

Heartbeats

The Official Newsletter of
Heart t' Heart

June 2009

A Twelve Step Support Group for the LDS Community

Volume 19 – 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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INCOMING CALL

I had some thoughts this morning that I felt impressed to write down. I think this exercise was mostly for me; but as always, take what's useful and discard the rest.

I once read on the Internet about a prank that some folks were doing a few years ago with their cell phones. They would seek out friends and family members, usually in public places, like a shopping mall or park, etc. - someplace they could see them but still remain out of sight themselves. Then, they would call their unsuspecting friend on their cell phone.

As you know, most cell phone plans now provide Caller ID as a default option, allowing the receiver of a cell phone call to see the number or even name of the person calling. The so called "prank" consisted of seeing whether or not the receiver of the call, after noticing the caller ID and knowing who was calling, would either answer, or ignore the call and let voice mail take it. The person making the prank call would then confront the "delinquent" friend.

Now there are many reasons why a person may choose not to answer a call. It's true that he may wish to ignore the caller; or, he may feel he can guess the reason for the call and wish to talk about it later; or, he may be in deep thought about something or in a conversation with another person and may not wish to interrupt or appear rude.

But, I as I read about this prank I began wondering how I would feel if I were to try this and have a good friend ignore my call. Would I be able to get past this without holding on to resentment? How would I feel if I could watch them for a longer time period and catch them taking other calls, just not mine? Or, how would I feel if every time I called, they simply refused to answer?

And yet, as I was thinking about this, the thought came to me, how many times has the Lord called on me, but I ignored him? How many times have I felt the promptings of the Spirit whisper to me; but I didn't want to be bothered, or I guessed His purpose, or I did not want to interrupt theinane or even sinful activity I was currently engaged in, or I just didn't care at the moment?

(Incoming Call--cont. from p. 1)

In 1 Nephi 20:12 the Lord tells Isaiah: *"Hearken unto me, O Jacob, and Israel my called, for I am he; I am the first, and I am also the last. Mine hand hath also laid the foundation fo the earth, and my right hand hath spanned the heavens. I call unto them and they stand up together. All ye, assemble yourselves, and hear..."*

The elements of the universe hear and obey God's call - they "stand up together." Why don't I? Why is it so very difficult to give away my one possession, my will; even when by holding onto it, it possesses me and keeps me from his saving grace? How long will I let his call go unanswered, let the Spirit's voice keep ringing in my ears and not respond?

Alma has some pretty condemning words for not listening to the Lord's calling voice. Sadly, I admit that I am "sometimes" in this group:

"O ye workers of iniquity; ye that are puffed up in the vain things of the world, ye that have professed to have known the ways of righteousness nevertheless have gone astray, as sheep having no shepherd, not withstanding a shepherd hath called after you and is still calling after you, but ye will not hearken unto his voice!" (Alma 5:37)

When I'm finally able to be silent, to let go of all the turmoil and expectations in my life, I am able to finally listen and hear the sweet strains of the Lord's voice comforting me and assuring me that all is not lost - that it's never too late to be healed.

But, the voice of the Lord isn't like the shrill tones of a ringing phone. The amazing thing is, even with all my ignoring and hiding and willing and busy-ness, the Lord just patiently and quietly calls after me until I am ready to listen. Did you ever notice that 'listen' and 'silent' are anagrams, words which contain the same set of letters? When I'm finally able to be silent, to let go of all the turmoil and expectations in my life, I am able to finally listen and hear the sweet strains of the Lord's voice comforting me and assuring me that all is not lost - that

it's never too late to be healed.

I find He is and has been ever calling after me. Even though He knows how awful I've been, how many times I've put the phone in my pocket to "get it later," how reluctant to talk to him, even, according to King Benjamin, fighting against him - not only being an unprofitable servant (Mosiah 2:21); but, by siding with the natural man, I was acting in the role of an enemy (Mosiah 3:19). Even with all that, His arms are stretched out still to heal, to comfort, to protect... to redeem.

Saying I'm grateful for that somehow doesn't quite cut it... but I am. To feel this in my life is and has been worth all the pain and embarrassment of working through any and all issues, even sexual addiction. I pray that I might be quicker to pick up the next call, to walk the next mile, to live the next 24 with Him. May this be your blessing as well.

Brooks L. ☐



STAYING "TUNED-IN" TO CHRIST'S BROADCAST

The Savior said in D&C 6:36-

"Look unto me in every thought; doubt not, fear not."

