

# Heartbeats

The Official Newsletter of  
Heart t' Heart

January 2007

A Twelve Step Support Group for the LDS Community

Volume 17 – Issue 1

## 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*)

The Twelve Steps are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint the Twelve Steps does not imply affiliation between AA and Heart t' Heart.

## Dearest Friends,

In coming to know the true nature of God, one of the things that I had to realize was His immediate availability to me, even while I was still in bondage to my addiction. I had spent my lifetime trying to get free of my unwise, unrighteous (not right) behaviors, thinking that because He couldn't look upon sin with the least degree of allowance, that meant He didn't want to see me until I'd gotten rid of my sins. But how could I do that? How could I get rid of my sins without coming to my Savior? I couldn't any more than the woman could get rid of her issue of blood without coming to Him, or the man could get rid of blindness.

That was when I began to realize that while God cannot save me in my sin, in my bondage—He can and will come to me in my lost condition, in my bondage, in my *sin*—even while I'm still caught in the hell of my addiction. He will come to me and through His Spirit (my conscience—the witness of the truth) in my mind and heart, He will guide me through the mine field of the dozens of moments of temptations that attack me every day.

I began to realize that my thought life is actually a dialogue between heaven and earth, between truth and confusion, between Christ (speaking as one with and for my Heavenly Father) and me. I began to realize that I am not alone in my mortal life. I didn't get dropped on this planet without a direct communication line (through the Light of Christ and the additional witness—second witness—of the Holy Ghost) to God. This is especially true when I read the scriptures. Reading the scriptures seems to open and magnify the channel of communication from the Lord to my mind. It feels almost as if He is my study partner as I ponder over what I am reading and find His thoughts (voice, words) to come into my mind and “open” up the meaning and personal application of a verse or even a single phrase of scripture. I cannot explain what it means to be able to say “The eyes of my understanding are opened, and I see the Truth the Lord is trying to reveal to me, through the words I read.” Truly, He does give to all liberally, and does not upbraid (scold or reject).

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

He won't give me what I don't ask for, though. He is so meek and humble and patient toward me. He waits for me to ask. But when I do, He is immediately there with either a thought (words), or an impression (a "picture" or "image" of the answer, with or without words accompanying it). Sometimes His guidance will come through something I read or that I hear someone else share, and His Spirit causes "their" words to burn in my heart and/or light up in my mind as I make conscious contact with them. Those are the words I copy into my journal and capture (allowing Him to give me thoughts that liken the quote to my life—apply it to my needs).

**I began to realize that while God cannot save me in my sin, in my bondage—He can and will come to me in my lost condition, in my bondage, in my sin—even while I'm still caught in the hell of my addiction.**

Thus, I have learned to counsel with Him just as often as I'm humble and willing enough to do so. I wish I could say I have a perfect track record of doing so. I don't. If I counseled with Him in ALL my doings, all my doings would be wise and sane and "perfect in Christ." (Moroni 10:32). Unfortunately, I am still a mortal—imperfect and always wavering, stumbling, bumbling. Fortunately, He is always patient, kind, always willing to take me back. His humility is beyond anything I can imagine. That God would come to me and walk and talk with me! (And any and all of us.) How glorious is the Name of Jesus Christ, Emmanuel—"God with us!" Even now, even here, our deliverance has come. In His word is our salvation.

— Colleen H. □

## FORGIVENESS: A DEEPER UNDERSTANDING

I have been thinking about Alma 32:27-30, as these verses apply to Steps 4 and 10. These steps teach us of the necessity of doing a continuous moral inventory.

I did not understand that these steps teach us of the forgiveness and repentance process wherein our Savior frees us from things that keep us in bondage to hurts, false beliefs, and sins. I have had a lot of misconceptions about the forgiveness process in particular.

Forgiveness was a word that triggered me to the core because I have been taught such a distorted view of it; the alcoholic family view where it was used to keep secrets and the truth hidden.

I thought if I forgave someone it meant that I had to condone whatever hurtful thing they did, just bury it, blame myself for it, and force myself to have trusting feelings towards them.

