

## 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,*

## Look to the Lord and Live

While studying President Benson's address on pride, during a recent online meeting, we read these words: "Our enmity toward God takes on many labels, such as rebellion, hard-heartedness, stiff-neckedness, unrepentant, puffed up, easily offended, and sign seekers....It was through pride that Christ was crucified." (Ezra Taft Benson, "Beware of Pride," *Ensign*, May 1989, 4.)

It's another paradox—mystery—"weirdness" that while I would have never thought in terms of wanting to "kill the Savior"—my pride has made me want to "kill" His mission—His whole purpose for coming. My pride (enmity towards God) takes on a more subtle forms than "rebellion, hard-heartedness, stiff-neckedness, unrepentant, puffed up, easily offended and sign-seekers." Or at least I never saw myself in those words, until I started being willing to have Him show me just how those things manifest in my "active LDS life."

Now, I see—and keep re-seeing—and it is so humbling (and humiliating) to admit that my pride keeps coming back, like morning glory vines or something. Apparently, the best I can hope for, at least while in mortality, is to keep myself aware of pride in all its subtle forms.

Self-sufficiency, for instance. "That's okay, Lord. I'll do this on my own. I don't need you to do THAT much for me." Like Peter, when he told the Lord, "Thou shalt never wash my feet" (John 13:8), I didn't want the Lord to do any more for me than absolutely necessary. I'm sure that Peter's words came from his feelings of love for the Lord, as did mine. Peter, and I, want to spare Him the ugly or painful parts of our lives. But the truth that is, greater than Peter (and my) love and desire to spare Him—and that is that He *cannot* be spared. I must accept His "everythingness"—the "everythingness" of His contribution—and the nothingness of my ability to save (wash) my own self.

Another way that pride (resistance toward God and the

## Look to the Lord and Live

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spiritual life) manifests in me, is the absolute *ease* with which I can be enticed away from the spiritual answer by following after the “learning of men.” I seek to know the latest theory of men about my challenge, whatever that challenge happens to be. Am I overweight? I run to the local bookstore for the latest diet plan. Do I have an illness? I cruise the Internet to find the latest research. Do I face the challenge of teenagers? I seek out friends and neighbors, searching for their solutions to my problem.

Here I am, again, back to being “self-sufficient” and “this-world-sufficient,” when I know the answers can only come in and through the Lord. I *know* because I have *lived* the experience of looking to the Lord and living (Alma 37:47). My addictive nature has been put into complete remission, one hour, one day at a time—for years! Oh, how subtle are the forms pride can take. It is truly the *universal* sin, the cause of greatest separation between us and God.

—Colleen □

**And now, my son,...see that ye look to God and live.**

**Alma 37:47**

**Look unto me, and endure to the end, and ye shall live.**

**3 Nephi 15:9**

## Abstinence or Christ?

**S**ometimes when we are seeking recovery, we get a little lost or side-tracked. Is it abstinence we seek or is it recovery of our relationship with Jesus Christ?

If it is abstinence we seek, perhaps we have made that subtle change in our thinking that when taken to its logical end, will show us that we are seeking a small god, and not the True and Living God.

If it is Jesus we seek, then everything else will fall into place. We will be given the gift, exactly when we are ready for it, and we will know how to receive it. It will come to us in the process of time, and it will come with a change of heart.

Abstinence is a gift we receive when we seek Christ.

When I started into recovery it was all I could do to seek Christ. There were times when I would feel His love so deeply that I thought I would explode. I learned that I can only take in His love in small increments, and this is the way He gives it.

My experience tells me that the *real* point is to seek Christ. President Benson said it very well:

When we put God first, all other things fall into their proper place or drop out of our lives. Our love of the Lord [must] govern the claims for our affection, the demands on our time, the interests we pursue, and the order of our priorities.

I have lived this. It comes through seeking Christ. God will put everything in order in our lives. Perhaps not in the order we think it should be, but in the order that is best for our eternal good. Christ *must* come before abstinence. Christ will give the gift when we are ready, and He will also teach us how to receive it, or open it.

I know this is true. He lives. He loves you. He is the Way, the Truth, and the Life. There is no other way out of our addiction but through Him. Seek Him, and abstinence will, in the process of time, fall into its proper place.

—Mary S. □

# Three Steps to Overcoming Negative Feelings

I recently had occasion to reflect on the idea of the feelings of being overwhelmed and anxious that we experience, especially in addiction. I am extremely grateful that these feelings have lessened greatly as recovery has progressed, but I find it is still helpful to review ways to overcome them.

## 1. *Connect with the Lord*

I find that when I let too much time go by without connecting with the Lord, I start to feel more anxious, more worried about slipping. When I have come back to pondering the scriptures and being earnest in my prayers and counseling with the Savior in my journal, it helps—but not necessarily the first day. I find I have to make it an every day thing in order for it to bless me. Like exercising—once isn't enough to give me the benefit. I have to make it a regular part of my life. (Funny to bring that up. Yesterday I overdid things—moving furniture out so the living room could be painted. I strained my back something fierce and could hardly walk. I had to stay home from work and I doubt I will get there today either! If I had been exercising regularly, maybe that wouldn't have happened!)

