

Heartbeats

The Official Newsletter of
Heart t' Heart

November 2006

A Twelve Step Support Group for the LDS Community

Volume 16 – Issue 10

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,

THE INSPIRATION BEHIND HTH GENERAL FOCUS GROUPS

On page 17 of the AA Big Book (4th ed.), we read:

“We are people who would normally not mix.”

This is so true in Heart t' Heart. Our “General Focus” groups are comprised of all kinds of addicts. There are food addicts and sex addicts and approval addicts and self-pity addicts and perfection addicts and degradation addicts and ALL KINDS of addicts, all thrown together in the same meetings. And what is the result? As illogical as it may seem, the result is exactly what the next sentence on page 17 describes: **“But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.”**

Who would have ever guessed! Not the professional therapists. We had more than one tell us, in the beginning of Heart t' Heart's efforts, that we were “foolish,” and “all wrong,” and “headed for disaster” to put addicts of different varieties together in the same rooms. “You think you're going to get alcoholics and sex addicts and food addicts and codependents to sit down and understand each other? Come on! It's the alcoholics and sex addicts that the food addicts and codependents blame for all their troubles, and vice-versa.” Really. That's what a leading LDS therapist/addiction counselor said to us (myself and two other HtH GSB members who were trying to explain the miracle of HtH to him.) And as I said, he wasn't the only one.

To this day, there are people who labor under the misconception that you can't put the addicts and the codependents in the same room with each other.

(Dearest Friends, continued from p. 1)

You know, the truth is—just like in dealing with quarreling children, you might have to separate them for a short time—until they cool down a little. But you had better put them back together as soon as you can and get them interacting, relating to each other, listening to each other in an atmosphere of willingness to look at their own “stuff,” their own contribution to the trouble they’re having.

Let’s continue on with the AA text and see if it sheds more light on just why people who wouldn’t normally mix are lifted beyond their differences.

That is the common solution for our common problem—being mutually lost and fallen without the intervention of the Lord Jesus Christ—and we know it.

“The tremendous fact for every one of us is that we have found a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly [and sisterly] and harmonious action.” (17)

And in Heart t’ Heart, that “common solution” upon which we all agree is in focusing the 12 Steps on “coming unto Christ and being perfected in Him.” That is the common solution for our common problem—being mutually lost and fallen without the intervention of the Lord Jesus Christ—and we know it. And we know it for ourselves as we sit in company with each other.

Out of the midst of this atmosphere of “common problem” and “common solution,” comes a healing of the lie of “difference” we have labored under, which has divided us from each other and from all the other mortals that we live with in our families and everyday lives.

What a miracle! To be healed and brought into

oneness by the very same Answer, the very same Solution, by the very same Savior! There may be dozens of ways to act out our common plight, but there is only one Way to be free, and as we walk with Him we are healed to each other.

This is the vision that established the miracle of “General Focus” groups as Heart t’ Heart’s favored style of meetings.

We who have seen this miracle, first hand, pray that you who are still concerned and suspicious of it, may attend some “General Focus” groups and experience it for yourselves. And if there’s no such group you can get to, face-to-face, the online meetings are all of this type. Even though they are not face-to-face, they convey a powerful degree of this miraculous reality.

– Colleen H. □



LEAVE TO THY GOD TO ORDER AND PROVIDE ...

This line came to me as I counseled with the Lord this morning. It is from "Be Still My Soul" in the LDS Hymnbook, otherwise known as Finlandia.

Time management is a problem for me. I always plan too much or too little and wind up accomplishing not a lot, at times. Today I was reminded that all the time I *really* have to deal with is the immediate moment. Harrowing up my soul about things good or bad, which might or might not happen, causes me to loose the spiritual strength I need for the moment at hand.

"Thy God doth undertake to guide the future as he has the past" another line from the song, reminded me again that as I look back at my life and see the

unmistakable hand of the Lord in the events thereof, I can trust Him to be doing the same for the future. Even now, His plan for me is being implemented, doors prepared to open at the very moment they need to be, when I am there to walk through. That tells me that perhaps some of them are ready now, but I am not. So, He waits on me to be ready. And, that is ok, too.

What comfort it is to know that "in the very moment" refers not only to how spiritual sustenance is given, but also to how I am to manage my time, one day, and sometimes, only one moment, at a time.

– Wendy ☐

Hymns, Be Still, My Soul, no. 124

1. Be still, my soul: The Lord is on thy side;
With patience bear thy cross of grief or pain.
Leave to thy God to order and provide;
In ev'ry change he faithful will remain.
Be still, my soul: Thy best, thy heav'nly Friend
Thru thorny ways leads to a joyful end.

2. Be still, my soul: Thy God doth undertake
To guide the future as he has the past.
Thy hope, thy confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: The waves and winds still know
His voice who ruled them while he dwelt below.

3. Be still, my soul: The hour is hast'ning on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul: When change and tears are past,
All safe and blessed we shall meet at last.



