

# Heartbeats

The Official Newsletter of  
Heart t' Heart

March 2007

A Twelve Step Support Group for the LDS Community

Volume 17 – Issue 3

## 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,

I've recently been blessed with the humility and the willingness to address the ugly word, lust, and the ugly reality that I am a lustful person. Not for sex, mind you. But for many, many other things. A thinner body; a better past; a less challenging present; a fantasy future. Fattening foods. (Now that one really gets me in trouble when combined with the lust for a thinner body. I can't have both, but I want both, so no matter which I get, I'm never satisfied.)

Lusting for a different past is one definition of insanity—or potential insanity at least. Walking around wishing, *intensely longing* for the past to be different. That's really not rational, not sane. It's not helpful in any way. It's the name of depression and despair. It's the way into wasting the rest of my life (present and future). It's not just "crying over spilled milk;" it's pouring out the whole rest of the gallon.

Let's look up the definition of "to lust."

Lust (v): to have an intense longing or need; craving

I have an intense longing or need to be needed. To be valued. To be wanted. To be included. To *not* be abandoned. To *not* be alone.

One way I can recognize "lust" in me, is that I get upset, even hateful about not getting what I want. I start feeling hateful toward pretty much everyone and everything. I feel hateful toward myself, toward others, toward life—and yes, I have to admit it—toward God. I mean, think about it. If a person is hateful toward self, others, and life—isn't that basically everything—isn't that basically God?

How can I know when I am into lust, when I am lusting?

The answer to that is simple. You're always into lust. As long as you're mortal and subject to the natural man—the "lusts of the flesh." So just be honest about it with yourself and with God and another person.

You're always being tempted to lust after something.

Like even, right now, as I'm sitting here, I'm lusting (feeling

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

intense longing) after getting everything done that I would like to see done this morning.

As always, it is the most amazing thing. I admit the truth about having a weakness, and suddenly I don't feel the need to act it out any longer. If I humble myself and admit it, name it, own it, it seems to have accomplished its purpose for existing—to bring me down into the depths of humility. Once there, the truth sets me free and my lust evaporates. How can this be? It seems so backwards, so paradoxical. I guess it is the truth Jesus spoke when He said I had to lose my life to find it. I have to face my character defects to have them fade, like frost does in sunlight. I don't understand it, and it's very painful to do it—but the miracle cure it provides me—that I can't deny.

– Colleen H. ☐



## THE POWER IN JUST ONE SHORT PHRASE – A Short But Powerful Capturing

... that ye may have faith on the Lamb of God, who taketh away the sins of the world, who is mighty to save and to cleanse from all unrighteousness. (Alma 7:14.)

When I read this part of this verse, I feel the following things:

- 1) The way back is ALREADY prepared.
- 2) Jesus simply needs permission to administer unto us what is needed.
- 3) Our broken heart and contrite spirit are what He needs to proceed.
- 4) He knows when we are ready, what we are ready for, and how to go about it.
- 5) He is MIGHTY to do what He does to us. He is MIGHTY to save and cleanse us. There is no name given under heaven except His that is given as far as administering what we need.

6) He can cleanse us from ALL unrighteousness. ALL. Not just some. ALL. No stone is left unturned. No untidy corner of the attic is left unswept and unclean. He cleanses us from head to toe until we are spotless. That is His mission in life...His purpose. We are all He thinks about. We need not worry that we are taking up too much time, or bothering Him, or making Him angry, or any other perceived barrier.

That's it.

– Tom K. ☐

## THE GIFT

It was a day of excitement, a day of anxiety. It was a day of rejoicing, a day of tears. It was a day of parting, a day of beginning. I waited for one last chance to say goodbye. I knew my turn was next, as I listened to the interview just ending.

“I just can't wait to get started. I know it will be great!”

*“You don't have any last questions, any concerns?”*

“No, I just want to get going. I've waited long enough for this chance. I've read all the manuals. I don't think anyone could be any more ready than I am.”

*“No false modesty here,”* he said with a smile.

“I don't think it's lack of modesty. I like to think of it as just being well-prepared and eager to get started. Anything wrong with that?”

*“No. Go on. Have a wonderful experience, James. I'll be looking forward to your reports.”*

“Don't worry. I'll send them all right. I know what to do.”

With that, and a parting handshake, James' interview was over. My turn had come at last.

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*“Well, the day has finally come, Philip. Did you think it would ever arrive?”*

“You told me it would. And of course, I believed you.”

*“Is there anything you want to ask before you go?”*

“Oh, so many things. I don’t know where to start.”

*“What is on your mind in this moment?”*

“Well, for one thing, I keep thinking about James. I heard the last little bit of his interview with you. He seems awfully sure of himself. He doesn’t seem worried about this at all.”

*“No, he doesn’t. I would feel a little more comfortable if he weren’t quite so sure of himself.”*

“Isn’t he ready? He was always one of the top students.”

“He knows all the answers, all right. But the way he’s feeling now—like he’s got all the answers he’ll need in the future—that could pose a problem for him. A certain lack of need to stay connected.”

“I’m not sure I understand.”

