

# Heartbeats

The Official Newsletter of  
Heart t' Heart

June 2007

A Twelve Step Support Group for the LDS Community

Volume 17 – Issue 6

## 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,

Since May was the month to remember mothers, and June is the month to remember fathers, I thought parenting might be an appropriate theme to ponder on, this morning. The following thoughts are shared as a result. I pray you will enjoy what the Spirit whispers to you as truth and forgive the rest.

### TAKING STEP ONE AS A PARENT

What would it mean to take Step One in the realm or role of parenting?

Well, first it would be to admit that without God, I am nothing as a parent. In other words, without God, I can do nothing *inspired* as a parent. That I, of myself, without God, can do no good. Why? Because all good comes from God. Because *all* wisdom and *all* knowledge comes from God. *All. . .*

Taking Step One would mean I would have to admit that the learning of men in all the books on child development and child-rearing that I have read, is all great, . . . *as far as it goes*, . . . but that while they deal in what's average, I am trying to relate to a very specific individual child. While they speak in generalities, God deals in single case histories—one at a time. He deals in specifics. I've come to realize you can read book after book about the generalities. You can read book after book about what other people have done that has worked for their family and their child, and still be at a loss to find what works for your child.

I know that's what I did for the first 25 years of my parenting. I read dozens of books and attended seminar after seminar. I felt like I was running to and fro, driven by every wind of theory. I kept trying on everyone else's solutions. Even when I read successful outcomes in other parent's lives with their child, I had to admit it was no guarantee of success in parenting *my* child. I came to realize that unless direct, personal confirmation from the Lord verifies the advice or ideas I've gleaned from someone else, they are still not *my* answer.

Still, for years, I went on trying to apply the words of one "expert" or another—and continued, year in and year out to find that none of us could come up with a formula that would get through to my child. Looking back, all I can do today is wonder why I avoided seeking the Lord's direct participation in my thoughts and my ponderings and my conclusions regarding my parenting for so long.

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

**TAKING STEP TWO AS A PARENT**

Why do we interpret the Lord's desire to be as one with us in heart and mind as something He is withholding from us until the end of our lives? The truth is He wants to be in conscious contact with us, of one heart and one mind with us, *right now*. He wants to counsel us in *all* our doings. *All*. And what "doings" can you imagine are more important to the Lord than our "doings" as parents?

None.

Do you really think He wants to leave us *alone* to parent His children? Do you think He's given us a child, like a "do it yourself" kit, without instructions? We often kid and say that—that it's too bad they didn't come with an instruction manual.

No, they didn't come with an instruction manual. But you came with the Light of Christ, and you have access to the "online" 24/7 help line of the Spirit of the Lord. Who needs an instruction manual when we have a direct line to the Father and to the Savior?

I have heard some people refer to the Book of Mormon as an instruction manual, but I've experienced it as far more than that. As I have read it, I have found that it has a spirit in it that clears the channel in my own heart and mind to receive direct communication with the true Father of my children.

Reading the Book of Mormon sets up the energy or wave length of the Spirit of Truth in our own spirits. It causes us to resonate on the same frequency of truth as God. It quickens our minds and our hearts. We are brought into a greater degree of nearness, even some degree of oneness, with the mind and will of the Lord. And with *that* Gift in place—the ability to hear the Lord's answers to our prayers—in other words to hear His replies increased, and we are given precise—living, dynamic, individualized counsel concerning our child.

**TAKING STEP THREE AS A PARENT**

Even then, though, when we begin to parent our children according to the spirit and "sanity" (right thinking) inspired by the Lord's communication with us, we must not think that we are being given a fool-proof, 100% guaranteed formula that is going to MAKE our child see the light and turn out perfect.

No. What we are going to find out is that even after doing all that we can do to be guided by the Lord, what He gives us to do for our children might not "work." They might still reject it and insist on learning by their own experiences that wickedness (doing something different than what the Lord would guide us to do) will

never bring happiness.

