

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.

Who Can Say Too Much of the Lord!

Dearest Friends,

This past couple of months have been some of the happiest of my life, to date. On the first weekend in May, Phil and I were blessed to be able to participate in an Recovery Seminar in Las Vegas, NV. The day-long event was sponsored by the North Las Vegas Stake.

Then, just last weekend (June 6–8) we led a three-day LDS 12 Step Recovery Seminar in the Danville–Oakland, CA area. There were between 100–250 people in attendance at all of the sessions. (Firesides on Friday, Saturday and Sunday evenings, plus an all-day Saturday program.) Most of the participants were LDS 12-Steppers involved in the LDSFS Recovery Program, but we were able to meet some Heart t' Heart participants as well.

On June 26–28, I'll be carrying the message of LDS 12 Step Recovery at the BYU–Idaho Education Week, leading classes in "Treating Unhealthy Eating as an Addiction," "Understanding Codependency from a Gospel Perspective," and "Finding the Power in Humility: Learning to Trust God in All Things."

Then, as if that isn't enough joy and rejoicing in one summer, there will be August! On the 15th and 16th, we'll be able to get together as participants in the Heart t' Heart fellowship (and all other LDS 12 Step participants are invited, of course) at our 12th Annual Heart t' Heart Conference. Only three (very short) days later, BYU–Provo Education Week will begin. I've been blessed to be able to carry the message there, this year! Three classes will be held back-to-back in the evening hours at the Harmon Conference Building up on the northeast corner of campus. They'll be on "Overcoming Addiction Through the Atonement of Christ," "Treating Unhealthy Eating as an Addiction," and "Coming to Know Yourself and the Savior Better Through Journaling and Life-Writing."

As many of you know, I find my greatest joy in sharing the power of the Twelve Step principles to bring us to Christ with *anyone* or *any-one-dozen* or *one-hundred*, or...any number of people. So you can

When You Can't Attend a Meeting

I live in an area where there is no Heart t' Heart group. I tried OA, but found it just didn't click for me. When [I found] the book *He Did Deliver Me from Bondage*, just doing exactly what was outlined in it helped me more than I can express. Through answers to prayer many resources have come into my life that I certainly could never have anticipated.

I do not have an official sponsor, but I have found several mentors in the Church who, although they don't completely understand my process of recovery, they do see a definite change in me through this program and are very supportive. I have friends who have become very honest with me, and help to gently (and sometimes not so gently) remind me that I am getting off track. This is a real gift to me.

I also have a Heart t' Heart meeting over the phone with a friend of mine who lives about a thousand kilometres away from me. We meet once a week, and this has proven to be very good for us.

It is important to remember that having a sponsor is only one of the nine tools available to us. We are encouraged to use all of the tools, and I try to focus on the tools that bring me closest to God. Prayer and Meditation "are probably the most vital to recovery of all the tools" and then under the tool of Writing it says "Those who are most successful in recovery use the tool of writing frequently." (*The Nine Tools of Heart t' Heart* pamphlet) Those two statements jumped off the page at me, and I really make them my focus. These are things I CAN do,

and it's important for me to focus on the possibilities and not on the restrictions. Abstinence is another tool I can use; then there's Literature and Music. I read every bit of recovery literature I can get my hands on, including that from the original AA (wonderful resource and fairly inexpensive).

I have found that the Lord is very faithful to me and reaches out

**Focus on the possible.
God will provide
the rest!**

to me whenever I am ready and truly willing to accept His help. The help doesn't often come in a form I expect, but it does come, and it is truly a miracle.

I've been working this way [on my own without a meeting or official sponsor] for almost two and a half years now. Many miracles have occurred in my life, not the least of which is deliverance from the bondage of food, shopping, people, anger, pain medication, and into a freedom in Jesus Christ. I have been praying to be able to find a way to work this program more fully, and I have complete confidence that God will answer my prayer as soon as I am ready. I gave a copy of *He Did Deliver Me* to my stake president in anticipation of starting up a Heart t' Heart group. I really didn't expect a whole lot to happen, but as usual the Lord came through. My stake president called a couple of weeks later and told me how very much he is enjoying the

book and wanted to discuss starting a group. (He even ordered himself an extra copy of *He Did Deliver Me*!) This is so wonderful to me, and even if it takes several more months to get this under way it's alright. I know that as long as I do all that I can do, doing my best to remain in recovery, God will be faithful.

