

## 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,*

## Coming Unto Him

This morning, as I was studying the Book of Mormon, I came to a verse that felt highlighted by the Spirit. I used them for a "head-line" in my journal entry. I offer this capture to you with my witness that, though it makes no common sense, this way of life works.

*Bringing them down into the depths of humility, to be the humble followers of God and the Lamb. (Helaman 6:5)*

I see that these words describe exactly where I must remain today. If I move more than 15 minutes away from conscious contact with Him and His loving, patient counsel, I am further than my soul can stand to stray. I have to come back to Him, in my mind, and in written record if possible. When I connect with the Lord with that level of frequency, my hours pass peacefully. My mind and hand are guided to the next thing to do, and then the next. My days are full and productive, usually.

But more important than any degree of productivity is the peace that I feel—the peace of knowing that I have done all that I can do, that day, to counsel with Him in all my doings. I have done all that I can do to look unto Him in every thought, to always remember Him that I might have His Spirit to be with me. I know it, feel it, live it, rejoice in it and have peace beyond anything this world can give.

Out of this springs all the sanity and serenity I could ever hope for or imagine. Him first—being with Him, walking, talking, counseling with Him, as one, and we together, as one with our Father in Heaven. As Pres. Benson assured us, in this kind of day all else falls into its proper place.

Scoffers may scorn and say things like, "How do you get anything else done?" or "I could never do that!" or "You have to do something besides sit around all day, reading scripture and praying." When I hear this, I have to smile (as one with

## Coming Unto Him

*Continued from page 1*

Him) and keep doing what works for me, which is to seek this same Jesus of whom the prophets have written (Ether 12:41) and cleave to Him as He rejoices in cleaving to me (Jacob 6:5).

Ether 12:41 — And now, I would commend you to seek this Jesus of whom the prophets and apostles have written, that the grace of God the Father, and also the Lord Jesus Christ, and the Holy Ghost, which beareth record of them, may be and abide in you forever. Amen.

Jacob 6:5 — Wherefore, my beloved brethren, I beseech of you in words of soberness that ye would repent, and come with full purpose of heart, and cleave unto God as he cleaveth unto you. And while his arm of mercy is extended towards you in the light of the day, harden not your hearts.

And with Jacob, I beseech you in words of soberness—sober because of this degree of devotion to the Son of God and belief in His devotion to me—to attempt this degree of consecration and surrender to God. It is the only way of life that fills up the hole in an addictive person's heart. At least in *this* addictive person's heart.

—Colleen H. □

## Sighted Guide

by Karen F.

*As I struggle to understand the steps the blind  
child must take,*

*What I must do to help him in life,  
I realize, I myself am blind.*

*I cannot see ahead of me,  
I do not know the dangers of the way.  
I am truly sightless in my progress to move  
forward,*

*Without a sighted guide I stumble, fall.*

*Then it comes to me—  
We are all blind. No one can see the future;  
No one knows the dangers along the path.*

*Christ can be our sighted guide.  
He can be trusted to lead us home to loving arms.  
He does not run ahead or pull or push.  
He gently walks beside us, offering his arm  
That we can take or not—  
It is our choice.*

*Do I go alone doggedly on my own,  
Bumping into walls, and tripping on cracks?  
Christ does not grab me and make me come.  
He offers his arm and waits.  
It is MY choice, It is MY choice.*

# Being an Instrument Even in Our Weakness

Recently, I attended a Relief Society Board Meeting that I was so reluctant to go to, due to my struggle with anxiety. Before it was over, though, I knew it was a meeting that my Savior and Heavenly Father wanted me to experience.

The theme was “To Be An Instrument In His Hands.”

As we began to discuss how we could be more aware of those sisters in our ward who were struggling, I felt the Spirit telling me to speak up and share what I was feeling that evening, even though I was scared to share. Tears filled my eyes. I knew that while some of the sisters knew about my challenge with anxiety, there were others who would be shocked to hear of it because, in my ward, I’m generally known as someone who loves to perform; someone who will do just about anything to be silly or fun.

Still, I knew I needed to listen to the Spirit, and finally I did. I raised my hand and in tears I shared about my disorder with anxiety, depression, and panic attacks.

As I had expected, many were surprised at my disclosure and were almost in awe that I can sing and perform in public and still have such a trial of anxiety. Tears rolled down my cheeks as I shared with my sisters. I actually felt okay opening up to them. It was like letting something secret be known.

I realize now that I was

**Sharing my trials that day helped light a simple but very bright light in the sisters of my ward. I pray that I may continue to be an instrument, even with—and maybe even through—all my flaws. I pray that I may be able to convey to someone that our Savior is there and is aware of us in all things.**

being an instrument in His hands, myself, that very evening.