THE CONDESCENSION OF GOD

As I recently began reading the Book of Mormon again (much more slowly this time) and capturing as I go, I thought there would be nothing new and worth capturing in the story of Lehi's Dream. But I realize that there is so much in these chapters that I haven't taken time to ponder before.

1 Nephi 11:16 "And he said unto me: Knowest thou the condescension of God?" I think this question is really two fold. First of all, do I know what the condescension of God is? And secondly, do I personally know the Condescension of God.

The condescension of God is the act of Jesus Christ coming to earth to descend below all things (experience all of the physical and emotional pain and hurt that are a part of mortal life) so that he could comprehend (understand and have empathy for) all things that I go through as part of this mortal journey. Only in this way is He able to "feel my pain" and atone for my sins. This knowledge helps me to be more willing to invite him into my heart.

D&C 88: 6 "He that ascended up on high, as also he descended below all things, in that he comprehended all things, that he might be in all and through all things, the light of truth;"

So now for part two of the question (and this may be the most important part), do I personally know the Condescension of God? Do I know Jesus? Do I understand what He has done for me? Do I understand how much He loves me? Do I recognize His hand in my life every minute of every day? Do I FEEL Him in my heart and love and honor and glorify Him? Do I accept and love His will? Or do I still want to keep a summer home in Babylon?

If I am to be truthful with myself, I think I must admit that I haven't sold my summer home yet, but at least I am visiting it less often.

-- John F ☐

SOME THOUGHTS ABOUT CAPTURING

When we share our capturing, it should always be in the spirit and with the attitude of "While I was prayerfully writing this morning, I felt the Spirit of the Lord convey peace to my soul with the following thoughts:" . . . Or some other wording, similar to this.

It's always important to remember that our capturing is truly *ours*, tailored for us---but also, during it, we often receive insights about true principles that may be of help to others---if we are always sure to offer them in a spirit of humility---not in trying to say "thus saith the Lord" for anyone else but ourselves.

Often, when someone reads a bit of wisdom and insight that they are willing to give the Lord credit for bringing to their minds, a light goes on in their minds and hearts and encourages them to prayerfully consider the same truth for themselves.

As receivers of the inspiration given to others, we should always pray about the inspiring things we hear from them--even from our Prophet--and allow their testimony to us to be ratified and validated by the Lord's testimony, directly, straight to our heart from HIS heart. Then we are not living on light borrowed from Pres. Hinckley, or Pres. Benson, or Joseph Smith. It has become our revelation directly from God. Of course, then we are also held personally accountable for it. As Joseph put it, "I knew it and I knew that God knew I knew it, and I could not deny it." (i.e. I couldn't pretend I didn't really get it, but was just borrowing light from someone else.) Maybe this is why we all spend so much of our lives, (like the children of Israel always have) being willing to lean on the testimony of others, rather than beginning to open that direct channel of revelation between our heart and God's.

It has been my experience that the more I experiment upon this idea of capturing (prayerfully writing my thoughts, usually about a quote from scripture or other inspired writing) and allowing the

"words of truth," or the "words of wisdom" to begin to counsel me in my thoughts---and trusting that it is the Lord's thoughts that are coming to me (recognizing that His thoughts would never be disparaging or unkind or counsel me to do anything I do not have the authority to do) --- the more I experiment upon this idea, the more I am convinced that the "voice print" or "train of thoughts" I'm recording is not mine. "Words of wisdom," FAR beyond anything that has ever come to my feeble, confused, mortal mind, continue to answer me, and give me insights FAR beyond anything I could have ever come up with on my own.

It is the most amazing thing to realize that the God of the Universe is able and willing to dialogue with each of us. HOW He does this, I do now know. But, that He does---and that learning to hear and trust His "voice," His thoughts, as an ongoing dialogue in my mind -- has convinced me that personal revelation is very, very real, and that I can literally walk and talk with the Lord through as many hours of my day as I am willing to think unto Him, and give Him credit for the calm, sane, hopeful directions He "whispers" back to me.--- THIS I KNOW.

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Here are a few quote from Prophets to encourage us to exercise our faith in Christ, rather than to shrink in our fear of ourselves.

Joseph Smith: **“It is the first principle of the Gospel to know for a certainty the Character of God [His kindness and generosity and patience, longsuffering willingness to communicate with us, to never, never give up on us.], and to know that we may converse with him as one man converses with another.”** (Teachings of the Prophet Joseph Smith, p. 345--with my contribution in brackets.)

Brigham Young: **"The greatest and most important of all requirements of our Father in heaven and of his Son Jesus Christ . . . is to believe in Jesus Christ, confess him, seek him, cling to him, make friends with him. Take a course to open a communication with your Elder Brother . . ."** (Journal of Discourses, vol 8, 339.)

This very day, I am flying in a dense, foggy darkness, brought on by the distress I'm tempted to fall into, but I am holding to the "iron rod" of His words to me, as I capture and converse with Him, one hour at a time. It is a LIVING, moment to moment running conversation in my mind as I go about my everyday activities. The Lord Himself said it, "I will not leave you comfortless. I will come to you." (John 14:18.)

