

Heartbeats

The Official Newsletter of
Heart t' Heart

April 2009

A Twelve Step Support Group for the LDS Community

Volume 19 – Issue 4

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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TURNING TOWARDS THE LORD

I was talking with a friend several weeks ago. He is coming to, so to speak, working the 12 steps and realizing how devastating his addiction is. But he keeps looking back. As we were talking about this, I told him to remember Lot's wife. (Luke 17:32; Genesis 19:17) The short story about Lot's wife is that the Lord told Lot to leave Sodom and not to look back. As they were escaping, Lot's wife did look back and turned into a pillar of salt. (Genesis 19:26)

In December of 2002, I started to learn just how important the concept of "turning" (physically, mentally, and spiritually) really is in my recovery. First I learned the lesson of Lot's wife, and how turning back toward lust and looking longingly was what would bring me down faster than anything else and start me back into the cycle of addiction. I've learned that I can't look back longingly, even though that may be where my mind wants to go. It's so easy to allow it to happen, to let the feelings of excitement about the "chase" and the "catch," and then the immediate feelings of self-hatred and remorse for what I've done. Even the act of confession was really only dumping. And then the path of destruction would begin again. I was a dog chasing my tail, getting dizzy trying to catch something that always had a terrible outcome.

But once I received the concept of turning towards the Lord, the Light, turning away from myself in the carnal sense, a change started happening.

I know when I look back with a sane mind (such as it is) I am appalled and surprised sometimes at the damage I did—not just to others but to myself. I think the Lord wants me to remember that when I'm in a bad way and I look back in a state of insanity, it has the potential to take me down. Maybe that's where Lot's wife's mind was—a state of insanity. Elder Maxwell once said, "Such people know they should have their primary residence in Zion, but they still hope to keep a summer cottage in Babylon". I can relate to that. Not that I want to now, but I sure did at one time.

Maybe that's why the Lord wants and asks me to "remember" so many times instead of turn. I can remember without turning. There are 81 references (at my count) about remembering and remembrance in the scriptures. It must be important to remember certain things the Lord asks

(Turning Towards the Lord--cont. from p. 1)

of me. And remembering is something I struggle with. It's a challenge for me to remember to turn to my Savior and not forget and turn to my addiction or many other things that can be triggering.

That's one of the reasons its so great to partake of the sacrament each week in sacrament meeting, making covenants to remember Him always. When I was excommunicated and relearning how important the sacrament was, oh, how I longed to be able to partake again! Since I couldn't, I started listening very carefully to the sacrament prayer. When the sacrament was being passed I would take the sacrament in my mind. I knew that even though I couldn't take it physically, I could take it mentally. This practice of carefully listening, partaking mentally, helped me to remember what my Savior did for me and is doing for me now. Always remember Him, keeping the commandments and then being able to have His spirit with me. I can't describe the joy that has come into my life since then.

What a loving caring God we have. I'm so grateful that He would teach me in this way. When I think about where my addiction took me, it hurts. The path of destruction is great. I literally was in the depths of hell. But as I worked the steps, went to meetings, and got honest, the Lord helped me turn away from it. He helped me remember who I am and who He is, and now I have found my addiction has brought me to God. What a miracle.

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(As a side note, shortly after having these thoughts and conversation with my friend, a missionary from LDS Family Services Addiction Recovery Program brought our group a talk from the *Church News*, Elder Jeffery R. Holland's talk, "Remember Lot's Wife", published Wednesday, January 13, 2009. It's excellent and I recommend it to all.)

Joe M. □

2009 Heart t' Heart Annual Conference

**"He Delivered Me
From All My Fears"**

(From Psalms 34:4)

August 14 & 15, 2008

at

UVU, in Orem Utah

Details will be forthcoming,

We hope to see you there!

2009 HEART T' HEART CONFERENCE

As conference chair, I want to extend a special conference invitation to everyone. This year's conference will be held on August 14 & 15 at Utah Valley University in Orem. The theme we have chosen for this year is: "He Delivered Me from All My Fears." The Friday night program theme will be "Magnify the Lord with Me." These are taken from Psalms 34:3-4 "O magnify the Lord with me and let us exalt his name together. I sought the Lord and he heard me, and delivered me from all my fears."

At this time in our lives with the changes and uncertainty in the world, it can be easy to go into fear – especially if we pay attention to the media. Fear is an underlying factor in all of my addictions and is a weakness for many other Heart t' Heart members as well.

I'm looking forward to being strengthened in the Lord as I attend conference this year, both in presenting and listening to the presentations of others. Past conferences have been such a boon for me. I learn so much about letting go and truly placing myself in the Lord's hands. The spirit is powerful. It has been well worth any sacrifice I have made to be there. "Stay tuned" for more conference information that will be coming soon. We will be posting a tentative program online and in

Heartbeats in the near future.