At any rate, as I have come to see forgiveness as God's loving tool to free me of hurts and to release me from false beliefs that I have incorporated into my thinking because of the actions of others, I *increased in my desire to forgive* significant others in my life. Alma 32 teaches me that this is the first step.

As the concept of forgiveness began to be planted in mind, as I saw that God wanted to free me, release me from anything that brought bondage to my soul, it was like a SEED that began to sprout in me. As I was willing to press through my own false understanding of forgiveness and trust that God's version was positive and good, I felt this seed growing. It felt more and more DELICIOUS.

In the last several months, I have felt an increasing desire to forgive others, a long list of others. This desire has been growing, and I've wanted to really understand what forgiveness truly means. I have been praying and fasting about it. I felt so stuck, but was blessed with this first step. I felt an increasingly growing need.

Last week, I began a rigorous inventory list of people I needed to forgive. First I felt a desire to list all the false beliefs I have incorporated about myself because of these people. I wrote them and felt the spirit's help. Then I began the list of people, one after the other. I just let the feelings flow, identifying the wrong that had been done. I then wrote: I release myself and give to God this wrong and listed what it was. Sometimes, I felt some resistance and knew I still wasn't quite ready, still struggling, but I wrote it.

The words, "If you can no more than desire to believe" came to my mind, and I felt that the Lord would compensate me for my desire and that although my efforts to forgive were not perfect, that was okay. Our recovery is not going to be "perfect." The Lord would capitalize on my desires and help me through the process. It felt more and more DELICIOUS to me, and ENLARGED MY SOUL with the SWELLING motions of God's Love. And the swelling motions of freedom and relief.

The next day when I weighed on the scale I had lost three pounds, just from doing this much of an inventory. I'd like to think that spiritually and physically, I let go of a burden, and it felt good.

**As the concept of forgiveness began to be planted in mind, as I saw that God wanted to free me, release me from anything that brought bondage to my soul, it was like a SEED that began to sprout in me.**

I love Alma's words. They are a good formula for me to recognize how God works with me and creates a change of heart. More and more I trust this process that we call 12 Steps, and that the Lord calls the gospel of repentance.

– Peggy M □



## HIS HAND IS STRETCHED OUT STILL

**O**ne morning a few weeks ago, I was capturing the following quote from *He Did Deliver Me From Bondage*, page 143:

"...what [receiving personal revelation] means to us is that we need religious experience, we need to become personally involved with God....What counts in the field of religion is to become a personal participant in it." (Elder Bruce R. McConkie, "How to Get Personal Revelation," *New Era*, June 1980, p. 46.)

What a statement this is! It doesn't say we have to become a personal participant in the Church, which is how I would have interpreted this statement just a few years ago. No. It says, "We need to become personally involved with God." It is not arrogance that brings me this understanding, but a realization of how infinitely humble God is. Behold, the condescension of God! He *wants* to be personally involved in my life. And the gift of the Holy Ghost is the way He has provided for me to receive His companionship.

I have read in Jeremiah 36, the story of how the prophet, Jeremiah, was given words of revelation to write as words of warning if the people did not repent. He sent his scribe, Baruch, to read the words in the temple since Jeremiah had been forbidden to go into the temple. Baruch read the words several times, being sent to higher and higher authorities until he read the words before King Jehoiakim. Jehoiakim was so angry about the call to repentance, he cut the roll of the book with a penknife and burned them in the fireplace, then called for the capture of Jeremiah and Baruch, but the Lord hid them so they couldn't be found. Then, the Lord told Jeremiah to write His words again, only He gave him more words this second time, to be read to the king, again. The story ends, without telling what happened when the king heard Jeremiah's second warning, but the impression given is that, no matter how many times the words of the Lord were destroyed, He would cause them to

be delivered again.

His hand is stretched out still! No matter how many times I sin, He will offer me forgiveness. No matter how many times I will not hear His words to me to come unto Him, He will offer me His hand – will offer to walk with me.

This is God, who is perfect, and He doesn't give up on me no matter how many times I fall, no matter how long I doubt, no matter how great is my pride.

**His hand is stretched out still! No matter how many times I sin, He will offer me forgiveness. No matter how many times I will not hear His words to me to come unto Him, He will offer me His hand – will offer to walk with me.**

Yesterday, I looked at some very hard things in my past – my own abusive behaviors, alongside my ex-husband's. My sins are great, both in allowing his abuse and in my own participation in violent behaviors. There really is no point in making any justification or in blaming anyone else, for I have always had the agency to choose for myself, and the way I chose to live for many, many years was far from the Spirit. I would not hear, even though there were many times when the Lord tried to reach through to me.

Lord, I am so very grateful You didn't give up on me – that Thine arm was stretched out still to me, that You kept pleading with me to hear Thy voice. I am so grateful You have become my wonderful Counselor, offering me peace and forgiveness and hope through Thy birth in my heart. I think to be born again is really more a birth of Thee in me, and of me, into a relationship with Thee. It truly is Thy heart that mine is changed into.

– Peggy B. □



## REMEMBERING WHAT RECOVERY MEANS

**R**emember that recovery is defined as remembering or having those things revealed to us that we had with Heavenly Father and Jesus before we came to this mortality! We are not mortals trying to experience the spiritual; we are, in truth, spiritual beings trying to have a mortal experience.

Therefore, our first step in taking care of ourselves is found in taking care of the spirit: We do not feel, we do not allow ourselves to hear God, because we have starved our spirits and they are emaciated and need to be fed, nourished and recovered! The good news is that this can be done and is the reason you are here in this mortality!!

In true recovery, the solution is not found in working on the problem. The problem is cured by paying attention to, focusing on, and dwelling on something that you may see as totally unrelated.

So, lets get down to work: A person receives balance and meaning to life in direct proportion to the amount of attention payed to Jesus Christ. He is the answer, the healer, the giver of the command and the One Who opens up the way to obey the command; He is the One upon Whom I am going to ask you to focus and dwell.

So, how does one get to know someone else and make them a friend? You spend time with them, you hang out with them, you talk with them, you relate to them, you make time for them and the things they find important in their lives. This is what those of us who have received a measure of recovery are asking you to do with Jesus!

In fact, recovery does not ask you to just focus and dwell on Him and all the facets of Him that you can. Recovery asks you to immerse yourself in Him.

Nothing changes unless you change something. It all stays the same; you get the same results in your life unless you change something. So, change the music

you listen to. Change what you do when you have free time. Change what you do when idle moments come to your mind. Change everything you think and do! Make up excuses to spend time with Jesus in thought and deed! In short, spend every waking second of every minute of every day on getting to know Jesus Christ.

When we begin to know Him, He will reveal himself to us His true character: We will finally see Him as He really is and not through the thick glass bottle lense that our common enemy has manipulated us into using. He will also begin to reveal our true characters to you (do not get discouraged: this is for your Eternal benefit). He will reveal to you those character defects that underlie your problem. He will show you how to correct these— line upon line and precept upon precept— until you come into the outstretched arms of Heavenly Father.

**President Ezra Taft Benson told us that when Jesus is at the center of our lives then all things find their proper place in our lives or they fall out of our lives.**

President Ezra Taft Benson told us that when Jesus is at the center of our lives then all things find their proper place in our lives or they fall out of our lives.

Second Nephi 32 sums up the relationship of the Holy Ghost to us. Basically, it says is that we will receive the Holy Ghost and the Holy Ghost will tell us all things that we should do. This is the doctrine of Christ and we will receive no more doctrine until Christ reveals Himself to us; when He does reveal Himself, then we are to do all things whatsoever He tells us to do.

That is why the Holy Ghost, and getting to know Jesus are so important!!

Well, there you go. Recovery in a nutshell. Recovery leads us to Eternal Life; and Eternal Life is the life God has. So when we get to that point we shall see Him as He is; for we will be like Him.

—D.C. □

## DEDICATION OF A LIFETIME

In Priesthood meeting Sunday we had a lesson based on a talk by Dallin H. Oaks at a CES Young Adult Fireside in Oakland, California in May of 2005. It is titled “The Dedication of a Lifetime.” It can be found at: <http://www.lds.org/library/display/0,4945,538-1-3100-1,00.html>. As he begins his talk he says “Some people live the gospel with 'short, frenzied outbursts of emotion,' followed by long periods of lapse or by performance that is intermittent or sputtering. What we need in living the gospel is “the tranquil and steady dedication of a lifetime.”

