

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 Will Come to Us

A lot of people in our culture think that for someone to say they have an “addiction,” or that they are an “addict,” is just an excuse. Just “pretending” that it’s “that” bad. Many people think that if these self-proclaimed addicts would just get up off their poor-pity-me backsides and start trying a little harder that they could get up and shape up.

Lately, the Lord has shown me a new metaphor for addiction compared to lesser reasons for not being able to get up and get going on my own. In my addiction, I am not able to “come unto Christ.” I’m not able to “approach His throne.” In my addiction, I am down for the count in exactly the same way that Alma the younger was, as he describes in Alma 36:18 and Alma 38:8 Quadriplegic, that’s me. Not able to wiggle a little finger to “come unto” anyone.

Like him, I am only trapped in my paralysis, in my addiction. I am excruciatingly aware, as he was, of my totally powerless, totally helpless state. There is only one thing that I can do—and that is to cry out to the Lord Jesus Christ, “Oh Jesus, Thou Son of God, have mercy on me!”

The truth is that in His mortal ministry, there were those who came to Jesus and there were those who could only lay by the side of the road and cry unto Him. Christ came to those who cried to Him. For many years, as a very active member of the Church, I had lost touch with the truth that He is *that* merciful and kind—that He will come to those who can’t drag themselves to Him. Like the lost lambs in His parables, *He* comes after *us*.

According to Elder Holland, to “succor,” means “to run to” someone. (*Trusting Jesus*, p. 43), Jesus, my dearest Friend, my Savior, will run to me! How long will it take me to learn this and never forget it? Being mortal and prone to the

*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.

Reflections on General Conference

These comments were posted on the Heart t' Heart forum pages in the days following April conference:

What a wonderful conference. I was amazed and grateful at how many people talked about addiction either directly or indirectly. I am so grateful for the opportunity to be in the Church and to be able to hear the word of the Lord through his living servants.

One thing I learned is that Alma's lasting conversion didn't happen through the visitation of the angel, but rather, by fasting and praying many days that he might know of himself. (See Alma 5:45–46)

Also, one of the brethren talked stated that to repent is to turn or return unto God. As I remember this definition of repentance, it gives new meaning to the scripture:

Therefore, whosoever repenteth (turneth or returneth unto God), and hardeneth not his heart, he shall have claim on mercy through mine Only Begotten Son, unto a remission of sins; and these shall enter into my rest. (Alma 12:34)

I always thought that to repent meant to make my life perfect, but it doesn't. It simply means to turn to God. I keep hearing steps 1–3 in my head:

1. Admit that I of myself am powerless, nothing without God.

2. Come to believe that a Power greater than myself (Christ) can restore me to sanity (spiritual health.)
3. Made a decision to turn my will and my life over to the care of God.

—Sheldon

Sheldon,

I was blown away as well by all the references to addiction. In the first address in the conference, Elder Hales touched upon this topic (in the context of agency). He then went on to talk about the things we can do to reclaim our agency and basically listed all the principles outlined by the Twelve Steps. It was quite remarkable.

For me, through the entire conference, I got a even deeper sense of how all the brethren and sisters that spoke truly love the people they serve. More than ever before I felt my Savior's patient, merciful and unending love for me...and that is a truly remarkable thing.

Your friend,
Brooks

The Twelve Steps have helped teach me what repentance really means. Just like you said, to repent is to turn unto God. For years I thought that to repent meant to stop sinning. But as we see from the

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above scripture, remission of sins comes *after* we repent. And it only comes through the mercy of the Savior. It comes after we turn ourselves to God and live.

When I finally quit focusing so much on trying to stop sinning and focused instead on truly repenting (turning to God), I began to find the hope and peace that only He can provide. And with it came sobriety.

— John F

Christ Will Come to Us

Continued from page 1

weaknesses of mind and body that come with mortality, it probably take me to the end of my life to learn it. But, I will not let that discourage me. I'll keep coming back to this truth, as often as I need to.

Trusting Christ is my only hope—*He's* my only hope. *His* goodness and mercy are my only hope.

—CH ☐

The Promises

In the Saturday morning online meeting, the Promises found in Alcoholics Anonymous (p 83-84) were posted. I haven't read them for a long time, and was blessed to receive some insights that I would like to share.

