

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,

As With One Heart and One Voice— Thousands of Years Apart

I recently received a response to a writing exercise in the forthcoming booklet, *Patterns of Light: Step Six*.^{*} The exercise asks you to picture yourself as someone who is finally humbled enough to come to the Savior for healing. Peggy, the author of what you are about to read, chose to ask for the Spirit to inspire her imagination with the feelings of the woman who sought to touch the hem of the Savior's garment and was instantly healed of a twelve year "issue of blood." We've all heard the story. Peggy's inspired efforts brings it to life. I trust it will bless you as it did me.

—Colleen

So alone! I am so alone, Lord! What have I done that I am cursed thus? Where is my sin? Have I not begged Thee for twelve long years to remove my reproach? This issue of blood is a sore curse, Lord, far more than any woman should have to bear. Where is peace, Lord, from my affliction?

Where is comfort, if I am cut off from the love of all I hold dear? My only joy has been my family. My son has kept his distance these twelve years, not wanting to defile himself and his family in my home. Why can I not clasp my grandchildren to my heart and hug them? Joshua, their father, is a most ungrateful son, to deny me this! I am not leprous!

And my husband—my Samuel! Though his kindness in providing for me is generous, he has not lived with me for years. I cannot blame him for taking another to be his wife. He is a good man. My uncleanness should not deprive him of the love a husband and wife should share. But, oh how I long to be held in his arms again!

And friends. I have no friends. I cannot go to the well in the mornings and visit with the other women. They dare not come

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One Heart and One Voice

Continued from page 1

near me—and I don't blame them, Lord—how can they get their daily work done if they are unclean by associating with me? And so to avoid their glares and unkind words, I go to the well under the cover of darkness.

Dear, Lord, why has no physician been able to heal me? How much I have suffered at their hands! What they charge for their remedies is appalling, and nothing works! Twelve long years, I have suffered. So alone, Lord!

But, Lord, I heard something today that I cannot forget. I was so weak last night, I could not go to the well as I usually do. But this morning, I needed water and so I ventured out. I thought I was early enough to miss the others, but, no. There were three women there already. They were talking and laughing together, as I've longed to do so often these twelve long years.

I kept my distance, but I could still hear their words. They spoke so earnestly of one Jesus of Nazareth—a mighty physician, they said—who has performed many miracles. They said he's turned water into wine! Made blind men walk! Healed the lepers' skin so it is as fresh as a newborn babe's! When I heard that, Lord, that this Jesus had actually touched lepers, my mind began to reel. To think! Would he, could he, possibly be willing to touch me in my uncleanness? Can I dare approach him? I can think of nothing else, Lord.

**If I could just touch
the hem of his
garment. Surely,
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power would not be
polluted by me.**

And yet, I fear! How can I ask him? What will he ask of me in return? He takes no money, the women said, but heals freely, asking only that the person healed sin no more. Why, he even tells them their sins are forgiven instead of saying their malady is healed! What manner of man dares pronounce such a thing—as if he were God? Surely, the Sanhedrin is furious. Surely they will not tolerate such blasphemy. And how can a man heal with a touch, a word? What kind of spirit possesses him? But how could he be possessed of any evil spirit and perform such miracles?

I am afraid! But still, I feel such hope mingled with my fear! Would that I could dare approach him, Lord. What would he say to me? Oh, I cannot bear it. But, all I can think is that if I were healed I could return to my family. I could hold my grandchildren! My little Benjamin and Elizabeth. I could hold them at last!

If I could just touch the hem of his garment. Surely, a man with such power would not be

polluted by me. Oh, if Thou would grant me this, Lord. Let me just touch the very edge, the very fringe of his garment. This would make me whole. Surely this is not too great for Thee, Lord, to bless me through this man.

Wait. I hear voices. There is a crowd coming up my street. Oh Lord, I hear his name being spoken. Could it be? Is it him? Do I dare go out and join them, Lord? No, I can't! But when will I have such an opportunity again? Here, I will wrap my head closely so I am not recognized. Please help me reach him, Lord. I won't even speak to him. I will just touch his robe as I have planned, and slip away unnoticed.