I wish to express thanks to all who have volunteered to present or participate in the program in any way. Others who are interested in doing a 20 minute workshop presentation, bearing testimony in song, poetry, etc. on Friday night, or helping in any other capacity, please contact me at conf@heart-t-heart.org . Thank you.

Penny M. ☐



ADDICTION IS A DENIAL OF LIFE, WHILE RECOVERY COMES FROM CLEAVING TO THE LORD & ACCEPTING HIS OFFER OF AT-ONE-MENT

THERE IS, IN EACH OF US, THE POWER TO CHOOSE LIFE OR DEATH

My deepest knowing tells me that, when all else is said and done, it is ultimately our premortal counsel with God that sets in motion our mortal experiences—all with the purpose of teaching us those qualities of Godliness we will need to develop in order to continue on our course toward full spiritual maturity. And I also feel a sure witness that even our own passing from this life is to some degree a voluntary act on our part. We can be certain of this: in nothing are we forced, and in everything there must be some element of our agreement, even if we don't remember giving it.

ADDICTION IS AN EXTENSION OF THIS ABILITY TO CHOOSE DEATH INSTEAD OF LIFE

Addiction is the extension of this same capacity to choose death over life—and not just in the sense that a person could become addicted to a substance that they could overdose on. I mean addiction of *any* kind is a form of checking out of life, or avoiding life, of avoiding relationships and experience and the lessons inherent in it. Whether we obsess over our weight and compulsively try to manage our eating behavior, or obsess over other people's lives and try to manage what isn't given to us by God to manage (the agency of other sovereign beings), or obsess over material possessions

and wealth and spend our life compulsively amassing more and more, far beyond what is sufficient for our needs and even our rational wants, or obsess over worthiness and compulsively stress over trying to be more and more perfect in order to earn God's blessings—all of these ways of existing are ways of avoiding life on God's terms—which terms we agreed to before we were born.

LIFE ON GOD'S TERMS? TO LIVE WITH IMPERFECTION WHILE LOVING PERFECTION.

What is life on God's terms? I've come to realize that it is having to live with the universal, unavoidable imperfection in myself and others that requires of us the humility to admit a constant need to cleave to the Father's Son, Our Savior and always remember Him so that I can have His Spirit to be with me.

If a person is willing to continue to seek Him, no matter what the cost—no matter what the sacrifice—no matter how constantly the cost continues to require payment—even if it is every hour of every day that some of us have to pay the price—we can be sure our pain is recognized in heaven. As we surrender and sacrifice what we crave for what we desire even more, we are proving our willingness—not worthiness—and we can be sure that He will reveal Himself to that man (or woman) according to His own will and pleasure (in other words in that way that He knows is best for them at this time.)

As we surrender and sacrifice what we crave for what we desire even more, we are proving our willingness—not worthiness—and we can be sure that He will reveal Himself to us according to His own will and pleasure.

THE REWARD FOR GIVING UP ALL JUDGEMENT TO HIM IS TO HAVE HIM "APPEAR" TO US

The promise we hear over and over in the Sacrament Prayers is something more than having the Holy Ghost's Presence—it is to have direct communion with the Lord Jesus Christ Himself. In other words, every Sunday, in the Sacrament prayers, the Saints are offered the single greatest manifestation of what we refer to as "the Gift of the Holy Ghost"—a direct, one-on-one, personal experience of the living reality of Christ Himself—in

other words, we are offered some portion of the Second Comforter experience.

For most people, most of the time, this sense of His coming into one's life is experienced as an undeniable feeling of Presence, of peace beyond reason, of hope beyond reason, of joy beyond reason. For most people, much of the time, this sense of His coming is accompanied by flashes of inspiration, insight, and wisdom far beyond anything they have ever been "smart" enough to come up with on their own. And for most people, full blown thoughts often come whispering into their name in keeping with this sense of peace and hope and joy and kindness that is His Spirit's essence and "calling card." "Have I not spoken peace unto your mind?" He asked Oliver Cowdery—and we can all know His "voice" the same way.

You may ask, "Why is that even though it is the greatest desire of my heart to behold Him with my physical senses—as some prophets seem to have done—it is withheld from me?" I cannot pretend to know what His reasons are for you, but this much I can testify unequivocally—the reason is merciful, kind, benevolent, expedient and timely.

This is the only antidote for addiction: to replace it with a desire for the companionship of God, no matter what degree of glory it may need to take—even if it only be through the fellowship of other imperfect, mortal members of His Church, even if it only be through the testimony of the Holy Spirit about Him and the Father, even if it only be through the unfolding of talents and opportunities to share those talents, . . . still we must continue to want Him more and be willing to wait as long as He asks us to wait upon Him.