One of the sisters said she was happy to hear that I was speaking out about my trials and that we can help one another with our differences and learn and grow from one another.

An older sister asked, “What can we do to see beyond the mask that some of the sisters (and brothers) wear when they come to church functions? How do we know they are hurting? How can we help?”

The answer is very simple. If you can see there is a hurt or

burden that you can possibly lift, a hug will help so much. Or a simple, “I love you.” A reassurance that they are going to be okay. It doesn’t take a lot of fancy service to make this kind of difference. The reassurance is such a large component in helping those that hurt.

If you don’t know who is hurting, pray to be the Lord’s instrument and ask Him to guide you to those who need a hug. Most of the time, those who struggle don’t need anyone to totally understand what we’re going through or to fix it. Sometimes we don’t even need to talk about it or hash it out. We just need a smile and a hug and a simple, “I love you.” Isn’t that the way the Savior teaches us? In simple ways.

Sharing my trials that day, I believe, may have helped light a simple but very bright light in the sisters of my ward. I pray that I may continue to be an instrument, even with—and maybe even through—all my flaws. I pray that I may be able to convey to someone, even if only one person, that our Savior is there and is aware of us in all things.

I am not embarrassed by my struggles. I used to be, but not any more. Maybe just being me, “out loud,” weaknesses and all, is how my instrument is being played and heard.

—W.W. □

## Precious Savior

*Have you ever  
looked at a great  
farm gate that  
opens and closes?  
If you look at the  
hinge, it moves  
ever so little.  
Just a little  
movement of that  
hinge creates  
tremendous  
consequences out  
on the perimeter.  
That is the way it  
is with our lives.  
It is the little  
decisions that  
make the great  
differences.*

—Pres. Gordon B.  
Hinckley

I like to listen to talks and books on tape or CD while I am driving in my car. This morning I had a very spiritual moment as I was on my way to work.

The current talk I have been listening to is about the Savior and how His Atonement can bless all of us if we will allow it.

The speaker quotes Steven E. Robinson regarding the Savior remitting our sins and how that takes place (and I am severely paraphrasing): "the Savior does not have some magic wand that He just waves in the air and our sins just disappear. For Him to remit our sins, he must take them and make them his own."

This is a pretty basic concept that is taught in our Church. However, for some reason this morning it hit me like a ton of bricks. The spirit said to me, "Mike, the Atonement is real. It covers not only your sins, but your weaknesses, your sickness, your pain and sorrow,, your addiction, and everything else. And your Savior has freely taken those things to satisfy the laws of justice. Now it is up to you to let him take it from you."

At that moment I found myself fighting back the tears. We talk so much about surrendering everything to the Lord—our character flaws, our addictions, our anger, our impatience, our everything—and yet this principle never really made sense to me.

The Savior made the choice to free each of us, individually, from those things. However, he

**We have a Savior who  
wants to save us from  
ourselves. We made  
the choice to follow  
Him before we came  
to this earth. Now we  
must remember to  
continue to follow  
Him each day.**

cannot do that if we do not choose to go to Him and let Him make our burdens light.

I am so grateful for my Lord and Savior. I know that he lives. I know that he loves me. I know that he "runs to me" to lift me when I am down. He strengthens me in times of weakness. He rescues me daily not only from the bonds of sin but also from the effects of life in general.

I feel like shouting for joy! He is my friend, and He loves me on such a personal level!!

The Church is true, my dear brothers and sisters. We have a Savior who wants to save us from ourselves. We made the choice to follow Him once, long before we came to this earth. Now we must remember to choose to continue to follow Him each day.

—Mike □

# Including the Lord in All Things

I get so worried that I'm missing something in my recovery. That I'm not doing all that I need to do to sustain recovery. In this worry, I keep forgetting two things:

- 1) recovery is of the Lord, I can't keep myself sober (I've proven that plenty of times) and
- 2) recovery is only today.

One day at a time. This seems to be a recurring theme in my sharing, but it's something I forget so often. I'm grateful for the sobriety that the Lord has blessed me with this morning. It's been a good start to the day.

I need to remember to ask, as often as I can: Father, what would you have me do right now?

On that thought, sometimes the mundane things of life seem to take over. I go on auto-pilot—dishes, laundry, helping the children, things of that nature.

**I need to remember to ask, as often as I can: Father, what would you have me do right now?**

Does the Lord really care if I do the dishes first or the laundry? "Why bother him with such trivia?" is what I think, and I get going and forget to include the Lord in even the ordinary things.

I don't need to be directed which to do first, laundry or dishes, but I do need to have a prayer in my heart while I do them. I need to be open to revelation just in case it is critical (for some reason) to do one before the other.

