

Heartbeats

The Official Newsletter of
Heart t' Heart

October 2006

A Twelve Step Support Group for the LDS Community

Volume 16 — Issue 9

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 the decision to turn our will and our lives over to the care of God as we understood Him. (*2 Ne. 10:24; Omni 1:36; 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, 24, 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. (*Mosiah 27:36-37; Alma 5:7; Moroni 7:3*)

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Dearest Friends,

When I wrote those words, “Dearest Friends,” for the first time in 1990, this publication truly was a letter, far more than a *news* letter. I guess, the truth is, it is still more of a letter. A letter from (hopefully) several of our fellowship who are willing to put their “experience, strength and hope,” or in other words their restoration to sanity, into written form.

It has been the most amazing thing to watch the 12 Step model slowly gain favor in the eyes of our church leaders. It is amazing to think that the LDS Family Services Addiction Recovery Program will be holding their 5th annual conference, this weekend (Oct. 20-21) and that they are expecting 600 people to attend. Six hundred! And that will mainly be the local meeting leaders—the missionaries and facilitators from around the country.

The Lord has blessed me with the chance to speak to the conference for a ½ hour on Saturday afternoon. I would like to share with you the final section of my testimony to them.

INVITE THEM TO WIDEN THEIR VISION.

I am sure you are all familiar with a pattern of operation that God has used over and over in introducing His purposes and program to the earth. He works through the weak and foolish. He starts in the stables and at the grass-roots needs of His people. He calls publicans and sinners—drunkards, whoremongers and harlots, money changers and idolaters to come to Him—to repent and join Him (and of course His church). He meets people at their need—and this LDS 12 Step program represents the greatest need of the Saints today. It is the program that will arm the missionaries with the way to break investigators loose from the bondage of their multitude of addictions. It is the program that will speak to the hearts of the beaten and bruised converts. There’s not much else out there left to convert, Brothers and Sisters. I thank the Lord, continually for your service. You are meeting the Saints at the greatest need in the church today—the confrontation of Satan’s most terrifying weapon against the children of men—*addiction*.

I hope that if you haven’t caught the vision yet, it will come to you soon,

(Dearest Friends, continued from p. 1)

that these 12 true Gospel-grounded principles are only a program of addiction recovery for one reason— because the loss of desire for addiction is a side-effect of coming to the Lord Jesus Christ, the Spirit of Truth and resting in the arms of safety He holds out to us. In allowing Him to speak to you through His light and through the Holy Spirit, He will become your strength and your song, your governor and your guide, your counselor and your

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confidant, your Savior and *your* Jesus—your dearest Friend and closest loved one. That, Brothers and Sisters is the antidote to addiction. It is also the antidote to despair and depression for the family members. It is the strength and the energy that does and will continue to infuse your missions and calling. He once said, “I must be about my Father’s business,” and you are about His business—which is the Father’s—the work of preaching nothing but repentance and faith in the Lord Jesus Christ.

Dear Brethren and Sisters—servants on this final battle line in these last days—I plead with you to use these true principles to come unto Christ and be perfected IN HIM and in the ability to perceive and receive His counsel in all your doings, through His words. He stands at the door of your hearts and waits for you to recognize He is with you in Spirit and in Truth and has been all along. The voice of your prayerful and scripture-saturated conscience is the voice of Jesus Christ. The intuition you feel, the impressions, the inner pictures or visions you see in “the eyes of your understanding”—they are HIS communications to you through His Light and through the magnifying and affirming witness of the Holy Spirit.

I bear testimony to you that this program—these 12 principles of “recovery” represent the establishment of Zion in preparation for her King’s return. It is the work

of purifying the hearts of the Saints by bringing them into conscious contact with their Savior Jesus Christ. This program represents the drawing of the last battle lines, the building of the last fortifications against our common enemy, Lucifer, by teaching individual Saints how to come unto Christ so that He can perfect them. Only with His Atonement in place and functioning in our lives will we be prepared for the times that must come.

In the Name of Jesus Christ, Amen.

– Colleen H. ☐



THE MOST IMPORTANT MESSAGE WE CAN SHARE

The nice thing is that when we awaken in the morning, we can start fresh! We can seek out the Lord for a close and intimate walk and talk just for today. We can ask Him and seek His advice throughout the day. Thank Him for those little tiny things that He does for us that if we were not thinking upon Him, we would not notice.

O how much He loves us and desires to walk and talk with us each day. He desires to watch over us, and teach us as we sleep. He promises His Spirit to be with us if we are willing to chose Him in the fight for our souls and follow Him.

