Compassion and understanding of myself and others, that allows me to grasp humility. It seems that the more I exercise the spiritual principles of this program, the simpler my life and living it becomes. This is the reality that helps me trust more. The more I trust my Higher Power and what I've learned, the easier it is for me to practice spiritual principles.

As trust builds with my Higher Power I am better able to trust myself. I have a difficult time accepting that I know what the next right thing for me is. It seems I constantly question my decisions. Are they based in my will or my Higher Powers'. I know my Higher Powers' will brings me lasting joy and serenity. I often doubt that my desires are based on a "higher consciousness", i.e., Higher Power consciousness. I fear that one poor decision will wreck my life and it will be all my fault. I know these unrealistic fears show a lack of faith and trust.

One tool I am learning is to discuss my decisions with those in the program I have come to trust. Uh oh! There's that word again. Trusting others is another area that is hard for me. I must believe that the person I share with is trustworthy. If I learn to share a little of myself with someone and then see how that person treats that part, I only risk getting a little hurt if their trust is not warranted. Once I find a person or persons who will honor that little piece of me, I can share a little more. I can be sure that if someone treats another persons trust lightly, they will probably treat mine the same. This is one way I can overcome the very self-destructive pattern of trusting the "wrong" people.

Before I was introduced to Narcotics Anonymous I trusted people for unhealthy reasons. Most of the people I trusted were as self-centered as I was. Of course they usually had their best interest in mind and could only base decisions on unhealthy, self-destructive behaviors (like me). This enabled me to continue my own self-centeredness. It was no wonder I felt I knew what was best for me. Now, looking back, I see where my best got me, a self-centered character built on defective beliefs and unhealthy behaviors. I was sure that there was no one I could trust, that everyone would let me down, it was me against the world. I believed that anything I confided in someone could and would be used against me it was just a matter of time. My weaknesses and confidences would be thrown in my face sooner or later. I couldn't even trust my family!!

Today I try to base my beliefs closer to reality. Reality for me today is to look back over my life since I have been clean. Today, my behaviors are guided by the spiritual principles of this program, to the best of my ability. My faith and trust build as I see the benefits that these beliefs and behaviors bring into my life. Even though trust has been and will continue to be a difficult issue for me, I have the willingness to continue to move forward in my program and in my life.

Without the program of Narcotics Anonymous and the Twelve Steps and spiritual principles incorporated in it, I would remain a prisoner of my fear and the distrust that accompanied it. Before I came to Narcotics Anonymous, I could not see that I had choices, today I can choose not to live in my unhealthy fear. today I can learn to live a happy, joyous, and free life, trusting that my Higher Power will guide my footsteps. I will make mistakes, but as long as I stay in recovery, I don't choose to make the same ones again and again. I know that my loving, caring Higher Power will never let me down. My Higher Power has always been with me and as long as I choose to listen for guidance it will be given.

THE BEAUTY OF ONE ADDICT HELPING THE OTHER ADDICT



I find it very heartfelt and gratifying when I as a newcomer to the program of change known as N.A. walks into the rooms of several different types of ongoing meetings and I received welcome hugs and warm friendship smiles. All the while I'm uncomfortable within my own skin and I get these special greetings of "Hey, how are you?", "Welcome, my name is ____", "Please, do you need anything?", "Coffee?", "Here, take this seat." Automatically I felt welcome to the rooms of NA. This is the beauty of one addict helping another addict. No matter how I may feel, I was made to feel welcome at my very first meeting.

After hearing someone else's story, I am reminded that I too suffer from the disease of addiction. I know that by identifying as an addict makes me feel a part of something huge, real big, and universal at best. And I appreciate all the support that has given me hope that I too can recover from the pains of addiction one day at a time.

The beauty of one addict helping another addict is our similarities, not our differences. Like the basic text states, its not how much I've used in the past, what am I willing to do in order to recover. I find it necessary to find God, pray, and to participate in my own recovery process. This is the beauty of our Program. In NA, we do recover.

Antoine S.

