

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)

Dearest Friends,

Learning Abstinence

Learning to be abstinent, to allow the Lord to give you that gift more and more continually, could be compared to learning to maintain your balance on a balance beam. At first you are very, very clumsy and klutzy. You have it for a moment, take a couple of shuffling steps, then fall off. But you get back up. You have the *humility* to get back up. And you do it again, and again, and *again*—as many times as it takes to get better.

You look to your Coach and you try again. You pray for the Holy Ghost to remind you of exactly the right thought at exactly the right moment. You pray for the Holy Ghost to take over your mind and heart and very breath, to control every nerve and muscle of your body, so that being perfect in Him and His perfect Oneness with the Father and with the Son, you too may be in perfect balance, perfect harmony, perfect Oneness with Them and with all the Fellowship of God. In other words, with all of creation.

In your humility—your willingness—to do this, to be this less-than-perfect, you eventually get to where you wobble, but you don't fall anymore. Getting to that point was not accomplished by your physical improvement and prowess. You know it was accomplished by spiritual means—unexplainable, irrational means. In other words, by a means higher and as yet unrecognized by science.

You cannot practice your way to perfection. You must give yourself to He who is perfect.

You cannot do anything sufficient to be safe, to be sure of keeping your balance. You can only be safe and sure of your balance by allowing Him to encircle you about in the arms of His love (see D&C 6:20); by drawing near unto Him as He desires to draw near unto you (see D&C 88:63); by cleaving (clinging) to Him as He is already longing to hang on to you.

*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.

Look to the Lord and Live

Continued from page 1

And while his arm of mercy is extended towards you,...
“harden not your hearts.” (see
(see Jacob 6:5)

In other words, don't try to keep your balance—your spiritual centeredness—on your own. It can't be done.

—Colleen

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 online at www.heart-t-heart.org or call 1-801-796-7605 or 1-888-790-7040
Pre-registration prices valid until June 30, 2005.

Program from the Prophets—

Capturing from “Now Is the Time to Prepare” by Elder Russell M. Nelson, *Ensign*, May 2005, p. 16–18

“We came to be tried, to be tested, and to choose. Our decisions determine our destiny.”

How big a part does choice play in our lives? It is everything! It was important enough to fight a war in heaven over it. It is the purpose of this life—to try and to test, to be tried and to be tested.

I have tried many things contrary to the will of God and His commandments. I have found through this trial and error method that I do not like to live in that manner. I have chosen God's way because I like it better. It feels better to me. I have more peace, more confidence, more surety, more understanding when I am

following His guidance. I like who I am and how I feel and what I do when I live in alignment with the Lord.

And yet, even knowing that, even having chosen God's way, I still struggle with how imperfectly I live by my choice.

Sometimes I wonder if the prophets of the Lord have ever felt that way. I suppose they do. I suppose even our own President Hinckley feels that way at times. I know Nephi did—and I am so grateful to him for his honest inventory. (See 2 Nephi 4:16–35). His struggle, his honesty, gives me hope.

We cannot wish our way into the presence of God. We are to obey the

laws upon which those blessings are predicated.

I cannot wish myself better. I cannot wish myself into a calm heart and the peace of the Savior. So when my heart is troubled, what do I do? Especially, when I do not know why my heart is troubled?

I hold fast to the knowledge that I have chosen the Lord's way. I hold fast to the conviction that He loves me and is helping me. And I let that carry me through. Instead of running from the uncomfortable feelings and turning to my addictions, I choose to trust in the Lord and wait it out, seeking His guidance, His solace.

—Name Withheld

The Lilies of the Field

While seeking peace from my food addiction, I was capturing from the AA Big Book:

When I stopped living in the problem and began living in the answer, the problem went away. (p. 449)

What is the answer? Seeking to have a personal relationship with my Savior, Jesus Christ, is my answer. I found the following from M. Russell Ballard:

What is it that needs our personal attention? As I read and ponder the scriptures and carefully consider the Lord's counsel to His followers in every dispensation of time, it appears to me *that the most important thing every one of us can do is to examine our own commitment and devotion to the Lord Jesus Christ*. We must carefully guard against spiritual apathy and work to maintain the full measure of our loving loyalty to the Lord. (*Ensign*, May, 2000, p. 31, emphasis added)

Seeking a personal relationship with my Savior is most important because, with Him as my Friend, I can know all else I should do, for He will counsel with me in everything else.

