

Heartbeats

The Official Newsletter of
Heart t' Heart

May 2010

A Twelve Step Support Group for the LDS Community

Volume 20 – Issue 2

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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LESSONS LEARNED FROM MOSES

I've been giving a lot of thought to Moses lately. One of the reading assignments for Sunday school was to read Moses from the Pearl of Great Price. An amazing account of Moses, God, and Satan. As I've read, pondered and re-read, I've had some whisperings of the spirit help me understand this first chapter a little better. And I've come to believe that it can be directly related to recovery. I feel this passage of scripture directly helps me see how to overcome the cycle of addiction.

We all have gone through this cycle. We start out in a sane place, then thoughts come in regarding whatever my addiction is, and I push them back. Then they come back, and I start isolating myself, withdrawing because I don't want to tell anyone I'm having problems. This starts me spinning further down and eventually I act out in whatever form I choose. Now I stay there and wallow in it because I can, and no one knows or cares. Finally I have enough or get caught, start to feel bad and decide to try again. So I purge, dump or repent by telling someone, start to feel better and get back into a sane state of thought (such as it is) and the cycle starts again.

During the time I have purged, dumped or repented and talked with someone, I feel the Lord gives me some time to think about what's happened, how I can fix it if I want to, and there is a genuine feeling of happiness and hope that I can overcome this. I get to learn things of the spirit in the time frame my addiction doesn't affect me. Then as the cycle begins to develop, I start to falter. And the cycle begins again. The fix for this is to shorten the cycle, realize that it will happen, and ready myself for when it does by learning and using the tools of Recovery.

So how does this all relate to Moses? Here's what I got out of the first chapter of Moses in the *Pearl of Great Price*.

Moses is praying in a high mountain and he saw God face to face. God revealed to Moses some wonderful things. But most important

(Lessons Learned from Moses --continued from p. 1)

to me was that God told Moses that he was His son (Moses 1:4, 7). God also tells Moses about His Son, the only Begotten who is full of grace and truth. Then in Moses 1:9, God withdraws from Moses, and Moses was left unto himself.

Moses was weak and was left unto his natural strength. Moses felt the Lord's glory and knew the only reason he was able to survive such a vision was by being transfigured. As Moses was thinking about all this, Satan appears to him.

Moses states in verse 12 that Satan came tempting him. For me this is where I start the down side in my cycle of addiction. Satan comes tempting me. I have a choice to make, as did Moses. I can either cave in to the temptation and die spiritually, or I can chose to leave it (or have it leave) and live spiritually. The choice is mine.

So Moses does battle with Satan. Satan says, "Follow me, I am the only begotten." