

# Heartbeats

The Official Newsletter of  
Heart t' Heart

December 2006

A Twelve Step Support Group for the LDS Community

Volume 16 — Issue 11

## 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,

### HOW TO HAVE CHRISTMAS ALL YEAR ROUND

In the *Ensign*, July 1989, President Ezra Taft Benson published a First Presidency Message entitled "Born of God." We are told that First Presidency Messages should hold the weight of scripture to us. Here are several excerpts from that talk:

"Finally, men captained by Christ will be consumed in Christ. To paraphrase President Harold B. Lee, they set fire in others because they are on fire.

Their will is swallowed up in his will. (See John 5:30.) They do always those things that please the Lord. (See John 8:29.) Not only would they die for the Lord, but, more important, they want to live for Him.

They have Christ on their minds, as they look unto Him in every thought. (See D&C 6:36.) They have Christ in their hearts as their affections are placed on Him forever. (See Alma 37:36.)

Almost every week they partake of the sacrament and witness anew to their Eternal Father that they are willing to take upon them the name of His Son, always remember Him, and keep His commandments. (See Moro. 4:3.)

In Book of Mormon language, they ""feast upon the words of Christ"" (2 Ne. 32:3), ""talk of Christ"" (2 Ne. 25:26), ""rejoice in Christ"" (2 Ne. 25:26), ""are made alive in Christ"" (2 Ne. 25:25), and ""glory in [their] Jesus"" (see 2 Ne. 33:6). In short, they lose themselves in the Lord and find eternal life. (See Luke 17:33.)

I would like to add my sure witness to President Benson's in the following testimony:

As I go through a day looking to Jesus to live, I find myself

**(Dearest Friends, continued from p. 1)**

miraculously doing right, doing well. The miraculous part is that I'm not striving or trying to do right or even to avoid "not-right" behavior.

It's happening automatically as I orient my mind, my thoughts, my "sights," my "ear" (all in the "inner man", in the spiritual self) to Jesus Christ. I find my disposition changed, not by anything I'm doing for Him, but because of what He is doing *in* me.

You may be puzzled after so many years of being told *you* have to be righteous in order to get Him to come in and encircle you about in His arms of safety. Please let me do my best to describe to you what it is like to be *gifted*—without effort on your part—to be always remembering Him, thinking of Him continually.

Have you ever been waiting to go on a much anticipated trip?

Do you remember what it is like the last few days of school before Christmas or summer vacation?

**I would pray for all of us this greatest of all the gifts of God—this gift of the pure love of (both from and for) Christ, this gift of open heart-to-heart communion with the Holy One, this Christmas.**

Do you remember waiting for Christmas – especially when there's an almost sure chance that you're going to get that much-desired gift—that bike or play-station or puppy or pony—whatever the greatest gift you've ever imagined to that point in your life? Or (and this is the best comparison of all), . . . Have you ever been in love—so totally "smitten" with the other person that no matter what else you're doing, you're thinking about them at the same time?

You lay down thinking of that person, and wake up just to be with them each new day?

That is what it is like to finally enter into the all consuming love of (from) Christ and to be consumed in love for Him.

It's to have no goal but to seek Him, to always remember Him—and to let the rest of life unfold as you go about with His companionship (through the Holy Spirit), being first and foremost, always your greatest desire.

I would pray for all of us this greatest of all the gifts of God—this gift of the pure love of (both from and for) Christ, this gift of open heart-to-heart communion with the Holy One, this Christmas. As we have the chance to hear Handel's exquisite *Messiah*, may we each, individually, personally, privately, in the intimacy of His love for us hear the words *this* way:

**"For unto [me] a child is born, unto [me] a son is given; and the government [of my life] shall be upon his shoulder; and [I shall call His name] *Wonderful! Counselor! The Mighty God! The Everlasting Father! The Prince of Peace!*" (See 2 Nephi 19:6.)**

In the Name of Jesus Christ, Amen.

– Colleen H. ☐



**New Group Started:**  
St. George UT (UT-27) Wednesday, 7:00 p.m. Desert Hills Chapel, 675 E Desert Hills Dr. Book Study: He Did Deliver Me. Women only. Stephanie – (435)688-8645; wilkey595@yahoo.com

## UNDERSTANDING MY SITUATION

I've spent a lot of time "beating myself up" for having my weaknesses, my addiction. But, in recovery, I am beginning to realize that while I am sick, I am also trying to get well. I am imperfect, but at the same time, I am trying to reach out to my Savior.