11-11-03

The Greater Los Angeles Area H&I Committee

Presents

16th Annual Memorial Day Marathon



Location: Harbor Light Center 809 East 5th Street

Opening meeting Friday at 7:00 pm

Dance Sunday May 27th from 9:30 pm - 1:30 am

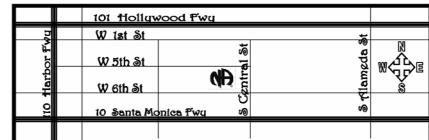
Donation \$5, \$2 recovery houses and people with court cases

Potluck Monday May 28th Contact: Paula R 323 326-9899

Variety Show/NA Feud/Poetry Monday May 28th Contact: Trish B 323 599-3005

For more info Contact: Linda B.K. 323 756-2154

*People who bring their children will be required to keep them with them at all times



Can't write for the Heartbeat newsletter? Feeling a dead emptiness and fear? That feeling is a lie. Of course you can. What's missing is not your ability to write, but your ability to feel any joy, any gratitude, any passion, any satisfaction from your recovery.

As recovering addicts, we should use everything that touches us. It all ought to be refined into a story of experience, strength, and hope. Writing about your recovery can be the gasoline that fuels your spiritual engine. You can write by loving yourself, being yourself and sharing yourself.

Please don't be afraid to let us see who you are. Writing about your recovery can maintain the balance between the heart and the mind; the dedication to the moment and the ability to stand by and surrender letting the stuff follow through with God's help. Sharing your recovery cannot be judged. You cannot get an "A" in writing about recovery. You also cannot get an "F". It's yours and it comes from your open heart and your one-of-a-kind soul.

Give back what was freely given to you.

Heartbeat Staff

SPIRITUALITY, ALIVE OR DEAD?



This process is a process of growth, and "growth" is not a process of wishing, but of, action and prayer.

If our spiritual growth is not growing, it's regressing.

If we stand still, our forward progress will stop, and we'll start going downhill, our tolerance level will run thin, our willingness to serve others will wear, and our minds will narrow and close. We'll be right back where we started! Our only option is to participate in our program; we pray, "seeking knowledge of a power greater than yourself." We then open our minds and keep it open. I become teachable again, so I can take advantage of what "others have to share." I learn how to experience life in a whole new way.

No matter how you look at it, "up or down," it's always; one or the other; there are no gray areas where spiritual growth is concerned! Recovery is not fueled by wishing or dreaming, but by "Prayer and Action."

Today, let my action speak so loud, I don't have to say another word!

Joe D.

GREATER LOS ANGELES AREA OF NARCOTICS ANONYMOUS

HEART 2 HEART

MEN'S MEETING
PRESENTS

LIVE
JAZZ

DYNAMITE
SPEAKERS

15TH ANNUAL MEN'S BREAKFAST

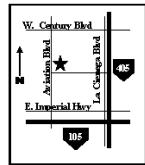
BORN AGAIN

OPEN MIC
COMEDY

SUNDAY, AUGUST 12, 2007
PROUD BIRD RESTAURANT
11028 AVIATION BLVD
LOS ANGELES CA 90045
9 AM. TO 1 PM.

DONATION: \$10.00

FOR INFO CONTACT:
GUY W.....323 750-9005
LESTER L.....323 751-5490
GREG T.....323 292-7470





Thought all of you would find this list below interesting. Next time this conversation comes up you can bring this tidbit up.

Question for you to ponder and maybe share on this weekend:

Do we really mean MUST? Don't we mean strongly suggest, experience proves, or some other word or phrase to emphasize the strong belief we have in what we are saying? IS this something that needs to be corrected in our Basic Text or again, do we know what we mean when we say it? Our we comfortable with MUSTs in N.A.? I know I am. Just like when we say God in the Basic Text and mean "Higher Power."