## 2. *Accept the Lord's help*

There is a decision that has to be made to accept the Lord's help, the Lord's power to save me from temptation, the Lord's sacrifice—personally for me.

Colleen said in *He Did Deliver Me from Bondage* that a person who refuses to forgive others is denying the Atonement on their behalf, and a person who refuses to let go of guilt when they have repented is denying the power of the Atonement for themselves. The Atonement is there, but we have to accept it in order for it to take place in our hearts and lives.

We get into such negative mindsets, accepting and believing the adversary's lies about us! It takes a conscious decision to turn away from the lies. Those negative thoughts are almost an addiction by themselves. We get a certain warped kind of satisfaction or at least feeling of consistency in believing them. I think it helps to ask about any negative thing we are having a hard time letting go of, "What am I getting out of this that makes me want to hold on to it?"

When we have a negative picture of ourselves, we often do things to support that negative image. Then we have the satisfaction of validating our negative expectations of ourselves: "See! I told you I couldn't do it!" This feeling of being right about how bad we are is a sick kind of self-fulfilling prophesy. Healing from this trap takes a conscious decision to believe the truth the Savior will tell us about who we really are and what we are really worth.

I heard the statement once that if we could see ourselves as

## Overcoming negative feelings:

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**2. Accept the Lord's help.**

**3. Surrender one step at a time.**

we were before we stepped through the veil into mortality, we would be tempted to fall down and worship that glorious person. We still are that marvelous person, we just don't remember. This corrected vision of our true self seems to be a pre-requisite to lasting abstinence for me. We won't behave any better than we believe.

## 3. *Surrender one step at a time*

The third thought is that this journey of recovery is a series of steps in surrendering our will to the Lord. He lifts us one small step at a time, and each of these steps is a test to see if we will surrender our will to Him. When we listen for the promptings from the Lord, inviting us to come unto Him, do we accept the invitation, or do we hold back? Do we face the tough battles? Do we make each of the sacrifices He asks us to make in letting go of our addiction?

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## Three Steps to Overcoming Negative Feelings

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The process that has helped me the most in this regard is to frequently ask, “Lord, what is it that you would like me to do next? What sacrifice are you asking me to make that would bring me closer to you, and make me more like you?”

I find the Lord leads me by small increments—small steps of progress. When I refuse to take that next step, I start to feel stale, but if I keep taking each step the Lord offers me, I keep progressing in my abstinence and thus in my sense of peace.

—Phil H. □

## Addiction—The Core Hunger

*My soul longeth, yea, even fainteth for the courts of the Lord; my heart and my flesh crieth out for the living God.*

—Psalm 84:2

Many people believe that it is really God that addicts are missing, aching and empty for. That’s why addicts are often very sensitive, spiritual people deep in their inner selves. In the LDS faith we are taught that we lived before we were born in heaven, in Celestial Glory with God. Write for 10 minutes on how the words of this verse make you feel and think.

## Tradition Seven

*This is an excerpt from an article originally published in May 2003. Although the number of registered Heart t’ Heart groups has increased substantially, the amount of 7th tradition donations sent in to the GSB has been decreasing. As a general recommendation, all Heart t’ Heart groups are encouraged to send a donation to the Heart t’ Heart GSB each quarter. Every little bit helps. Do not underestimate the good you can do by making even a small contribution.*

*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*

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

It is a fact of human behavior that we value more what we contribute towards personally. This includes service as well as financial support...Being willing to give support at the same time that I am seeking support is a part of the program. ...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.

—Joy S. □

# The Allegory of Computers and Quilting Bees

This morning I read a verse that is speaking to Sidney Rigdon, telling him to help and support Joseph, but it easily applies to what we are to do for each other in the Church and also in Heart t' Heart:

Wherefore, watch over [each other] that [thy] faith fail not... (D&C 35:19)

I was thinking in particular about Heart t' Heart and the help and strength I get from meetings. Then I reflected on some comments shared at a recent meeting, and wondered again why some people are so bothered by Heart t' Heart.

Sometimes, as we work our way toward recovery, our family or friends have trouble understanding why the Twelve Steps and programs like Heart t' Heart are helpful to us. *"Why isn't the Church enough? Why don't you just pray?"* I had a couple of thoughts—and I'm warning you ahead of time, I'm going to mix my metaphors like crazy here. :)

The first thought is, if we compare ourselves to computers, which most people sort of understand these days, we're hard wired for sociability, for community and family units. The need to meet together, to talk and discuss is built into our basic design. And no matter what version of independent, self-reliant software we try to run, it will be in conflict with our basic operating system. Our operating system will override

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the software and make us reach out to others in some way, or we will crash and freeze up.