I am amazed! I am receiving these promises in my life. These are the Lord's promises to me for turning my heart over to Him, aren't they? These promises are the fruits of the Spirit that come from repenting and seeking to know my Savior.

But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance... (Galatians 5:22-23)

I've labeled beside each of the promises some of the fruits each one represents to me.

"We will not regret the past nor wish to shut the door on it." (long-suffering & MEEKNESS)

We will realize the the Lord's long-suffering with us and will become humble, or meek, submitting to His chastening and allowing Him to heal us. We will be grateful for the lessons we have learned.

"We will comprehend the word serenity and we will know peace." (PEACE)

We will understand that there are some things—many things, actually—that we have no control over, but the Lord does. We will trust in His care for us and receive peace. We will

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not worry about anything beyond our own agency.

"No matter how far down the scale we have gone, we will see how our experience can benefit others." (LOVE)

Having been blessed through the love of the Lord for us, we will be filled with that love and will desire to share it with others in need.

"That feeling of uselessness and self-pity will disappear." (JOY & FAITH)

We will find joy in living our lives according to the Lord's will, and, having faith in His perfect plan for us and in His guidance. We will no longer pity ourselves for any of our personal circumstances, even the difficult ones.

"We will lose interest in selfish things and gain interest in our fellows." (GENTLENESS)

We will no longer strive to

dominate or manipulate others for our own gain, but will feel the gentle love of our Savior guiding our relationships with others.

"Self-seeking will slip away." (TEMPERANCE)

Self-gratification will give way to abstinence from our addictions, or temperance.

"Our whole attitude and outlook upon life will change." (MEEKNESS)

And how will it change? From an attitude of pride in that great and spacious building to a meek walk with the Lord, holding fast to His word in our hearts.

"Fear of people and of economic insecurity will leave us." (FAITH)

We will be secure in our knowledge of the Lord's love for us, and will trust Him to provide all we need to live in security and peaceful acceptance of His constant provision of our best good, even if that best good must, for a time, mean economic scarcity.

"We will intuitively know how to handle situations which used to baffle us." (GOODNESS)

Since the lesson we are to learn in this life is to choose good over evil, by following His counsel to us, we will be learning to choose goodness.

"We will suddenly realize that God is doing for us what we could not

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The Promises

Continued from page 3

do for ourselves.” (FAITH)

We will be blessed to overcome, through the Lord’s mercy and grace, all the challenges and weaknesses He has given us. As He blesses us, we will grow in faith in Him until we long only to give Him all our heart, all our mind, all our strength and all our might—our whole will, which is the only thing we can truly give Him that isn’t His, already. We will have the faith to live only for and in Him.

What do all these promises have to do with the Lord’s condescension unto us? Everything! These gifts of the Spirit are the qualities of His own perfection. They are the perfection He wishes us to acquire, through coming unto Him.

The Lord God showeth us our weakness that we may know that it is by his grace, and his great condescensions...that we have power to do these things. (Jacob 4:7)

The Lord reveals my weakness unto me—my addictions that I would never have admitted to anyone without great shame—that I may know it is by His grace, and His great merciful condescensions to sit with me in grief and lift me out of pain into light, through the trust He tenderly teaches me to place in Him one step at a time. In that trust, I give Him permission to change my heart, to remove my defects of character and make me into a

fruitful daughter, multiplying His gifts to me a hundredfold and replenishing the earth with the love He has poured out upon me, thus fulfilling the purpose of my creation, having joy, and entering into the joy of my Lord. (Genesis 1:28, 2 Nephi 2:25, Matthew 25:21)

As we learn to “come unto Christ, and be perfected in Him, and deny (ourselves) of all ungodliness; and if (we) shall deny (ourselves) of all ungodliness, and love God with all (our) might, mind and strength, then is His grace sufficient for (us), that by His grace (we) may be perfect in Christ; and if by the grace of God (we) are perfect in Christ, (we) can in nowise deny the power of God.” (Moroni 10:32)

The fulfilling of these promises are the result of receiving “evidence of things not seen,” except with the spiritual eye of faith in Christ, and believing that evidence enough to be willing to come unto Him. The fulfilling of these promises are the result of having hope in His love, and accepting His testimony of us—a testimony that is so strong, He has sacrificed every moment of eternity for us, according to the Father’s will, and condescends to live in the kingdom of heaven within each believing heart who lets this lowly King enter in.