And meanwhile, we must do as God does. We must turn to Him, seek our own relationship with Him and live by the communion we have come to treasure from Him. We must go on with our own choices, leaving our children to find Him in their own way and according to their own honest time-table and need.

Thus, in parenting, we are parented. In learning to raise our children according to the Spirit of the Lord, we are raised, lifted up to become a little more like Him.

I have felt these truths, this process, at work in my own life, and I am grateful. Even while I still wait for my own children to turn themselves and live, I am grateful for the chance to feel what God feels and to have a little more compassion for Him in His role. How fascinating to think that He parents according to these same true principles of personal humility and honor for our agency.

Colleen ☐



**2007 Heart t' Heart Annual Conference**  
**"Continue in My Love"**  
(From John 15:9)  
**July 13 & 14, 2007**  
**at**  
**UVSC, in Drem Utah**  
**Registration form is included. Please plan to come!**

# SOMETIMES RECOVERY FEELS LIKE A SLOW-MOTION MIRACLE!

**Y**esterday I was reading about Helaman and others preparing for an "impossible" battle against an innumerable host of their enemies...

*ALMA 58: 10-11*

*Therefore we did pour out our souls in prayer to God, that he would strengthen us and deliver us from out of the hands of our enemies, yea, and also give us strength that we might retain our cities, and our lands, and our possessions, for the support of our people.*

*Yea, and it came to pass that the Lord our God did visit us with assurances that he would deliver us; yea insomuch that he did speak peace to our souls, and did grant unto us great faith, and did cause that we should hope for our deliverance in him.*

I'm thinking of this as the battle against the forces of spiritual darkness which I face as I try to seek healing from addiction. Also in trying to stop the healing process/suffering/despair from interfering, as it has to a frightening extent, with the work to feed and support "my people" (my family) and "retain our cities and our lands."

I pray God will "visit us with assurances he will deliver us," that he'll speak peace to our souls and grant great faith and "cause that we should have great hope for our deliverance in him."

Then, in the following 2 verses there is a call to action...

*ALMA 60: 21 and 29*

Or do ye suppose that the Lord will still deliver us, while we sit upon our thrones and do not make use of the means which the Lord has provided for us?

Behold, it is time, yea, the time is now at hand, that except ye do bestir yourselves in the defense of your country and your little ones, the sword of justice doth hang over you; yea, and it shall fall upon you and visit you even to your utter destruction.

Applying these thoughts to my own life, I am led to consider: How do I suppose the Lord will deliver me if I don't "bestir myself" to make use of the very means he has provided; the scriptures, the words of the prophets, my Bishop, the Church's new 12-step book on Addiction Recovery, this forum, prayer, a counselor, a Heart-t-heart group, etc?

The hardest thing about this process for me is that it is so difficult; why should it be so everlastingly, maddeningly, soul-wrenchingly hard? Why is the Lord asking the very hardest possible things of me at every turn?

I have grabbed hold of "the border of his garment" like the woman in the New Testament and I know he can heal me. Why is addiction recovery such a slow-motion miracle, compared to those instant healings?

Maybe it was because her illness was not an addiction, that she didn't resist surrendering it to the Lord the way addicts do. That "tug-of-war" causes us such a period of "waffling." Unlike us addicts, she didn't get any temporary comfort from her problem, and so she had no hesitancy in accepting the Savior's power into her life to heal her. As Jesus took her sickness away, she had no impulse to grab it back and hold it to her heart and let it gnaw at her soul and numb her pain just "one last time." So it was with the lepers, too. When he healed them, I don't imagine any of them had any last minute panic, thinking "Oh my gosh, how will I live without my rotting flesh and beggar's rags?"

