

## The Twelve Steps of Heart t' Heart

- 1 We admitted we were powerless over compulsive addictive behaviors\* – that our lives had become unmanageable. (Mosiah 4:5; Alma 26:12)
- 2 Came to believe that a Power greater than ourselves could restore us to sanity. (Mosiah 4:9; Alma 26:12)
- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him. (2 Ne. 10:24; Omni 1:26; Mosiah 3:19; 2 Nephi 4:34)
- 4 Made a searching and fearless moral inventory of ourselves. (Alma 15:17; Mosiah 4:2; Jacob 4:6–7; Ether 12:27)
- 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Mosiah 26:29; Alma 22:18)
- 6 Were entirely ready to have God remove all these defects of character. (Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20–21)
- 7 Humbly asked Him to remove our shortcomings. (Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15–16)
- 8 Made a list of all persons we had harmed and became willing to make amends to them all. (3 Nephi 12:9; 3 Nephi 12:24; 3 Nephi 12:44–45)
- 9 Made direct amends to such people wherever possible except when to do so would injure them or others. (Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30)
- 10 Continued to take personal inventory and when we were wrong promptly admitted it. (2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30)
- 11 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. (2 Nephi 32:3; Alma 37:37; Helaman 10:4)
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs. (Alma 5:7; Mosiah 27:36–37; Moroni 7:3)

\*Any problem may be inserted here, in place of "compulsive addictive behaviors." Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.

## Dearest Friends,

It's that time of year when the Heart t' Heart General Service Board takes a look at our finances and makes an assessment of whether we are in a financially healthy position or not. At our last board meeting, we realized we aren't where we would like to be. Our very small "nest egg" of money (our "prudent reserve") is being reduced each month faster than it is being replenished.

There are two ways Heart t' Heart receives income—through sales of literature and through voluntary 7th Tradition donations. We price our literature as low as possible, often only netting 1–2¢ per item. Selling literature is not an adequate source of income to keep the organization going. Therefore, we rely heavily on donations to cover our expenses. At the current rate it is being spent (for daily operations, postage, printing, office management, website), Heart t' Heart has about six months of financial life left.

In other words, Heart t' Heart isn't getting sufficient voluntary donations from its participants. As you've probably noticed in past issues of Heartbeats, there are usually less than a half-dozen donating groups mentioned (see pg. 7), and they're almost always the same ones. A half-dozen groups is about 1/10th of the registered groups in Heart t' Heart.

One of the most profound principles in any Twelve Step/Twelve Tradition fellowship is that we trust that God's will is being carried out when we, as a group, come to a prayerful consensus or "group conscience." The group conscience as reflected in the feedback we receive through letters, phone calls and email is that Heart t' Heart is a life-saving, serenity-saving organization that must continue! However, a different message is communicated in the current level of donations being sent to the GSB.

What am I leading up to? Nothing really. I'm just offering a suggestion that we all, in our respective groups, discuss the reality that we are voting for whether Heart t' Heart will continue to exist by whether or not we're willing to individually chip in some cash each week (no matter how modest), and have our group leader (or treasurer, if someone is serving in that capacity) send it to the General Service Board address at least once a quarter. It would be great if the list of donating groups could be several times the size it usually is.

# The Steps and Traditions Work in Business Too

The proof is in the pudding,” my grandmother always said. If you’ve got a good recipe, one that works—the end result will taste good. Just as with a good recipe, the proof of the twelve steps and twelve traditions is found in the end product. If it works, it works—you can’t argue with results.

Who would think you could use the twelve steps and twelve traditions in a business application? But recently I discovered you can do just that. And it works!

I own and/or run five businesses from my home. For awhile, this was a do-able situation. The businesses were small, just beginning to grow. Towards the end of last fall, however, two of the businesses took off. Sales skyrocketed. Generally, that’s a good thing, but when sales more than double from the previous year and there is no infrastructure in place to deal with the increase...well, let’s just say, my business life had become unmanageable. By March, things were out of control and sinking fast!

Fortunately, one of my business partners and I attend a twelve step based group that focuses on using the principles of the twelve steps in creative writing applications—a unique and experimental approach to applying the steps in areas other than addiction. At one of our meetings, the other group participants—all well grounded in the principles of the steps and traditions and familiar with using them in “untraditional” applications—agreed to use our meeting time to help us apply these principles to our business affairs. The end result was nothing short of a miracle!

My partner and I began by admitting the business situation was unmanageable. We expressed our firm belief that the same power which restored our personal lives to sanity could also restore our business to sanity. Then, in front of our group, we made the decision to turn our business over to the care of

**My business life had become unmanageable...When I applied the twelve steps to my business affairs, the end result was nothing short of a miracle!**

God, and expressed our willingness to be guided by Him and to accept whatever our group conscience felt was the answer to our dilemma.