I realize that he is describing me in many ways. I have a very “all or nothing” attitude (as I think many of us addicts have). At times I will give 110% at trying to do what is right. But it seldom last for more than a few days- or a few weeks at best. Then I begin to sputter, and lose hope, and say what’s the use, and throw in the towel.

I am beginning to learn (and have done much better since I started my recovery a couple of years ago- but still have far to go) that it is the constancy that is important. And if I fall- if I fail, I just need to get right back up and move on. Because ultimately it is a broken heart and a contrite spirit that will bring me back to my Heavenly Father. Yes, I will be judged by my works, but only as my works naturally emanate from a broken and contrite heart.

Heavenly Father expects me to make mistakes, otherwise why would He have planned from the beginning to send Jesus to atone for my sins. But he also expects me to have a “lifetime dedication” to Him and His purposes, not a spectacular “flash in the pan” every once in a while, but a consistent pattern of dedication and service, of trying and sometimes falling short, but immediately getting back up- sincerely repenting and moving on.

Thank you Jesus, for helping me to see this more clearly this morning- for inspiring Elder Oaks to give this talk- for inspiring our Elders Quorum instructor to discuss it in Priesthood Meeting- for inspiring me to search out this talk and study it this morning. And for the love I feel from you and your servants. And please help me, now that I “...believe all these things see that [I] do them” (Mosiah 4:10).

— John F □

## THE SLIPPERY SLOPE OF FORGETTING JUST WHOSE SUCCESS I'M ENJOYING

*13 And because of this their great wickedness, and their boastings in their own strength, they were left in their own strength; therefore they did not prosper, but were afflicted and smitten, . . . (Helaman 4:13.)*

**M**y journey of recovery has been through a series of ups and downs, through a series of seasons of deliverance and of loss of deliverance. In this verse from Helaman I see the exact explanation of why!

First, comes me hitting a bottom—getting to a place where I am desperate for deliverance from my problem and have exhausted all my own (and other earthly) resources. I finally humble myself and cry unto the Lord for rescue. Almost instantly, I can feel a shift, a change in my spirit. A lightening. A infusion of hope. In Spirit and Truth, I find Him faithful still—willing to take me back and deliver me from the lies that drive me to the insanity of addiction. I feel able to behave sanely about my challenge, around my weakness. I start to have abstinence from my insanity, from my not-right (unrighteous) behavior(s). It is a miracle.

Then, a period of time goes by in this state of prosperity (deliverance, abstinence), and the next thing I know—sooner or later, even if it takes months or years—the next thing I know, I'm starting to forget how bad off I once was. I start to forget *Who* it was I cried out to, and *Who* it was that wrapped me in the robe of *His* righteousness and carried me safely out of the clutches of my weakness. I begin to think that I have prospered, gotten sober, clean, abstinent on my own strength, by my own planning and management of my behavior, of my choices. I've made intelligent and smart, educated, informed choices. I slip into the lie that *that's* what has gotten me to this place of success, of freedom from my addiction.

And when people see my success and ask me, “What did you do? How did you prosper or triumph over this weakness, this addiction? Please, tell me. I've got the same weakness too. I really want to triumph over it, prosper over it like *you*,” I begin telling them what *I* did.

In other words, I begin to boast in “my own strength.” Oh yes, I followed this way of behaving myself, this plan, this program, this approach. I managed my behavior in this way or that way, using this expert's ideas, or following that amazingly successful person's program. Yep, that's what *I* did, all right. I do a lot of writing. I attend teen meetings. I write down my plan for the day, everyday, to help shield

myself from temptation. I work the steps every day.

The problem is, I have forgotten Whose power and just Whose righteousness I'm watching come to pass in my heart, in my mind and thus in my outward actions. I have forgotten to testify, along with Elijah that God is not in the outward signs—in the wind or in the fire—in the writing or in the meetings or in the service “I” give. He is in the gift of the willingness and strength I find myself possessing to do those things—to do the writing, attend the meetings, give the service. His Spirit is the gift that comes first, that precedes my doing what I do. Any good I do, any success I have is His goodness and His success. I am the blooming rose, not the power that puts such order and beauty into it. The order, the beauty, the life—it is all Him—His Spirit, His miracle.