I testify of Him. I love Him. He is my Friend. He is the answer; no matter what the question might be. He is the Truth, the Way, and the Light. And even though we keep messing things up, He loves us still. He binds our wounds, gives us nourishment to our Spirits and urges us to simply follow Him.

Ain't it just GREAT?!!

-- D.C. ☐



REFLECTIONS ON TWO CONFERENCE TALKS

“TENTACLES OF DIVINE PROVIDENCE”

In Richard L. Winkle's talk in the Saturday morning session of conference he made a statement that gave me hope. He told a touching story of getting up at 4 a.m. and going bowling with his seven year old son, and what a memorable experience it was. Then he said, "I wish I could say I had regular and memorable activities like that with all my children, but I can't. I'm one of those parents who oftentimes wishes he could go back and do some things over."

As a person who also wishes he could go back and do some things over, it was good to hear one of our General Authorities admit the same. Sometimes I think that as members of the church we hesitate to share our difficulties and doubts and fears with each other. We don't want others to see anything in us that might not appear to be perfect. We even hesitate to admit our imperfections to God. That is one of the things that has been helpful for me in this fellowship. I learn not only from others' good works, but from their struggles and challenges as well. I have learned to be honest with others, including my wife, my bishop, and especially with my Heavenly Father and Jesus.

“HE HEALS THE HEAVY LADEN”

As I read Elder Dallin H. Oaks' talk from General Conference again this morning my heart is filled with gratitude once again for his message of love and hope.

The title of his talk was "He heals the heavy laden." and he started his talk with the scripture from Matthew 11:28-30.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

His message was basically "The healing power of the Lord Jesus Christ . . . is available for every affliction in mortality." And he went on to speak of afflictions such as pornography addiction. And

that the Lord will not only heal our addictions, but that He will also heal the loved ones of the addicted.

He said "Healing blessings come in many ways, each suited to our individual needs, as known to Him who loves us best. Sometimes a "healing" cures our illness or lifts our burden. But sometimes we are "healed" by being given strength or understanding or patience to bear the burdens placed upon us."

He quoted a letter he had received from a man who was recovering from pornography addiction, saying how "The most important source of support and strength in the repentance process is the Savior. . . . Intense, daily scripture study, regular temple worship, and serious, contemplative participation in the ordinance of the sacrament are all indispensable parts of a true repentance process... because all of these activities serve to deepen and strengthen one's relationship with the Savior, one's understanding of His atoning sacrifice, and one's faith in His healing power"

This is the message of Heart t' Heart, is it not? How is it that I missed this message for so many years. It is the primary theme of our church leaders in every conference, and yet for some reason it took my involvement in this fellowship to finally see it. How grateful I am for the Savior and his atonement in my behalf. I feel his healing arms around me as I "strive and struggle and desire" to maintain my footing on the strait and narrow path that returns to Him.

I end now, as Elder Oaks did, "As we struggle with the challenges of mortality, I pray for each of us, as the prophet Mormon prayed for his son, Moroni: "May Christ lift thee up, and may his sufferings and death, . . . and his mercy and long-suffering, and the hope of his glory and of eternal life, rest in your mind forever" (Moroni 9:25).

"I testify of Jesus Christ, our Savior, who invites us all to come unto Him and be perfected in Him. He will bind up our wounds and He will heal the heavy laden. In the name of Jesus Christ, amen.

-- John F ☐



INSIGHTS IN POWERLESSNESS

I am always amazed at how I can take even the best and simplest principles and interpret and apply them in a way that is not healthy. It really does take some experience to understand what we mean in 12 step when we say we are “powerless over our addiction” and that we must “Let Go and Let God.”

Satan has counterfeits of every truth, doesn't he? The counterfeit of "Let Go and Let God" can be, "Just avoid dealing with your problems, God is going to take care of it." That's using a true principle incorrectly to avoid truth.

I've never been the kind of person who wanted to do nothing, but I have to admit that I have been very passive at times because I was too afraid or unconfident to act on a problem. I was so afraid of doing something wrong, I just let things go unspoken, or fretted helplessly. At times, I have erroneously interpreted the “powerlessness” of Step 1 to mean that I am incapable and have no choices. On the other hand, I have tried also to solve things by throwing myself into the problem, working and fretting and lecturing, etc. and that doesn't work either. So where is the balance? Where is the truth? I think this is something we learn by experience. I would like to share a bit of my experience with the principles of powerlessness and letting go.

I heard in a meeting once that if we are stuck in our program it is usually a need to go back to Step 1 and admit our need for God's help. All the “good stuff” happens when I allow God to be my partner in life.