The 4th principle (or step) is such a humbling place to be. I was at a face-to-face 12-step meeting yesterday, and the group chose to read the entire 4th step in the 12 and 12. The spirit in the meeting was so humble and so sincere. I came home and immediately picked up HDDMFB and read the chapter on the 4th principle. What a nice fit the two made.

What I got out of both readings was that Heavenly Father didn't create a "bad" thing when he created me. He didn't send me here to fail in my journey. He created me, knowing that I would slip and fall and flounder and do bad things, and that being in this "mess" was really all part of His plan for me. I think I have been confused most of the time, thinking that He sent me here to prove myself by being as close to "good" (read "perfect") as possible. And thus, when I make mistakes and sin, I feel I am failing the "test" and there is no hope. Yesterday I felt the spirit tell me that Heavenly Father *knew* from before I came here that I wouldn't "pass the test" on my own. I saw that has always been His plan and that is why He prepared and sent a Savior for me (and for each of us). This little bit of insight is helping me view the 4th step in a whole different light. I see, now, that inventory work is a tool to help me grow. A step to help me see, not a weapon to beat myself up with.

The healing can begin when I see myself as a worthy, loveable child of God who is in need of a Savior, not a piece of trash who will "never get it right" in this earth life.

Thanks for letting me share and I hope it makes sense to any of you working on the 4th step.

– Wendy R ☐

## BEING WILLING TO GET DOWN TO THE LIVING WATER OF TRUTH

*Editor's note: This article was written two years, in 2004, ago by a HtH participant who was sitting in the waiting room of the temple, while his wife attended an endowment session. I am so blessed to feel this dear brother's humility. Today, he is temple worthy, again, and wanted to share with all of us, the image (vision, understanding) that came to him that night, two years ago. Thanks, Joe, for the gift. –CH*

Thursday November, 9 2004

I'm at the temple in the waiting room. I can't go into the temple yet. My wife and ward are inside for a ward temple night. I had been thinking that I should go to the temple even though I couldn't actually go in. My Elders Quorum President said the same thing. I should do all I can to be as close to God and the Savior as possible. So here I am, reading in the Book of Mormon.

I'm reading Ether 8:26, the last verse of that chapter. Moroni tells why he's writing. He's commanded to write, "that evil may be done away with." That Satan will have no power over the hearts of men. That's pretty interesting. *That evil may be done away.* In other words, by being righteous, it binds Satan up. He can't do any work.

"That Satan may have no power upon the hearts of the children of men." That phrase just keeps coming back to me. What I get out of this is that when the heart changes, Satan's power ends. His strength is gone.

Next, Moroni writes that we can do well continually. We will be able to have a desire to do good continually. To be able to come to the fountain of all righteousness and be saved. To be saved comes from doing well continually, and doing well continually comes from having a desire to live like that. So how do we accomplish this? By believing Christ. Only He has the power to save. One day at a time, one moment at a time. *If we let*

*Him.* I'm trying to realize, to comprehend that when I surrender to Him I am saved. Every time! It's a great thing to know.

I have come to realize that I must face the truth, no matter how it hurts. My wife has told me that for years, and I have to admit she's right. As long as I deny and ignore the "bad," in other words the pain or consequences of my actions, then I can go on pretending "all is well." But that's not the truth—and facing the truth kind of sucks, as the saying goes. After all, who wants to face those things and experience the pain? I know I don't. But I have to in order to heal and help my wife to heal. To fully repent I need to go through the hard times, look squarely at the hardest truths. So how do I do that? I'm not sure. I think I need to ask the Lord to help me go through it.

I lose power to communicate with God when I lie. Lying takes virtue from ones soul. In the 13th Article of Faith the word virtue is mentioned. Why? I don't know what the definition of the word is, but I believe it to be the ultimate good in us. Purity comes to mind. Once we start sinning, the Holy Ghost starts to leave us. Little by little virtue will be taken from us. But, when we start to repent He comes back. Only if one repents.

