

Heartbeats

The Official Newsletter of
Heart t' Heart

October/November 2008

A Twelve Step Support Group for the LDS Community

Volume 18 – Issue 9

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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SINGING THE HALLELUJAH CHORUS!

Waking up feeling like it is Christmas morning! Feeling like the Savior has come, . . . IS COME.

That's how I feel this morning--DELIVERED!

Like singing the Hallelujah Chorus!

For unto ME a child is born! Unto ME a son is given! (Said with awe-struck amazement that it could be felt THIS personally, individually. That He is MY Savior, my Messiah, my Holy ONE.) And the government of my WHOLE ENTIRE LIFE shall be upon HIS shoulders. And His Name shall be called WONDERFUL COUNSELOR, the Mighty God, the Everlasting Father (of my rescue, my recovery, my new birth, REBIRTH, restoration to sanity, RECOVERY of my celestial home and oneness with my Heavenly Parents), . . . the Prince of Peace!

And in Him, no matter what is going on in my life outside my core, I find peace. When I allow Him to come in unto me and don't (in my pride) try to clean up my "house," or "my act" first.

It has dawned on me lately, that I need to believe the literalness of the metaphor that he "stands at the door--MY door--the door of my life" and knocks. Figuratively speaking, this is the door of my house that has been quarantined for the plague of whatever sin I am sick with. He stands at the door and knocks. He wants me to cry out to Him, as Alma the Younger did, "O Jesus, Thou Son of God, come in unto me." He wants me to finally let go of all my foolish pride and self-sufficient, self-saving pride.

I've also come to see the truth that He stands right at my door, not way up on the top of the mountain (of perfection) and call out to me from some great distance, "Colleen, come out of your house of sin

(Singing the Hallelujah Chorus!--cont. from p. 1)

and imperfection and weakness, and climb up this mountain on your own to meet me. No, my Savior comes to me, right up to the front door of my "brothel," my "leper house," and seeks my permission to enter into my heart so He can begin to heal me--remodel and re-member me. He has come to make me over in His image. It isn't something I can do to be worthy of Him. What a ludicrous idea--that I could ever do anything to be worthy of Him. Without Him I can do nothing. Only wrapped in the robes of HIS righteousness can I find safety and peace--and the changed heart that will eventually manifest in changed behavior. Meanwhile I have to rest in His patience with me. This is a whole new way of existing--this patience, kindness and long-suffering Spirit that He is replacing my self-judging, blaming, shaming heart with.

**It is Christmas morning every morning
that I allow Him to come into my stable
and be born again in my "midst."**

Wow! What a bunch of mixed metaphors. Hope it made some sense. Even more, I pray it conveyed a bit of how it feels to have hope in Christ and not in any fallible, imperfect, wavering of my mortal self.

It is Christmas morning every morning that I allow Him to come into my stable and be born again in my "midst."

("Even so, am I in the midst of you." --D&C 6:32)

Thanks for letting me share. . . .

Colleen H. ☐



THE POWER OF THE TWELVE STEPS IN MY LIFE

I would like to say how much the 12 steps of Heart to Heart have impacted my life.

Engaging in my primary addiction keeps me from the temple, and I struggled with it for decades, trying so hard to find a way to eliminate it from my life, so I could be worthy of a temple recommend. I have always loved the temple, but for many periods of my life have not been able to attend the temple due to my struggles.

Periodically I was able to white knuckle it long enough to get a recommend and return to the temple, only to find that my struggles returned quickly, keeping me once again from temple attendance.

On two memorable occasions, reading *Believing Christ*, by Stephen Robinson led to me to a place of surrender to my Savior that resulted in me having no desire for my addiction. What a marvelous miracle!

And yet, after a few months, life returned to "normal" and my struggles returned, again keeping me from the temple. Although I had tasted that freedom from the bondage of my addiction, I did not know how to sustain it. Re-reading *Believing Christ* every day did not seem like a workable method.

When I began coming to HtH meetings online, the Lord again removed my desires for my addiction. For three months I had absolutely no desire to seek comfort in worldly things in that area of my life. It was a marvelous, miraculous blessing thanks to the mercy, grace and merit of my Savior and through no merit of my own.

Even that wore off, eventually. For an extended time I continued on and off to struggle with my addiction. Now, however, I had been shown the key to maintaining that condition of freedom from bondage. The key was acknowledging my dependence on the Lord and turning to him.

SPIRITUAL PAPER AIRPLANES

I learned over a period of three years that simply stating that acknowledgment occasionally was not enough. For me, repeating the steps every morning, in prayer to the Lord, and literally crying out to the Lord every day to apply his atoning blood to me, has become the anchor of my recovery.

As I do so, I am reminded of my abject spiritual poverty without the Savior in my life. I remember the lows to which I sank before turning to Him, and I am again filled with gratitude for his marvelous, infinite, incomprehensible love for me and his willingness to pay for my sins and to fill me with his love.

Heavenly Father has invited me to see that it is not by my power that I am able to do any good works, but it is Him in me.