I must say that I also gain an awful lot from this forum [and] from those who have different addictions than I have. It keeps me grounded, and thankful, and helps me to feel less alone. I truly rejoice when I read other people's postings and find that they are experiencing the same sense of sanity and strength that I receive, even though I am hundreds, if not thousands of kilometres away. It strengthens my testimony of the truthfulness of the gospel, and the power in the 12 steps.

Focus on what is possible. God will provide the rest!

—Mary S. □

Heart t' Heart has registered meetings scattered throughout the U.S. and Canada. However, unlike AA which has been around for many years and has multiple meetings in almost every major city in the U.S., we still have a lot of room to grow.

When people call and find there is no Heart t' Heart meeting near them, we always encourage them to start one. However, sometimes this just isn't practical. Some members of Heart t' Heart live in rural areas, many miles from the nearest Latter-day Saint. Others work odd

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Can't Attend a Meeting

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schedules that make it difficult to start or attend traditional meetings, and to find sponsors.

The following are just a few ways our Heart t' Heart members have found to overcome the difficulties in attending meetings:

- ❑ **Use the forum:** "Although there are three Heart t' Heart meetings in my area, my schedule doesn't allow me to attend any of them. So each Sunday around 4:00pm, I log onto the Heart t' Heart forum (www.heart-t-heart.org) and read all the new postings for the week. Sometimes I post something, sometimes I don't—just as in a regular meeting I might share or I might choose to pass."
- ❑ **Co-sponsor over the phone:** "For a period of time, I was unable to go to regular meetings. I had previously found a sponsor at these meetings who was willing to help me during this time. We set a specific time and date each week and called each other on the phone to discuss what we'd learned from our study during the week and also to share personal experiences with the steps and the tools. We even read the steps and traditions and opened and closed our meetings with prayer, just as if we were at a real meeting."
- ❑ **Start an e-mail meeting:** "I [started] e-mailing my mother-in-law, who acted as a sponsor for me. Then we added my daughter. Then another friend joined us, and another...It quickly spread in

in interest. We found when you have a busy schedule of jobs, kids, church callings, community obligations, home, [we] just didn't have time to add one more regular meeting. With the e-mail, I could do this when I had the time. I didn't have to "miss a meeting" if my schedule didn't work out.

Note: An e-mail meeting can be done as a round-robin style e-mail or an e-mail blast. If you're concerned about anonymity, all e-mails can be sent to the group leader, who then mails them to the rest of the group, putting one address in the TO: address line and everyone else's in the BCC: line. One caution is to remember "no cross-talk," which means not replying directly to the sharing of others. Also, remember to respect the e-mail privacy rights of others. Jokes or other non-Heart t' Heart study materials should not be sent out to the e-mail group, unless you have a personal relationship outside of the group with the individual. Someone who comes to the e-mail group for 12-Step support and recovery should not be subjected to spam in any form. Always type your group ID # in the subject line of Heart t' Heart meeting, sharing or business e-mail. We've had some people doing this on a trial basis for awhile and find it very successful. ❑

Dearest Friends

Continued from page 1

imagine how twitter-pated I am feeling this whole summer. Since God is love, I have to say that I'm definitely in Love, with a capital "L." And as Ammon, I do not boast of myself, but of God who has brought this amazing fellowship together.

Who can say too much of the Lord? Who can begin to say enough? Like Ammon rejoicing in the chance he had to carry the good news of the mercy and grace of Christ and the dear Savior's amazing willingness to be not only our God, but our Friend and Counselor and Companion through the Gift of the Holy Ghost... I cannot say enough. "Yea, who can say too much of his great power, and of his mercy, and of his long-suffering towards the children of men? Behold, I say unto you, I cannot say the smallest part which I feel" (Alma 26:16.). I am so grateful for the chance to share the "nurture and admonition of the Lord," and the "joy of the saints," (Enos 1:1-3), I have experienced in my journey of recovery. This is truly the summer of my content! Of my deepest joy and fulfillment. Thank you all for your fellowship and love.