—Peggy B ☐

Stuck on 8

I’ve been “stuck” in Step 8 for a few months. In other words, I began making a list of people, became overwhelmed and put it on the shelf for a while. In all honesty, I’ve been scared of it, and scared of the ever-looming Step 9 which seems to be the inevitable end of Step 8.

This last week, I began to realize that fear of moving though this process is part of my “defects of character” list. This morning I realized that I could pray to have the fear removed, for the strength to move ahead regardless. (Ok, I’m kind of slow, maybe I should have realized this before, but I didn’t.)

I got the feeling that I shouldn’t pay attention to the length of the list (which is probably still incomplete) but instead, take one person and write about every feeling, every unresolved concern that I have with that person while praying for my mind to be opened to whatever I need to learn or make amends for.

All of a sudden, the immensity of the task is broken down and it seems possible (I wrote about two people this morning.) Worries about Step 9 were removed from my mind. I was able to simply write what I thought and felt. I know this is a blessing from the Lord, making it possible for me to move forward in this difficult step.

That’s where I’m at.

—Sheldon ☐

Living By the Letter vs Living By the Spirit

Earlier, this morning, I answered an email to a sister I sponsor, who wrote inquiring whether she is doing something in her writing exercises “right,” asking to know the “best” way to do it. Here’s the answer that flowed through my heart and out of my fingers. I felt impressed to share it with any who feel comfortable being a “Dearest Friend” of mine.

Dear Heart, Bless your heart! You are so concerned with doing “it” right! So concerned with rules and laws and the “best way,” and the “right way.”

There’s nothing wrong with that. It’s good as far as it goes, but the Lord intends us to eventually shift into a higher plane of relationship with Him. I invite you to consider tempering your anxiety about the “letter of the law” or “the rules of doing right,” and begin to balance it with living by “the Spirit of the Law.” God’s love doesn’t require “rocket science” of us. All He wants from us is what He wants to give us: love. And out of that love will spontaneously blossom obedience to the commandments.

“Commandments”—the very word even hints at the relationship He has to portray toward us, when we are so distant from His Spirit (of adoration for us), that we have to be treated like servants and be “commanded.” But then, the relationship begins to change as we come closer to Him. It becomes a relationship of two beloved people to each other.

As we begin to love Him...we begin to live by the Spirit. The “letter of the law” is “done away.” Why? Because we will automatically live identical to the way of the law, only now out of mutual love and trust and oneness with Him.

We have always been beloved of Him. As we begin to love Him that way, we begin to live by the Spirit (of God, of Love, of our True Selves*) and the “letter of the law” is “done away.” Why? Because we begin to automatically live virtually identical to the way the letter said, only now out of mutual love and trust and oneness with Him (Them, the Father and the Son and the Holy Ghost, which is one God.) (See 2 Nephi 31:21.

Love is what it’s all about. It’s a dance, a joy, a celebration, a wedding feast, a delight. There’s a lightness and peace and “rest” to it that He invites us to enter into from this time (See Moroni 7:3.)

* Joseph said, “If men do not comprehend the character of God, they do not comprehend themselves.” (*Teachings of the Prophet Joseph Smith*, p.343.)

Do you see? God’s character is above, beyond and through all things—love. And so is our true character. It is the influence of the Liar and his lies riveted on our hearts (and our “fathers” hearts) that we are bad, wrong, different than God.) That, dear friend, is one of the core messages of the Restoration: we are literally children of Deity-- and have the “seeds” (genetics, characteristics) of our Eternal Parents in us.

Much love (All there is!),

—Colleen ☐

“Our use of agency determines who we are and what we will be.”

—Elder Robert D. Hales, *Ensign*, May 2006, p8

“I Will Deliver You” Isn’t a Bargain; It’s a Promise

My heart just aches at the futility I experienced during all the years I lived with an “exchange” mentality toward the Lord. I truly thought that I had to do a huge, long list of things to be good so that I deserved His help. I thought that He would not deliver me from bondage, until I had gotten myself up and out. I thought He stood on the edge of the horrible wasteland, the terrible quicksand of mortal sins and weaknesses I was drowning in, and waited for me to slash and slog my own way out. Only after I had done “all that I could do,” could I expect to be worthy of His aid.