Colleen H. ☐



RELAPSE AFTER A FEW YEARS

A couple weeks ago there was a relapse. Part of it was my husband's behavior, and I let it become codependency in me. It was an interesting experience. I sat in church and just felt like all the messages were pointless. And when I went to class, no one sat by me. I wondered if I had a palpable gloom over me. I went to an elder's quorum party and there seemed

to be a sister avoiding my gaze. I wondered about it, and the most hilarious part was I thought "maybe she's spiritually wounded in some way." I forgot until the next day that whether she might be, I definitely was.

The next week was stake conference, and one of the speakers told a story from a Family Home Evening lesson about how our prayers are answered. A father is working in his home office and his various children come and ask him for things. To some he says yes, to others he says no, to some he says wait—all according to what he, as a father, knows would be best for them. In the end the littlest comes and says "I just wanted to tell you I love you." It was a cute story.

I thought about what I was asking of the Lord. I imagined that I was a child going to complain to him about what another child had done to me. I am asking him to change the behavior of this other bad child. But how would this wise father react? This is the point: I don't know. I'm only a foolish mortal. To think I know how the wise father will think, that is what sent me to him in the first place.

Things I might say as a parent might include, "Well, let me talk to this child you are saying is bad." Answer: He won't come. Don't you think that demonstrates his guilt? I think what the Lord would then say is, "He'll come to me when he's ready."

"But he's really bothering me. I don't feel like I can be happy when he acts like this." I say.

"What did you tell him, and what did he say?" asks the Lord.

"Nothing, really. But he is old enough, he should know how it bothers me. I've just been so mad. Can't you do something? I plead.

A couple of days later I was finally able to talk with my husband. I told him how I felt, and that my relationship with the Lord was the most important thing to me, and I wouldn't be involved in this escapist behavior. He wasn't happy with my pronouncement, he accused me of being manipulative, but I didn't escalate that. I listened for the spirit to guide me through the conversation. I don't know what will happen now, but I can feel the rest or peace of the Lord in my heart again.

Tricia V. ☐



MORE THAN ONE WITNESS OF THE WORTH OF CAPTURING

It was from Chancey Riddle, a philosophy professor of the old school at BYU--retired long ago--that I learned about "capturing." He made our class take the entire 9 verses of 2 Nephi 32 and "capture" them.

He said, "write out the verse, word for word then write anything that comes into your mind in connection with the verse." Then he said, "If nothing more comes to you just write the verse again in modern English--put it in your own language." And then he promised us that we would be amazed, if we would do this prayerfully, at the insights and "further light and knowledge" that would open up to us.

That is how my journals began to be filled with dialogues between me and the Lord. Even before I got those 9 verse in 2 Nephi 32 done, I KNEW that wisdom and insight FAR MORE than my own was being opened to my mind. THAT'S when I KNEW that the Lord was communicating (HIS words into my mind) through the Spirit. (Of course THAT is exactly what the verses of 2 Nephi 32 teach the slow, pondering reader--that the Holy Ghost speaks the words of Christ.)

And then I realized that I was having my own "road to Emmaus" experience with the Lord through the Spirit!!! He was opening the scriptures to me!!! He was sending me thoughts that "likened" (applied) the ideas in the scriptures to me.

Then I got really bold and allowed myself to ask questions when I needed something clarified. And I about fell off my chair when I got an answer!!! "God hears and ANSWERS prayers." I had heard that thought for years in the church of course. But I didn't realize that it meant like THIS!! I thought it meant that I knelt down and begged Heavenly Father for this or that thing that I wanted to have come to pass, and if I was really "lucky" He would OBEY my prayers. THAT'S what I thought "answer my prayers" meant.

And I still hear talks in church all the time--meaning it in that way. "He doesn't always answer our prayers." people will say. And I know they mean "He doesn't always do what we ask Him to."

But with capturing, the whole meaning of "answer

opened up to me in a very intimate way---and my poor little feeble mind (and that was 25 years ago--you can guess how feeble it is now) began to be filled with the most amazing wisdom and guidance.

You can imagine what good stead that stood me during grad school!! As I counseled and conversed with Him about all the subjects in my classes and the literature we read.

Anyway, sorry for going on, but I testify to you THIS ability to counsel with the Lord is the foundation of recovery. Why? Because it teaches us that God is right there at the veil willing to converse with us through it. That HE will be our well of living water. That HE will give us answers and guidance in every and anything we bring to Him. Sometimes we have to wait for the answer a while, but sooner or later He opens it to our minds--when it's time, when we're ready.

Colleen H

♥
I have wondered often how I can help others find the Savior; how I can help them taste the love and joy He has blessed me with. The answer is simple. 1. Be willing to go to any lengths to seek Him. 2. Seek Him first thing every day. 3. PRAY READ WRITE.

It is also a wonderful reminder to me of how to increase my closeness to the Lord.