The image of a deep well comes to me. If we were to fill that well with dirt, shovel by shovel, pretty soon water couldn't flow into it. And if we continued to shovel after that, the well would be full and nothing would be able to enter. The only way to get water back would be to start digging the dirt back out again. This would take hard work. And it would depend on how long the hole has been filled, how many times it was walked on, compacting it each time. We have to be the one who starts to dig it out again. Very hard work. If we are serious about it others will help some, but not all the time. Because, after all, it is our well to dig out.

As we dig, we discover things in the hole. Like ourselves. We are in the hole. Digging. All this can make us humble or break us. We could think, "What's the use. Its hard work." But the only way to get pure water back is to dig. As we dig, we notice that someone is digging too. At first we don't realize

who it is. Then we start to recognize the face, the hands, and the eyes. Nothing is ever said. Only felt. Sometimes we get mad, upset and maybe leave the hole for a bit. When or if we decide to go back we find our friend there. He hasn't done any digging while we were gone, though. He's just waited patiently for us.

**I have come to realize that I must face the truth, no matter how it hurts.**

He smiles, waits and watches me. I start to dig and so does he. We keep digging together. Soon others come to help. They see the work and effort going into re-digging the well, and they want to help. They recognize the silent friend immediately. They thank him for helping dig out their wells, too, and are glad to help me. As the digging continues we look upon this silent friend and wonder how can he do this after all the other wells he helped with. He never seems to tire. His only words are spoken through his work and the work of others.

As the well gets deeper the dirt starts to get wet. We start to remember what it was like to taste, feel, and enjoy pure water. One day I look up at my friend. He stops and smiles. Then a memory comes to mind. I suddenly realize who this is. As soon as I do water starts to bubble up from the bottom of my well. I suddenly know who is helping me. As this memory exposes itself He reaches down and cups His hands and offers me a drink. I drink deeply, longingly. A rush of feelings goes through my body. It fills me, comforts me, and strengthens me. We climb out of the well as it fills. We look down to see it filling. Then I look up. He nods His head, and then looks toward another place. He motions for me to follow. I follow Him to another hole. Another well needs digging. I understand now. I take my shovel and follow.

– Joe M. □



# A LAMENT AND A REASSURANCE IN RESPONSE

*Editor's note: The following is a post from the online forums, written by a sister, who has found a safe place in HtH, grounded solidly in the LDS community, to express her heart's struggles and fears—in other words, a "lament." Lamenting is done with a different spirit than complaining. Lamenting is done with the hope of an answer, with the hope that someone will hear and respond.*

*In this case, a fellow HtH participant, has done their best to offer a reassuring response. One heart responding to another heart. Truth embracing and respecting truth. It's what our fellowship is all about. It's what the Savior is all about. —CH*

I have to truly wonder, Am I my own worst enemy? It seems like my fear of success, of moving forward with me life, is still greater than the pain of hanging onto my past. Or is it really? Sometimes, in moments of clarity, I realize it does not feel like I like the pain more, but fear still takes the place of love in my heart.

Why can't I embrace the gifts Heavenly Father has given me? My family. My friends. My talents. My potential. I think I am afraid to try to live up to my potential. I'm afraid I will be found out for the phony "I am" (read, "I feel like"). The Lord has commanded us to let our light shine before the world, but instead I just want to hide and become a hermit.

So, the question I am seeking to answer is: Have I been really damaged by the abuse and heartache of my past, or am I using the past as an excuse for not getting on with my life? Will the grief and sorrow from my past ever stop coloring my life?

I feel like I have some true healing to do, but it frustrates me that it is taking years for all this pain to come out. Even after working away at recovery for several years, it is very easy for me to come up with a long list of all my shortcomings, mistakes, and sins. However, it would take me a long time to come up with 10 great things about me. Worst of

all, I get angry at myself because I know better and yet I keep making the same mistakes! How can it take me so long to learn? When am I ever going to get it together?

Anxiety is eating me up, making me sick and yet I can sense I am creating most of it!

The response: Dear Sister, the truth is *you* are *not* your own worst enemy. Satan is your worst enemy, and he works on your feelings about yourself as part of his attack on you. He was the one who inspired those who abused you in the past, and now he wants to capitalize on it to further destroy you. Don't let him. The only power the adversary has is to lie to you. If you refuse to accept or believe his lies, you start to become free from his chains, even if it is a slow process.