There. It is done! My heart beats so. What was that I felt when I touched it? Some power surely from Thee, dear God. And, the blood? Stanching? Oh, Lord, it is true! I am whole! I...

I hear his voice! He has found me out! Oh, help, Lord. Let me run. No, I must go to him. He is calling me. I cannot deny what has happened to me. I will kneel at his feet and receive his condemnation, if he should choose to condemn me. But how could he? I am healed!

"Rabboni, forgive me please. It was I who touched Thee. For twelve years my blood has flowed and I have found no relief from any physician, though I have spent all my living on cures. I did not mean

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Stripped of All Pretense

to pollute thee with my touch, but to find healing in touching thee. I pray you will have mercy on me, Rabboni. I cannot deny I have been healed just as I felt I would be!"

He reaches out to me and I kiss the hand he extends. Thank you, thank you Jesus. God bless you,...but wait, who do I see in thy smile? Who's image do I see in thy countenance? What Power shines upon me? Could it be, the very Messiah who touches me? Praise be to God, in His Son revealed! Oh, Lord! It is Thee! Behold! I arise shouting, "Emmanuel! God is with us!" Behold I have touched the hem of His garment, He who will heal all who seek Him!

My Lord! Thy peace, for me? Oh, I will adore Thee forever, Lord. I will go my way rejoicing all the days of my life and praising Thee to all who will hear my story.

—Peggy B. □

References: Luke 8: 43–8; Mark 5:25–34; Leviticus 15:19; Numbers 15:37–40; BD: unclean; Geikie, *Life of Christ*, pp. 157–158.

"Every morning lean
thine arms awhile
upon the windowsill
of heaven; then with
that vision in thine
heart, turn strong to
meet thy day."

—Unknown

When I was at the peak of my addictive behaviors I had no power over them. *None*. Not one gram. Nothing. I could not control my eating, gossiping, drug addiction, self neglect (it's a long list), nothing. I was most truly powerless.

I always thought I had to come to Him in a certain condition before He would accept me, but I could never get in that condition. It felt *so* hopeless to me. It *was* hopeless.

My hope began to bloom when I was finally able to come to Him and tell Him, in all the honesty in my heart, that I *could not* do anything about the sorry state of my soul (which was made manifest in the sorry state of my body). I was hopelessly lost. I couldn't control what went in my mouth or what came out of it.

I came to Him and stood before Him with my heart in my hands. I came stripped of all pretense, because I could no longer fake it. I could no longer pretend. I was dying, and I could do nothing to stop it.

I have learned beyond a shadow of a doubt that He *will* come to me when I call out to Him—no matter what I have just done. He did. I am a living witness of this truth.

There is nothing we have to do to "qualify" to come unto Christ and begin to be spiritually filled. All we have to do is ask. All we have to do is seek Him, and we will find Him. We don't have to have a perfect life,

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or in a perfect way of eating. We come just as we are—soiled, sinning, covered with the mire we have made out of our lives. He will hold us in His arms. He will pick us up and show us how to live. He will allow us to fall and to find out we can't do it on our own. He will always be there, awaiting our return. And when He sees us coming, He will run to us and embrace us, so happy that we have come back to Him.

In all the humility I can muster, I pray that God will translate the weakness of my words into feelings of praise. I am an addict—a hopeless, lost addict. This is huge blessing to me, because it has taught me of my *true* powerlessness. In accepting this powerlessness, He has been able to come into my heart and make me strong, in Him. He has taken me off drugs. He has changed my heart. And in the process, He has removed 143 pounds from my body.

This, and so much more, has all come about because of *Him*—not because of something that I did. I know this because all of my efforts proved that I could do nothing—*Nothing*—to save myself.