In that vein, another thought struck me powerfully this morning. I have cherished my relationship with my Jesus since coming into recovery with the help of HtH. I love that many of our hymns are directed to Jesus. I love knowing that I can pray to my Jesus privately, that He is not aloof, does not put formalities on me.

But this morning, as I addressed Father in my journal, it struck me how privileged I am to be able to speak directly to Him. In the temple ceremony, all of Father's instructions are delivered to His children through Christ. After Adam and Eve are driven out of the Garden of Eden, they are delivered to Christ, then to Peter, James and John, then to Adam and Eve. Even Peter, James and John do not converse directly with Father.

So, when I am speaking directly to Father, and He to me, I am literally relating to Him as Jesus does! It is a more direct form of communication than the form of communication used to give formal instructions to the Presidency of the Church (represented by Peter, James and John)! That thought is stunning to me!

Keith H.



I am reminded of how I first started to use my God given gift of imagination in relation to the Lord: I would imagine His feet before me as I knelt in prayer. It was so comforting to me to feel His presence in that way, though it took some time for me to feel really comfortable doing it. I thought I was directing Him at first, but what I was actually doing was imagining the spiritual reality, that I just could not see with my physical eyes and so I was not directing Him, He was directing me! What a blessing!

Karen T



I appreciate the concept of capturing as I learned it from Colleen in her book. I think it is in doing it that I figured out how to hear the Lord's voice to me.

When I first started out with the exercises in HDDMFB, I did them as exactly as I could: after all, I'm a perfectionist and a good student, and I wanted to be sure to get the full benefit. Then sometimes I would get lazy, and I would just say, "Ya know? I have had this verse memorized since I was ten, I can't learn anything from it that I haven't already learned." And I would just skim it and try to write a response. In those times, the verse was dead, my recovery was stagnant, and I wondered where I had gone wrong.

When I wrote out the verse, gave it some real thought, prayed in my heart, and then wrote, the words that came out on my paper were not my own. I started just writing to Him. I felt a bit weird about it—that I might be doing something that wasn't okay, or maybe even blasphemous. But I just wrote to Him what I was feeling and what I wanted to know, just like I would e-mail a friend. And then, without really trying to process anything or think about the response, I just wrote down on the indent the words that immediately came into my mind.

I thought I might be playing a nice game of pretend – like, "I think I'm talking to God, and I've imagined His response to me." But these responses brought me comfort, and I felt like they were the things He would say to me if He were here. So then I just figured that if He would say those things anyway, that those WERE His words! And they just kept coming anyway.

I even told Him my fears that I was going crazy and making stuff up – and He responded kindly and humorously to that too. Anyway, He has given me all kinds of insights as I have studied the scriptures – things I couldn't have thought of on my own.

I am so grateful to have finally found a tangible way to really hear and understand His words to me. It has helped me to better recognize His answers to me even when I'm not writing them down.

I know He does hear and answer my prayers. He always has, but I didn't always understand how to hear His responses to me.

Jane



Sometimes capturing comes not through writing, but through capturing the sense that God is continually with me. One day, I looked out my window and exclaimed to those in the online meeting: "Anyone living in the Salt Lake Valley, look outside right now and witness God's hug this morning!!!--a blue sky, streaked with pink arms, from one end of the valley to another. Awesome!"

It's a gift of recovery to see the Lord in all things. It's more like being awakened than choosing to see anything. I choose to seek the Lord, and I have found Him with me. He opens my eyes, and I'm blessed to see.

PegW



These were thoughts from a couple of days ago that I wrote in my journal entry:

I have come to my desk, and I am waiting for my computer to boot up, so that I can begin using it. Meanwhile, I am filled with the desire to write—and to write for sharing. Not just writing in my private journal. I can't resist the desire to share with "my family" the hope and understanding and further light and knowledge (or often REPEATED light and knowledge) that comes flowing into my mind as I write prayerfully, seeking to receive and rejoice in the counsel of the Lord—in God given thoughts. He fills my mind and heart with such excitement—joy, hope, peace, love, insight and understanding. He opens the scriptures to me through the portal of my mind. I know this portal is my imagination, tuned to His Spirit, turned over to the Holy Spirit. I know that this is where and how spirits other than my own can come into my mind and heart—through the portal of my imagination.

I know that the Liar seeks access to my mind and heart through the portal of my imagination all the time. And the world certainly encourages me to let him. . . . I am grateful to fill my imagination with the Spirit of the Lord, instead. . . .

Colleen H.



March GSB Contributions

Online Meeting..... \$20
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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.

OL-05 - Wednesday, 7:30 p.m. - 8:30 p.m. Mountain Time Zone (USA). Food Focus, Book Study: AA Big Book.

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

Phone Meetings

Thursday-11:00 am, MDT
Sunday-4:00 pm, MDT
(See website for details)

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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 they 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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