

# Heartbeats

The Official Newsletter of  
Heart t' Heart

February 2007

A Twelve Step Support Group for the LDS Community

Volume 17 – Issue 2

## 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,

After years of struggling with addiction and watching others struggle, I am reawakening to the truth I saw originally 20 years ago---that what we addicts are starved for, what we hunger and thirst and lust after is "conscious contact" with God. That is what (Who) we are empty and bereft of! Not food or drink or sex or more perfect performances and appearances.

That's why when we get what we're trying to fill up on (food, etc.), it doesn't last for more than a second after the last swallow or the last chin-ching or the cash register, or one second past the "perfect" moment. Empty. To addicts (deeply spiritual, deeply needy for spirituality people)--none of that makes a hill of beans difference. It's "vanity," all vanity, as the prophet in the Old Testament put it. And we are left empty, starving, lonely, confused, lost, fallen, and destitute. We try and try to fill up that empty place with better appearances (being thinner, etc.), better performances, more taking of responsibility, --- surely SOMETHING will make us feel satisfied, filled, at peace--arrived.

But the truth of it is---and addicts get to learn this with a real "bang" (when they finally face the fact and hit their bottom)---there is NOTHING, absolutely NOTHING in THIS world that can do that for us. Not the love of a spouse or a child or a friend, or the praise and good-will of a parent or authority figure of any sort. There is only one solution for us, and we will drink, we will eat, we will overspend, we will do sexually inappropriate things--whatever our substitute god is, our "darling" is--until we are ready to finally seek the Lord. And not just to "work in his fields," either (i.e. His church.) Not just to go to meetings and pay our tithes and do our duty.

That's all good, as far as it goes, but it doesn't go far enough to fill up an addict. It HAS to be about connecting with the Master, not just

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

serving Him. It has to be about coming home to Him, ragged and messed up and with our hands empty, and trusting His goodness and His mercy. Only THEN do we (does any of us, even the "good-est" son among us), get to know just EXACTLY how good and how patient and tender and loving our Savior and our Father (who Jesus is the perfect representative of) really are. And the Holy Spirit is Their witness--Their mediator--Their medium--through which They (the Father and the Son) come and dwell in "our midst."

Together, they are the one God (**2 Nephi 31:21**) that can fill us addicts up. Only They can supply the one answer, the one solution to that compelling, consuming need we addicts have to be 100% consumed and given up to someone or something.

I pray we may linger long over President Benson's testimony and ponder it deeply: May we be convinced that Jesus is the Christ, choose to follow Him, be changed for Him, captained by Him, consumed in Him, and born again. (Ezra Taft Benson, "'Born of God,'" *Ensign*, July 1989, 2.) Being born again is the only antidote to addiction. No casual, half-way commitment to Jesus will do.

This is my testimony in the Name of Jesus Christ, Amen.

P.S. Isn't recovery in the Light of the Restoration glorious!!

– Colleen H. ☐

## **HOW MUCH SHOULD WE SHARE?**

**W**hen I first started into recovery work, I was determined that some things I would take to my grave. In time, I came to realize that that feeling was part of the disease. It was based on shame, not recovery and forgiveness. Since then, I have seen a lot of people, both husbands and wives, who have felt they wanted to keep everything secret, but most find some degree of "telling" is more healthy. As they say in AA, "We are only as sick as we are secret."

Let me start with myself. When I first started attending HtH meetings, I began reading *He Did Deliver Me From Bondage*, and it helped me tremendously. But one thing was a stumbling block for me. I didn't feel comfortable writing about the questions at the ends of the chapters because I couldn't bring myself to write the word "pornography" in my journal. I was afraid someone would find it and read it, especially my children. At that time my youngest child was 17 and the only one still at home. Eventually I realized that this fear of discovery was holding back my recovery--there were a lot of things I needed to write about to process. So after praying about it, I decided to talk to my 5 children about my addiction. I was surprised how well it went. I think my sons (who were not active in Church) thought it was no big deal, but even my active daughters were understanding. Then I talked to my two brothers and my sister, all older than I.. They were very supportive. I eventually talked to my parents, but much later. As I began to get some recovery--some "clean time"--I felt the Lord wanted me to share my story with a wider

**I feel there is a level of openness that can bless everyone. When I first started sharing my story, the first feeling I had was one of being liberated.**

audience. I felt that the members of the church, especially those who struggle as I had, needed to hear from someone that recovery was possible. And that needed to be someone with a name and a face. So I wrote a book (*Clean Hands, Pure Heart*) and put my name on the front and my picture on the back. This enabled readers to see a real person who had been there and gotten out. Since writing the book I have also spoken at firesides and seminars about my addiction and recovery. Does this mean I tell everyone? No. I have prayed about whether to talk about this in my home ward, and the answer the Lord has given me is "no," at least not in open meetings. The reason is not because of me, though, it is because this might present too great a challenge to some people, tempting them to be judgmental. But in response to the invitation of the Spirit, I have told 4 or 5 people, individually. And to my surprise, some have admitted they faced the same challenge. I hope my story has been helpful to them.