—Mary S. □

Steps of Repentance

Sometimes the process of repentance seems so big to handle all at once. Some of us need to see the process in much smaller “baby steps,” so we can wrap our minds around it. Here is another way of breaking down repentance into more manageable pieces:

1. Admit to ourselves that we have sinned in some way.
2. Recognize that we cannot take care of the sin ourselves.
3. Identify God as the place we need to go for our sins.
4. Commit to follow God on His terms and according to His timeline, whatever that may be.
5. Look at the way we have blamed others and the excuses we have used for our sins and identify them explicitly.
6. Become willing to set aside our excuses and recognize more fully how encompassing our sinful nature is.
7. Look at all the false gods that we are worshipping because of our fear and identify them explicitly.
8. Become willing to set aside our false gods to do what our God would have us do.
9. Look at the breadth of our sins across a variety of areas and identify them explicitly.
10. Recognize with godly sorrow the magnitude of the

problem from these first nine pieces.

11. Confess to Heavenly Father comprehensively and call upon the atoning blood of Jesus Christ.
12. Confess to the Lord's anointed comprehensively based upon the above understanding.
13. Recognize that there are multiple character defects underlying our sin and be explicit about them.
14. Become willing to let God go to work on changing our fundamental character.
15. Become progressively willing to set things right to the extent that we have power to do so.
16. Go to those we have harmed and set things right by taking care of our side of the street irregardless of what they may do.
17. Continue to monitor for sins and for the progress we make on character defects.
18. Increase the amount of time that God's will is acting in our decision making process (pray always).
19. Bring God's will more and more into our actions.
20. Become progressively more willing to be an instrument in His hands.

—Jonathan □

Humility in Abstinence

For most people the one sure way to, first, get abstinent quickly, and second, to continue in abstinence consistently—is to start with a humble, simple abstinence. We must recognize it as an offering to the Lord, no matter how simple and tiny it is.

The Lord is so merciful and kind and patient and longsuffering. *That* is one of the most important revelations we must ever come to know. He will take the tiniest offering we can sincerely give and treat us as if we've given Him everything—because He knows that, at this moment, we have (like the child that comes to their parent and says, “Look how good I made my bed!” and the bedspread is on sideways and upside down).

We put that first little honest effort at abstinence on the altar and we turn to the Lord to give us the power to sustain our willingness and our efforts. He will do that, and after a while, we will feel our faith in Him grow. With this growth in faith, we find we are able to lay another increment of our weakness upon the altar.

Recovery and abstinence is a process of little increments. What someone else is laying on the altar has nothing to do with me and my journey of recovery. We must not look sideways at others. We must look straight ahead, to our Father and our Savior who are waiting to bless us.

—Colleen □

Some Thoughts on the Tool of Writing

I'm sure I've written this somewhere before, but the truth of the following thought is burning in my heart this morning. Over the last 32 hours, I have taken the time to keep a log and using my notepad as a place to "return and report" every hour or two or three.

Writing doesn't diminish or detract from the rest of my life—it *gives* me the rest of my life. It restores me to sanity. It helps me get focused. It helps me pick out the voice of sanity and reason—of balance and truth—from all the voices of worry and fear that are going through my mind almost continually.

When I start writing, I stop the spinning, the whirlwind of opinion and speculation. I listen to that voice that speaks true principles—the voice that reminds me of scriptural precedent and example. It is this voice that I find while writing that brings me calm and balance and understanding. Upon hearing, or getting in touch with that voice, I feel a peace flow through me.

I've been reading, lately, about neurochemistry. I know that this feeling of peace has everything to do with the chemicals that are being released by my brain. But, here's the exciting part—I am able to influence those centers in my brain to release those chemicals. Or, at least, Someone is doing it. Something is doing it. A Power greater than myself is doing it.

Writing centers me. It focuses

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always trying to give
us inspired thoughts.
Do we pay attention?
Do we cherish
those thoughts?**

me. It gives me clarity to identify the voice of peace and hope and willingness and sanity amongst all the other voices in my mind. For this I am grateful.

The truth is the more I am willing to keep records, the more I am willing to pay attention and record and treasure up—and return and report—the hours of my life, the *more* I get done in them. Not less. Oh no, not less.

