

Heartbeats

The Official Newsletter of
Heart t' Heart

December 2008

A Twelve Step Support Group for the LDS Community

Volume 18 — Issue 10

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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TRUSTING JESUS

Hi there, My name is Nicole and this is the first time I have ever shared anything anywhere, but I feel like just jumping in with what I have been writing about today in my journal, so here goes...

Trusting Jesus--This is the title of a book by Elder Jeffrey R. Holland that changed my life...not the book itself, although it was very helpful, but simply its title. Two simple words. "Trusting Jesus." Life altering words. Personal revelation. The answer to my prayer.

One night I came home after receiving a blessing of comfort from my Bishop over some very serious trials I was suffering through. Old wounds had been ripped open from trauma in my past long forgotten, and I had been "racked with torment" for a good 3 days with no break and had gone to him desperate for relief. As I drove home with a measure of peace after an inspired blessing and wise counsel, I wondered what was going to make this time any different from all the rest. How was I going to make this one "stick?" It was easy to feel strong in the presence of my Bishop and in the aftermath of that blessing, but what about later, when I was alone in my house again and when the thoughts returned? I had remembered things I had spent decades burying, and I knew there was little hope of me "re-forgetting" them. My previous efforts at receiving peace and comfort when I was at home by myself had failed miserably.

I walked into my room and there lying on my bed, I saw the spine of this book in the stack of books I had picked up at the bookstore the week before that were waiting to be read. *Trusting Jesus*. Time seemed to stand still, all other words ceased to exist, and I knew in that instant that this is what would make the difference. I could focus on the tempest of thoughts and emotions in my mind and begin to sink like Peter, or I could learn from Peter and focus on *Trusting Jesus*, and have faith that He would not let me sink. I chose right then and there, to trust Jesus. Was my trust perfect in that instant? Not even close. After I chose to trust Him, I had to learn how to trust Him. To be honest, I struggled trusting anyone. I struggled trusting people I knew well and could see and who could talk to me face to face. How would I trust someone whom I could not recall ever meeting? It would mean I would have to trust myself some too, to trust my

(Trusting Jesus--cont. from p. 1)

faith in this Jesus, in whom I believed, but had never actually seen, and sadly I had not yet had much experience in dealing with Him personally. Still, I chose to do as Alma instructed, to exercise a tiny particle of faith and plant a seed. I would experiment upon those two words. Trusting Jesus. It felt good just to roll them over and over in my mind. If it felt good, it must be a good seed I had planted, right? According to Alma it was. So then I knew I had to set about nurturing that seed. How would I go about this?

I thought about it and then after some pondering I came to understand that in order to completely trust anyone, seen or unseen, it would help to get to know them as well as possible. So I set out to get to know Jesus. I read the scriptures, I prayed, I pondered, I talked to Him in my mind and heart. I read the many testimonies of Him. I read everything about the Atonement I could get my hands on. I learned of His promises and I chose to trust them too.

Because of two words, my life will never be the same. "Trusting Jesus." It really is that simple.

The more I learned about Him, the more I loved Him and the more I knew I could trust in Him with all my heart. The trust had to come first. Then came the deliverance. Not all at once, but little by little. The memories seemed to lose their power. My understanding grew. My love grew. My trust grew. At times when I thought I couldn't love Him any more than I already did, I would learn something new about Him and I would find a whole new level of awe and amazement. How could anyone be as wonderful as He is? I don't know, but I just know that He is. I was thinking about all this today as I got up. Something significant has happened to me in the last few months and it has been hard to put my finger on it until just now.

I think that when you allow the Lord to take over for you and you begin to receive that deliverance from a problem that was so severe, so painful, so difficult to deal with, and you KNOW without doubt that you did everything you could on your own to try and fix it, and it was impossible, it truly does yoke you to Him and then the way becomes easy and the burden light. And you KNOW without doubt that none else but Him could

have saved you and made the way so easy, where it was so hard before. The burden is still there but you begin to bear it cheerfully as you wait for the day when it is removed. He is carrying you. There is no other answer.