I think my tendency in the past has been to dismiss this counsel. After all, who can possibly do this? Who can look unto Jesus in every thought? But during times in my life where my surrender was where it needed to be -- I came to understand that this is possible. It is possible to do this. It is a spiritual gift. It has nothing to do with mustering some sort of internal reserve of strength (I have none). It is a gift.

Every week when we take the Sacrament we encounter the same invitation from the Lord:

D& C 20:77-

O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this bread to the souls of all those who partake of it, that they may eat in remembrance of the body of thy Son, and witness unto thee, O God, the Eternal Father,

that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them. Amen.

We are promised that we can "always have his Spirit to be with us"

Sounds like we would be pretty well-protected from temptation under those circumstances. It's the reason Jesus was tempted in all points but was without sin. He didn't change the radio station. He stayed "tuned-in" to the Father at all times.

It is what Phil, Colleen and a host of others who share on the HtH forums offer as the ONLY way to be freed from what has enslaved us. Daily, frequent if not constant contact with Jesus Christ's life-giving protective umbrella of influence.

Tom K. ☐

THE "SIMPLENESS" OR "EASINESS" OF THE WAY

I am thankful for another day. I have never had this long a period of sobriety since the very first stretch when I first began this process over 3 years ago.

In Mosiah 11, Abinadi testifies of the people's wickedness, that the Lord will be slow to hear their pleas because of their rebellion unless they repent mightily and in sackcloth and ashes, and how they chose to harden their hearts rather than repent.

I don't know the modern equivalent of sack cloth and ashes, but I have cried to the Lord daily for a long period of time, feeling no answer. The contradiction is that while we are told that the Lord will be slow to answer us, we're also told that he will come to us immediately when we truly seek to change and repent.

I don't know the truth of these things as they apply to me—only that I have sought him for a long time. Gradually, over a period of years which were unbearably long to my impatient heart, I began to trust that what I hear in my mind may be his voice. I am placing faith in that and pray that he will correct me if I am wrong. I may be crazy, but I am also sincere. That could be a dangerous combination; terrorists are both crazy and sincere as well.

Quote from *Clean Hands, Pure Heart*, page 155-156:

Sanctification always sounded wonderful to me, but so far from my grasp! ...I truly wanted to be pure, spotless, and holy, but hell only mocked my righteous desires. Satan had me captive and wasn't about to let me go. He knew full well that my willpower alone would never be enough, that only the Savior's power could free me. I am humbled to realize how much I was like the children of Israel, lost in the wilderness:

1 Nephi 17:4–

He sent fiery serpents among them; and after they were bitten he prepared a way that they might be healed; and the labor which they had to perform was to look; and because of the simpleness of the way, or the easiness of it, there were many who perished.

I suppose I thought by going to church and fulfilling my church assignments, I was looking to the Savior. In reality, though, my personal attention to Him hadn't amounted to more than an occasional, almost casual glance.

More recently I have learned that to "look" to Him means to do so with an eye single to His glory—in other words, to stand amazed, adoring, worshiping Him, recognizing Him as one with the Father in everything. I want to "stand all amazed at the love Jesus offers me," as the hymn says. It is a sign of my own weakness that when I try to comprehend his sacrifice and how he blesses us, I don't understand it. I can't take it in and so it is difficult to give true honor to it. Rather than understand the enormity of his work and sacrifice, I seek to at least feel and express gratitude for what he has done for me. I want to be grateful and willing to obey and serve him for that. In that personal way, I hope I have begun to have a connection. It is private and can't be seen in any outward way, but it is in my sincere willingness to follow and give him honor even in my own head and heart in how and what I think, in calling on him when in need of help and surrendering to him even the darkest thoughts and feelings of loneliness or fear, that I find connection. Outwardly I may perform the same actions in my callings, but they come from a different place inside me.

Lord Jesus, I am grateful for often feeling some sort of spiritual presence or connection with thee. You know my weaknesses and changeable nature—please hold me

close to thee and help me hold to thee.

I trust in you and care for your presence and your opinion more than I care for earthly things and the opinion of any other. I have always hoped to feel this way, and in many aspects of life I did, but not like now. In a state of broken incompleteness I kneel before you unable to change or move forward except through surrender to your will and while I don't sense it, I believe I am affected somehow by your grace and permission and strength.