FORTY-EIGHT MUSTS IN NARCOTICS ANONYMOUS

as found in the Basic Text:

1. "Everything that occurs in the course of N.A. service **MUST** be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." - pg. XVI
2. "We **MUST** always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." pg. XVI
3. "We **MUST** face our problems and our feelings." - pg. 15
4. "We are people with the disease of addiction who **MUST** abstain from all drugs in order to recover." - pg. 18
5. "A second admission **MUST** be made before our foundation is complete." - pg. 21 *Explanation: It is not enough to admit that we are powerless over drugs, we **MUST** also admit that our lives had become unmanageable.*
6. "We **MUST** be done with the past and not cling to it." - pg. 28
7. "Assets **MUST** also be considered, if we are to get an accurate and complete picture of ourselves." - pg. 28
8. "Although He already knows, the admission **MUST** come from our own lips to be truly effective. Step Five is not simply a reading of Step Four." - pg. 31
9. & 10. "We **MUST** carefully choose the person who is to hear our fifth step.' We **MUST** make sure that they know what we are doing and why we are doing it." - pg. 31
11. "We **MUST** be exact." - pg. 32
12. "We **MUST** realize that we are not perfect." - pg. 35
13. "Our experience tells us that we **MUST** become willing this step will have any effect." - pg. 36 (step eight)
14. "We **MUST** separate what was done to us from what we did to others." - pg. 37
15. "As with each step we **MUST**, be thorough." - pg. 38
16. "We **MUST** remember the pain that they have known." - pg. 40
17. "It is said that for meditation to be of value, the results **MUST** show in our daily lives." - pg. 46
18. "We **MUST** give freely and gratefully that which has been freely and gratefully given to us." - pg. 47
19. "Our disease involved much more than just using drugs, so our recovery **MUST** involve much more than simple abstinence." - pg. 53
20. "We **MUST** give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." - pg. 53
21. & 22. "When we are prepared, we **MUST** try out our newly found way of life. We learn the program won't work when we try to adapt it to our life. We **MUST** learn to adapt our life to the program." - pg. 55
23. "Unity is a **MUST** in Narcotics Anonymous." - pg. 60
24. "We **MUST** live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." - pg. 60
25. "We **MUST** be constantly on guard that our decisions are truly an expression of God's will." - pg. 61
26. "An atmosphere of recovery in our groups is one of the most valued assets, and we **MUST** guard it carefully, lest we lose it to politics and personalities." - pg. 61
27. "We **MUST** remember that officers have been placed in trust that we are trusted servants, and that at no time do any of us govern." - pg. 61
28. "Our Sixth Tradition tells us some of the things we **MUST** do to preserve and protect our primary purpose." - pg. 66
29. "We **MUST** first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so." - pg. 70
30. "In order to achieve our spiritual aim, Narcotics Anonymous **MUST** be known and respected." - pg. 71
31. "To improve ourselves takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening **MUST** be made somehow." - pg. 75
32. "We **MUST** relearn many things that we have forgotten and develop a new approach to life if we are to survive." - pg. 77
33. "We realize we **MUST** do something." - pg. 78 (read the prior sentences)
34. "When we feel the old urges come over us, we think there **MUST** be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand." - pg. 79
35. "We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we **MUST** reach out for it." - pg. 79
36. "Recovery found in Narcotics Anonymous **MUST** come from within, and no one stays clean for anyone but themselves." - pg. 80
37. "If we have relapsed it is important to keep in mind that we **MUST** get back to meetings as soon as possible." - pg. 80
38. "We **MUST** totally surrender ourselves to the program." - pg. 81
39. "We **MUST** use what we learn or we will lose it in a relapse." - pg. 81
40. "We **MUST**, use what we learn or we will lose it, no matter how long we have been clean." - pg. 82
41. "Eventually we are shown that we **MUST** get honest or we will use again." - pg. 82
42. "We **MUST** smash the illusion that we can do it alone." - pg. 82
43. "Staying clean **MUST** always come first." - pg. 82
44. "Somethings we **MUST** accept, others we can change." - pg. 92
45. "We **MUST** be willing to do whatever is necessary to recover." - pg. 93
46. "We never know when the time will come when we **MUST** put forth all the effort and strength we have just to stay clean." - pg. 93
47. "No matter how painful life's tragedies can be for us, one thing is clear we **MUST** not use no matter what!" - pg. 98
48. "In order to receive we **MUST** be willing to give." - pg. 102

HAPPY BIRTHDAY

1 YEAR

Joann L 6/16/06
 Veronica R 6/16/06
 Larry L 5/26/06
 Patris J 5/23/06
 James K 5/11/06