What has been the result of all this openness? I have found it to be overwhelmingly positive. People respect someone facing a problem like this and finding help--especially through the power of the Savior's love, as we teach in HtH. Many have said they admired me for being willing to share my story. And not a few have come up to me after fireside talks and shared their own story of addiction and recovery.

Now, I realize that not everyone has the "calling" (for that is what I feel it is) to be as open as I have been. Not everyone needs to be. But I feel there is a level of openness that can bless everyone. When I

**I think each person, each couple, has to be sensitive to the promptings of the spirit to know what to share and when. I think that is also the heart of 12th Step work. We can't reach out to help others if we won't tell them where we have been and the miracle the Lord has done in our lives.**

first started sharing my story, the first feeling I had was one of being liberated. When one is still keeping secrets, it's like a potential blackmail situation. If someone knows your secret, they can threaten to hurt you by revealing it. I felt Satan was blackmailing me--keeping me in constant fear. When I started talking, that fear disappeared. Whom could he reveal me to? The most significant people in my life already knew. And if someone found out who wanted to judge me for my mistakes, I decided I could live without them.

Last night I talked to 5 of the men who attend a men's (s~xual addiction) meeting of Heart t' Heart. I asked them what their experiences were in talking about their addictions. There were differences in how much each had talked about their story, but the experiences were overwhelmingly positive. The only negative experiences had to do with telling people who had their own problems with this

addiction and weren't ready/willing to face them. The more healthy the person was, the more supportive they were--to a point. One brother related that some who heard the story wanted to "fix" him. That is a bit unusual, though.

Some families have a strong tradition of not talking about problems. I came from such a family. I don't think it's healthy. How can we "bear one another's burdens" if we don't let anyone know we have any? I think one of the most harmful things we do in our LDS culture is try to appear perfect to each other. There is no support in that, only a sick kind of competition. Contrast that with the Savior's mission:

#### Quote:

1 The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;

2 To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn;

3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified. (Isaiah 61:1-3)

As I said, I realize that my journey has been different from most others, and I would not suggest that everyone should be like me. Nor would I suggest that no one should share their stories. I think each person, each couple, has to be sensitive to the promptings of the spirit to know what to share and when. I think that is also the heart of 12th Step work. We can't reach out to help others if we won't tell them where we have been and the miracle the Lord has done in our lives.

-- Phil H. ☐

## SHARING ON THE TOOL OF MUSIC

**M**y despairing heart and soul, awakened to a knowledge of my own powerlessness, thanks to the addicting obsessive/compulsive behaviors that I have been trapped and buffeted by, finds a voice in the words of the hymn: “Master the Tempest is Raging”:

*Master, with anguish of spirit  
I bow in my grief today.  
The depths of my sad heart are troubled.  
Oh, waken and save, I pray!  
Torrents of sin and of anguish  
Sweep o'er my sinking soul,  
And I perish! I perish! dear Master.  
Oh, hasten and take control!  
(Hymns, no. 105)*

Am I not blessed to have experienced the adversity and afflictions that have been a part of my life? The end result has been to be driven to my knees, crying out from the depths of my heart, “Jesus, please save me!?” I receive this answer:

“Ye shall seek me, and find me, when ye shall search for me with all your heart. And I will be found of you, saith the LORD: and I will turn away your captivity... Jeremiah 29:13-14 Hallelujah!

I love the words to the song “His Love” from EFY 1993 cd, Sharing the Light.

His love can heal,  
His love will lead me,  
and His love will endure forever.  
His hands reach out  
to hold and to lead me  
and His heart longs to bring me home again.  
Though I am weak,  
He makes me whole again.  
He heals the heart and soul with His love.

Irene W. ☐



## MAKING A BUSINESS OF RECOVERY

**S**everal years ago I was introduced to the concept of business vs. game playing. It goes like this. A game is something you can pick up or put down at will, according to the whim of the moment. If you want to play, you play. When you get tired of it, you can quit—even in the middle of the game, and no harm is done. If you are playing a game with someone else, they may be disappointed if you quit in the middle, but it’s still not a big deal. “It’s just a game.”