-- CH ☐



I MUST STRIP MYSELF OF PRIDE TO FOLLOW THE STRAIT AND NARROW

This morning, in the online meeting, a dear brother shared about how blessed he has been to realize that it is not achieving perfection that matters, but that when we die we are found to be on the strait and narrow path. As I listened, this testimony of Christ (from Him) sang a descant in my heart in harmony with this good brother's

testimony. Here are the words that came into my mind as I was willing to write them down:

It is my testimony that “The strait and narrow path” is Christ. He said, “I am the Way, the Truth and the Life.” He also said, “No man cometh to the Father but by me.”

I have come to realize that as I “Come unto Christ” and seek to be “perfect” (as completely filled with desire for HIS power and guidance to be with me as possible, even though that be imperfect because of my mortal immaturities and veiled fumbling—egged on constantly by the adversary’s lying enticements) in Him, HE will give me safety and peace. The narrowness of His way will not allow me to come to Him, without stripping myself of all my pride and self-anything. I must finally surrender 100% to His declaration that “Without me, ye can do nothing.” (John 15:5). The way to perfection is to and through Him, and the way to become one with Him is to come down into the depths of total humility and admit that FOR ME there is no other name, way or means under heaven whereby salvation, and eventual perfection cometh.

– C.H. ☐



AN OPEN LETTER TO ANYONE WHO FEELS FRIENDLESS

Dear Friend,

I'm sorry you are in such pain and sadness. I know the Lord has not forgotten you, and is trying to teach you some important lessons through the experiences of your life.

Of course, it is not wrong to desire friendship and fellowship. Those are valuable things in our lives, and I think we would be right to consider them to be actual *needs*. But sometimes it may not be possible or desirable to go after our relationship with others

directly, especially if we are plunged into depression when no one responds. The truth is, anything—including a longing for another person or even other people in general—that we put too much emphasis on can hinder us--can even become a "god" or idol to us, if we put them ahead of our relationship with the Lord. But if we put the Lord first--truly make Him the most important thing in our lives, the other blessings will come. As President Benson said:

When we have been reborn in Christ, we have something to give, and we go around trying to give to others, not have others give to us. Those kind of people draw others to them.

“Men and women who turn their lives over to God will discover that He can make a lot more out of their lives than they can. He will deepen their joys, expand their vision, quicken their minds, strengthen their muscles, lift their spirits, multiply their blessings, increase their opportunities, comfort their souls, raise up friends, and pour out peace. Whoever will lose his life in the service of God will find eternal life (see Matt. 10:39).” (*Teachings of Ezra Taft Benson*, 361-71)

What does it mean to lose our life in the service of God? I believe it means to let go of focusing on our self, turn our attention to God and our relationship with Him. As long as our attention is focused on ourselves, we will never find what we are looking for, because we don't have the power to answer our own prayers.

I would like to ask you something you might think is a hard question, but there is truth in it. If you want to have others be a friend to you, what do you have to offer them? Friendships work because each person gives to the other. If a person seeks friendship mainly to fill up the void in their soul, it

won't work. That is not sharing, that is taking. And people recognize that kind of relationship and they steer clear of it. There are a lot of pretty plain things people say about one-sided relationships, like "She doesn't make friends, she takes hostages." Is it any wonder people avoid relationships where they feel they are only giving and are not receiving? They feel used and taken advantage of.

So how and where can you obtain that something you can share with others that will entice them to be your friends? You get it from Christ. It is His love. Joseph Smith said that when a person is filled with Christ, He ranges throughout the world, seeking whom he may bless. When we have been reborn in Christ, we have something to give, and we go around trying to give to others, not have others give to us. Those kind of people draw others to them.

So that is one reason to draw near to the Savior--He will make you a more desirable friend. But even more important than that, He will fill the hole of neediness in your heart. He will take care of your needs so you are in a better place to take care of the needs of others. When you have a living, ongoing relationship with Jesus, you won't feel so alone and lonely. That is why we get into all kinds of addictions--because we are trying to find something to fill up that hole with--but it is a hole that can only be filled with and by God.

You might think you only hear one thing from me, and that is because I only have one answer--Jesus Christ. But He is the answer for every problem. That is why I wrote to you that I want you to get your attention off of yourself and onto the Lord and what you are doing to build up your relationship with Him. That is the answer. That is the only answer. Please listen to and trust that answer. I want you to be happy, and have your needs met, but I can't meet them, and no other mortal can, either. Only the Savior can give you what you need. Please trust Him and come unto Him.

Your brother,

– Phil ☐



October GSB Contributions

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Heart t' Heart
P. O. Box 247
Pleasant Grove, UT 84062
Fax: (801) 796-0923
Toll Free: (888) 790-7040
Mon. - Fri., 9 a.m. - 1 p.m. (MST)
e-mail: hthorder@hotmail.com

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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.

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- 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

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