In 3 Nephi 13:31–34, the Savior said:

Therefore take no thought, saying, What shall we eat?

or, What shall we drink? or, Wherewithal shall we be clothed?

For your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God and his righteousness, and all these things shall be added unto you.

Take therefore no thought for the morrow, for the morrow shall take thought for the things of itself.

Sufficient is the day unto the evil thereof.

Therefore I should take no thought, saying, "What shall I eat?" or "What shall I drink?" or "What shall I wear?" These are classic worries for me, a food addict! And I shouldn't worry about them? Haven't these been the most pressing things on my mind for years? Focusing on my "problem" certainly didn't fix anything for me. Sure, I lost weight, but it was a roller coaster fix. For surely every time I've lost weight, it's climbed back up again soon afterwards. And the worrying about it consumed all my energy, leaving nothing for matters more important than food and drink and clothes.

My Father in Heaven knows that I need all these things. He knows that I am addicted to them, too!

But if I seek the Kingdom of God, first, the righteousness that comes from seeking the Lord, and all these things shall be

All that is necessary to be released from the bondage of my addictions is to trust in the Lord's counsel.

added unto me in the Lord's way—not addictively, but as He allows, through counseling with Him. He will tell me all I may eat, all I may drink, and through His guidance my addictions will be overcome, my weight will stabilize, and my clothes will fit.

All that is required is for me to come to the Lord, one day at a time, and live each day fully in its moment, and all my tomorrows will be securely provided for in the same "present" manner. With the Lord by my side and in my heart, each day will be sufficient to conquer the evil it holds. This doesn't apply only to my addictions, but to all I need to accomplish, to all that the Lord has in mind for me.

All that is necessary to be released from the bondage of my addictions is to trust in the Lord's counsel, each and every day, to do what He asks, and everything else will fall into its right and proper place. The problems I have will fall away. The only thing I need to be concerned about is loving God now and following where He leads.

—Peggy 

What's In a Name?

This past week I put myself in a dangerous place. I neglected my relationship with the Lord. I told myself I was extra busy, but it probably had more to do with the fact that I stayed up too late three different nights, thinking I needed to relax with a movie. As a result, I didn't get up early enough to spend time conversing with the Lord in my journal. I did manage to keep up with reading the forum page and answering e-mails from several individuals. But for about a week I didn't put the Lord first each morning. True, I prayed, and I asked Him to keep me safe from temptation—I didn't totally turn away from Him. But I really didn't give Him very much of my time and attention, either.

So eventually, when a temptation came along, as they inevitably do, I found myself not as quick to turn away from it as I have been for a very long time. Gratefully, I was suddenly aware of my lingering thought and repented of my hesitation. Still, I realized that by neglecting my devotional time in the morning I had wandered back onto shaky ground.

The next morning, as I began my journal entry and opened my heart and mind to believe in and receive the Lord's Spirit and His words, I started our conversation with familiarity, "Good Morning, Lord." I felt Him respond, enveloping me in a tender "embrace" of His spirit. Translating that spiritual impression into words, I found

myself writing His response as I could best interpret it: "*Good morning, Philip.*" (When I record conversations with the Lord I write the His words in capital letters, but for the sake of easy reading, I will italicize them here.)

"Philip." There was a "tone" in that word, a feeling that was not as tender, as I knew the Lord to be, but it just felt like that's the tone I needed to record. I was not expecting the next impression I "heard" from the Lord. I perceived Him ask me why I felt and wrote my childhood name with such a feeling of negative spirit or energy.

I sat and pondered that question for a moment and saw that I had actually projected that tone into the Lord's words, because I was feeling guilty for not coming to Him for counsel and recording His words for so long. I realized that it was me who was feeling like a little boy in trouble with his father for neglecting some important task. That self-generated guilt had thrown me back to hearing my given name as I often had in childhood, spoken with shame and blame attached.

