

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,

Christ Must be the Rock of Our Recovery

Many years ago I read for the first time the words of the Prophet Joseph, “[Latter-day Saints] should gather all the good and true principles in the world and treasure them up.” (Joseph Smith, *Teachings of the Prophet Joseph Smith*, p. 316.) I am so thrilled to see the Church embrace the good and true principles of the Twelve Steps and publish an official study guide based on them!

I constantly pray, though, that as the Twelve Steps continue to spread to our brothers and sisters throughout the Church, the emphasis will continue to be firmly grounded in using them to find conscious contact specifically with the Savior, Jesus Christ. If Jesus Christ is not the member of the Godhead we are invited to come to and relate to, the power of salvation in the steps will diminish.

The truth is Jesus Christ cannot be minimized in the slightest in an addiction recovery program, considering the plight of the people it’s written for. Those who need this program are in desperate need of a Savior—even in the same manner that Alma the Younger was when he cried out in his heart directly to the Savior for rescue. (Alma 36:18 and Alma 38:8.) Those who are this far gone in the clutches of the Liar have only one hope—Jesus Christ. To put it plainly, they need to turn their attention and their hearts specifically to the second member of the Godhead—the one who has been endowed by the Father with the power to save.

Right now, it is not the Father that we need to cling to most immediately. It is the Son, Jesus Christ. The Fall has separated us from the Father, and no unclean thing can enter His presence. We cannot clean ourselves. (“If I wash thee not, [Peter], you have no part with me.” John 13:9)

*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.

For the sake of recovery, for the sake of salvation, specifically and pointedly, it is Jesus Christ—the member of the Godhead who was sent to be with us; through His Light extended to us; dwelling in us; God with us: Emmanuel—who we need to relate to, counsel with and always remember.

We need Him—plainly, directly, personally. Anything that makes Him a peripheral figure, no matter how well-intended, will short-circuit the power to recover.

We need to come to Christ. Then He can intercede for us at the Father's throne and eventually return us to our Father, because we have become as one with our Savior, through the Holy Spirit.

Often, on the Heart t' Heart forum pages on our website, I observe Phil struggling to keep people oriented and focused on Heart t' Heart's only message: Study and apply these twelve principles to come unto Christ and be perfected in Him, find at-one-ness with Him. Serenity will follow. Sanity will follow. Freed agency will follow.

Coming unto Christ is the only message Heart t' Heart has time or room to carry. It is my constant prayer that we will remember that Christ is the focus of recovery.

—Colleen □

Trusting God in all Things Means Looking for God in all Things

This morning, I had been laying in bed awake since about 2:10 a.m. After 30 minutes I chose to accept the reality of sleeplessness as a gift—a chance to experience some deep solitude.

As I pondered on this opportunity, the voice of the Lord came into my mind and I perceived these words:

Thank you, Colleen, for seeing your situation that way. Thank you for interpreting it that way, for choosing to believe in good and in God in all things. Thank you for opening your heart and mind to that interpretation of reality.

As those words came into my mind, I understood a truth: it is a *choice* to believe that there is good in all things.

I felt the impression that it would be fun, even joyful, to do 10–15 minutes of one thing and then of another, experimenting upon His promise that I could find Him in all ways—not just in the way of studying and writing. So, I did that.

I wrote for awhile and then I stood up and did ten minutes of exercise. Eventually, I did two more ten minute exercise “sessions,” in between a couple of hours of delightful capturing from the Book of Mormon.

I felt the impression that it would be fun, even joyful, to do 10–15 minutes of one thing and then of another, experimenting upon His promise that I could find Him in all ways—not just in the way of studying and writing.

At 5:00 a.m., I was finally (and delightfully) sleepy. I felt filled and encircled all at the same time. I went back to bed and finished my night's sleep.

I know if I told anyone else that I *enjoyed* missing almost three hours of sleep, they'd think I was crazy. I guess that's their business—to think I'm crazy. As for me, I am nothing but grateful to have felt God's loving gratitude. He is so humble! I feel so grateful to have practiced this truth—this true principle—of trusting God in all things and to have received the gift of those quiet, peaceful hours this morning.

—Colleen □

About Food Plans and Abstinence

When you're doing abstinence from the inside out, you are hardly even aware of doing it. You don't consciously *do* anything. Rather, you *find* yourself doing it—automatically, easily, walking away. Even if you know something is good, it doesn't matter. You feel aware of it, but not hooked by it or on it.

So, when someone asks you, "What are you doing to lose weight?" and you start explaining—describing what you've *found* yourself doing—they think you've made your mind up to do it. They think you've planned it, reasoned through it, decided on it, when really you're describing what the Lord has done "to" you, in a sense—acted upon your willing mind and heart and made a mighty change of inclination, of desire.

If we put God (and our relationship with Him) at the top of the list, all other relationships (including our way of relating to food and eating and size and appearance) will fall into their proper (sanest) place. This perspective leaves me with only one thing that is essential to do today and that is to "always remember Him, that [I] may have His Spirit to be with [me]."