2 YEARS

Edwin C 6/28/05
 Gwendolyn G 6/27/05
 Mildred B 6/14/05
 Beverly W 6/14/05
 Erika D 6/08/05
 Tami E 6/06/05
 Sabrina S 6/04/05
 Angelia H 6/01/05
 Tandria J 5/21/05
 Jackie F 5/12/05
 D'Zondra M 5/10/05
 Michael A 5/05/05
 Rene B 5/01/05

3 YEARS

Sally V 6/28/04
 Chere W 6/28/04
 Randi B. 6/24/04
 Nedra F. 6/22/04
 Janice R. 6/17/04
 Sherri S. 6/15/04
 Sandy C. 6/10/04
 Portia S. 6/09/04
 Don M. 6/08/04
 Claude Ray C 6/08/04
 Jennifer B. 5/28/04
 Barbara W. 5/24/04
 Sydney S. 5/24/04
 Lolisa M. 5/19/04
 Diana T. 5/18/04
 Yortia S. 5/15/04
 Eunice D. 5/14/04
 Steven B. 5/05/04
 LaTuandra A. 5/03/04

4 YEARS

Gail C 6/23/03
 Margarita L 6/18/03
 Larry R. 6/12/03
 Derrick J 6/10/03
 Ozell G 6/10/03
 Larry H 6/09/03
 Lee T 6/05/03
 Lonzo D 6/04/03
 Jennifer L 6/01/03
 Albert R 5/25/03
 Sony F 5/24/03
 Cynthia-Marie 5/22/03
 La Keisha M 5/20/03
 Kamran A 5/20/03
 Deborah J. 5/12/03
 April H 5/08/03
 Calvin P 5/07/03
 Eddie D 5/07/03
 Tony H 5/02/03

5 YEARS

Gary M 6/27/02
 Liam F. 6/24/02
 Nancy P. 6/18/02
 Wilbert B. 6/11/02
 Michelle D. 6/10/02
 Yvonne H. 6/08/02
 Judy K. 6/05/02
 Bobby M. 6/04/02

5 YEARS

Michael C. 5/28/02
 Steven M. 5/25/02
 Michelle F. 5/24/02
 Wanda J. 5/24/02
 Cassandra C. 5/21/02
 Annette T. 5/20/02
 Melissa R. 5/16/02
 Earlene P. 5/14/02
 Darla T. 5/14/02
 Richard S. 5/11/02
 Cassandra C. 5/07/02
 Bernie C. 5/07/02
 Shawatha J. 5/06/02
 Stephanie R. 5/01/02
 Louie G. 5/01/02
 Michael C. 5/01/02

6 YEARS

Angela J. 6/28/01
 Robert J 6/21/01
 Jonathan J 6/21/01
 Howard W 6/16/01
 Roland M 6/15/01
 Rudy M 6/12/01
 Angela J 5/26/01
 Tanya T 5/25/01
 Keith S. 5/23/01
 Eliza R 5/23/01
 Vanessa R 5/22/01
 Jim-Bo 5/21/01
 Myrtis H 5/15/01
 Tangee S 5/08/01

7 YEARS

Brenda JS 6/06/00
 Nathan S. 6/02/00
 Karl D. 5/27/00
 Tamika T. 5/27/00
 Tammy C. 5/27/00
 Keith S. 5/23/00
 Eliza R. 5/23/00
 Jackie E. 5/23/00
 Scott S. 5/10/00
 Roxanne M. 5/09/00
 Lamont H. 5/08/00
 Pamela G. 5/05/00
 Anne T. 5/02/00

8 YEARS

Roger W 5/28/99
 Geraldine A. 5/17/99
 Lynne B. 5/17/99
 Timothy W. 5/11/99
 Sama O. 5/09/99
 Yvette M. 5/05/99
 Phil R. 5/04/99
 Suzanne A. 5/03/99
 Andemia S. 6/23/99
 Haneef S. 6/19/99
 Shaheed 6/19/99
 Edward K. 6/12/99
 Sabrina S. 6/11/99
 Joyce H. 6/10/99
 Lorenzo B. 6/07/99
 Roger W. 5/28/99
 Keisha G. 5/25/99
 William S. 5/25/99
 Zadie A. 5/23/99
 Nellie A. 5/23/99
 Valerie N. 5/20/99