The next part of the meeting consisted of a business inventory—how we got to where we are now. We each admitted to God and to our group members exactly what it was in our personal and collective actions and thinking that had led us to this point. We apologized for our own weaknesses—and genuinely forgave each other. There was no blame or shame in this process. When we were tempted to take on more than our share of the responsibility, the group helped us to see we were being codependent. It was a loving, kind, accepting experience—one which I have never before experienced in the workplace (when a business goes under, there’s plenty of blame and shame to go around!) and which I will never forget.

With the help of the group, we devised some possible plans for making our amends and changing our business behaviors. As the meeting ended, we felt renewed and full of hope and serenity. There were several possible solutions, ranging from closing down all the businesses, buying each other out, or getting loans to continue. Over the weeks since then, we have continued to consider possibilities, to pray for conscience contact with God, knowledge of His will for us in our businesses, and the power to carry it out.

The result was a decision we both feel great about. We still can’t see the end of the road from here, but we know we are being guided by the spirit of the Lord in our business dealings. Both of us have a great feeling of peace and serenity in our lives. Our work days have been restored to sanity.

Having had this awakening to the way the twelve steps can work in business, I feel I must share it with others. It is amazing how quickly and completely answers came when we used the steps to find them. My goal as a business owner is to continue this course of using the steps and the traditions in all my business doings—business growth, internal decisions, interacting with customers and vendors, communicating with employees.

The twelve steps and twelve traditions have so many applications, not just in recovery from addictions. Don’t be afraid to try them in other areas of your life. They work—I’ve proved it and the “pudding” tastes great!

—KB □

## Step Nine: Finding Hope in the “Gap”

I'm taking a deeper look at Step Nine, and finding this a bit scary. Some days I want to run away and hide. Other days I just feel confused.

I found some things I'd written in my journal about hope—a capturing exercise from *He Did Deliver Me from Bondage*. I felt such a wonderful Spirit when I first wrote it, and in reading it again I feel the hope I felt then:

Another affirmative endowment of grace is the gift of HOPE, which blesses us with the state of mind necessary to deal with the gap between where we are and where we seek to be. As the remission of our sins makes us lowly of heart and meek enough to receive the Holy Ghost, the Comforter fills us with 'hope' (see Moroni 8:25-26). The gift of hope offers peace and perspective, like the encouragement we feel when a close friend gives us insight about a difficult problem and we sense that there is light at the end of the tunnel. Such hope can be literally life-sustaining when given us by the Saviour, for the light at the end of life's darkest tunnels is the Light and the Life of the world. (Bruce C. Hafen, "Beauty for Ashes; the Atonement of Jesus Christ," *Ensign*, April 1990, 7.)

When we seek the Saviour and His will for us, become meek and lowly in heart through His part in the remission of our sins, He gives us hope, which fills that gap Bro. Hafen speaks of. Without the Saviour's hope, we are left to fill the gap on our own—with lies, half-lies, white lies, rationalizations, and addictions. It seems that something must fill that gap (does nature really abhor a void?), and what do I choose to fill it with?

This makes me wonder about the times when I feel compulsive. Has something inside made me aware of this gap, and then there is this tension to fill the gap with something...anything? What do I want to fill that gap with? If I continue to feed my addictions, I fill it with things that will actually widen the gap, but if I turn to Christ, the presence of hope through the Holy Ghost brings the two ends together somehow. The Lord brings me closer to where I really seek to be.

There will probably always be a gap between where I am and where I seek to be—that's the wonder of it to me—there will always be an opportunity to progress. I

need to make this gap my friend, because it is precisely this distance between where I am and where I seek to be, that motivates me to strive for something better. It's this gap where opportunities to reach out to Christ come alive. It's where agency exists, where grace patiently waits, where that tiny lapse of time stands between temptation and acting on my addiction, where

**This gap—between where we are and where we want to be—is a celestial concept. It is a gift from God, a glimpse into eternal progression.**

I can choose hope which offers peace and perspective, or addiction which offers turmoil and bondage.

This gap is a celestial concept. It is a gift from God, a glimpse into eternal progression. Outside the celestial kingdom, progression is limited and there would come a time when the gap closed. I think eternal progression means always having a gap between where we are and where we seek to be. This gap is truly a gift, and what I choose to fill this gap is very much an eternal decision.

Meekness and lowliness of heart are essential to that hope which leads to and links up with faith, which leads to and links up with that most treasured gift—Charity—the pure love of Christ (Moroni 7:40-48).