And like Enos, you feel your faith in Him beginning to be unshaken. You realize as King Benjamin taught, your own nothingness and your total dependence on Him, that you only take your next breath if it is His will for you to do so. Only now it doesn't frighten or dismay you to think of your powerlessness, it humbles you and it inspires you because you finally realize what kind of power and love are available to you if you will just let go of your own will and submit it to Him like a little child, which is what He has requested.

The exciting thing you realize is, when you submit your will to Him, He responds by taking it and doing what is best for you without fail. You give Him the only thing that is truly yours to give, your will, and He gives you everything in exchange. It makes absolutely no sense to you, but that is the "deal" He offers you. When you trust Him, then you know this, even when it doesn't make sense. Your trust in Him overrides your inability to comprehend why He would offer you such a deal when there seems to be nothing in it for Him. You understand that His ways are not your ways, but that His ways are definitely better than your ways.

And as life goes on and hard things happen, you don't whine and complain and waste precious time asking why He is doing this to you. Instead, you are grateful that He knows all so you don't have to, and your questions change. What is Thy will for me? What am I to learn from this new thing that is happening? Which choice can I make that is pleasing unto Thee?

You also start noticing others and their challenges and how they are responding. Your heart hurts for those you see who have not yet learned about "Trusting Jesus."

It is so simple. You think you must have an idea of how Moses felt when he lifted up the brazen serpent in the wilderness and saw so many of his brothers and sisters who refused to look to Him and live, but instead chose to perish "because of the easiness of the way." It really is that simple and so many people don't get it.

You realize that you used to be one of those people, and suddenly all your burdens and trials, your adversities, your pain and your suffering, they all make sense and in some way become as precious treasures to you, because you know that it is only through them that you were able

to learn to trust in Him. And that is a hidden treasure of knowledge, a pearl of great price, something worth giving away all you have in order to obtain.

Have I seen my complete and total deliverance from my addictions and trials? Not yet. Do I still struggle to deal with them? Absolutely. Do I doubt for a second that I will be delivered in exactly the way and at exactly the right time that will be for my best good and maximum growth? No.

There are no doubts. There are questions. How? When? Why not now? I can't help but wonder. But because of two words, I can be still. I can be patient. I can let it happen in His time, and in His way. Because of two words, my life will never be the same. "Trusting Jesus." It really is that simple.

Nicole H. ☐



BE STILL

I want to express my gratitude for the Lord. He is being so nice to me today. Not every day is like today, but I think that is my fault.

I was sitting at work, feeling extremely "put upon" and "frustrated" about a bunch of problems that are my responsibility to fix. I felt just the slightest nudge. A whisper. To just listen for a minute.

So I did.

After a few moments I just felt this invitation to let it all go. Give it to Him. My thrashing about. My anxiety. My harboring. My mustering my "own" strength. My carnal desire to rely upon "my" intellect to solve the problems before me. An invitation to just "Be Still" and let Him comfort me. Comfort my mind.

It is like taking a big breath and letting it out -- except not just physically, but emotionally and spiritually.

I sit here thinking, wondering, "Why don't I let Him do this every day?"

I spend time counseling with Him ---- but I need to admit that I do a lot of the talking. My sponsor once told me that the Lord finally had to ask him to "shut up" and let Him talk once in a while. Not those exact words (the

Lord would never tell us to shut up, but He might invite us to "Be Still" and "Know that He is God"). Essentially it was an invitation to listen and let the Lord respond. Today, now, has been just such a moment...and I wanted to capture it before it goes away. Somebody once said this "stuff" has a short shelf life. It is intended to "expire" so that we come looking for MORE again when we feel it leave. Does that not say so much about His love? He wants us to come looking for Him. So....He takes or allows the Spirit to --- I don't know -- "wear-off" and diminish. This is loving and merciful, is it not? Because if we choose to respond in a Christlike way -- we begin to hunger and thirst and seek Him again.

I think this is Phil's and Colleen's message about counseling with the Lord in Writing (one of the Tools of Recovery). Why they are always saying, until they are blue in the face (LOL Smile) that the only thing that brings peace, sobriety, healing, learning, power, whatever ---- is the Lord, Jesus Christ. But it is not a one time thing. The fire with which He LIGHTS us grows dim. It needs nourishment, just like Alma said. And even when the Tree is mature and bringing forth fruit -- even mature trees can die if we choose not to care for them. That is what we choose. We choose to nourish the tree that is growing inside of us. Counseling with the Lord in writing is that nourishing of the tree.