**I have grabbed hold of "the border of his garment" like the woman in the New Testament and I know he can heal me.**

As I give up my will and addictive thoughts and behaviors to the Lord I know I am stunned by the extent of the emptiness I feel left inside me. Surely, I think, this can't be how normal people feel every day, or everyone would be using alcohol and drugs or worse, just to cope. Surely it has to get better and easier at some point.

As yet I have felt nothing come into that empty place and fill me, even though I plead with Him to be that something. Maybe it's already there and I have lost my ability to sense His presence or spirit with me. I feel the Spirit daily, but I'm still unable to make out what He's saying or what I should be

learning from it. It's just there with me in the emptiness, waiting.

Still, I pray to endure the emptiness and pain and find whatever may be on the other side, to "make use of [every] means the Lord has provided" and never let go of the hem of His garment. To live every moment striving for that "conscious contact" with him that so many of you seem to experience somehow.

I look back over the 14 months since beginning this process and I can see that I have made progress. I am lasting weeks and sometimes a month between acting out, where I used to give in in just hours. I am trying to give the Lord credit even though it feels like every impossible step forward is being taken on my own with everything I have while crying "God in heaven, where are you?"

I am committed to and have constantly maintained rigorous honesty and accountability to myself, the Lord, my wife, my bishop, my group.

I pray there will be eventually come some joy or peace along this road, some sense of the Lord's approval or awareness.

Scott ☐



## A TRIBUTE TO MOTHERS

(I was asked to give a tribute to mothers in our ward on Mother's Day. I would like to share with my HtH fellowship the thoughts the Lord gave me that day. I pray they may be a blessing to you and that the Lord will bear witness to your hearts of the truth in what I share.)

I know some mothers who dread Mother's day because of the feelings of inadequacy and shame they feel when they hear perfect mothers described in all their glory. With all the tributes given to wonderful mothers on this day, they imagine all the other mothers in their ward are perfect, with perfect husbands and children, and with perfect, immaculately clean houses, and they despair. They despair of ever matching up all the socks, or of getting their children off to school on time. They despair of ever having the energy to fix a meal, let alone a seven course meal complete with china, crystal and candles, with a perfect loaf of

bread in the center of the table that they baked from their very own hand-ground flour that very morning, as they are sure those perfect mothers do every night of the week. They hear tributes to wonderful mothers, and they feel in their hearts that they are not wonderful mothers, and they fear it is too late for them, and there is no hope for them.

For those perfect mothers here, who have perfect husbands and perfect children, and whose houses are always spotless, and who make bread every morning and seven course meals every evening, you may go to sleep now, because I will not be speaking to you today, and besides, you probably need some extra sleep.

I would like to speak today to the other mothers, the ones who feel not so wonderful, who feel they fall a little short, or a lot short. I would like especially to speak to the mothers who didn't want to come today, because of how painful this day is for them, believing they can never live up to the image they hear painted of what a mother should be. I want to tell you a secret. There *are* no perfect mothers, not in the way I just described. *Every* mother feels she has made mistakes and could have done better.

If you are a mother who feels she falls short, I pay tribute to you. The pain you feel, even the despair, is because you love your family and want the best for them. There is no power greater than love. Please know that God loves you and wants you to have hope. He is pleased with your love for your family. If you could see yourself through God's eyes, you would be amazed.

Let me tell you another secret. There is part of the story about the 2,000 stripling warriors that we do not often talk about. Here is the Book of Mormon description of the culture the mothers of the 2,000 stripling warriors once lived in: "[They were] a wild and a hardened and a ferocious people; a people who delighted in murdering the Nephites, and robbing and plundering them; and their hearts were set upon riches, or upon gold and silver, and precious stones; yet they sought to obtain these things by murdering and plundering, that they might not labor for them with their own hands." (Alma 17:14)

How did the mothers of the 2,000 stripling warriors go from being part of such an unrighteous culture to the kind of mothers that instilled such great faith in their sons? How do you go about reconciling what the scriptures say about your duties

as mothers with how you feel about the inadequacy of your own efforts?