As I have begun to make my daily 12-step prayer a habit, the Lord has prompted me to move my recovery to a deeper level. No longer am I content to simply overcome my primary addiction. What began as a journey to gain relief from the torment of a "bad habit" whose grip on my life I could not break on my own, has become a thirst for a unity with my Father and my Savior that I had not previously thought possible.

Heavenly Father has invited me to see that it is not by my power that I am able to do any good works, but it is Him in me, just as it was Him in Christ who did the works Christ accomplished while on his earthly mission. (See John 14:10)

He has challenged me gently, lovingly, to see my part in his plan to bring to pass the immortality and eternal life of his children, and to become a partner with him in his work.

I'm grateful for the 12 steps of Heart to Heart, for they have become one of my most treasured tools in keeping me close to the Lord.

Keith H. □

Last Christmas, my 10 year-old son received, from a grandparent, a calendar that has a different paper airplane that can be folded for each day. We thought this was pretty cool, but as he began to work on these we discovered that the designs were challenging enough that he needed assistance to get them completed correctly.... so that they would fly.

Because I work from home, and my son wanted to do these each morning, the calendar ended up on my desk; and the duty to "help" fold the airplane ended up my responsibility... ok, confession time... I ended up just folding each one...

At first, I was amazed at his staying power and continued interest in doing this each day, since many of them were so challenging to fold. Then, I was more amazed that my younger two children (7 and 5) also became interested; and, on their own, they started taking turns on who would get the chance to fold the day's airplane with Dad. Strangely enough, I have come to look forward to the time each morning to do this with them.

I began to realize that this activity was becoming about something more important than the seemingly trivial exercise of folding paper airplanes.

Ether 12:27 And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.

The Lord places challenges, weakness, in my life that I am not able to accomplish on my own. These things prove such a challenge to me, that if I even want to hope to move beyond them, I need assistance and help from someone else. For me in my addiction, I have come to know that this "someone else" is Jesus Christ. Only in and through Him do I have the hope of moving beyond the

confines of addiction, at least the confines of how I saw myself and my addiction, to something even more meaningful.

My relationship with my children has become enriched and deepened because of the time spent together in a seemingly unimportant and unexpected activity of folding paper airplanes. So too, the Lord has provided tasks for me, "overcoming" addiction, that are impossible without his help, so that I might spend regular and frequent... sometimes very regular and frequent (minute to minute, arduous) time with Him. And by that time spent with Him, he has the possibility of folding me into the person I was designed to become... so that I might learn to fly and soar under the mercy and grace of His matchless love.

How great and good is our God!

Brooks L. ☐

FUNNY THINGS I'M NOTICING

I have only been doing the HTH thing for a little over a month now, but I'm noticing some differences in myself. I feel like little by little the Spirit is giving me a clearer view on my codependent behaviors. I have been doing better on being more honest about my real feelings - which is huge progress for me. I had been stuffing feelings for as long as I can remember.

Here are some of the funny things I'm noticing about my codependency:

- I basically seem to apologize for everything under the sun (even when the event has nothing to do with me)
- I needed to walk by my husband to get to the next room and even though there was plenty of space for me to go by, I just stood there until he went to do what he needed to do - the hilarious part about this was that it occurred to me that I

do this all the time and that was the first time I became aware of it.

- I get things for my kids all the time that they are perfectly able to get for themselves. (I thought my Mom was bizarre when she was still tying my 14 year old brother's shoes, but couldn't laugh too hard about it when I realized I would still do my 17 year old's hair at times)
- Any time anyone in the house is looking for something, I immediately pop up - feeling totally responsible to find it.
- I have realized that one reason why I enjoy alone time so much is because the second anyone in my family enters the room, I feel completely responsible for not just their feelings, but their entire life.

Anyway, these are just a few things that I have been noticing and God is helping me change.

I know there are tons more codependent things that I do and I am enjoying the journey as God and I are laughing together as He continues to reveal more of them to me.

It feels good to be able to laugh at myself and my codependent quirks and to know that God is right there teaching me daily how to be different

K.N. ☐



**Did you miss the HtH Conference this year?
Did you attend? Don't you wish you could hear
every workshops you missed?
You don't have to miss a moment!**

**2008 HtH Conference CD's can be purchased
at www.riverwalkmedia.com**

WRITING: BLESSINGS THAT THIS TOOL OF RECOVERY HAS BROUGHT ME

The Lord has described Himself as a fountain of living water. He has also said, "My words...never cease." Many friends that I have talked to have commented to the effect that "The [scriptures] seem to keep changing. Things keep getting 'added in' that weren't there before!"

Obviously the words are still the same. We and our needs are what change!! Our maturity in the Gospel is what changes. Our hearts are what change. Our circumstances are what change. The lessons the Lord wants to teach us now vs a year ago are what change. That the Lord can use the same stories, the same words, to teach us DIFFERENT and NEW lessons is a testament to the power of personal revelation in our lives. What matters more than the words is the Spirit that gives them life!