It is like taking a big breath and letting it out -- except not just physically, but emotionally and spiritually.

I want to join Colleen in her "singing Hosanna" to the Lord this week. I, of myself, am nothing. I really am!!!! I have just days of abstinence right now. But I still know the Lord. I can still rejoice in Him, even though I think it is obvious I suffer from trust issues. But those are gradually falling away before the flood. The flood of my experience with Him. When I contrast the lies I feel from Satan with how the Lord treats me ... I realize they are lies. But even knowing a lie is a lie does not magically wipe away the knee-jerk response and habitual way of responding. But it is getting better. And that needs to be enough for me.

Tom K. ☐



WHAT MANNER OF MEN OUGHT YE TO BE?

During his appearance to the people of the Americas, Christ chose 12 disciples to lead the church after his departure. As he later instructs his disciples privately, he poses this question to them: “Therefore, what manner of men ought ye to be? Verily I say unto you, even as I am.” (3 Nephi 27:27)

He then invites his disciples to tell him what they desire of him, after he ascends to the Father. Nine of them, having tasted the sweet joy of being in his presence, and longing to be with him forever, ask to come speedily unto him in his kingdom once they have completed their mortal ministries. Death no longer holds any fear for them – it is a welcome portal through which they long to pass when the time comes so they may be with their Lord and Savior in person again.

But three hesitate, perhaps not wanting to be seen as seeking aggrandizement or glory for themselves.

To them, Jesus says: “Behold, I know your thoughts, and ye have desired the thing which John, my beloved, who was with me in my ministry, before that I was lifted up by the Jews, desired of me. Therefore, more blessed are ye, for ye shall never taste of death; but ye shall live to behold all the doings of the Father unto the children of men.... And ye shall never endure the pains of death; ... for ye have desired that ye might bring the souls of men unto me, while the world shall stand.” (3 Nephi 28:6-9)

Here is what this passage means to me. These three disciples had been so filled with the Savior’s love for them, and so grateful for his redeeming them, healing them spiritually, that they wanted nothing more than to share that love with others. It seems to me their gratitude for the Savior’s atoning power exceeded that of their fellow disciples. Perhaps, like me, they were addicts that had been snatched from an everlasting burning by the grace and mercy of the Savior. They wanted so badly for their brothers and sisters to taste the joy of the Savior’s healing power as they had, and to be welcomed back into his presence, that they wanted to be partners with Christ in teaching their sisters and brothers of the Savior and his love for as long as they possibly could.

They already knew that they would spend eternity with the Savior, if they would stay connected to him every day. Their lives had been so transformed by his

matchless love and his infinite goodness and mercy, that they wanted to do everything possible to share that love and the hope of Christ’s gospel, his atonement, with as many of their brothers and sisters as possible.

They had truly become like Christ, wanting only to do their Father’s will, just as Christ wanted only to do his Father’s will. They had come to understand that the highest blessing of the gospel is total unity with God.

Because their wills had become the Father’s will, Christ promised them: “And for this cause ye shall have fulness of joy; and ye shall sit down in the kingdom of my Father; yea, your joy shall be full, even as the Father hath given me fulness of joy; and ye shall be even as I am, and I am even as the Father; and the Father and I are one.” (3 Nephi 28: 10)

And because they were so dedicated to doing the Father’s will, he was able to share with them unspeakable things. “And behold, the heavens were opened, and they were caught up into heaven, and saw and heard unspeakable things.” (3 Nephi 28:13)

What a wonderful pattern for me, and for each of us, to know that we can become partners with Christ in bringing his love to his children, our brothers and sisters. May it become the deepest desire of my heart is my humble prayer to my Father, in the name of my Savior, Redeemer and Deliverer, Jesus Christ. Amen.

Keith H. ◻

TAKING A LEAP OF FAITH (IN CHRIST, NOT IN MYSELF)...