And when I begin to forget that truth, that fact, and begin to boast of MY OWN strength, I begin to honor a lie, instead, and I begin to lose strength, and not because He is punishing me, either. My strength slips away, because the Spirit of Truth can not stay where a lie is being embraced and believed and honored.

And I begin to wander, again, being enticed to stop my slipping by resorting to my own strength or some other “of this world” answer—and my slipping only goes on and on—while He stands near-at-hand, within easy reach, sorrowing for me, but infinitely patient with me. He knows that *only* when I am finally ready, will I seek Him with real intent. In other words, only when I have come to another bottomed-out place, only when my pride is exhausted once more, He knows that finally I will come back. Finally, humbled and emptied handed, without a clue what to do other than collapse at His feet and have no other answer but Him, I'll return—I'll repent.

And how to avoid this cycle? I know only one way and I pray everyday, like a drowning person, for its gift to me: to never, *never* forget *Whose* success I enjoy. Once again the ebb and flow has come around full circle. The tide has turned in the direction of the Truth—the truth about just Who is working the miracle, and Who deserves my constant acknowledgment of *His* goodness. One day at a time, I pray I may stay grounded in *His* deliverance, rather than *my* abstinence. I pray I may remember that without Him, I can do nothing. (John 15:5).

– Colleen H. □

## December GSB Contributions

Online Meeting ..... \$53

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:

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](mailto:hthorder@hotmail.com)  
[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.

## 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 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)

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

Name: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Address: \_\_\_\_\_ Card Number: \_\_\_\_\_

City: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Authorized Signature: \_\_\_\_\_

Country: \_\_\_\_\_ Send this form with payment to: Heart t' Heart -- P. O. Box 247 --Pleasant Grove, UT 84062

## Heartbeats Subscription Order Form

Please send me a subscription to *Heartbeats*.

Please remit in US funds via check or money order. Do not send cash.

Name \_\_\_\_\_

Send this form with payment to:

Address \_\_\_\_\_

*Heart t' Heart*

City, State (or Province) \_\_\_\_\_

P. O. Box 247

Zip or Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Pleasant Grove, UT 84062-247

Date \_\_\_\_\_ Phone or email \_\_\_\_\_

USA

### Subscription Rates:

USA & Canada - \$12.00/year

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  
P. O. Box 31  
Hyrum, UT 85319  
[hthorder@hotmail.com](mailto:hthorder@hotmail.com)

All submissions are considered a donation to Heartbeats. There is no payment for use. Implied rights include permission to publish in monthly issues of Heartbeats and permission to reprint in "The Best of Heartbeats." Submissions will not be returned. Submissions may be edited for space and content at the discretion of the editor.

## What's Inside *Heartbeats* ...

Dearest Friends – I began to realize that while God cannot save me in my sin, in my bondage—He can and will come to me in my lost condition, in my bondage, in my *sin*—even while I'm still caught in the hell of my addiction. -- p. 1

**FORGIVENESS: A DEEPER UNDERSTANDING** – More and more I trust this process that we call 12 Steps, and that the Lord calls the gospel of repentance. -- p. 2

**HIS HAND IS STRETCHED OUT STILL** – He doesn't give up on me no matter how many times I fall, no matter how long I doubt, no matter how great is my pride. -- p. 3

**REMEMBERING WHAT RECOVERY MEANS** -- Recovery is defined as remembering or having those things revealed to us that we had with Heavenly Father and Jesus before we came to this mortality! -- p. 4

**DEDICATION OF A LIFETIME** – What we need in living the gospel is “the tranquil and steady dedication of a lifetime.” -- p. 5

**THE SLIPPERY SLOPE OF FORGETTING JUST WHOSE SUCCESS I'M ENJOYING** – *13 And because of this their great wickedness, and their boastings in their own strength, they were left in their own strength; therefore they did not prosper, but were afflicted and smitten, . . . (Helaman 4:13.)* -- p. 6