Then came the day when my addiction flattened me, and I realized that for me, the only meaning of “do all that I could do” was to look to Him, to cry out to Him in my heart—like a person with an advanced case of ALS or Lou Gehrig’s disease, who had been reduced to the total powerlessness of a spiritual quadriplegic. In my case,

Repentance does not mean turning away from sin in order to get worthy to turn to God. It means turning to God in order to get delivered from my sin.

deliverance has to come as a total gift from Him. I have only one thing to contribute to the “exchange.” I have to take His rescue of me, His deliverance, as a gift, and say thank you.

In other words, I have to get down off my “proud horse,” as the saying goes, and let Him save me. I have to surrender to the truth that there is nothing I can do to be worthy, except surrender to the truth that without Him, I am nothing, 100% lost.

For someone like me, repentance does not mean turning away from sin in order to get worthy to turn to God. It means turning to God in order

to get delivered from my sin. I hear others, all the time, say that repentance means cleaning up your act, doing all that you can do, so that God will deem you worthy of His help. God bless them. It must be wonderful to be able to do something prior to needing God’s help. They must still be ambulatory—able to get around on their own. I’m thrilled for them. But I’m more thrilled to know the degree of the Lord’s goodness and mercy that I know.

Today, I function like a whole person—not through any merits of my own, not because of anything I’ve done, except look to Him and cry out. And even then my cries have not been articulate. It seems He understands those cries the best that are the most like a child’s. Sometimes my need goes beyond words and I can only cry out in my heart, “O Jesus, Thou Son of God, have mercy on me!” (Alma 36:18.)

—CH □

Instead of saying, “I do what I want,” our motto should be “I do what the Father wants me to do.” [Step 3]

—Elder Wolfgang H. Paul, Ensign, May 2006, p35

On the Anniversary of My Baptism: My Testimony of Christ and of His Church

March 15, 2006 marked the 43rd anniversary of my baptism into The Church of Jesus Christ of Latter-day Saints. For this great blessing, I can never thank my Heavenly Father enough. I am so grateful for the way the last 20 years have convinced me that our Beloved Father and our Savior are no respecters of persons, that They will reveal Their living reality to anyone, even to a very imperfect and mortal housewife.

This morning, in joy and gratitude for my knowledge of the Prophet Joseph Smith and of the Book of Mormon, I felt impressed to share my most recent journal entry bearing testimony concerning the overwhelming love of the Godhead—all Three working as one, for one purpose—to encircle us in sufficient protection and guidance that we may establish increasingly frequent contact with Them.

For many, many years I prayed to my Father in Heaven for all kinds of things. I prayed for Him to manipulate life to suit my estimation of what needed to happen and when. I thought I must be doing something wrong, because He so seldom answered (obeyed) me.

After experiencing a mighty shift in perspective through studying and applying the Twelve Step principles to my life (as overwhelmingly supported by the Book of Mormon), I

My new heart wanted the Holy Ghost more than I wanted anything else—more than I wanted to be thin, to be rich, or to be fulfilled in any other way.

found myself reading 3 Nephi 19 with new eyes, new ears, and a new heart. My new heart wanted the Holy Ghost more than I wanted anything else—more than I wanted to be thin, to be rich, or to be fulfilled in any other way.

What I longed for most was conscious contact with God, and in 3 Nephi 19, I saw just how the Father and the Son and the Holy Ghost work together in perfect Oneness and harmony to establish an open line of communication with me. I saw that I could receive One and All of Them *as one*. I saw that the Holy Ghost was sent to magnify the Light of Christ in my soul. I saw that it was through His (the Holy Ghost's) unembodied administration to me that I could have the influence (in His perfect oneness and anonymous service to the Father and Son) of the Father and the Son "in" me. Through Him, They could (in spirit and in truth) dwell in my heart, take up their abode with

me, as the Prophet Joseph promised (*Teachings of the Prophet Joseph Smith*, 151).

I have learned by my own experience, that it is possible to experience Jesus Christ through the veil with every fiber of your soul, your spirit and even, to a degree or portion, in bodily feelings. It is possible to know beyond a shadow of a doubt that you have had conversation and communion with the Holy One of Israel, with the Savior, with your Savior, with your most beloved loved one—Jesus the Christ.