Sometimes attaining these attributes seems so far away and almost impossible. Then it comes to my mind that, just as with humility—those who truly possess it are unaware of the gift; they still see the distance between where they are and where they seek to be—so it must be with meekness and lowliness of heart and charity. That celestial and sacred distance remains very much in sight, and the true possessor is unaware of their own goodness. The focus is no longer on the person—the focus becomes Christ.

Oh, may I choose to fill this gap with hope, which according to Brother Hafen “can literally be life sustaining when given us by the Saviour, for the light at the end of life's darkest tunnels is the Light and the Life of the world.” The Spirit of the Lord fills my heart with hope as I share this with you. There is so much joy to be found in seeking Jesus Christ. I feel a bit more courage in going forward with step nine.

—Mary S. □

# Learning to Let Go of the Results

**M**y family was gathering for an Easter reunion. How exciting! The kids were asking what the plans were, so I spent several hours on my computer, constructing a clever agenda.

Easter dinner? No, my daughter-in-laws had volunteered to mastermind the dinner. "Great, I'm really no good at cooking anymore," I confessed when they asked if they could make the plans. "But I'll be glad to buy the ingredients you need."

I planned games. I planned an Easter egg hunt for the grandchildren. No candy, of course, just little prizes I'd ordered. We could have fun without stuffing ourselves. I'd learned that in OA. And I liked to keep myself safe too. No sweet treats in my house if I could help it.

I planned a family picture. I planned a family council to discuss family issues. And then, as a wonderful ending to a wonderful time together, I thought we really needed a little nostalgia. I planned a simple treat that had been a family favorite of the kids when they were growing up. A favorite of mine too, of course. I was their mother.

The reunion ground to a close. The prizes were scattered throughout the house and yard. The dinner had been hectic, and clean-up was interminable, but finally complete. The family council had been painful. Too much honesty in the family these days. Nobody was into people pleasing now.

Everyone left, each with his or her own agenda intact, mine left behind at the get-together. They forgot the treats. No one begged me

for treats anymore. Except my inner child. She began to beg: "There they are in the cupboard," she said. "No one wants them. No one wants your values. No one wants your opinion."

**To feel peace and serenity in my heart and mind, I have to let go.**

I don't even want my opinion. I only want sweets, the comfort of my children's childhood, when I could control them with the promise of goodies. So here I sit with food on my face, and pain in both my heart and stomach. It didn't help.

Once again I've learned that participating in my favorite compulsions is not the answer. The answer is letting go. To feel peace and serenity in my heart and mind, I have to let go. I have to let go of my children and their behaviors and choices. I have to let go of pleasing them. I have to let go of controlling the day. I have to let go of the results. I guess I'll let go of making agendas too.

—Joy S. □

**If nothing changes, nothing changes.**

# Tradition Seven: Responsibility

*Tradition Seven: Every Heart t' Heart group ought to be fully self-supporting through voluntary donations from members only.*

*"Every man shall be made accountable unto me; a steward over his own property." D&C 42:32*

**I**n The Church of Jesus Christ of Latter-day Saints, we are expected to contribute both time and money to the support of the Lord's kingdom. The doctrine that supports this expectation is the doctrine of sacrifice. One principle that comes from this doctrine is the principle of responsibility that is embodied in Tradition Seven.

Tradition Seven follows from Traditions Five and Six, which deal with purpose and simplicity. In order to focus on our primary purpose and remain free from outside distractions or enterprises, we need to take responsibility for ourselves. If only a few people are "running the show," either financially or with their time, we lose our freedom from outside influence. Our message is then driven by whatever message is the most important to those few who are taking responsibility. Our need to maintain our relationship with the donor distracts us from what should be our primary purpose. If we allow one person or one entity to dominate, then God loses his position as our ultimate authority. By contributing our own time and money, we keep our message clear and focused. By declining outside

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## Tradition Seven: Responsibility

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help, we affirm our trust that the Lord will take care of us.

When we allow others to take the responsibility that should be our own, we lose our opportunity to learn commitment. We lose the chance to give freely of ourselves. It is a fact of human behavior that we value more what we contribute towards personally. This includes service as well as financial support.

Learning the principle of responsibility has been an important part of escaping the too “comfortable” victim role for me. Being willing to give support at the same time that I am seeking support is a part of the program. In the process of taking the steps, I’ve learned to rely on God more completely, but often His support comes through help from others. Working the steps has been a “growing up” as well as a growing experience, as I’ve felt the desire to reach out to others with what I’ve been given.