One Tool of Recovery we use in HtH is the tool of Writing. One form this writing can take is a journal, where we record not just "our" thoughts and "our" words, but the "thoughts" and "words" of the Lord, Jesus Christ, as He speaks to us "in our own language" and "according to our understanding." Brothers and Sisters, I have discovered for myself that this is breathtakingly true! As a friend of mine once said:

"[The Savior] is more generous in valuing our strengths, less critical of our shortcomings and weaknesses, and ready to forgive and move you forward than we imagine. The 'light of Christ' described in the scriptures is always positive, always good, always creative; and it proceeds from Him."

The Tool of Writing is how this witness finally entered my soul.

One thing my writing has taught me, something that, like Moses, I "never had supposed" is that these conversations with the Lord constitute the growth of one of the spiritual gifts the Lord has

commanded us to seek earnestly. The gift I speak of is the Spirit of Prophecy and Revelation. We are all to be prophets and prophetesses! Not the office held by President Monson - but the benefits of such! The KIND of relationship President Monson enjoys with the Lord, we are to enjoy as well! To come to know the Lord cannot be separated from the Spirit of Prophecy and Revelation. To have the gift of the Spirit of Prophecy and Revelation means we come to know the Lord. No longer servants but "Friends." What flows from that GIFT is Charity. We serve our brothers and sisters effectively, because we walk hand in hand with Christ and are powered by Him. His plea for us to surrender to Him is also a plea to allow ourselves to be powered by Him.

That the Lord can use the same stories, the same words, to teach us DIFFERENT and NEW lessons is a testament to the power of personal revelation in our lives. What matters more than the words is the Spirit that gives them life!

Something else that is marvelous to me is to realize the distinct roles that each member of the Godhead has regarding our growing in the Spirit of Prophecy and Revelation. During my writing I have witnessed an unmistakable progression and natural transference in Whom I address at the beginning vs the end of my writing.

I feel that I begin with the Holy Ghost. I begin with feelings. Feelings that entice me to trust the Lord. Feelings that entice me to be honest with Him about my struggles. I grow in these feelings as I choose to respond to their invitation. And in a way I cannot utter, presently I feel the Holy Ghost (for lack of a better way to express it) "step aside" and I feel the Savior near in my writing. I could have never imagined that He would have such a distinct presence and personality. While the Holy Ghost, by virtue of His ordained role, is quite anonymous, the Savior has a distinct "Personhood" when I feel Him near. As I begin talking openly with Him, I often find Him speaking to me and calling me "son." The

first few times I felt to write this I was astonished. I thought, "He's my brother not my Father." Still, He does speak about begetting us spiritually as His "sons and daughters" does He not? But while this is true -- it does not capture all of what I felt when I felt to write "son" as He spoke to me. Then it dawned upon me what the Savior's ultimate mission is. To bring me unto the Father. As D&C 19 says, "to plead our cause before Him." To be our advocate. The Holy Ghost brings us unto Christ. Christ brings us unto the Father. But in all things, the words are the Father's! So why would it seem strange to make that transition during my writing to the Savior? It seems quite natural to me.

Thank you for letting me share these words today.

Tom K. □

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 they work in your life

3 Literature Study – Articles based on quotes and capturing from any approved literature sources: the Scriptures, AA, SA, NA, HtH, etc.

4 Open Sharing – Articles with positive recovery messages

5 Program from the Prophets – Articles based on finding support for the principles in steps in the public talks of the Prophets.

6 Short quotes, thoughts or one-liners

Send articles to:

Heartbeats
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Hyrum, UT 85319

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I BELIEVE IN CHRIST: AN ADDICT'S HYMN

I believe in Christ—my Lord, my God!
He leads me with His tender rod.
When I am lost and full of fears
He takes my hand and wipes my tears.
I believe in Christ; He ransoms me;
From all my sins He sets me free.
With grace and mercy's healing art
He makes anew my broken heart.

I believe in Christ—oh blessed name!
I've felt His sorrow o'er my shame.
For years I hid in deep despair
Without a hope of answered prayer.
I believe in Christ; He waited long
For me to hear His Lover's song:
"Come unto me; do not despair,
For when you come, I'm always there."

I believe in Christ; He is my King!
To Him my trembling truth I'll bring.
He hears my wretchedness, my ache,
And all delights to own, to take.
I believe in Christ, the great I-Am;
He came as God's unblemished Lamb.
And in His safe arms I will rest;
Through His redeeming love I'm blessed.

I believe in Christ; He is my Friend!
With Him I'll walk until the end.
He'll whisper truth into my ear
And give me hope through all I hear.
I believe in Christ, so come what may,
My heart will swell in love and stay
With Him, in awe! How humble is
The Friend who begs me to be His.

Peg W. □



September GSB Contributions

TOTALS..... \$0

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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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

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-03 - Saturday, 7:00 - 8:30 a.m. Mountain Time Zone (USA). General Focus, Book Study: HDDMFB. Open Sharing.

Phone Meetings

Sunday-4:00 pm, MDT
Wednesday-7:00 pm, MDT
(See website for details)

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 a 7th 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

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- 2 Personal experiences with the Steps, Traditions, Tools – how they work in your life
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- 4 Open sharing with positive recovery messages
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