I was reminded of the truth that while I had often felt the Lord address me as "Philip," His tone had always left me with the witness of His love and His delight for me as a little boy—even if I didn't feel very delightful. I had to admit that the "sound" (feeling) of my name coming from the Spirit of

In that very moment, right there, right then, as I was writing in order to connect and commune with Him, I was already repentant of my previous neglect of our relationship.

the Lord had always left me feeling beloved and honored.

But this particular morning had been different, not because of any change in the Lord's tender mercy and understanding of me, but because I was projecting a rebuke that I assumed I deserved, onto Him. And He, in His Spirit—the Spirit of Truth—called me on it. Even then, He was gentle but firm, teaching me that it was a lie to perceive Him as shaming me, or in any way withdrawing from me. He went on to invite me to examine my feelings. When I expressed to Him the shaming thought that I had not done as well as I could have, He asked me, "*How often in your life could you have done better than you did?*"

I had to admit, "Almost always."

The Lord then asked, "*Has that ever removed you from my love?*"

I felt the Spirit bear witness to me that nothing can remove me from the love of God. I repeated this truth to Him, "No

Continued on page 5

The Language of Discipleship

One place I'm sure to hear the language of discipleship is sitting in a Heart t' Heart meeting and listening to people do exactly what 2 Nephi 25:26 describes:

We talk of Christ, we rejoice in Christ, we preach of Christ,...that our children may know to what source they may look for a remission of their sins.

I guess that's because in the trenches, where those who come

to a recovery meeting are willing to admit they are, there are no atheists. If we didn't, at some deep level, believe in Christ, hope in Christ, we wouldn't be here at these meetings.

It is so amazing to listen to people who are looking at the Gospel with their eyes on Christ. I am so excited when I see people progress from merely belonging to the "true church" to having a relationship with the one who is the head of that church.

We need to take our eyes off every other relationship—even spouse, even children—and look only to Him. He needs to be our best friend.

We need to take back the "born again" language, so popular in many of today's Christian religions. It was ours long before, as evidenced by Nephi. It is the language of discipleship. It is the language of our King.

—Colleen □

What's In a Name?

Continued from page 4

Lord, nothing I've ever done has stopped You from loving me and wanting me to come back to You."

Then the Lord pointed out that in that very moment, right there, right then, as I was using writing in order to connect and commune with Him, I was already repentant of my previous neglect of our relationship. He said, *"Right now you are coming back to me, renewing our relationship, and for this you think I am going to treat you badly?"*

I finally saw that I had been possessed of an unbelieving spirit, a spirit that was blocking me from remembering the Lord's true, loving nature. Why would I want to do that? I looked within myself, but couldn't find a reason there. Then, finally, it dawned on me. I

saw that I had again been the victim of one of Satan's lies. Satan was enticing me to disbelieve the goodness of God.

"That's it," the Lord confirmed to my mind.

As the bonds of that deceit were broken and the lie was undone, the Lord asked me to pay attention to my feelings.

"How do you feel now?"

With joy I realized that all my feelings of fear and hesitancy about approaching my dear Savior were completely gone. I felt wonderful. I felt free again. I could freely accept the Lord's love and rejoice in His marvelous goodness again! And then He instructed me to write the story, and so I have.

Thank you for giving me this chance to bear this very recent and renewed personal witness

that the Lord never changes in His love for us and His acceptance of us. We must never forget that when we feel distant from Him, it is not always because we have sinned. Sometimes we are simply being lied to by the adversary of all righteousness.

In coming to the Lord and allowing Him to converse with me in Spirit and in Truth, I felt Him redeem me and restore my good name, "Philip," to me—minus the shame. I felt again the innocence He has renewed in me in my years of recovery. I pray we may all continue to seek and find the everlasting, saving truth of God's goodness, and seek Him in whose Name only we can be saved.

—Phil H. □

From the Forum: What Are Our Weapons of War?

I opened my scriptures the other day and they happened to fall open to Alma 24:17–19. I read about how these people buried their weapons of war.

And thus we see that, when these Lamanites were brought to believe and to know the truth, they were firm, and would suffer even unto death rather than commit sin; and thus we see that they buried their weapons of peace, or they buried the weapons of war, for peace.