Mosiah 4:14 and 15 reads: “*And ye will not suffer your children that they transgress the laws of God, and fight and quarrel one with another. But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.*”

Some mothers I know cringe when they hear those verses, thinking this is a commandment they are failing to follow.

Today, I'd like to shed a different light on that passage that may give you hope. King Benjamin had called all his people to gather at the temple in order that he might teach them. In Mosiah Chapter 2, verse 21 he says: “*I say unto you that if ye should serve him who has created you from the beginning, ... I say, if ye should serve him with all your whole souls yet ye would be unprofitable servants.*”

King Benjamin is saying that we are *all* unprofitable servants ***all of us!***

Then in Mosiah 3:21, he gives us the one and only solution to how far short of perfection we all fall: “*And none shall be found blameless before God, except through repentance and faith on the name of the Lord God Omnipotent.*”

There is a way that we can be blameless before the Lord. Repent and have faith in Christ. This statement is true no matter where you are in your life, no matter how many mistakes you feel you have made.

How did the people react to King Benjamin's teaching? “they had fallen to the earth, for the fear of the Lord had come upon them. And they had viewed themselves in their own carnal state, even less than the dust of the earth. [THEY KNEW THEY DIDN'T MEASURE UP TO GOD'S STANDARDS THAT THEY WERE POWERLESS TO DO SO ON THEIR OWN] And they all cried aloud with one voice, saying: O have mercy, and apply the atoning blood of Christ that we may receive forgiveness of our sins, and our hearts may be purified; for we believe in Jesus Christ, the Son of God, who created heaven and earth, and all things; who shall come down among the children of men. And ...after they had spoken these words the Spirit of the Lord came upon them, and they were filled with joy, having received a remission of their sins, and having peace of conscience, because of the

exceeding faith which they had in Jesus Christ who should come..., according to the words which king Benjamin had spoken unto them. (Mosiah 4:1-3)

They had felt the loving arms of Jesus surround them and cleanse them, and change their hearts heal their hurts and disappointments and their agony over their shortcomings. They KNEW that Jesus loved them, and would atone for their sins. They knew that despite their nothingness, their weakness, God loved them, and would sustain and support them and help them return to him.

The people just having had that marvelous experience, King Benjamin gave them a warning and a promise:

*11 And again I say unto you as I have said before, that as ye have come to the knowledge of the glory of God, or if ye have known of his goodness and have tasted of his love, and have received a remission of your sins, which causeth such exceedingly great joy in your souls, even so I would that ye should remember, and always retain in remembrance, the greatness of God, and your own nothingness, and his goodness and long-suffering towards you, unworthy creatures, and humble yourselves even in the depths of humility, calling on the name of the Lord **daily**, and standing steadfastly in the faith of that which is to come, which was spoken by the mouth of the angel.*

*12 And behold, I say unto you that if ye do this [here comes the promise] ye shall always rejoice, and be filled with the love of God, and always retain a remission of your sins; and ye shall grow in the knowledge of the glory of him that created you, or in the knowledge of that which is just and true*

*13 And ye will not have a mind to injure one another, but to live peaceably, and to render to every man according to that which is his due.*

*14 And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and fight and quarrel one with another,*

*15 But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.*

Brethren and sisters, I suggest to you that Mosiah 4:14 and 15 is NOT a commandment from

the Lord, but a PROMISE from the Lord, to those who come to him with a broken heart and a contrite spirit, and acknowledge to him on a daily basis, their own nothingness, and their reliance on him. And then, through that reliance on his atonement, and that humility, seeking his guidance and power *daily, even hourly*, he will change your heart, and “you will not have a mind to injure one another, but to live peaceably” and you will “teach your children to walk in the ways of truth and soberness” *by your example*, and by being led of the Lord as to how to show to them the love God has shown you.