—Colleen ❑

*Freedom is the ability to have - or to not have -
what you want without it closing your heart.*

-Stephen Levine

With God, Less Is More

I was reading through my journal this afternoon and came across some thoughts I feel the Lord shared with me. I didn't realize how meaningful they were to me until I read them over.

This quote comes from *He Did Deliver Me from Bondage*:

Many of us have lived our lives, either consciously or unconsciously, by the philosophy that we need to maintain peace at any price! The only problem is that when that outward peace has been purchased by denying and avoiding our real feelings, we have paid far too high a price. As we have discussed before, the suppression of feelings is an across the board phenomenon. If we turn down the volume on some feelings, then all are affected; those that are the smallest and the stillest, the most refined, are often lost entirely. And since feelings are the channel through which we receive the words or whisperings of the Spirit, Satan has us right where he wants us—hiding feelings of shame, anger, pain and resentment, and thus tuning ourselves out from the personal experience of God's love and guidance.

In my life I have certainly wanted to maintain the appearance of peace at any price. I have not, until the last year or two, actually experienced peace. I have wanted to maintain the appearance of fineness, of *doing* the right things, being in the *right* places, excelling, being the *best*, the brightest—even the favoured “child of God.” To this day, I find it difficult not to do these things—it has been such a life-long habit for me. But it has all been pretending and believing a lie—the lie that says I can excel, stand out, be the best, the brightest, the favoured, the star child—and still be humble. This spirit of competition within me alienates me from God and other people. It's an almost constant effort in humility, to remember that I am one child in many, and that although I may be important in my own realm and my own mission, I am no more important than anyone else. The playing field is even, and no matter how high I may jump, or how low I may fall—God still loves me! And even more important—He loves all of His children!

I still don't completely understand God's realm or

His mind, but I have had small glimpses which have shown me that His way is so different from our way. An example is blessings...this world's “blessings” are really the equivalent of instant gratification—I do this and that will happen. There's an up and down, adrenaline rush, push the button, reaching for a greater thrill, I'm in charge sensation—how much can I get out of this? How many “blessings” can I obtain? I have even looked to the gospel to feed my insatiable appetite for “blessings.”

With God, less is more. Pulling back is going forward. Humility brings confidence. Truth brings light.

With God, things feel much more stable and progressive. There really is nothing equivalent to an adrenaline rush. A lot of my experience with God is waiting, teaching (patience), stillness, quiet,—even as I write this, these words sink into my heart—peace that passeth understanding.

If I am not ever vigilant in seeking Christ in my every day, I tend to allow the world to come in on me to such a degree that the things of God are run over by the fast-paced, frantic, adrenaline rush of the world. In this state I find myself numb—no, I don't find myself at all. I just AM numb—running from one adrenaline rush to another. Keeping myself so unconscious and busy that there is no time to wait, to be still, to feel anything but the “buzz” that always wants more—more food, more sweetness, more money, more things, more sound, more loud laughter, more commercials, more, more, more.

With God, less is more. Pulling back is going forward. Humility brings confidence. Stillness brings involvement in a bigger cause than I can imagine. Love brings freedom. Light better understands darkness. Truth brings light.

In my body I still sometimes feel the rabid franticness of this world. I don't want it any more, for I know a new way (in truth it is an ancient way), where mercy leads, and the love of God is the strength in my legs.

I could never understand what it means to be in the world, but not of it. It's coming to me now!