In this growing up process, I’ve had to be accountable for my successes and failures. I receive power from God, but He expects me to move my feet. In this way, I have learned to do service and to provide financial support to the organization which has facilitated my recovery. I think I am not alone in needing to learn this principle. The society in which we live tends to teach us that someone or something else “owes” us a “good” life free from pain or undue struggle. The gospel and the Seventh Tradition teach otherwise.

*Additional scripture references:*

1 Nephi 3:7 and Jacob 1:19

—Joy S. □

# 2003 Heart t’ Heart Conference

## *Sweet is the Peace*

### *Alma 58:11*

*“...the Lord our God did visit us with assurances that he would deliver us; yea, insomuch that he did speak peace to our souls, and did grant unto us great faith, and did cause us that we should hope for our deliverance in him.”*

**Date:**           **Friday & Saturday**  
**August 15 & 16, 2003**

**Location:**   **Utah Valley area**  
(exact location to be announced next month)

**Cost:**           **\$30 both days**  
**\$5 Friday only**  
**\$25 Saturday only**  
(Increased price due to increased cost of mandatory insurance required by facility. No meal will be served on Friday. Price of optional box lunch for Saturday to be announced next month. )

#### **Friday Schedule**

3:00 p.m. Registration begins  
4:00 p.m. OBA (Group reps only)  
Newcomer/Sharing meeting  
6:00 p.m. Dinner break on your own  
7:30 p.m. The Sky’s Not the Limit  
fireside performed by Colleen Harrison and Susan Stevens—back by popular request!

#### **Saturday Schedule:**

8:00 a.m. Registration begins  
8:00 a.m. OBA (Group reps only)  
Early Bird Sharing  
10:00 a.m. Keynote Address  
11:00 a.m. Workshops  
12:00 Lunch—optional box lunch  
1:00 p.m. General Address  
2:00 p.m. Workshops  
3:00 p.m. Workshops  
4:00 p.m. Capstone Address

*Details on speakers and topics available next month.*

# Tradition Seven: Donations are a Form of Service

I have had the privilege of associating in a small way with the faithful and dedicated members of the Heart t' Heart General Service Board in recent months. It is amazing to me to see the selfless service they give and the dedication they have to furthering this work of bringing 12-Step recovery to the members of our Church.

All of the work they are doing is in addition to their jobs, their family responsibilities, their Church callings. Service, as we all know, is one of the tools of the program. To be sure, the rendering of this service on our behalf is beneficial to their own recovery. Nevertheless, I am grateful to them for the service they provide that makes our fellowship work; that makes it possible for me to have a means through which I can grow in recovery, and do 12th Step work, bringing recovery to others still suffering.

I know it is not possible for all of us to dedicate this much time and effort to service within Heart t' Heart. We take turns and serve as we feel called to do so. We serve in our own groups. We share the truths we have learned from the Steps with those around us.

There is another way we can serve and it is sorely needed. Our Seventh Tradition states that "Every Heart t' Heart group ought to be fully self-supporting through voluntary donations from members only." Even if every Heart t' Heart group is fully self-supporting, this organization cannot continue to provide direction, new materials, and outreach to the broader LDS community without funds contributed to the General Service Organization.

Think about the time GSB members put in to writing for us, planning for us, organizing for us, reaching out to the community. Should they have to bear all the financial costs associated with their work, in addition to donating their time? If so, then we limit those who serve us to those who have the financial means to do so.

**Every little bit helps. Do not underestimate the good you can do by making even a small contribution.**

The work of the General Service Organization is to serve us and to "carry this message to others still suffering." This includes the development and publication of new literature, the Heart t' Heart web site, providing speakers to local groups as requested and many other things. I urge you to prayerfully consider what your Heart t' Heart meeting can afford to contribute to support the GSO. If you don't have a local Heart t' Heart meeting through which you can contribute (or even if you do), I encourage you to prayerfully consider donating directly to the GSO to enable this work to move forward. Every little bit helps. Do not underestimate the good you can do by making even a small contribution. Contributing financially to this work is like supporting a missionary out in the field; it is a very important form of service that we can participate in even when responsibilities and/or distance

make it difficult for us to serve by donating our time.

It is not my intention in writing this to preach or to lay any guilt trips on anyone. I believe there may be many others, besides myself, who may not have realized there was a need for financial support. If you feel inspired to do so, please send what you can, when you can and know that you are using the tool of Service, which will benefit your own recovery, in addition to enabling the work to go forward.

In gratitude and love,

—Mira C. □

## Dearest Friends

*Continued from page 1*

If your group does not collect 7th traditions donations, individuals may also send donations directly to Heart t' Heart, either by mail or through our website. Anything would be appreciated.

