

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,

God is not in the Fire, or the Whirlwind—or the Tools

There has been a lot of discussion lately about whether or not abstinence should remain a tool in the Heart t' Heart program. I would like to offer a perspective or insight that came to me this morning as I counseled with the Lord about my own experience.

I was wrestling again, as I so often do, with my fear that I am not doing well or doing right by being as "loosey-goosey" about my morning devotional time—or my entire morning time, for that matter—as I usually am. One day or maybe even two or three days in a row, it will feel easy to get up and go through the same sequence of choices—formal prayer to the Father, Book of Mormon study, breakfast, journaling, exercising, showering, dressing. Sounds pretty ideal, doesn't it? Something to hope for, desire, feel almost envious or lustful to have for yourself? We think, "If only I could have the time and the circumstances to do that every morning—then I could really begin to recover."

But then, after a day or two of the "ideal," I find myself unable to do it again. Not necessarily because my opportunity to do it—my circumstances—have changed, but because it just doesn't have the power to motivate me. I get up, start writing immediately, get to prayer later, exercise much later in the day, or not at all. I feel drawn instead to go outside and set the sprinkler and turn the horses out onto the pasture. On the way back, I only get as far as the kitchen and start cleaning up from last night and loading the dishwasher. Then the phone rings—a reach out call from someone needing to "talk program," or a reminder of my visiting teacher's arrival in an hour.

Come on! What's that all about? Good works, but not the

God Is Not In the Tools

Continued from page 1

best, right? The best would be back there in that wonderful routine I rehearsed earlier. Right? I begin to think, “What’s wrong with me? I am such a slacker, so resistant to doing God’s will. I didn’t get my routine done. Now my day is shot, my hope of staying abstinent is already fading.”

This morning, though, as I came to God, lamenting (complaining, being plain, honest, whining) about my lack of commitment to routine, He began to fill my mind with these thoughts:

Is God in routine? Or is he in the loosey-goosey, spontaneous way of doing things?

And with these words came into my mind the remembrance of Elijah and the story in 1 Kings 19, and the profound truth—God is not in the whirlwind or in the fire, but in the “still, small voice.” Suddenly I saw the truth (a bit of inventory) about myself:

Whenever I do something the same (in a series or order of choices) for a few times in a row, I am tempted to begin to attribute my improved situation to the *things* I am doing or even to the *order* in which I do them! Thus, doing the things becomes my source, my benefactor.

But God is not in routine, and God is not in lack of routine. God is not in what I do or even in the order or consistency with which I do them. In other words, God is not

in the tools. God is in the still, small voice.

I have come to learn that God is not in my length of abstinence. Neither is God in whether I do any certain thing. God is in the “still, small voice.”

I have come to learn that God is not in my length of abstinence. Neither is God in whether I do any certain thing. God is in the “still, small voice” that is forever within me through the universal light of Truth, of Christ. I don’t care where I go or what I do, or what I forget to do, or even what I resist doing. It is that “inner voice,” that source of Truth and sane counsel, that firm but kind honesty, that source of words, that loving, long-suffering yet unwavering still, small voice that is where God is in me and in my life and in my recovery program.

He’s not in a day or a week of abstinence. He’s not in how many meetings I attend. He’s not in how much I read of others’ writings. He’s not even in whether I write or not—though writing helps immensely and fulfills His call to me to record my own “testament of Jesus Christ.”

I hear a still, small voice, so still and small it could almost be called an “impression,” testify to me: When we make something—anything (even the good works at church, and the good works or tools in Heart t’ Heart)—our source of hope, comfort and reassurance, we have slipped off the mark, again. The “mark” is within you, so intimate and close to you that you hardly recognize it—like a fish doesn’t recognize the water it lives in. The “mark” is the still, small voice.

May I plead with us all and pray for us all (yours truly, as well) to remember that *conscious contact* with God—the still, small voice of our conscience—is always with us. *That* is our source of hope and strength and peace and courage and comfort and joy. Without believing in, practicing and noticing that “voice” within, all our tools—abstinence, included—are the sand upon which foolish people build their program. I pray we will realize that God comes to us in power as we counsel with Him.

So, was this morning a routine morning? Have I done everything I am sure successful people do? No. I’ve sat here and written right through my reading and breakfast and exercise time. Has it been a good morning, nonetheless, full of hope and peaceful feelings and powerful insights and witness? Yes! Most certainly.

—Colleen □

Faith Is Better Than Belief

Joseph Smith said:

By this we understand that the principle of power which existed in the bosom of God, by which the worlds were framed, was faith; and that it is by reason of this principle of power existing in the Deity, that all created things exist; so that all things in heaven, on earth, or under the earth exist by reason of faith as it existed in Him.

Had it not been for the principle of faith the worlds would never have been framed, neither would man have been formed of the dust. Faith is the principle by which Jehovah works, and through which he exercises power over all temporal as well as eternal things. Take this principle or attribute—for it is an attribute of Deity, and he would cease to exist.