Curiously, I don't feel strong at all. I don't ever feel full of strength or feel myself receiving strength—which is what I had expected—but I believe it by faith. Or rather than by receiving strength, it has been by giving total surrender of my own wishes, also requiring faith. All I can say for certain is that whereas I was unable to refrain from sin for decades, I now refrain. As the man said, "whereas I was blind, now I see."

So, after a period of years, watered with many tears at what seemed like unanswered prayers, I find myself experiencing removal of the behaviors I had asked to have removed. The desires, while diminished, are still there as nearly constant reminders of my weakness and how precarious my sobriety is for the moment. I hope the pull of my weakness will diminish if not disappear, but I will try to remain where I am, where I picture myself in the hand of the Lord, and not be moved.

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Lord, please help me stand all amazed. You work your miracles in ways which always leave place for explanation or choice. Did I just gradually get tired of this over and over and quit? Did you change me slowly instead of quickly and "miraculously" like the blind man?

It is my life and my choice. I choose to believe that in coming to you as much as I was able in my weakness and sin, you have made a change in me. I don't have a miraculous moment to remember or point to, unless it was the miracle that I even took the leap of faith to

speak my weakness out loud to those I needed to talk with to begin this process.

I hold you in my mind constantly and seek more of those times when I feel you are present here in my heart. I choose to believe in those times as evidence of your reality.

I don't know if have the right definition of "easy" when I think of the phrases "my yoke is easy and my burden is light" and "because of the simpleness of the way, or the easiness of it." This process doesn't seem easy at all, but I think that's because of my own weakness and hard-heartedness.

Easy or not, I am grateful.

Scott P. □

"MY YOKE IS EASY AND MY BURDEN IS LIGHT"

One of the things that has happened to me in recovery is that I have come to feel differently about myself. I used to feel this hectic feeling of needing to hurry up and make more spiritual progress, be better, and soon. There was an urgency that was almost like someone was behind me with a whip, pushing me forward as fast as I could go. I have come to realize that that is not how the Lord works with us. As odd as it may sound, I think that was really the adversary. What! The adversary urging me to good works? Well, I think the adversary will take us wherever we are and try to mess us up in whatever way he can. So the devil's rational goes like this: "Since this person is bent on doing good, then let's push him so hard in that direction that there is no joy in it. And seeing he will try to accomplish all this in his own power, he will become all the more frustrated and so much easier to tempt and control."

What recovery has done for me is to take the pressure off. I know now that I can't do it myself, and I have stopped trying to. I still have to try constantly to turn everything over to the Lord so He can do for me what I can't do myself. But that is where the burden is--with my will and letting go of it. Then things really do get easier. The Lord was right when He promised, "My yoke is easy and my burden is light."

Phil H. □

WORDS OF COMFORT FROM THE LORD DURING MY STRUGGLES

During some dark times for me, some "Lord, where is the pavilion that covereth Thy hiding place" kinds of times, these merciful words of patience, hope, and direction were given to me. I thought I would share them here:

IT DOESN'T MATTER TO ME, TOM. IT'S NOT A QUESTION OF ME TAKING YOU SERIOUSLY, OR HOW MANY TIMES THE CYCLE HAS REPEATED, OR EVEN HOW MANY TIMES YOU'VE BROKEN YOUR WORD TO ME AFTER PROMISING TO "DO BETTER THIS TIME"

ARE YOU SICK OR WELL? REMEMBER I SAID, THE WHOLE NEED NO PHYSICIAN. SO ARE YOU SICK? AND IF YOU ARE SICK, THEN WHY ARE YOU TRYING TO OPERATE? WHO GOES TO A BRAIN SURGEON AND THEN INSISTS ON DOING THE OPERATION HIMSELF? FOR A SICK PERSON YOU DO AN AWFUL LOT OF PRETENDING YOU ARE WELL. I AM NOT ASKING YOU FOR A PROMISE. OR PERFECT PERFORMANCE. JUST OBEDIENCE TO WHAT I GIVE YOU TO DO, TOM. AND WHEN YOU FEEL WEAK, ASK FOR STRENGTH TO DO WHAT I HAVE GIVEN YOU.

I LOVE YOU TOM. REMEMBER, NOTHING CAN SEPARATE YOU FROM MY LOVE. BUT YOU MUST CHOOSE TO ABIDE, TO REMAIN SAFE. ABIDE WITH ME, TOM.