—Mary S. ☐

12th Annual Heart t' Heart Conference

*Sweet is
the Peace*

*...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.*

—Alma 58:11

August 15 & 16, 2003
Utah Valley State College
Orem, Utah

Schedule of Events

Friday, August 15, 2003:

- 3:00 p.m. Registration begins (Center Stage)
- 4:00 p.m. Official Business Assembly (OBA)
(Group reps only)
- 4:00 p.m. Newcomer/Sharing meeting
- 6:00 p.m. Dinner (Buffet in Center Stage)
- 7:00 p.m. The Sky's Not the Limit fireside
performed by Colleen Harrison and
Susan Stevens—back by popular
request! (Center Stage)

Saturday, August 16, 2003:

- 8:00 a.m. Registration (Rooms SC206 A, B, C)
- 8:00 a.m. Official Business Assembly (OBA)
(Group reps only)
- 8:00 a.m. Early Bird Sharing for those not
involved in OBA
- 10:00 a.m. Welcome and Keynote Address*
- 11:00 a.m. Workshops—3 concurrent sessions
- 12:00 noon Lunch (Sandwich bar with side
dishes and drink)
- 1:00 p.m. General Address*
- 2:00 p.m. Workshops—3 concurrent session
- 3:00 p.m. Panel Discussion *
- 4:00 p.m. Workshops—3 concurrent sessions
- 5:00 p.m. Capstone Address*
- 6:00 p.m. Conference Ends

*Combined sessions—everyone meets together.

COPY THIS FLYER AND DISTRIBUTE AS DESIRED.

Registration Form

(Please detach this portion and mail to address at bottom.)

*PRE-REGISTRATION:	COST	QTY	TOTAL
Friday & Saturday	\$30	x	_____
Friday only	\$5	x	_____
Saturday only	\$25	x	_____
Friday Meal	\$13	x	_____
Saturday Meal	\$8	x	_____
TOTAL			_____

Name: _____
Address: _____

City/ST/ZIP _____
Phone _____
E-mail _____

If registering for more than one person, please list
other names here: _____

Payment Method: Check Money Order
In US Funds Visa MasterCard

Card No.: _____
Exp. Date: _____
Signature: _____

*Pre-registration & meal orders must be paid by August
1, 2003. After August 1st, prices are \$35 both days;
\$7/Friday only; \$28/Saturday only. Meals cannot be
ordered after Aug. 1st.

Mail to: Heart t' Heart Conference, PO Box 247, Pleasant
Grove, UT 84062 Or pre-register on line at:
<http://shop.sisna.com/>

Credit cards processed through Rosehaven Publishing & Distribution 1.888.790.7040

Conference Housing

The following hotels are close to UVSC.

Hampton Inn 801-426-8500
(closest to UVSC)

Fairfield Inn 801-431-0405

LaQuinta Hotel 801-226-0440

Conference Location

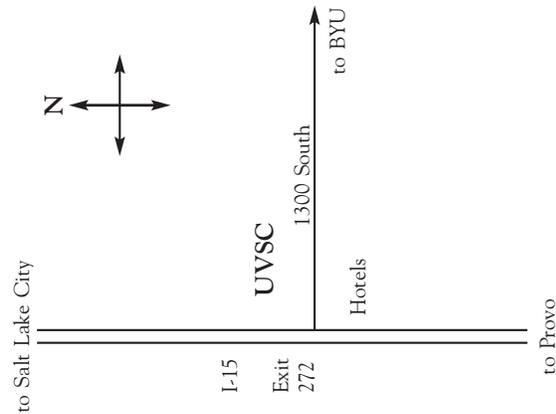
Utah Valley State College
800 W. University Parkway, Orem, Utah
Sorenson Student Center

Friday: Rooms SC214, SC206 G & H,
Center Stage

Saturday: Rooms SC206 A, B, & C

Visitors park in Lot L (East side of campus)

Map to UVSC



Miscellaneous Details

E-mail. We prefer to send registration confirmation by e-mail. It saves time and money. If you have an e-mail address, please include it on the registration form. Your e-mail address will not be given to others or used for any purpose other than registration confirmation without your permission.

Conference topics and speakers. The topics presented in the workshops and the speakers at the conference are still being finalized. All speakers and workshop leaders will be selected from the membership of Heart t' Heart. We will announce the topics and speakers in next months newsletter.