Good morning, dear friends. There are many who keep asking for a more explicit, plain demonstration of "capturing" as it grows from commenting on what we read to actually conversing with the Lord through the veil. Today, I feel invited by the Lord to offer yet one more effort to convey the miracle of His willingness to converse with us as one friend with another--just as Joseph Smith invited us to know of Him.

First a bit of a preface:

For years and years, I sat and heard the prophets invite me (all of us) to liken the scriptures unto myself as I

read them. To put my own name in them.

Then, one day, about 20 years ago now (about 1987), I took a leap of faith--not in myself, but in God and His promise to not give me a stone if I came to Him for bread.

I decided to turn my imagination over to the Lord and using the words of the prophets to guide me, I allowed myself to "imagine" what the Lord might be trying to say to me through the verses of the Book of Mormon.

I felt assured that the Book of Mormon was the safest book to use to open myself to the Spirit of the Lord, since I had Joseph's own words (in the introduction to the BOM) that it would get me closer to God than any other book.

And so, I began "capturing" in a very personal way--likening--by "pretending" to myself (though, I very quickly realized that I wasn't pretending!!) that I could "hear" the words of Christ. Not literally with my physical ears (though there have been a few times when I have had to turn and look to make sure He wasn't right at my side--the "sound" of His words has been so real to me), . . . but with my spiritual ears. His voice is so still and small, I can't really even say I "hear" it. Rather I let myself feel it. I let myself feel/perceive/hear spiritually, and I take dictation, so to speak.

It is in the weakness of my own language, it is true. It is filtered through my willingness to hear only what I'm ready and willing to let Him say to me. He won't say anything to me that I'm not willing to hear. Even if that means that I have to wander in the wilderness for another 4 or 40 years. He'll follow after me, waiting for me to be ready to have an open, heart-deep conversation with Him.

I have come to realize that ALL wisdom and ALL power, both in heaven AND ON EARTH are coming from Him. So, in the light of that reality, all the truth, all the wise things I've ever thought I came up with, have really been His meek and small voice allowing me to take credit for His contribution in my mind and heart. I began to acknowledge that all wisdom was His by turning my thoughts into a conversation with Him--like the one I had this morning.

So, this morning, I awoke and began my morning prayer and meditation (through writing) session, and began to receive what I perceived as His words to me in and between the words of Jacob 6:5-7.

I am going to post the entire journal entry here. **I am only trying to be a "least of these" member of the Church, testifying that God does hear AND ANSWER prayers.** Testifying that we can converse with Him through the veil. Testifying that when the scriptures ask us to "keep His commandments" they are begging us to receive His personal revelations to us and to cherish them and obey them--even if it is in the most faltering and imperfect ways.

He knows we are babies, and that we are just beginning to toddle. He knows we will fall--but the more we get up and try again--the stronger our legs become, until the day comes when we walk, run, and even dance with ease and grace (HIS ease and HIS grace).

So here's this morning's capturing/likening word for word. I pray that there may be truths shared in it--or by the example of it--that will encourage you to allow yourself to live up to your privilege as His sons and daughters (Mosiah 5), and recognize the name by which you are called, and the voice which calls you.

I know that the Lord has given us counsel to pray in secret, but He also called Nephi, the son of Helaman, to get up on a tower and pray, that his example might be noticed by others (Helaman 7). It is in that spirit that I humbly open this morning's, "sweet hour of prayer" -- of communion with "the voice of the Lord, who is called, after all, the Word. . . .

5:45 a.m. This morning, I am reminded of Jacob's words in Jacob 6:5.

Go there. That is where I would have you turn to receive my counsel this morning, this hour . . .

Wherefore, [Colleen], I [Jesus Christ] beseech of you in words of soberness [your own, having not used for 48 hours] that ye would repent [that ye would turn to me], and come with full purpose of heart [putting away any dependency on anyone or anything else--giving up all your excuses and all your darlings--letting go of everything and everyone else], and cleave unto God [unto me] as he cleaveth unto you [in the Spirit. That is how I cleave unto you, present tense, even now. I cleave unto you in spirit and in truth, and I will never leave you. [I]"cleaveth"--that isn't past tense, "cleaved" and it isn't future tense--"desires to cleave," or "will cleave" unto you. It is present tense. I am already cleaving unto you, Colleen. I am already turned to you with full purpose of heart--with pure love for you,] and while his arm of mercy [my arm of mercy, Colleen. It is I, even