*“Well, that’s okay. James’ journey isn’t what we’re here to talk about. Let’s talk about you and your feelings.”*

“Oh. I am full of such mixed feelings. So eager to go, and yet so scared.”

*“What scares you?”*

“The mists, you know. I am afraid of the mists we heard about. You’ve been there. You know what it’s like. Tell me about it.”

*“Well, it’s not the same for everyone. My experience had to be different, you know. But it’s not a cut-and-dried thing. You can overcome it, you know. At least enough to get through.”*

“But what if I don’t? What if I can’t remember?”

I threw my arms around him, and my tears wet his cheek and beard. His arms were there, around my shoulders, like always. So strong, so comforting. I continued, trying to express my fears.

“What if I forget you, Jehovah? What if I can’t find my way back to you? What if I don’t find that connection? What if I get so caught up in the world I don’t remember to look for you?”

*“Never fear, my precious one. Don’t you think I have thought of this already?”*

“But everybody doesn’t worry like I do, do

they? James surely didn’t seem to.”

*“No, everyone doesn’t. But for those who do, I have prepared a special gift.”*

“Will it help me remember? Will it help me find you again?”

*“That’s exactly what it is designed to do.”*

“Can you tell me how it works?”

*“I can tell you a little, but you won’t remember it, of course. But it may give you some comfort right now, so I will tell you what I can. You remember we talked about weaknesses? And how they are an inevitable part of your mortal experience?”*

“Yes, I remember. I guess it sunk in pretty easily—I have so many weaknesses already. Like all this doubt I am feeling.”

Pain is a great teacher. It is an even greater attention-getter. And that is what people really need—something to get their attention. And because I want your attention, I am giving you this gift, a gift of weakness.

*“Well, there are some additional weaknesses I have prepared for you. One special one in particular. It will challenge you sorely, I’m afraid. It will cause you a great deal of distress.”*

“Is this what is supposed to help me?”

*“It will help you remember me.”*

“Because you gave it to me?”

*“You won’t realize I gave it to you at first. At first you will think it is your fault—a defect in yourself. But in time you will realize that it connects you to me.”*

“How is that?”

*“Because I am the only one who can help you with it. I am the only one who can ease the pain this challenge will present to you.”*

“Does it have to be painful?”

*“I’m afraid it does. Pain is a great teacher. It*

*is an even greater attention-getter. And that is what people really need—something to get their attention. And because I want your attention, I am giving you this gift, a gift of weakness.”*

“But everyone doesn’t get this gift, do they?”

*“Everyone gets some version of it. But they don’t all get the gift I am giving you. The gift I have for you is particularly for you, because you have expresses such a desire not to forget me.”*

“What is the gift called, Lord?”

*“It is called ‘Addiction.’ At least that is what you will call it.”*

“And it will help me remember you?”

*“As soon as you learn that I am the only cure for it.”*

“Then I accept the gift, somewhat fearfully, perhaps, but gladly—if it will help me remember and return to you.”

*“It will. I know your heart, and I know this gift will be a bridge between us. It may sound fearsome, but in the end you will see it is glorious. Everything that binds us to each other is glorious, is it not?”*

“Yes, Lord, everything.”

One more embrace, and the interview was over. My tears dried, I turned to face my mortal life and the weakness, the gift, that would bring me back to God. recovery.

-- Phil H. □

## PLANS FOR THE 2007 HEART T’ HEART CONFERENCE

Hi, Brothers and Sisters,

Planning for our upcoming Heart t’ Heart Conference is well underway. The theme for this year is “Continue in My Love,” and the conference will be held at UVSC in Orem, Utah on July 13<sup>th</sup> and 14<sup>th</sup>.

The format for the conference will be much the same as usual; there will be three plenary presentations, one to begin the conference, one after lunch and one to end the conference, and the rest will be break-out workshops. We will have a table where addiction recovery literature will be sold, and CD’s of the conference talks will also be available for purchase.

Right now our objectives in holding the annual Heart t’ Heart conference are:

- ① Getting together to share our experience, strength and hope.
- ② To testify of the power of Jesus Christ to change the hearts and lives of addicts through the Twelve Steps.
- ③ To witness and rejoice in the miracles that happen through Jesus Christ in the lives of everyday regular people.

We would really appreciate input from people who are planning to attend the conference, those who have attended the conference in the past, and even those who would like to attend, but can’t. We would like to know your thoughts and feelings on what would make the conference meaningful to you. What would you like to hear? To learn? To see? Is there anything you have seen in the past that has made a difference for the better or the worse. We would appreciate your taking a few minutes to share your thoughts with us, either through e-mail at [mtshaver@mts.net](mailto:mtshaver@mts.net) or at [peggybarrus@gmail.com](mailto:peggybarrus@gmail.com), or on the Heart t’ Heart website forum, entitled Heart t’ Heart Conference 2007.

We look forward to hearing from you.

Thanks,

--Mary S. & Peggy B. □

### 2007 Heart t’ Heart Annual Conference

## “Continue in My Love”

(From John 15:9)

July 13 & 14, 2007

at

UVSC, in Orem Utah

Registration will begin soon. Please plan to come!