Conference Recording. Yes, we will again be making Saturday's conference sessions available on recordings. We will not be recording The Sky's Not the Limit fireside, as it is already available on cassette tape through Windhaven.

This year's conference will be recorded by Mike Jensen, who recorded for us in 2001 and previous years. He does a great job and will have these recordings available for shipping within just a few weeks of the conference. Instead of cassette tapes, however, the conference will be recorded on CD. All 13 sessions will be available. Pricing information will be announced next month.

Need more Registration Forms? Please feel free to copy and distribute the Conference Registration (pgs. 5 - 6) to all interested parties. If you'd like a pdf copy of the registration form to e-mail to others, please request one from: hthorder@hotmail.com

A Call to Serve at Conference

We are in need of people to help with the conference. Please indicate where you could serve:

- Help at Registration Table (min. 1 hour)
- Help at Literature Table (min. 1 hour)
- Greet Newcomers (wear special ID badge and be willing to approach those with Newcomer badges, answer questions, etc.)
- Panel Member — Please read below
- Workshop Leader — Please read below

Workshop Format:

Each workshop will be led by two co-leaders. Each co-leader will have 15–20 minutes to share on the theme of the workshop and the final 15 minutes will be left for participants to share. We do not expect leaders to give polished lectures, but to share their own experience, strength and hope relative to the theme.

Panel members and workshop leaders have some period of abstinence and are currently attending a Heart t' Heart group. If you are interested in serving as a workshop leader, please indicate the following:

_____ Length of time participating in
_____ 12 Step recovery program

_____ Length of time participating in
_____ Heart t' Heart

I currently attend the _____ group
of Heart t' Heart.

Name _____

Address _____

Phone (____) _____

E-mail _____

FAQ's on Contributions & Donations

Heart t' Heart has received its 501C3 non-profit organization status. This means your contributions are tax deductible and also we no longer have to collect sales tax on pamphlet and other product sales. Below are a few other questions and answers regarding donations:

Q: What is a "private" donation?" (See May's GSB Contributions list to the right)

A: A private donation is a 7th tradition donation given to Heart t' Heart by an individual, as opposed to a donation given by a registered Heart t' Heart group.

Q: My group sent a 7th tradition donation, but it wasn't listed in the newsletter. Why not?

A: The most likely answer is you forgot to indicate your group ID number on the check or in your letter. If there is no group number, we enter the donation as coming from the person whose name is on the check.

All contributions receive a return

statement. Look at who is listed as the "Bill To." If it doesn't have a group ID (ex: Heart t' Heart UT-01) then it was listed as a private donation.

If you sent a donation but did not receive a return statement, please contact our order fulfillment office.

Q: I don't know my group number. How do I find out what it is?

A: Your group rep should have received a group ID number when the group was registered. This information should have been passed along to each new group rep. If you can't find it (or have no clue where to even begin looking for it), contact our order fulfillment office. You'll need to tell us the city, state, day and time your group meets. If we can't find you anywhere in our files, we can re-register you with a new group ID number.

Order fulfillment toll-free phone number (888)790-7040; E-mail: hthorder@hotmail.com

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)
e-mail: hthorder@hotmail.com

May's GSB Contributions

No. Utah Intergroup\$100.00
Private Donations\$91.03

Total Expenses\$99.95

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 _____

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ZIP/Postal Code _____ Country _____

Date: _____ Phone: _____

Name on Card _____ VISA MasterCard

Card Number: _____ Exp. _____

Authorized Signature _____

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: Who Can Say Too Much of the Lord.** The excitement of sharing the message.
- **When You Can’t Attend a Meeting.** Ideas for non-traditional meetings, when schedules or distance make it difficult to attend meetings and/or find sponsors.
- **With God, Less Is More.** Learning to live in the peace God brings.
- **2003 Heart t’ Heart Conference.** “Sweet is the Peace,” August 15 & 16, 2003 at UVSC, Orem, UT. Registration information inside.
- **FAQs on Contributions and Donations.** Answers to some frequently asked questions on how Heart t’ Heart reports and acknowledges donations.

RETURN SERVICE REQUESTED

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Heartbeats