This is the experience the mothers of the stripling warriors had to have also had when they converted to the gospel. They cherished that joy that they felt when Christ cleansed them through his atonement, and wrapped his loving arms around them. Their relief and joy was so great that they pledged to never again take up arms, for fear of losing that redemption and that closeness to the Lord. (See Alma 24:21 and 22) They would rather die than lose the joy they received through the redemption of the Lord. Their faith was a gift from Christ because they realized their own nothingness, and asked him to apply his atoning blood.

I believe that the mothers of the stripling warriors then went on to teach their children about their own experiences in being rescued from a life of sin and greed by their Savior. The faithfulness of their sons was a blessing from the Lord, as a result of following the pattern taught by King Benjamin: admit your powerlessness to God every day, and ask him to apply the atoning blood of Jesus Christ, and be willing to have him change your heart and your will, and be willing to serve him forever.

If you are a mother who feels she does not measure up, this pattern and promise can bring you hope and comfort also. Go to the Lord with a broken heart and contrite spirit. Acknowledge your own nothingness without the Lord and ask him to change your heart. His promise is sure. As you do so, humbly and sincerely, he will bless you with that same joy experienced by the people of King Benjamin, and by the mothers of the stripling warriors, and by King Lamoni, and by Alma the younger and the sons of Mosiah, and by every one of God’s children who honestly, sincerely, comes to Christ.

There is nothing you can do as a mother that is more important, or will be more of a blessing to your children than to come to Christ and have your heart changed, and walk with him on a daily, even

an hourly, basis. Remember, it is not you that molds your children into men and women of God, but the Savior, as they come to him, and accept his atonement. You can show the way, but it is the Lord who will change their hearts, just as it is the Lord who will change your heart if you come to him in the way King Benjamin teaches.

I pay tribute today to all those mothers whose hearts ache when they think about Mother’s Day,

**I bear personal witness that if we will acknowledge to ourselves and to God our powerlessness, our nothingness without God, and humble ourselves in the depths of humility, and ask him to apply the atoning blood of Jesus Christ, that he will surround us in the arms of his love, and he will heal our hearts, and fill us with love and with hope.**

who love their families so much and want to have a wonderful family. And I pay tribute to my Savior, who invites those mothers, and all of us, to come to him, and be healed in him, and lifted and strengthened by him, and receive hope in him.

I bear personal witness that if we will acknowledge to ourselves and to God our powerlessness, our nothingness without God, and humble ourselves in the depths of humility, and ask him to apply the atoning blood of Jesus Christ, that he will surround us in the arms of his love, and he will heal our hearts, and fill us with love and with hope. And as we renew that acknowledgment each day, and ask anew for his atoning blood to be applied to us, he will walk and talk with us on a daily basis, and continue the work of changing our hearts.

That we might each do so is my prayer, in the sacred name of my Savior and Redeemer, even Jesus Christ, amen.

Keith H. □



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Editor's Note: Please remember, the opinions shared in Heartbeats are of the person sharing. We hope and pray that you will read, ponder and pray for direct inspiration and counsel from the Lord. Take what you feel confirmed in your own heart concerning the sharing and toss the rest.

### Online Meetings

To attend one of the online meetings go to:

<http://www.heart-t-heart2.org/chat>

(Note: New address)

All are welcome to attend. If this is your first time, review the information on the regular Heart t' Heart webpage:

<http://www.heart-t-heart.org>

**OL-04 - Sunday through Friday:** Every

morning, 6:30 a.m. - 7:30 a.m. General Focus (MST).

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

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- 1 In-depth study/analysis of principles found in Steps or Traditions
- 2 Personal experiences with the Steps, Traditions, Tools – how the work in your life
- 3 Capturing from the scriptures, *Big Book* or *He Did Deliver Me From Bondage*
- 4 Open sharing with positive recovery messages
- 5 Program from the Prophets – quotations from modern prophets with a “recovery” message
- 6 Short quotes, thoughts or one-liners

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