Business, on the other hand, is different. If you own a shoe store, you have certain hours. People you depend on for your livelihood expect the store to be open during “business hours.” You have to be “business-like” about how you run your business. I remember a funny poster about business hours—you have probably seen it too. As near as I can recall, it went something like this:

**BUSINESS HOURS**

**OPEN most days about 9 or 10  
Occasionally as early as 7  
But sometimes as late as 12 or 1.**

**WE BREAK FOR LUNCH  
about 12 or 12:30  
But sometimes not until 1 or 2-  
And sometimes as early as 10 or 11**

**SOME DAYS OR AFTERNOONS  
We don't open at all, but lately I've been  
open pretty much all of the time**

This poster is funny because, of course, no one could stay in business long with a policy like that. This is a perfect picture of a man treating his

business like a game. Maybe it's also funny because sometimes we all feel like that—we just don't feel like doing whatever we are supposed to be doing.

So how does this all relate to recovery? I'm sure you see it already. Some of us treat our recovery program like a game. We pick it up or put it down according to the emotions of the moment. I know at times I'm tempted to. I get busy or something else comes up and distracts me, or I just plain get tired. You can only try so hard for so long and then you just have to let up, right? But if we work our program in such a hit-and-miss way, what kind of result do we get? It's not quite satisfactory, is it?

On the other hand, how many of us can work a perfect program, being at every single meeting, never missing a day of capturing from the scriptures or calling our sponsor? For us, it seems perfectionism is just as fatal an approach as the slovenly one.

So what do we do? We "keep coming back." We forgive ourselves for our lapses and keep working for a better program. Elder Neal A. Maxwell said, "While there are no *instant* Christians, there can be *constant* Christians." We can try to be more constant in our program. We can make a business of recovery.

—Phil H. ☐



## A CHANGING HEART

**A**s I've prayed to the Lord to ask Him to help me discern what His will is, and then tried to do it (instead of engaging in my "life or death struggle" with my addictions and compulsions), and as I've woken up early to read my scriptures and do capturing, I've started receiving impressions about what I need to do to change, blind spots that I have. It's tempting to get overwhelmed and let myself look at the downside of that and think, "Oh no, I'm such a mess, look how

many things are wrong with me" as opposed to looking with an eye of faith. Faith tells me that I am seeing the promise in Ether 12:27 being fulfilled where because I'm sincerely trying to come unto Christ, I am being shown my weakness (in this case, specific ones). And as I sincerely try and do everything I can to change those, and asking for His help and His power to do it, I am seeing how by overcoming my weaknesses through Christ I will be able to have more access to His Spirit, and my relationships with others will become more honest and more real.

To my "natural" way of thinking I would have thought that this makes no sense. In my "natural" mind, I could hear myself saying to the Savior: "I'm here trying to change my destructive habits and You're not helping me with those, You're making me work on and change things that aren't related!" But the more I think about it, I think maybe it's so that He can help me more, so that the barriers to Him and to His Spirit can come down and He can draw closer to me.

Another thing that I've noticed and am grateful for is that when I sincerely try to do His will, things which are normally very difficult for me are becoming easier. Typically when I try and motivate myself to do things, I try and guilt myself into doing it, I think I "should" or I "ought" to do something, and I'll do it almost grudgingly. But this morning as I was capturing and reading my scriptures I was prompted to go do something for my son.

I really wanted to rationalize, and piously tell myself, "I'm reading my scriptures, this is important, helping my son can wait, my husband can do it,...." etc., etc. But I knew that I really needed to do it. I wasn't willing though. So I prayed for a willing heart for a few minutes. And when I didn't find myself willing, I just prayed for help to do it anyway even though I didn't want to. I explained that I wanted to just do His will, but I didn't want to. "Wilt Thou please help me to do it anyway?" I had to pray for probably a good five minutes, but then He helped me to get up off my comfy couch, go upstairs and take care of it. In the middle of the process I found myself enjoying the service that I was rendering, and then on my way back downstairs

I almost unconsciously did a few more things that would bless mine and my families lives--I popped a new load of laundry in, I put a few things away.

My "natural man" self would have grudgingly helped my son (with a false smile pasted on) and then walked past the laundry and the mess with maybe a brief twinge of guilt but telling myself, "I've already done something good here, that it was hard enough. I'm off the hook for that other stuff." In today's case, though, it was so easy. I am surprised at the stark contrast of my living in self-will verses humbling myself and seeking His will.

I know this isn't a huge, dramatic example, but there have been lots of small instances just like the one I've described, and they are adding up to a changing heart and a changing way of being, and I am so grateful for it. I wanted to share but I figure that in a meeting this might be too long. I only hope that I can stay humble and submissive and keep on this path. Thanks for "listening".