## COMING FACE-TO-FACE WITH OUR CONCEPT OF GOD

In my path of recovery, as layers of denial are peeled away, I have had to come face-to-face with the question of who God is and what I believe about Him. In my self-righteousness, I have scoffed at the idea that I could be an agnostic, but my reliance upon myself, and my lack of belief in a personal Savior who would be my companion and guide said otherwise. As I listen to the shares of those in recovery, I see this is a common thread that we share. We come face-to-face with our concept of God, a concept which most often has failed us, and we begin to ask, "What think ye of Christ?"

This week there has been discussion in the meetings about what we believe about our relationship with Deity: Is it wrong to counsel with Jesus Christ directly in our prayers? Who answers our prayers? When we pray to the Father, and find ourselves in conversation with Jesus, have we offended the Father? Is it really possible that the condescension of God is so real that we can truly have the words of Christ to us continually, even amidst our sins and failing?

What makes these questions even more difficult is that, in the midst of our membership in the true church, we may have learned precepts that are contrary to what we are experiencing as we are redeemed from the hell of our addictions and despair. We inevitably come to a place of spiritual awakening where our experience brings us face-to-face with old beliefs. One of those beliefs is that we have to be clean and whole and perfect before we can have the personal tutorship of God, either the Holy Ghost or Jesus Christ. Yet as broken sinners, the reality is that if we have to heal ourselves, we are doomed to certain death. Our concept of God has to meet the test of personal reality and experience. No matter what we have believed in the past.

I want to share something that we hear every week in church that I have personally missed my entire life. In the sacrament prayer, as it is given in D&C 20:77, there is the promise that "They may always have his Spirit to be with them." It's the purpose of everything else that we do, to have "his

Spirit" to be with us.

Now what Spirit is this? Is it the Holy Ghost? Is it the light of Christ? Who or what is it?

The footnote for "his Spirit" is John 14:16. This is the Savior's promise that he will send "another comforter." In other words, it is the promise that He will be our Comforter, and that through the first comforter, the Holy Ghost, we can feast upon the words of Christ, and have his personal tutorship and comfort, his words to us "always."

In my old belief system, I thought this privilege was only for the prophet, the apostles and a few people who were much better than me.

But the truth I have come to in my search, especially as I ponder the scenes of the New Testament, is that Jesus does come to sinners and addicts.

Without His personal words to me, there would be no salvation. I would remain completely lost and fallen forever. This is the reality of addiction. I would remain in my lost and fallen state forever.

—Peggy M. □

## DEDICATION OF A LIFETIME

In a recent Priesthood meeting 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". 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 lasts 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.

I am so grateful to the Lord 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 Him and His servants. Now my prayer must be, “Please help me, dear Lord, now that I “...believe all these things [to] see that [I] do them” (Mosiah 4:10).

– John F ☐

## HE SHALL CONSECRATE MY AFFLICTIONS FOR MY GAIN

**A**s I was looking at 1Nephi 1:1, recently, this phrase stood out to me: “. . .having seen many afflictions in the course of my days, nevertheless, having been highly favored of the Lord in all my days.” When I looked down at the footnote on “afflictions,” I was astonished to find that it sent me to the Topical Guide under the heading of “Blessings” and “Gifts of God.” It came to me that the whole phrase, as quoted, needed to be taken together.

I started making a list of my afflictions and suffering and how I have been highly favored of the Lord in the process of them or as a result of them. I felt truly humbled. I was able to go on for pages writing them down and I came to the conclusion that I could have gone on and on. What a wonderful

new perspective for me!

Many times lately, as I struggle with self-pity, or feeling worn out, or wondering why life has to be so hard, another phrase of Nephi’s comes into my mind: “...I know that he loveth his children; nevertheless, I do not know the meaning of all things.” 1 Nephi 11:17 . What a gift of grace that thought is! I don't understand all of the whys or wherefores, either, but, along with Nephi, I do know that He loves me!

This was reinforced as I read a BYU Devotional talk given by Elder Gene R Cook, on February 1,2005. I want to share a few excerpts:

“Verily, thus saith the Lord unto you whom I love, and whom I love I also chasten that their sins may be forgiven, for with the chastisement I prepare a way for their deliverance in all things out of temptation, and I have loved you. D&C 95:1

Isn’t it wonderful that the Lord’s motive in allowing suffering truly is love, and He will even prepare a way for our deliverance? Truly He has loved us during these serious trials, in spite of what some may think.

It is evident, brothers and sisters, that the Lord will use tragedy and sorrow to help humble His people and thereby cause them to repent and be saved. Listen carefully to this: He loves you more than your being perfectly happy day by day, and thus He will do what is required to purify you so you can return to Him.

Add to all of this the times the Lord has used daily experiences to mold your personality, to refine your attributes, to help you be more Christlike. How complex it appears to man. How difficult it would be to influence all within one man’s life in one day, let alone throughout his whole life. Think of the orchestration that is going on among your whole family, the whole community, and the whole world. Could any man ever comprehend the love and works of the Lord? I think not.

What can I say more? Except that I love Him.

– Irene W. ☐



## February GSB Contributions

Online Meeting ..... \$70

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.

## 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)

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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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