Step 1 doesn't say I have no power, meaning that there is absolutely nothing I can do, because the one thing I always have is the power of choice. The one choice I can always make is to ask God for help, to cry out and ask. That is a very powerful choice. I can ask Him for strength to take the little baby steps He gives me in my recovery, the counsel I feel as I capture and pray. In the process of simply being led, simply being loved by Him, I am finding relief from my addictions little by little. The Lord has told me to focus on letting Him heal me from hurts and not

on my addictions and that abstinence will come as a natural by product of that process. In other words, abstinence is not my focus everyday, my focus is just connecting with God and feeling His help and guidance.

Sometimes I may have to process, write, pray, talk to my sponsor, but in time, I begin to see my options emerge more clearly and then I am able to choose what feels right. Sometimes I have to act based upon my highest feelings on a matter, believing that God is helping me, and just do my best to move forward. I am learning not to have such a terrible fear of making mistakes because I am learning that God is there to make it a learning experience, not to punish me.

I have always forced myself to do things that I thought I “should” without regard to whether it felt right or not. I have not given myself permission or the luxury to do things because it felt good, or because I was filled with a desire to do it.

I am learning that when God is leading me to do something, He does this by creating a desire within my heart to do it. He will create feelings of excitement, yearning, passion, a burst of insight, and even throw in a little gift of determination. If there is something that I think I should do, and I just have no desire, even after praying for desire, then that is a sure sign that I'm not on the right track. Either I shouldn't do that thing, or I don't understand enough about it to do it for the right reasons and need some more clarification. If you are one of those people who has really burned out trying to work your way into salvation, learning to let go and do things out of desire instead of coerced by guilt is an awesome part of recovery.

The things God prompts me to do never feel coercive now that I have felt His true character. He doesn't work through guilt trips and manipulation. He gently invites, gives support and companionship, encourages, and edifies. If I haven't felt these things, I haven't truly felt his will for me. He has a lively and pleasant disposition (paraphrasing Heber C. Kimball.)

Thanks for listening as I share a bit of my own personal discovery. .

-- Peggy M. □

TRUSTING GOD, EVEN IN MY CONSTANT NEED TO REPENT

Sometimes I try to make up in “exercising faith” what I lack in patience and trust of God. Sometimes I think that if I “exercise faith” long enough and hard enough—bear down hard enough— it will get the Lord to come through for me the way I want Him to, and now.

The truth is, it is actually faith in my own will that is motivating these acts of faith “in God”. I pray more, give more service, increase my activity—all trying to please Him, trying to do what He’s asked me to do, not because I love Him, but so that I can get Him (manipulate Him?) to do what I want Him to do for me.

This is not trust in Christ.

Trust = faith = patience.

I am beginning to see that it has been me, all along, that has insisted that I be a better person, live a more righteous, perfect life before coming to Christ. I am the one that has been unwilling to walk with Him as He is willing to walk with me—in my imperfection. I have believed the lies of my adversary, Satan, who has told me that God is intolerant and disgusted with me in my dirty, filthy (Satan’s terms), lost and fallen state (God’s terms). He lied to me about God, and in my fear, I ran from God—I became an “enemy” to God.

I forgot that God was where I came from.

I forgot that I’m not one of the ones who got “cast out” in the fall. I forgot that I followed Christ into this challenging experience. (1 Nephi 8:5-8.) It’s Satan that got cast out. It’s Satan’s lies that tell me God is my enemy and that I need to avoid Him. It is Satan that lies to me about God’s true nature and my own true nature and who tries to get me to forget that I was on God’s side from before the world was—and He was on mine — and still is..

The testimony of the Restored Gospel tries to remind me of my original relationship with God—both with my Father and with my Elder Brother. It tries to tell me that, even though I am temporarily a mortal and am tempted by my enemy (the Liar, Satan) to be harrowed up by the

memory of my many sins, God still loves me beyond comprehension. God still feels this way toward me: “Father, forgive them for they (being veiled and under attack of the Liar) know not what they do.” (Luke 23:34)

The Restored Gospel tries to tell me that I can glory in Christ’s robes of righteousness (2 Nephi 4:33) and that He will wrap me round in them and cleanse me in His blood, His pure love, spilled out for me in Gethsemane, on Calvary and even to this day in His unwavering effort to encircle me about in the arms of His love. (D&C 6:20)

The Restored Gospel tries to tell me that I can glory in Christ’s robes of righteousness, and that He will wrap me round in them and cleanse me in His blood, His pure love, spilled out for me in Gethsemane