Tom K. ☐

GOD IS GREAT!!!

Good morning my friends. I am feeling particularly good today and wanted to share with you how the Lord is blessing me. I can not begin to express how grateful I am to my Jesus for His love and friendship.

I am not yet where I would like to be in my recovery but I am making steady progress (18 days sober as of today). I am finally feeling close to my Savior and realizing his

atonement in a more personal way. I feel like there is hope for me.

There is hope for all of us if we will just open our hearts and let Him in. We are only required to give a broken heart and contrite spirit. That is it. We need only accept the Savior's sacrifice in our lives and then watch as the miracles begin to happen.

I am coming to find that even though I am powerless to change on my own account, I have control over the choices that I make. At the end of the day I HAVE A CHOICE and that is wonderful! I am finally starting to recognize when I am getting a temptation and how to make the right choice instead of giving in and acting out.

That freedom to choose is so necessary for each of us to escape the addictive behaviors that have controlled our lives for so long. God cannot and will not force us to make the right choice. He will guide us and direct us to the right choice and support us in the struggle.

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I am so happy to be alive and to be where I am today, right now.

God is kind. God is love. I love Him and want to be like Him. Brothers and Sisters there is hope. If anyone is feeling lost and alone I testify that there is hope for all of us. God has not left us alone. He loves each of us and has given us the great message of hope that we can one day be made whole.

Mike ☐



THE ONLY THING THAT HAS WORKED FOR ME: CONSTANT CONTACT

I'm sorry some are struggling. It's hard to keep going sometimes when we don't have concrete evidence to go on. We tend to want to rely on sure things, and the whole process of connecting with God and Jesus is very subjective. It's easy to convince ourselves that we are making it up. But I know that the things I have received are true. The most important truths are that Jesus lives, that He is concerned with my life, that He loves me and has forgiven me for my past mistakes.

One truth I have learned and keep having to re-learn: It is not sufficient support or strength to me to remember past spiritual experiences--even conversations with my Savior. It has to be current in order to convey the power of the Atonement to me. I only have power to resist evil (whether that takes the form of temptation to sin or temptation to doubt or temptation to despair--all of these are Satan's temptations and we need to recognize them as such.) if I stay in very frequent--even constant--contact with my Lord. I have no hope but in Christ.

The amazing thing to me is that Jesus always welcomes me back. It doesn't matter where I have been or how long I have been there. He always welcomes me back and picks up right where we left off. He never criticizes me or judges me. Sometimes He will point out where I went wrong so I can avoid the pitfalls that only cause me pain. But He is so amazingly gentle. He never pushes me when I am not ready. He lets me determine the speed at which I want to go forward. He respects my agency totally. That makes it easy for me to sit still and not progress, but He waits for me--so the decision will be totally mine. It has the result that I get exactly what I want. I have no one to blame. And it's best if I don't spend much time blaming myself. I just need to get back in touch with my Savior.

It's the only answer that has ever worked for me.

Phil H. ☐

Editor's Note: I hope you have enjoyed reading this special edition of Heartbeats-- Exclusively from the Brethren of HtH.

2009 HtH CONFERENCE ANNOUNCEMENT: "FOR MY SOUL DELIGHTETH IN THE SONG OF THE HEART"

In D&C 25: 12, the Lord declares: *"For my soul delighteth in the song of the heart; yea, the song of the righteous is a prayer unto me, and it shall be answered with a blessing upon their heads."*

Is it possible that I acquired my love of music not only from my earthly parents, but also from my heavenly parents? Good music brings me inspiration, comfort and encouragement, and helps draw me closer to my Father and my Savior.

If you also enjoy "making a joyful noise" unto the Lord, please consider volunteering to contribute your talents to the Friday evening musical program at Heart-t-Heart conference in August. Simply send an email to khudsonllb@gmail.com indicating your willingness to participate, and what you would like to do. If you are interested in participating, but not sure of what you'd like to do, let me know what your talents and areas of interest are, and I'll propose something to you.

Keith H. ☐

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

Registration has begun,

The registration form is posted on the front page of the HtH Forum & was mailed out with the May issue of Heartbeats.

We hope to see you there!

May GSB Contributions

Online Meeting..... \$110

TOTALS..... \$110

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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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Individuals can donate to Heart t' Heart at any time! We especially encourage those who participate in the Heart t' Heart forum, e-mail meetings, or other situations where at 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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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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