(Joseph Smith, *Lectures on Faith*, pp. 8-9; quoted from *He Did Deliver Me From Bondage*, pg. 133)

After reading these thoughts, I wrote the following reflection and was blessed by the insight it gave me:

I can see how all creation exists because of God's faith. He would not try to form anything without having faith that it would be all He intended it to be and that He could accomplish whatever He tried.

With faith, I can tap into the source of creativity—God, Himself—and His power opens limitless possibilities in my life. Instead of being frozen in fear, limited by my unbelief and lack of hope, I am open to all that is good and possible to Him.

And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, and their kind, and every winged fowl after his kind: and God saw that *it was good.*" (Genesis 1:21)

And the Gods prepared the waters that they might bring forth great whales, and every living creature that moveth, which the waters were to bring forth abundantly after their kind; and every winged fowl after their kind. *And the Gods saw that they would be obeyed, and that their plan was good.*" (Abr. 4:21)

Look at the difference between the creation in Genesis,

and the spiritual creation (or planning stage) in Abraham, which is the more faith-filled part of the creation. In planning for the creation, God was visualizing His creations and working out how everything He created would interact with every other creation. He conceived a detailed plan, and He saw that He would be obeyed—that the plan was good and would work just as He planned. Once the intricacies of his creations were finalized, and He saw that He would be obeyed, then the physical creation could proceed, and "it was good."

The Bible Dictionary says "faith is to hope for things which are not seen." Having faith is greater than having a belief, for having faith inspires acting upon beliefs.

But without faith it is *impossible* to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him. (Hebrews 11:6)

To come to God, I must believe in Him and have faith that He will answer me as I seek Him diligently. This is the key to a recovery program, isn't it?

Before, I believed in God, but I had no faith. I knew there was a God, and knew *plenty* about Him, but I didn't diligently experiment upon my beliefs and seek to *know* Him for myself. I

Continued on page 4

The Fast Track to Freedom

was in no better position than if I didn't believe in God at all; in fact, I was in a worse position because at least not believing is excused as ignorance. But believing and then discounting everything for myself is close to calling God a liar: "I know You are there, but I don't believe You and I don't need Your help."

Although I believed that God existed, I spent much of my life trying to get along without Him, as if He didn't care. I said perfunctory prayers and performed rigid worship, missing the joy and the beauty of a life lived in faith; not expecting my Savior's love and mercy and even His guidance to be generously available to me.

With faith, I can tap into the source of creativity—God, Himself—and His power opens up limitless possibilities in my life. Instead of being frozen in fear, limited by my unbelief and lack of hope, I am open to all that is good and possible to Him, and my capacities are enlarged.

How do I tap into this source of creativity? By seeking a constant companionship with my Savior through the gift of the Holy Ghost in my life, and having enough faith in the inspiration I receive to act upon it. Then through this means, the Lord can continue His creative work, redeeming me and transforming me into all that I can be, as a daughter of God: exalted.

—Peggy B. □

When I came to Heart t' Heart, I was the one person that was going to do it all right—the fast way. I planned on getting involved as much as I could so that I could break through my addictive personality and allow the Lord to work his miracle with me.

What a wakeup call to find that as I applied myself with fervor, I was actually doing just the opposite of what I should have been doing.

What a disappointment to get involved and to attend this year's conference only to find myself not only slipping, but actively sliding down the path to total acting out and willful rebellion against God and His miraculous power. After all, I could save myself if I did everything perfectly and followed all that those who have gone before me suggested. So what did I have to worry about?

Reading through the *Sexaholics Anonymous White Book* and some of the *Heartbeats* articles has shown me how silly and how far off the beaten path I was going.

As I read about how we

could lust during the day, repress it and then act out at night rang so true with me that I was astonished that someone else had actually been down the road I was on and had felt as I did. Then it occurred to me that if that other person had been on that road and felt as I did, then maybe, just maybe, the Lord had also had that experience in the Garden of Gethsemane and could relate to my trials and heal me.

What a concept! The Lord could

actually relate to me. I realized that even though I believed in Christ, perhaps I was not trusting or really believing Him or walking with Him daily so that He could warn, counsel, help, guide and instruct me when I needed it—at the moment of my temptations.

I am not there yet, but I recognize that as I jump back into the program fully, that the allure of my addiction will dissipate and sobriety with abstinence and recovery will occur.

—Dave H. □

Even though I believed in Christ, perhaps I was not trusting or really believing Him or walking with Him daily so that He could warn, counsel, help, guide and instruct me when I needed it—at the moment of my temptations.