When will I realize that the Savior’s invitation to come unto Him so that He can show me my weaknesses, is not an invitation to shame me or blame me, but an invitation to make my “weak things” become strong as I walk and talk and live my life in His companionship? It’s a process. It takes time. And He’s the one with the patience and the tender mercy toward me. I am the one with the pride and punitive judgement toward myself. I’m the one unwilling to come to Him until I can feel proud of my accomplishments on my own. This is yet another lie of God’s enemy and mine—Satan—that has found fertile soil in my heart and mind, in my pride. Again, I must humble myself before my Savior and cry out, “O Jesus, Thou Son of God, have mercy on me.” (Alma 36:18.) Here I am again, with another piece of shrapnel that has worked its way to the surface of my soul. Please, remove it from my heart.

And I must not be too proud to come back—as often as I need to—to admit my pride.

– CH □



HEART T' HEART GETS BY ON DONATIONS FROM MEMBERS ONLY

During the recent HtH conference there was great concern that 7th tradition donations were down over 30% this year. A comment was made that AA donations had dropped similarly this year. I've been six years coming to HtH, but still relatively unacquainted with the organizational operations and procedures. In the conference session, I raised the possibility of fund-raising and soliciting outside donations. Phil H. explained that this wasn't done in HtH or AA because often outsiders then feel entitled to control how funds are used and/or how programs are managed.

My background has included working for 10 years as a grant writer and fund-raiser for a small non-profit organization. It is a culture unto itself, and I was amazed by the jargon and policies and procedures that were a "given" in this field. At first I felt like I couldn't go out and "beg for money". But it was explained to me that what you really do is go to people who give away their money anyway, and convince them (get them emotionally involved) that your cause is more worthy than someone else's.

One of my specific responsibilities was to "cultivate" major donors. This involved finding wealthy people who believe in the purposes and values of your organization. These people know they will be paying large amounts of money to the IRS, so instead of giving it all to the government, they often seek out non-profit groups which have a "cause" that needs funding. In order for them to get a tax deduction, the deserving organization must have an IRS tax code designation as a 501(c)(3), which takes a lot of effort to acquire, and which HtH does have. Almost every worthwhile organization (i.e. Red Cross, Boy Scouts, medical research, universities, school districts, etc.) has a 501(c)(3) to legitimize their purpose, so that donors can be guaranteed

a tax write off. We are familiar with the deduction that we get for tithing and other community causes we're involved with and assume the donation is legal, especially because we're given receipts.

As with all our decisions, this is a cause we need to take to the Lord and then trust in Him and do as He directs according to our individual circumstances.

Most of us don't have the problem of needing large tax deduction, but the principle is the same for Heart t' Heart. Most likely the 30%+ drop in donations is related to the economy and has to do with dwindling amounts of spare change when the 7th tradition envelope is passed. But with the increasing need to fund the materials needed to live the 12th step, it is time to re-evaluate our level of donation based on our personal capability, and make a conscious decision about what we can actually give.

Heart t' Heart has made a big difference in my life, but I never had a real sense of need or urgency to increase the amount of my on-again-off-again bare minimum donation. As with all our decisions, this is a cause we need to take to the Lord and then trust in Him and do as He directs according to our individual circumstances.

– Nancy M.. □



October GSB Contributions

UT-18, Orem \$25
Online Meetings \$33
Private Donations \$30

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.

Heart t' Heart Contact Information:

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P. O. Box 247
Pleasant Grove, UT 84062
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Toll Free: (888) 790-7040
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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: HDDMFB. Open Sharing.

OL-01 – Tuesday through Thursday, 7:00 – 8:30 p.m. Mountain Time Zone (USA). General Focus, Book Study: HDDMFB. Open Sharing.

OL-03 – Saturday, 7:00 – 8:30 a.m. Mountain Time Zone (USA). General Focus, Book Study: HDDMFB. Open Sharing.

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 at 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

Amount: _____ Check VISA Master Card Payable in US Funds. DO NOT SEND CASH

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We encourage reader contributions to
Heartbeats. Ideas for articles:

- 1 In-depth study/analysis of principles found in Steps or Traditions
- 2 Personal experiences with the Steps, Traditions, Tools – how the work in your life
- 3 Capturing from the scriptures, *Big Book* or *He Did Deliver Me From Bondage*
- 4 Open sharing with positive recovery messages
- 5 Program from the Prophets – quotations from modern prophets with a “recovery” message
- 6 Short quotes, thoughts or one-liners

Send articles to:

Heartbeats
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Hyrum, UT 85319
htharder@hotmail.com

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