– Kara ☐

## CAPTURING FROM CODEPENDENTS' GUIDE TO THE TWELVE STEPS

As I came to the end of HDDMFB for the second time, recently, I have discovered some wonderful Twelve Step literature, Melody Beattie's book, *Codependents' Guide to the Twelve Steps*. I would like to share a quote that brought some helpful insights as I captured from it:

*...We each have our own key; our own magic. We each have the power and the ability to discover that magic and tap into our own healing process, regardless of our present circumstances.*

*The way to do that is by working the Twelve Steps. These are the basic principles of recovery from our codependency. By working these Steps, we will be led, at the right time, to the people, seminars, helping professionals, and books that we need.*

*But the Steps are the core of transformation. They are the path to recovery." (Codependents' Guide to the Twelve Steps, p. 2)*

The phrase that came to mind as I read this was: "Physician, heal thyself...." This phrase has been used by many to justify self-help, self-healing, self-sufficiency. I looked it up in Luke 4:23, in context, and found that the words were actually spoken by Jesus as he predicted the reaction of His own hometown synagogue to His declaration that "The Spirit of the Lord is upon me" and that He was the One who had come to heal the downtrodden of Israel and to "preach the acceptable year of the Lord." (v. 19)

The words that pierced my heart were, "The Spirit of the Lord is upon me." This, for me, is the key phrase for any effort that involves "working" the Twelve Steps. I need the Spirit of the Lord to be upon me! The "key," the "power," the "magic" and the "ability to discover that magic," as Melodie Beattie puts it, lies in the Lord, for He is the One appointed "to preach the gospel to the poor; ... to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord." The only healing process I can tap into is His.

I know that it is His Spirit that has come upon me, and my life will never again be as sick as it was before. The gracious Word that has come into my life is the Lord. It is the word that proceeds out of His mouth. Truly, He is leading me to understand the gospel of repentance, line upon line, according to the degree I will admit my poverty of spirit. He is healing my broken heart, and He is delivering me from the shackles of codependency that have kept me from living and rejoicing in my own life. He is the one that is opening my eyes to see my slavery to victim thinking and is setting me free from it. For me, "the acceptable year of the Lord" is *now*, as I make room for Him in my heart.

Melody Beattie speaks of having a key in myself. I know that the only key I can hold is the key to that door between me and the Lord. That key is a recognition of my own nothingness without Him and my faith to come unto Him for His grace (power to deny myself of ungodliness.) The only "magic" in my life is the great blessing to be able to finally perceive and acknowledge His miracles in my life and to discover His presence with me. Truly, He is Immanuel, or God with me. As I turn to Him and counsel with Him in all my doings, He leads me to all things I have need of – all the help, all the people, all the resources of any kind that will make His voice and His love even that much clearer to me.

– Peggy B. ☐

## January GSB Contributions

Mesa, AZ ..... \$75  
 Online Meeting ..... \$72

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>.

**01-04 - Sunday through Friday:** Every morning, 6:30 a.m. - 7:30 a.m. General Focus (MST).

**01-02 - Tuesday, 11:00 a.m. - 12:30 p.m. Mountain Time Zone (USA).** General Focus, Book Study: HDDMFB. Open Sharing.

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

**01-03 - 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*.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

### Subscription Rates:

USA & Canada - \$12.00/year  
 Please remit in US funds via check or money order. Do not send cash.

Send this form with payment to:

*Heart t' Heart*  
 P. O. Box 247  
 Pleasant Grove, UT 84062-247  
 USA

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 – After years of struggling with addiction and watching others struggle, I am reawakening to the truth I saw originally 20 years ago ---that what we addicts are starved for, what we hunger and thirst and lust after is "conscious contact" with God. . -- p. 1  
HOW MUCH SHOULD WE SHARE? – When I first started into recovery work, I was determined that some things I would take to my grave. . -- p. 2  
SHARING ON THE TOOL OF MUSIC – My despairing heart and soul... finds a voice in the words of the hymn -- p. 4  
MAKING A BUSINESS OF RECOVERY -- Several years ago I was introduced to the concept of business vs. game playing.-- p. 4  
A CHANGING HEART – As I've prayed to the Lord to ask Him to help me discern what His will is... I've started receiving impressions -- p. 5  
CAPTURING FROM CODEPENDENTS' GUIDE TO THE TWELVE STEPS – As I came to the end of HDDMFB for the second time, recently, I have discovered some wonderful Twelve Step literature-- p. 6