Make coming to the Lord your highest priority—and trust that there are no chemicals in food so strong they can shut down your ability to communicate with Him. Let go of the lie that food is that powerful.

(Moroni 5:2)

If you go to the Father and tell Him that your greatest desire is to live according to the truth in all things, you're actually asking to be restored to the highest degree of sanity you could ever know—and the Father will endow you with the words of Christ through two channels: the Light of Christ and the gift of the Holy Ghost. And those words will counsel you (not dictate to you) what you should do.

Let your relationship with food spring forth from your concentration on tuning yourself to the Spirit of Truth by reading the words of the prophets

(written under the influence of that same Spirit that you seek to be influenced by).

Make your prayers and your scripture study and meditative / reflective writing (capturing) be your first priority—and the Spirit you gain from that will continue to increase in your life. Trust that your relationship with food will come around to a healthy place.

Make coming to the Lord your highest priority—and trust that there are no chemicals in food so strong they can shut down your ability to communicate with Him. Let go of the lie that food is that powerful.

The truth is, a God-centered, God-given relationship (whether with another person or with food or money or whatever) doesn't have to be managed and planned. It happens. It is the result, the fruit of experiencing the reality and love of God (the Father and the Savior and the Holy Spirit) at deeper and deeper levels.

In other words you're doing great. Keep coming back to these truths. They will change your heart and your habits and eventually your hips.

—Anonymous □

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

—Matthew 6:24

Are We There Yet?

My voice teacher is 60 years old. She performed her first vocal solo when she was three. You'd think that 57 years of singing would make her perfect. She doesn't agree.

She's one of those people that says she hasn't arrived yet. She says that 57 years of singing doesn't make her an expert. She says that once people think they've arrived, they stop working. So she keeps singing. And when she hears people say they've arrived, she laughs inside, wondering when they will realize their mistake.

My teacher understands a fundamental truth—in this life we're not meant to “arrive.” Jesus Christ arrived. We'll arrive later. In the meantime, let's just keep singing.

Initially, this principle may seem discouraging. After all, we all want to arrive. But consider

the following quote by President Hinckley:

I speak for myself when I say that I feel closer to the Lord. I hope this has been your experience. I have a strengthened desire to obey His commandments, to live His teachings, and to commune with Him in prayer, thereby preserving a relationship with Him who is my Father and my God. (Gordon B. Hinckley, *Ensign*, April 2003)

President Hinckley expressed his increased desire to come unto God, which means his desire was not perfect. Of course, President Hinckley is closer than some of us, but just like us, he hasn't arrived—and he knows it. And he doesn't seem discouraged by it. So, neither should we.

The trick to arriving is to keep on trying, to endure to the end, to trust the Lord. The moment a person thinks they have arrived is the moment that the singer stops singing, the pianist stops practicing scales, and the Christian stops trusting in Christ. It is the moment of failure. We become closer to arriving as we realize that continued singing, playing scales, and practicing Christianity brings us closer to our end goal—arriving. Particularly, returning to live with God and Jesus Christ.

Rather than feeling discouraged that this life isn't meant to be the place where we achieve perfection, let's feel thankful that we have the opportunity to work toward arriving with the One who knows how to do it.

—Anne B. ◻

The Book of Mormon—the Greatest Tool of Recovery

You can find recovery in virtually every verse of the Book of Mormon! Every verse is a doorway, a channel for the truth to flow into your mind and heart and heal you. Every verse of the Book of Mormon is like a precious jewel.

Why does it seem absurd or foolish to think that a person could take the same jewel out and enjoy it, treasure it, find delight (light and guidance) in it

over and over.

When I was studying the Book of Mormon with the hunger and intensity that produced *He Did Deliver Me from Bondage* (as well as the *Patterns of Light* booklets), I was inoculating myself against insanity and addiction. I followed the example of the early members of Alcoholic Anonymous who used the Bible, by using the Book of Mormon to

get close to God.

Nothing will attune the human mind faster to the Spirit of God than reading slowly through the Book of Mormon. Our opportunity is not just to get a witness that it is “true” in a general sense and then set it aside. Our opportunity is to use it, literally, like a liahona, every single day of our lives.

—Colleen ◻

Humility Comes as We Look to God and Live

Lately, humility has been on my mind. Or maybe I should say it has been on my heart. At one time, I thought I understood the meaning of humility. It made sense in my mind. But now humility makes sense to my heart.

I've learned something about pride: any time I am either looking up or looking down, I am in pride mode, which some days seems to be my favorite mode. It seems like the most difficult challenge for me to live in a state of meekness and humility, although I am beginning to see some progress.

For example, some time ago, I was in a large department store with my husband, looking to buy a washing machine. At one point I looked across the aisle and saw a face I recognized, but wasn't really sure from where. After a couple of seconds, I realized that this man was the former Premier of Manitoba, Canada (the Province I live in). I don't really know what the equivalent is in the United States, but I think it parallels the position of governor—a "big wig" in politics anyways.