Capturing from the Heart

*It is really necessary that we as members decide day by day whether we want to allow our fears to direct our actions or to live with a constant prayer in our heart to be able to analyze all feelings and emotions that come to us. Thereby we learn to draw upon the powers of heaven, which will enable us to overcome and to stand on holy ground, guided and directed by the Holy Ghost. What does this really mean? What is this real treasure that will enable us to stand in happiness and joy, in confidence, and with power each day of our lives? (F. Enzo Busche, "The Only Real Treasure," *New Era*, Dec. 1979, 4)*

Put this way, the whole plan sounds so very simple, and I guess it truly is. It is a choice of where to put our focus. Do I focus on the fear that has immobilized me for years, or do I focus on the Savior, who can tell me how to respond and can take those fears and turn them around to be for my good?

I had never supposed that the Lord didn't expect us to be in charge of our emotions. Rather, He asks us to bring them to Him. I am overwhelmed at the peace I have felt as I have done this. He hears me and He has saved me from myself. I cannot comprehend how it is done. I don't know how He takes my fear, anger or hurt and turns it to peace and joy. But He does.

Now I can enjoy time with

I am awed at the person I am becoming through means other than my own. Christ is transforming me from a wretched creature, who wished only to endure life, into a person who is seeking to live a full life, through Christ's sustaining power.

my kids again. I can laugh and play. I thought that the old me, who was at one time so filled with joy, was gone—never to be found again. However, I am finding that the old me is resurfacing, but with more wisdom and empathy.

I am awed at the person I am becoming through means other than my own. Christ is transforming me from a wretched creature, who wished only to endure life, into a person who is seeking to live a full life, through Christ's sustaining power.

Be humble...submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things...always returning thanks unto God for

whatsoever ye do receive. (Alma 7:23)

Be humble... (free from pride and arrogance) *submissive* (willing to submit to God's will) *and gentle* (gentle here seems to be an action word and brings to mind a tame horse, willing to submit to its master's will); *easy to be entreated* (easily persuaded to do the Lord's will and to be about His business); *full of patience* (able to tolerate delays, trouble and suffering without becoming angry) *and long-suffering* (this goes beyond patient, it is patience when the hardships and troubles seem persistent); *being temperate* (addiction free, able to practice self-restraint) *in all things...always returning thanks unto God for whatsoever ye do receive* (gratitude).

All of these character traits are things that I can seek, but cannot gain on my own. I used to think that I could work on these traits and earn them, much like earning an academic award in school.

I am learning that I have pride in areas that I never saw before. I believe that becoming humble will be something that will come step by step throughout my life. Humility will come as I become willing to submit to the Lord's will.

As I submit, I will become like a horse that is tame. When I submit to my Father's will, I will want to follow Him and submit my carnal nature (easy

Continued on page 6

As I submit, I will become like a horse that is tame. When I submit to my Father's will, I will want to follow Him and submit my carnal nature to Him.

to entreat). I think of a horse I have seen tied up waiting for its master to come and ride or waiting while its master is visiting with someone. I see the image of a horse going through its paces as it goes over jumps, through rivers and over rugged terrain.

These images bring a new richness and nuance to my understanding of this scripture. I pray that I may become gentle in the hands of my Father in Heaven, that I may daily become a little more willing to go, to do and to say what He asks, no matter how difficult the task.

I am also discovering that as I seek the Lord's will for me, I am becoming more moderate and temperate in my life. I am amazed that I am not seeking temperance, but rather the Lord is granting it to me. I rejoice in the Lord's tender mercies toward me.

—F.S. □

Heart t' Heart Conference CDs

Unable to attend the Heart t' Heart conference in July? Attended, but couldn't go to all the workshops you wanted to?

Act now to get your copy of the 14th Annual Heart t' Heart conference CDs.

Fill out the green form enclosed in this *Heartbeats* issue and mail with payment to:

Heart t' Heart
P.O. Box 247
Pleasant Grove, UT 84062

Special pricing not available at the website store.

**The discount deadline has been extended through Aug. 30, 2005.*

“To render ourselves insensible to pain we must forfeit also the possibilities of happiness.”

—Sir John Lubbock

July's GSB Contributions

Private Donations\$23.09

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

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

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

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: God Is Not In the Fire, or the Whirlwind—or the Tools.** God is not in my length of abstinence. Neither is God in whether I do any certain thing. God is in the “still, small voice.”
- **Faith Is Better Than Belief.** Instead of being frozen in fear, limited by my unbelief and lack of hope, I am open to all that is good and possible to Him.
- **The Fast Track to Freedom.** Even though I believed in Christ, I was not walking with Him daily so that He could help me when I needed it.
- **Capturing from the Heart.** Christ is transforming me from a wretched creature into a person who seeks a full life through Christ's sustaining power.
- **14th Annual Heart t' Heart Conference CDs.** Special discount order form enclosed. Deadline for introductory pricing: **Aug. 31, 2005.**

RETURN SERVICE REQUESTED

Pleasant Grove, UT 84062
P.O. Box 247

Heartbeats