9 YEARS

Patricia D. 6/28/98
 Deanne S. 6/14/98
 Dennis J. 6/11/98
 Valerie H. 6/10/98
 Gerald H. 6/09/98
 Patricia P. 6/06/98
 Jacqueline W. 6/04/98
 Deborah H. 6/02/98
 Curtis C. 6/01/98
 Roger W. 5/28/98
 Monica H. 5/27/98
 Toney W. 5/22/98
 Marlene L. 5/18/98
 Jackie Y. 5/15/98
 Marian G. 5/14/98
 Jessie T. 5/13/98
 Clarence M. 5/12/98

14 YEARS

Particia C. 6/15/93
 Winfred B. 6/11/93
 Charles C. 6/09/93
 Almeta C. 6/08/93
 Glaspie V. 6/07/93
 Penny H. 5/24/93
 James A. 5/17/93
 Showers A. 5/12/93
 Roxanne T. 5/10/93

15 YEARS

Ronnie J. 6/29/92
 Anthony M. 6/24/92
 Linda K. 6/23/92
 Barbara M. 6/15/92
 Keva B. 6/14/92
 Patsy W. 6/10/92
 Denny 6/03/92
 Toni S. 6/01/92
 Juanita G. 5/20/92
 James B. 5/16/92

16 YEARS

Simeon F. 6/31/91
 Sadiq 6/24/91
 Jaywan W. 6/23/91
 Kenny T. 6/21/91
 Blanche R. 6/17/91
 Marcia E. 6/14/91
 Patsy W. 6/10/91
 Za Ellen 6/10/91
 Ora H. 5/29/91
 Steven W. 5/21/91
 James S. 5/13/91
 Helen J. 5/10/91
 James W 5/05/91

11 YEARS

Nais L. 6/20/96
 David W. 6/18/96
 Heidi 6/18/96
 Jessie 6/14/96
 Beatrice M. 6/06/96
 Telisia P. 5/31/96
 Michael B. 5/31/96
 Tracy M. 5/29/96
 Catherine B. 5/24/96
 Mary Ann C 5/20/96
 Ava M. 5/18/96
 Donald F. 5/17/96
 Barbara S. 5/17/96
 Leonard G. 5/05/96
 Tracey J. 5/03/96

17 YEARS

Rodney E. 6/15/90
 Tyrone B. 6/03/90
 Charles W. 5/23/90
 Michael C. 5/07/90

18 YEARS

James M. 6/05/89
 Terry A. 5/29/89
 Khadijah S. 5/05/89
 Percy A. 6/17/88
 Joetta W. 5/20/88

20 YEARS

Ken G. 6/05/87
 Michael W 5/31/87
 William S 5/21/87
 Guy W 5/10/87

22 YEARS

Jerry H 6/20/85

23 YEARS

Virgil M 6/04/84

24 YEARS

Slo Ed 5/03/83

26 YEARS

Jan W 5/07/81

31 YEARS

Janis E. 6/29/76

Share the Wealth

the heartbeat presents the experiences and opinions of individual members of Narcotics Anonymous. The articles you see in this newsletter are written by NA members like yourself. You need not consider yourself a skilled writer. You don't have to know all the rules of grammar. We have an editorial team whose job it is to take care of those details. What we need is your unique perspective on the NA program. Without it, we don't have a message to carry. The articles and letters do not necessarily express the philosophy of NA as a whole nor does publication imply endorsement by NA, the heartbeat, or the Greater Los Angeles Area of Narcotics Anonymous. the heartbeat assumes no responsibility to return submitted material and does not guarantee that submissions will be published. the heartbeat reserves the right to edit any material submitted in accordance with our review policy. The policy includes but not limited to:

- Articles should be no longer than one page handwritten or typed.
- Use of NA language of recovery.
- No profanity
- No personal attacks directed towards NA members or NA as a whole.

Submit articles to:

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 Los Angeles, CA 90051

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 naheartbeat@pacbell.net

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 www.GreaterLArecovery.org



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