The other thought was a reflection on what women did in the early days of the Church. (Men, too, I'm sure, but I'm not a man, so I'm speaking to the woman's side of things). The women would gather weekly, or sometimes daily, to help each other with their chores, like a quilting bee, for instance. We hear about this all the time and how the sisters taught each other the gospel, expounded from the scriptures, strengthening one another. I'm sure they also discussed their children, their spouses, their struggles and helped each other in the practical application of the

gospel. These quilting bees were a natural part of community life. No one was bothered by the fact that the sisters were meeting together to sew, and as a byproduct discussed gospel principles and application.

We live in an unnatural world today. Our society no longer provides us with a reason to meet together frequently for emotional and spiritual support. We're forced to run self-reliant software—and many of us are crashing. We've had to make up an excuse to do what was once so natural and good—to meet together to discuss the gospel, our struggles and to share how the Lord helps and strengthens us. We call that excuse "Heart t' Heart."

While the Church is wonderful and fills many of our needs, meeting together once a week in large groups to worship in a formal matter is not enough to insure that our operating systems are free of viruses (addiction) and spy-ware (temptations of Satan). In this world we live in, a weekly virus scan is not enough. Our wards are too large to allow us to watch over each other by attending a Sunday meeting. Ideally, home and visiting teaching is a way to help us watch over each other, but again, that's only a monthly visit and not enough.

We need more. I need more to keep my operating system clean and functioning. So I choose to go to our modern-day

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## The Parable of Computers and Quilting Bees

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version of the quilting bee—Heart t' Heart.

One last thought, towards the end of that same section, verse 24, it says:

Keep all the commandments and covenants by which ye are bound; and I will cause the heavens to shake for your good, and Satan shall tremble and Zion shall rejoice upon the hills and flourish.

If what we are doing in Heart t' Heart is God's will, then He will protect and strengthen us and we will flourish in our

groups, despite what others may think or say. If we're not doing God's work, then I don't want to be a part of it.

So are we doing God's work in Heart t' Heart? I like to use what Pres. Boyd K. Packer referred to in this past April conference as "a sure way to judge between good and evil:

For behold, the Spirit of Christ is given to every man, that he may know good from evil; wherefore, I show unto you the way to judge; for every thing which inviteth to do good, and to persuade to believe in

Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God. (Moroni 7:16)

Heart t' Heart and the principles found in the Twelve Steps have brought me closer to the Lord. They makes me want to do good, to be more like Him. They have strengthened my desire to attend my Church meetings, to go to the temple, to pray and to read my scriptures. So for me, Heart t' Heart *is* doing God's work and I am satisfied that it is right by Him.

—KWB □

## New Meetings

**Montpelier, ID (ID-13)—**  
**Thursday, 7:00 p.m.**  
Montpelier 2nd & 6th Ward  
LDS Meetinghouse, 585  
North 8th St. He Did Deliver  
Me. General focus.  
Julie (208)847-4464;  
bljwise@blmhospital.com

**Georgetown, ID (ID-14)—**  
**Thursday, 7:00 p.m.**  
Georgetown LDS  
Meetinghouse, 124  
Stringtown Rd. He Did  
Deliver Me. General focus.  
Julie (208)847-4464;  
bljwise@blmhospital.com

**Hines, OR (OR-03)—**  
**Tuesday, 6:30 p.m.** Burns  
LDS Meetinghouse, 600 N

Saginaw. He Did Deliver  
Me. General focus.  
Judith (541)493-2380;  
reedranch@direcway.com

**Oakhurst, CA (CA-17)—**  
**Tuesday, 8:30 a.m.** Oakhurst  
LDS Meetinghouse, 49967  
Road 427. He Did Deliver  
Me. General focus.  
Kathy (559)642-3262 or 642-  
3270; burrow@max.com

**Hammersley, Western  
Australia (WAU-01)—**  
**Friday, 8:00 p.m.**  
Hammersley Community  
Center, Belvederr Rd. He  
Did Deliver Me. Multiple  
focus.  
Lorne (08) 9446-8702;

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

Utah Valley State College  
Orem, Utah

Register using the enclosed form or at [www.heart-t-heart.org](http://www.heart-t-heart.org)

# March's GSB Contributions

Private Donations .....\$25.00

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

## HEART T' HEART

### CONTACT INFORMATION:

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e-mail: hthorder@hotmail.com

www.heart-t-heart.org

**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;  
colleenh99@comcast.net

**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

# Seventh Tradition Individual Donation

Individuals can donate to Heart t' Heart at any time! We especially encourage those who participate in the Heart t' Heart forum, e-mail meetings, or other situations where a 7th tradition is not collected to donate on an individual basis. Mail in this form or use the website shopper at: [www.heart-t-heart.org](http://www.heart-t-heart.org)

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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

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

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- **Addiction—The Core Hunger.** A capturing exercise for Psalm 84:2.
- **Tradition Seven.** A reminder to support Heart t’ Heart.
- **The Allegory of Computers and Quilting Bees.** Heart t’ Heart is an “excuse” to meet together.
- **14th Annual Heart t’ Heart Conference: July 15 & 16, 2005 at UVSC, Orem, Utah. Registration Form Enclosed.**

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