This caused me to wonder, “What are the weapons of war that I use?” I have been reflecting and pondering on this for several days now. I have been led to think about the weapons that I use against myself, rather than against others. This thought has really caused me to reflect and do some serious soul searching. My question to anyone who would care to discuss this topic is this: “What are some of the weapons of war that we use in our lives?”
—Kanga

This question is something that came up for me fairly early in my recovery, and I'm very grateful that you have brought it forward again. One of the weapons of war that I used and was very addicted to was gossip. I have found that gossip is a very sharp weapon, and can do serious harm.

I also think that any weapon

that I choose to use on others also does damage to myself. I cannot purposefully hurt someone else and not hurt myself.

I believe that there is something very true and eternal in the thought that “what goes around, comes around.” The Lord taught me about the damage gossip can do when I was the subject of a lot of very hurtful and painful gossip. It has really changed the way I see weapons of war.

I have come to believe that *nothing* we do is in isolation. There is a ripple effect that we can't even comprehend.

The love of Christ is the ripple effect I desire to share in my life right now. I'm not always very good at it, but I know that His love has a healing power. His love holds my hands up to praise Him, and in the process, with my hands raised in praise, it's very difficult to bend down and pick up those weapons!
—Mary S.

The thought that came immediately to my mind is when I feel insecure or feel like someone has done me wrong, I can use information I know about them as a weapon, information I know I should keep to myself.
—Kathleen

Shame, fear, secrecy, and rationalization are some of the weapons of war that I have used

to beat myself up and perpetuate the addiction cycle. I've used sarcasm, defensiveness, criticism, impatience, judgement, and cynicism as weapons to fight off friends and family who have tried to get close and help me. I have used pride, self reliance, independence, doubt, mistrust, selfishness, and laziness to fight off He who has the power to save me, Jesus Christ. I like the image you proposed of burying our weapons of war for peace. The first three steps describe that process of surrendering and submitting ourselves to God rather than fighting Him off.
—Cody

One of the main weapons I have had to lay down is anything that I use to keep others at some distance from me, like anything I hold against them. If I am not feeling Christ's love for another, then something is between us, and I need to let it go.

That doesn't mean putting myself in a position to be abused or anything like that—it just means laying down my weapons. I love the quote from Chief Joseph: “I will fight no more, forever.”
—Phil

Taken from the online forum.

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.

April's GSB Contributions

Private Donations\$70.00

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

New Meetings

Chocktaw, OK (OK-01)—Thursday, 6:30 p.m. Payner Psychological Services, 14453 S.E. 29, Ste. B. Book Study. General Focus. Women only. Jeanie (405)245-3587; oklahoma12step@yahoo.com

Meeting Change:
Lindon, UT (UT-18)—Thursday, 12:30 p.m. Call for location directions. Kandy (801)221-1533 or Karlene (801)796-0540.

HEART T' HEART

CONTACT INFORMATION:

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

www.heart-t-heart.org

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

Date: _____

Name _____

Address _____

City _____

State _____ ZIP _____

Country _____

Phone: _____

Amount: _____

Check VISA MasterCard

Payable in US Funds. DO NOT SEND CASH.

Name on Card _____

Card Number _____

Exp. Date _____

Authorized Signature _____

Send this form with payment to: Heart t' Heart,
P.O. Box 247, Pleasant Grove, UT 84062

Name _____

Address _____

City _____ State/Province _____

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: Learning Abstinence.** Learning abstinence is like learning to walk on a balance beam.
- **Program from the Prophets: “Now Is the Time,” Elder Nelson.** The importance of choice in our lives.
- **The Lilies of the Field.** All that is necessary to be released from the bondage of my addictions is to trust in the Lord’s counsel.
- **What’s In a Name?** In that very moment, right there, right then, as I was writing in order to connect and commune with Him, I was already repentant of my previous neglect of our relationship.
- **The Language of Discipleship.** “We talk of Christ...”
- **From the Forum: What Are Our “Weapons of War”?** A discussion on our personal weapons and laying them down for peace.
- **14th Annual Heart t’ Heart Conference: July 15 & 16, 2005 at UVSC, Orem, Utah.**

RETURN SERVICE REQUESTED

Pleasant Grove, UT 84062
P.O. Box 247

Heartbeats