Without any real thought, I approached this man, who would have completely intimidated me in my life before recovery. I introduced myself and started talking to him. It was a two-way conversation. He really had no reason to converse with me, but he did. When we were finished, he told me how

True humility isn't feeling at the bottom of the barrel. It isn't feeling less than others. It isn't feeling unworthy of others. Neither is it allowing others to walk all over me. The humility I'm feeling in recovery comes from my willingness to have my heart turned to God at all times.

glad he was that I had introduced myself. Then we said goodbye.

My actions surprised me. Here I was, approaching a high government official and acting like it was no big deal—like it was an act of humility. But you know what!? It *was* an act of humility! For probably the first time in my life, I didn't care what someone else thought of me. I was just me. Not a big wig, not a worthless little worm. I was Mary, who is friendly and outgoing—and human.

I've had many experiences similar to this since then and am continuing to learn at a deeper and deeper level that true humility isn't feeling at the bottom of the barrel. It isn't feeling less than others. (In fact, I'm beginning to see that

reaction as another form of pride). It isn't feeling unworthy of others. Neither is it allowing others to walk all over me. In fact, it isn't about me and other people at all!

The humility I'm feeling in recovery comes from my willingness to have my heart turned to God at all times. (Please notice that I say "willing." I'm still a long way from having my heart turned to God at all times, but I am willing to be there as soon as He sees I am ready.) True humility has come to me in the realization that I am a daughter of God.

As I write this, I find myself in tears because it is only at this moment, as I bear my testimony to you, that I realize I really, really do believe I am a daughter of God, and so is my enemy, and so is the harlot on the street. God doesn't care how big my house is. He doesn't care how small my house is. He just wants me to turn my heart to Him in faith so He can heal me. He wants me to live so I can experience exaltation and live with Him again.

If God doesn't care about these things, why should I? If God loves me and the harlot no matter where we live, why should I create some kind of hierarchy to live in, when in truth, this does not exist in the kingdom of God.

One last thought about pride. I've found that it's always

Continued on page 6

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attached to a feeling of *deserving* something. Thinking this way can really put me in a dangerous place with my addiction.

For example, I have lost a lot of weight. My clothes, for the most part, fall off of me. People tell me that I *deserve* a new wardrobe for all my efforts. I joined this bandwagon for a little while, and, as a result, became a pain in my husband's side.

I now realize that I don't deserve a new wardrobe because of my weight loss. Why? Because I cannot take any credit for this weight loss. I could never have done it on my

own. This has been a gift *given* to me by God. It's nice to have clothes that fit as opposed to hanging off my body (and I have bought some new clothes with joy and rejoicing, believe me), but I wasn't buying them because they were something I deserve.

All my dreams of wearing wonderful clothes and having wonderful things have become almost meaningless to me. All I really want, nowadays, is to learn and do the will of the Lord as honestly and humbly as I can, to talk to anyone without feeling above or below them, to be able to buy a new dress feeling filled with awe at God's goodness and mercy towards me. When God is my true priority, nothing else really matters.

—Mary S. □

Bountiful, UT (UT-25)—Tuesday, 6:45 p.m. 4655 South 100 West, Ste. 240. He Did Deliver Me. Compulsive eating. Women only. Teri (801)296-2734; teri.tlc@ispwest.com

Layton, UT (UT-26)—Tuesday, 7:30 p.m. Great Basin Crane, 1183 West 300 North (Marshall Way) #1. He Did Deliver Me. Overeating/Codependency. Women only. April (801)775-9924; gggreen6789@peoplepc.com

Just like you have to breath continuously—you have to go to God continuously. You can't just breath for 10 minutes or even an hour at the beginning of the day. You must breath, no matter what else you're doing!

HONESTY ...

Being honest is being whole.

Being honest is being sane.

Being honest is being at peace.

Honesty brings wholeness, sanity, and peace.

July's GSB Contributions

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HEART T' HEART

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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:
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 (435)245-4744; philh22@comcast.net

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- 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
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What’s inside this issue of Heartbeats...

- **Dearest Friends: Christ Must Be the Rock of Our Recovery.** Heart t’ Heart’s only message: Study and apply these 12 principles to come unto Christ. Serenity will follow. Sanity will follow.
- **Trusting God in All Things Means Looking to God in All Things.** I can find God in all ways—not just in the way of studying and writing.
- **About Food Plans and Abstinence.** Make coming to the Lord your highest priority—and trust that there are no chemicals in food so strong they can shut down your ability to communicate with Him.
- **Are We There Yet?** The moment a person thinks they have “arrived” is the moment of failure.
- **The Book of Mormon—The Greatest Tool of Recovery.** Nothing will attune the human mind faster to the Spirit of God than reading slowly through the Book of Mormon.
- **Humility Comes as We Look to God and Live.** True humility isn’t feeling at the bottom of the barrel, less than others or unworthy of others. Humility in recovery comes from my willingness to have my heart turned to God at all times.

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