Jesus Christ, who is speaking to you through my light which light is magnified and enhanced by the Holy Ghost. We speak as one, and we speak as one with and for our Father in Heaven. It is His arm that is extended toward you as well--as one--with my arm and the Holy Spirit's arm. We are together, as one God, but we are three. In us you have three witnesses, three God's who are extending our mercy toward you] **in the light of day** [in the light of this day of my coming to you in spirit and in truth], **harden not your heart.** [Colleen, I am sad to say that your heart is hardened against me. You have suffered some experiences that you regret, that you need to grieve and lament over, but you will not allow yourself to do that out loud. You are using your addiction to run from the truth of how upset you are, how much sadness and hurt and resentment and bitterness you have ignored in order to drive on and help others along the way to Zion. In helping others, you have ceased traveling yourself. Your legs are broken, your back is broken by the burdens you will not cast on me. The things that you will not bring to me and grieve out loud about. You will not cry unto me, either in spoken or written words. You hold these things in and time is passing, and you are choosing to hasten your death, rather than deal with these things. But when you die, these things--these hurts and resentment and bitterness will not go away. They will still be there, but they will not be veiled from your perception--you will not have the mercy of a body to veil and buffer the spiritual awareness.

What a paradoxical thing, to think that having a body is a blessing for that very reason, because it does act as a buffer, as a distraction, as a diversion from the pure spiritual reality of the lying beliefs I am harboring. It reminds me of what I have heard about people with ADD or ADHD--that it helps them to stay on task to have something else going at the same time.

6:02 a.m. Colleen, don't leave Jacob 6 without reading the next verse and hearing my voice in it.

Jacob 6:6 -- **Yea, today, if ye will hear his [my] voice, harden not your hearts;** [harden not your heart against me, Colleen--don't close your heart to me. Let me into your heart. Bring your truth to me]; **for why will ye die?**

Go on to verse 7.

Jacob 6:7 -- **For behold,** [Colleen], **after ye have been nourished by the good word of God** [my good words, the words of Christ, personally and directly to your mind and heart]

All the day long [for you have lived this way in the past. It is the way you were living that resulted in the bringing forth of HDDMFB.]

Will ye bring forth evil fruit [don't fear the word evil. It only means fruit that is not springing forth out of our oneness. Any fruit that is not springing forth out of the branch--yourself--cleaving to the vine (me), is evil (false) fruit. It is not my fruit.]

That ye must be hewn down and cast into the fire [that ye must suffer separation from me--that we must suffer separation from you. This is the fire of regret and sadness for both of us, for all of those who love you and cleave to you and feel your suffering. Colleen, I, Jesus Christ, have already suffered for these sins that you are suffering from--both your own and those others have committed that you choose to suffer over, to suffer for.]

That is enough, Colleen. You need read (receive) no further verses.

Lord, I am humbled beyond words.

The question you must answer, now, Colleen, is will you come to me, now, with full purpose of heart? Will you bring your pain and fear and sorrow and anger and resentment and bitterness unto me and allow me to relieve you of them. I cannot do it without your conscious participation. Will you believe, again, with the pureness of heart, of trust in me that you did in HDDMFB, and come to me, holding nothing back from me. These are your darlings--these feelings that you keep from me, that you harbor and try to deal with in silence, in secret.

Boy, Lord, you sure do know how to make Ether 12:27 come alive for a person! I stand convicted of these things--of how much I regret and resent (want to blame and shame and find fault) how harshly I judge the events of my life. I judge me harshly. I judge even You harshly. I have so much pain and heartache and trauma that I am not admitting. That I'm keeping, harboring up, clinging to inside myself. I see that the only way to stop living in ongoing reaction to the trauma I've experienced is write about it. That is what will release the experience, process it, and heal me of my post traumatic stress responses--my addiction.

Exactly.

Colleen H. □

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TOTALS..... \$20

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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.

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(See website for details)

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- 3 Capturing from the scriptures, *Big Book* or *He Did Deliver Me From Bondage*
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