**The only power the adversary has is to lie to you. If you refuse to accept or believe his lies, you start to become free from his chains, even if it is a slow process.**

I know the Lord loves you and wants to lift your burdens from you. I expect He already is bringing you relief. Changes this deep take time, though. Lots of time. And it's hard sometimes to see that progress is being made. I think the most important thing we can do is to take our attention off of our challenges--whether they be addictions or other distractions we use to numb the pain--and put as much attention on the Savior. That is the only place healing has continued to come in my life.

For many years I had the idea that I wanted to write a book for the men in the church, especially about s~x and how to deal with the problems it can cause in our lives. My feelings about this were so strong they could have been described as a feeling of being called. I felt this was part of my "potential," maybe even my call from the Lord. But the problem was, I really didn't have the material to write about yet. I was still caught in my own addiction to pornography, so what did I have to offer others?

Things began to change for me when I started coming to Heart t' Heart meetings, but it was very slow. Eventually, after being in the program for 5 years, I could tell it was time to write the book. During those five years, though, I had to stop thinking about writing it and put all my attention on coming to know the Savior's loving presence and His gentle, guiding voice in my thoughts and feelings. Then, one day, He "whispered" to me that it was time. Little by little, He began to show me what needed to be written and gave me the words to do it. But as long as I focused on what I thought was my "potential," I didn't get anywhere. I guess it was pride that got in my way, disguised as impatience.

I don't know if everything you face that is hard and disappointing will be undone in this lifetime. There may be some hard experiences that the remembrance of will turn out to be a blessing to you and others, but I know the Lord will remove enough of the debris of the past so that your life can proceed and you can accomplish and feel fulfilled in your life's unfolding story.

Your brother,

– Phil ☐



## LEARNING A FAITH THAT'S WILLING TO TAKE ACTION

Recently, during one of my talks with my bishop about my recovery, he asked me to study faith. *Faith!* Of all things! I mean how basic can it be, I thought. But upon reading, *Lectures on Faith*, I am beginning to see the truth. I am struggling with my abstinence, because I don't have the kind of faith, yet, that leads me to act in accordance to God's will. Knowing what faith is and having the *gift* of the faith to inspire and motivate you to action is vastly different. Much like knowing about God, charity, patience etc, without acting upon that knowledge is useless and possibly condemning. I have to live what I know.

Does this make sense? What I'm trying to say is that just *knowing* that God is our Father doesn't do me any good. I believe that He is there, but I also wonder if I really know Him. I think the truth is I have not been giving that relationship the attention it needs. Even now, I am struggling to connect in earnest with Him. I pray, study, and have even gone a few months without acting out (save one minor slip), and yet while I have felt His love, I haven't felt a connection. I think I need to come to Him on His terms, and I am trying to find out what that is. How do I earnestly seek Him?

One way or the other, I do know this much: I am *much* happier even when I am struggling to connect with a loving Heavenly Father than when I am struggling with Satan trying to avoid temptation.

– Justin ☐

## PRACTICING BEING PERFECT IN CHRIST–NOT ON MY OWN

As my journey in recovery continues, I am coming to realize (yet again, yet at a deeper level) what the scriptures mean when they speak of the Savior Jesus Christ as "Alpha (the Beginning) and Omega (the End); . . . the Author and the Finisher of your faith."

Yesterday, I watched myself live what to anyone watching would appear to be the most "letter of the law" squeaky clean day of sanity around food, but you know what!!! I didn't make one effort to live by any laws about food. All I did was ask Him to change my heart, so that I wouldn't desire to do anything unhealthy with food---and guess what!!! It happened. It happened, and I didn't do it!! I just went along for the ride. I watched it happen, right along with everyone else that noticed my sane, healthy choices. You need no law to behave His way (the best way, the right way, the healthy way) when HE is the one doing the deed and you're the one letting Him.

– Colleen H. ☐

## November GSB Contributions

Online Meeting ..... \$254

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.

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[www.heart-t-heart.org](http://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.

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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 7<sup>th</sup> 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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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:

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