I get far less done when I zone through my hours, my days, my life—when my hands are idle and my mind is on unconscious, unfocused, entertained, distracted mode.

Writing, for me, is an act of faith. It is an act of deliberate choosing—choosing to pay attention, choosing to learn.

And then, after that primary purpose, there is a very close and very quick second purpose: that someone, somewhere might come across these cherished thoughts and be jump-started into paying attention and treasuring up their own thoughts, their own life.

The truth is the Light of Christ and the Holy Ghost are *always* trying to give us inspired

thoughts. The question is do we pay attention? Do we cherish those thoughts?

Writing in itself is helpful, therapeutic, healing. But, writing prayerfully—writing before the Lord, even unto the Lord—is the most helpful way to use writing as a tool of processing, of coming to sanity, resolution, peace.

It is not the writing that heals. It's getting in touch with and expressing one's truth. When one expresses one's truth to God—and allows God to express truth from His perspective back to you—then we find sanity of the highest order.

While writing, alone, can be healing or helpful, to do it without calling on and inviting the Spirit of God into your efforts, is like striking match after match to keep back the darkness.

When you invite God to participate—to counsel and comfort you—you are tapping into a Source of Light that can and will be just as bright as you're ready and able to bear.

—Colleen □

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)
- Greet Newcomers (wear special ID badge, be willing to approach and welcome others, answer questions, etc.)
- Session Host/Hostess (prepare the room for the speaker; pass the microphone for sharing; etc.)
- Panel or 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 and class topic.

Panel members and workshop leaders must have some period of abstinence and should be 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 _____
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Or you may call: (888) 790-7040

Or e-mail: hthorder@hotmail.com

14th Annual Heart t' Heart Conference

Now Is the Time

*“Now is the time and day of
your salvation; and therefore, if ye
will harden not your hearts,
immediately shall the great
plan of salvation be
brought about unto you.”*

—Alma 34:31

*July 15 & 16, 2005**
(Tentative Date)

Utah Valley State College
Orem, Utah
(Tentative Place)

**We will not know until the end of March if we can use the UVSC campus again this year. We apologize for the inconvenience.*

We will not be taking registration until we receive confirmation on the date and location. Please watch for the announcement in future issues of Heartbeats and on the Heart t' Heart website.

January's GSB Contributions

Private Donations\$45.00

**If a donation is not accompanied by a group number, it is listed as a Private Donation.*

HEART T' HEART

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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.

Online Meetings

To attend one of the online meetings go to:
<http://www.heart-t-heart2.org/chat>.
(Note: New address.)

All are welcome to attend. If this is your first time, review the information on the regular Heart t' Heart webpage:
<http://www.heart-t-heart.org>.

OL-04—Sunday through Friday:
Every morning, 6:30 a.m.–7:30 a.m.
General Focus (MST).

OL-02—Tuesday, 11:00 a.m.–12:30 p.m. Mountain Time Zone (USA).
General Focus. Book Study:
HDDM. Open Sharing.
Colleen (435)245-4744;
rcolleen99@msn.com

OL-01—Thursday, 7:00-8:30 p.m. Mountain Time Zone (USA).
General Focus. Book Study:
HDDM. Open Sharing. Mary S.;
mtshaver@mts.net

OL-03—Saturday, 7:00-8:30 a.m. Mountain Time Zone (USA).
General Focus. Book Study:
HDDM. Open Sharing. Colleen
(435)245-4744; philh22@comcast.net

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Heartbeats

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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
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What’s inside this issue of Heartbeats...

- **Dearest Friends: As With One Heart and One Voice.** The need for faith and healing.
- **Stripped of All Pretense.** All of my efforts proved that I could do nothing to save myself.
- **Steps of Repentance.** Breaking the process of repentance into manageable pieces.
- **Humility in Abstinence.** Offering our humble efforts can help us get and keep abstinence.
- **Some Thoughts on the Tool of Writing.** Writing doesn’t detract from the rest of my life—it gives me the rest of my life!
- **14th Annual Heart t’ Heart Conference Announcement.**

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