I see that the "Why bother him with such trivia" thought

(and other similar thoughts) come from Satan. Nephi says:

For the evil spirit teacheth not a man to pray, but teacheth him that he must not pray. But behold, I say unto you that ye must pray always, and not faint; ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul. (2 Nephi 32:9)

I pray that I'll remember Him more quickly and more often. I have so much to be thankful for.

—Sheldon □

*Ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.*

—2 Nephi 32:9

## Meeting Updates

**Bountiful, UT (UT-25)—Tuesday, 6:45 p.m.** Call for location. Book Study: He Did Deliver Me. Compulsive eating. Women only. Teri (801)296-2734; [teri.tlc@ispwest.com](mailto:teri.tlc@ispwest.com)

**Pleasant Grove, UT (UT-18)—Thursday, 12:30 p.m.**

Book Study/Writing: He Did Deliver Me. Karlene 796-0540; [karleneb@mac.com](mailto:karleneb@mac.com)

## 7th Tradition

Seventh tradition donations are vital to the health and growth of Heart t' Heart. Although Heart t' Heart has product to sell, it makes very little profit from those items. The money to run the organization comes directly from seventh tradition donations sent from Heart t' Heart groups and from individuals.

How are Seventh Tradition donations spent?

- Overhead, which includes postage, website (\$47/month) and rent (\$50/month)
- Inventory (which needs to be pre-paid and pre-printed)
- Free pamphlets and informational packets to people interested in starting a Heart t' Heart group and to LDS Church leaders
- Future products, such as a Heart t' Heart "Big Book"

No one on the GSB is paid for their individual time or services. They participate in the organization at their own expense. All of the work of running the organization, creating this newsletter, organizing the yearly conference, tracking registered groups, moderating the forum and answering questions is all donated time.

So that you will be aware of the financial situation of Heart t' Heart, beginning this month, we will be publishing Heart t' Heart's total income and expenses with the list of donations (see pg. 7).

## Heartbeats Available Online—Free!

This newsletter has long been the official document linking Heart t' Heart membership to the GSB and providing uplifting articles and sharing submitted by the readership. One of our concerns has always been that the cost of the subscription is prohibitive to some members who would enjoy and benefit from receiving the newsletter. Over the years, we've discussed many solutions to this problem, but until now, the cost to send out a free newsletter to all the members of Heart t' Heart would be astronomical. However, through the wonders of modern computers and the internet, we are able to now make the newsletter available to anyone who has access to a computer and the internet.

### Free Newsletter Subscription:

To subscribe to the free Heartbeats newsletter, send an e-mail to [subscribe@h-t-h.org](mailto:subscribe@h-t-h.org) with the word **Heartbeats** in the subject line. Your e-mail address will be added to a privately maintained e-mail list and each month you will receive Heartbeats as a printable .pdf file. (You will need Adobe Acrobat Reader, which is a free program that can be downloaded from [www.adobe.com](http://www.adobe.com)) The look and format of the newsletter in this pdf file will be exactly as it is now, unlike some online newsletters which send a text file. Back issues of Heartbeats will also be posted on the Heart t' Heart website at [www.heart-t-heart.org](http://www.heart-t-heart.org). (A few issues are already there. Give us a few months to get the rest up and ready to go.)

### Printed Newsletter Subscription:

For those of you who do not have internet access and an e-mail address or who prefer a printed and mailed version of Heartbeats, this will still be an option at the current subscription price.

### Switching Subscription Types:

Still have several months to go on your old subscription? You have several options available.

1. You can continue to get the printed newsletter until your subscription runs out, then switch to the online version.
2. You can call, write or e-mail us (see contact information on pg. 7) to cancel your printed subscription and allow Heart t' Heart to retain your full payment as a donation.
3. You can call, write or e-mail us to cancel your printed subscription and ask for a refund on remaining issues that have not yet been mailed to you.

# October's GSB Contributions

ID-15.....26.00  
 Private Donations .....\$10.00

Total Income .....191.90  
 Total Expenses.....217.41  
 Net Income .....-25.51

*\*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](mailto: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](mailto: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](mailto: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  
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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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- **Precious Savior.** We have a Savior who wants to save us from ourselves. We made the choice to follow Him before we came to this earth. Now we must remember to continue to follow Him each day.
- **Sighted Guide.** A poem emphasizing the importance of using the Saviour as our reliable guide.
- **Being an Instrument Even in Our Weakness.** Maybe just being me, “out loud,” weaknesses and all, is how my instrument is being played and heard.
- **Including the Lord in All Things.** I need to remember to ask, as often as I can: Father, what would you have me do right now?
- **Seventh Tradition.** A reminder of the need for and the use of Seventh Tradition donations.
- **New! Heartbeats available through free, online subscription.**

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