You can never be as blinded by the Liar's lies about you, knowing that Jesus Christ has come to you through the Spirit, and has allowed you to make conscious contact with Him. You have seen your own nothingness compared to Him and without Him—your own immaturity, your own childish pride and other imperfections. But you have also experienced Him and His love for you. You know that it may still be a long trek back to a state of perfection worthy of the Father's presence, but you know in whom you can trust—Jesus is real. Jesus is available through the veil. Jesus will counsel and comfort you, will labor with you and for you before the Father. Jesus will cover you with His love, His smile, His countenance, His whiteness—and you will

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My Testimony of Christ and His Church

Continued from page 7

become like Him as you spend time in His Presence, seeking the Holy Ghost and His fullness (Jesus Christ) more than you seek anything else.

I bear testimony that the Church is true and its theology is the most perfect ever revealed to mankind. By prayerful study and hungering for its truths more than we hunger for food, sex, things money can buy, earthly relationships to fulfill us, etc., we can come to a place of such peace and security, such perspective and assurance as will fill our hearts and anchor us in the rock of revelation.

In the Name of Jesus Christ, Amen.

—CH □

April/May GSB Contributions

ID-15	\$27.41
No UT Intergroup	\$100.00
OR-01	\$75.00
Private Donations	\$66.00

Heart t' Heart has a small, prudent reserve built up to offset expenses, but we rely heavily on donations to run the organization. If you feel inclined, please use the form below to donate to Heart t' Heart.

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

New Meetings

CA-18—Chico, CA. Sunday, 6:00 p.m. Call for location. Book Study: He Did Deliver Me. General Focus: Teresa S., (530) 894-5906; aragornelesar@sglobal.net

MS-01—Greenville, MS. Tuesday, 6:00 p.m. DRMC Pavilion, Fairground Rd (across from YMCA). Book Study: He Did Deliver Me. General Focus: Carolyn, (622) 334-3518; deltadietitianmom@hotmail.com

ND-02—Bismark, ND. Sunday, 7:00 p.m. LDS Meetinghouse, 1705 Country Road West. Book Study: He Did Deliver Me. General Focus: Charlie, (701) 471-1271; littlepaper@bis.midco.net

PA-01—Middletown, PA. Thursday, 7:00 p.m. LDS Meetinghouse, 4788 Union Deposit Rd. General Focus: Richard H. (717) 544-4252; richard.hardesty@verizon.net

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Conference Housing

The following hotels are close to UVSC.

- Hampton Inn 801-426-8500
(closest to UVSC)
- Fairfield Inn 801-431-0405
- LaQuinta Hotel 801-226-0440

Conference Location

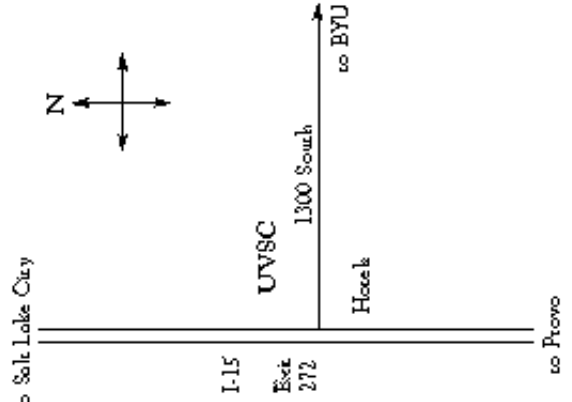
Utah Valley State College
800 W. University Parkway, Orem, Utah
Sorenson Student Center

Friday: Rooms SC206 A, B, & C
Center Stage

Saturday: Rooms SC206 A, B, & C

Follow the Heart t' Heart signs to parking areas.

Map to UVSC



15th Annual
Heart t' Heart Conference

“Lord I Believe;
Help Thou
Mine Unbelief”

“And straightway the father
of the child cried out,
and said with tears,
Lord, I believe;
help thou mine unbelief.”
—Mark 9:24

July 14 & 15, 2006

Utah Valley State College
Orem, Utah

Please feel free to copy this Heart t' Heart
Conference Registration form (pgs. 9 & 10)
and give to those who are interested.