As a board, we feel the level of donations is not a true reflection of the group conscience, but merely an oversight or lack of understanding of how the organization works. For that reason, we've asked a few Heart t' Heart members to submit their thoughts on the 7th Tradition and we've published them in this issue. We hope they more clearly explain the principles behind our 7th Tradition.

If anyone would like more details about the income and expenses of the General Service Board, send a self-addressed, stamped envelope to Heart t' Heart, P.O. Box 247, Pleasant Grove, UT, 84062.

—Colleen □

## Price Changes Effective Immediately

As a board, we try to assess the financial health of Heart t' Heart on somewhat of a regular basis. As we've reviewed the costs vs pricing of our current products, we've discovered that some of our products are actually selling at a loss. Although we don't want to make a profit on these items, we can't afford to take a loss either. When the price of paper, printing and other production costs goes up, we have to raise our prices too.

Please note the following price changes:

|   |      |
|---|------|
| 0501 An Introduction to Heart t' Heart, pamphlet..... | 32¢  |
| 0701 7 Pamphlet Set .....                             | 1.50 |
| 0702 Newcomer Packet .....                            | 2.25 |
| 0706 6 Pamphlet Set .....                             | 1.32 |

Also, the special one-time offer to Registered Heart t' Heart groups of reduced pricing on each year's Heart t' Heart Conference has

increased. Please call our order fulfillment at (888) 790-7040 for pricing. You will need to have your group ID number to purchase at this reduced rate.

These pricing increases are effective immediately.



To those of you who have been patiently waiting for 2002 conference tapes to become available, we apologize for their delay. We tried a new way of doing things last year, and it isn't working out as well or as quickly as we had hoped. Those of you who pre-paid for tapes should have received a refund or credit to your account. We have hope that the conference will be available soon. We will make an announcement in the newsletter when they are ready.

## New Meetings

Please send meeting information changes to:

Heart t' Heart  
P.O. Box 247  
Pleasant Grove, UT 84062  
Fax: (801) 796-0923  
(888) 790-7040 (toll free)  
Mon - Fri • 9 a.m. – 1 p.m. (MST)  
email: hthorder@hotmail.com

## April's GSB Contributions

|                         |          |
|-------------------------|----------|
| Private Donations ..... | \$41.57  |
| Total Expenses .....    | \$172.35 |

**Editor's Note:** Please remember, the opinions shared in *Heartbeats* are of the person sharing. We hope and pray that you will read, ponder and pray for direct inspiration and counsel from the Lord. Take what you feel confirmed in your own heart concerning the sharing and toss the rest.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_

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Date: \_\_\_\_\_ Phone: \_\_\_\_\_

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## Heartbeats

P.O. Box 247  
Pleasant Grove, UT 84062

New Subscription  Renewal

### Subscription Rates:

USA & Canada — \$12.00/year

Please remit in **US funds** via credit card, check or money order made payable to Heart t' Heart. Do not send cash. Send this form with payment to the address above.

We encourage reader contributions to Heartbeats. Ideas for articles:

- In-depth study/analysis of principles found in Steps or Traditions
- Personal experiences with the Steps, Traditions, Tools; how they work in your life
- Capturing from the scriptures, Big Book, He Did Deliver Me
- Open Sharing with positive recovery messages
- Program from the Prophets – quotations from modern prophets with a “recovery” message
- Short quotes, thoughts or one-liners

Send articles to: Heartbeats  
P.O. 247, Pleasant Grove, UT 84062  
hthorder@hotmail.com

*All submissions are considered a donation to Heartbeats. There is no payment for use. Implied rights include permission to publish in monthly issues of Heartbeats and permission to reprint in “The Best of Heartbeats.” Submissions will not be returned. Submissions may be edited for space and content at the discretion of the editor.*

## What’s inside this issue of Heartbeats...

- **Dearest Friends:** A look at how Heart t’ Heart is doing financially.
- **The Steps and Traditions Work in Business Too.** An example of applying the true principles found in the steps and traditions to business matters.
- **Step Nine: Finding Hope in the Gap.** Filling the gap between where we are and where we want to be.
- **Letting Go of the Results.** The Easter holiday prompts a re-examination of the concept of letting go.
- **Tradition Seven: Responsibility.** Tradition seven keeps our organization free from outside influences.
- **Tradition Seven: Donations are a Form of Service.** An open letter to Heart t’ Heart members.
- **Price Changes.** Due to increased costs, prices are up on some Heart t’ Heart items.
- **2003 Heart t’ Heart Conference.** “Sweet is the Peace,” August 15 & 16, 2003.

RETURN SERVICE REQUESTED

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Heartbeats