To learn more about Heart t' Heart, go to: www.heart-t-heart.org

Schedule of Events

Friday, July 14, 2006:

- 3:00 p.m. Registration begins
- 4:00 p.m. Official Business Assembly (OBA)
(Group reps only)
- 4:00 p.m. *Introduction to Heart t' Heart*
- 5:00 p.m. *The Surrender Steps*—Valerie R. & Karen T.
- 6:30 p.m. Dinner (pre-registration required):
Chicken Fajitas
Program: *Musical Testimonies of Belief—Faith, Song and the Steps*
(Come prepared to share.)

Saturday, July 15, 2006:

- 8:00 a.m. Registration (Rooms SC206 A, B, C)
- 8:00 a.m. Official Business Assembly (OBA)
(Group reps only)
- 8:00 a.m. *Early Bird Sharing Meeting*
- 9:00 a.m. Workshop: *Applying the Steps to Challenges Other Than Addiction*—Merlene H.
- 10:00 a.m. Welcome & Keynote Address:
Become as a Little Child—Colleen H.
- 11:00 a.m. Workshops—3 concurrent sessions
- *Working the Steps Helps Overcome Our Unbelief*—Jay and Char L.
 - *How Conscious Contact with God Heals Our Unbelief*—Peggy M & Andrea L.

- *So That's What You Look & Sound Like: Sharing for Attendees of Online Meetings*—Penny H. & Mary S.
- 12:00 noon Lunch (pre-registration required)
Soup & Salad Bar—Cream of broccoli & vegetable beef in bread bowl
- 1:00 p.m. General Address: *Believing in the Goodness of God*—Phil H.
- 2:00 p.m. Workshops—3 concurrent session
- *Believing in His Love*—Penny H. & Frances S. (Kanga)
 - *Who's Got the Power?*—Peggy B.
 - *Believing in Honesty*—Rebecca K. & Mary S.
- 3:00 p.m. Panel Discussion—*The Future of Heart t' Heart: Will We Be There for the Next Generation?*
- 4:00 p.m. Workshops—3 concurrent sessions
- *The Merciful Grace of Christ*—Nannette W. & Mary S.
 - *Sexual Addiction & Marriage*—Phil H. & Jeremy W.
 - *Marriage to a Sex Addict*—Colleen H.
- 5:00 p.m. Capstone Address: *A Simple Belief*—Char L.
- 6:00 p.m. Conference Ends

Registration Form

(Please detach this portion and mail to address at bottom.)

*PRE-REGISTRATION:	COST	QTY	TOTAL
Friday & Saturday	\$45	x	_____
Friday only	\$10	x	_____
Saturday only	\$40	x	_____
Friday Meal**	\$11	x	_____
Saturday Meal**	\$10	x	_____
TOTAL			_____

Name: _____

Address: _____

City/ST/ZIP _____

Phone _____

E-mail _____
(E-mail used to confirm registration only)

If registering for more than one person, please list other names here: _____

Payment Method: Check Money Order

In US Funds Visa MasterCard

Card No.: _____

Exp. Date: _____

Signature: _____

*Pre-registration & meal orders must be received by June 30, 2006. After June 30th, prices are \$50 both days; \$13/Friday only; \$45/Saturday only. Meals cannot be ordered after June 30th.

**Meals are purchased separately from conference registration.

Mail to: Heart t' Heart Conference, PO Box 247, Pleasant Grove, UT 84062 Or call (888)790-7040 or pre-register online at: <http://shop.sisna.com/>

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

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mtshaver@mts.net

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- 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

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What's inside this issue of Heartbeats...

- **Christ Will Come to Us.** He comes to those who are too weak to come to Him.
- **Reflections on General Conference.** I always thought that to repent meant to make my life perfect, but it doesn't. It simply means to turn to God.
- **The Promises.** These are the Lord's promises to me for turning my heart over to Him,... These promises are the fruits of the Spirit that come from repenting and seeking to know my Savior.
- **Stuck on 8.** Finding the courage to do it.
- **Living By the Letter vs Living By the Spirit.** As we begin to love Him...we begin to live by the Spirit. The “letter of the law” is “done away.” Why? Because we will automatically live identical to the way of the law, only now out of mutual love and trust and oneness with Him.
- **“I Will Deliver You” Isn't a Bargain; It's a Promise.** Repentance does not mean turning away from sin in order to get worthy to turn to God. It means turning to God in order to get delivered from my sin.

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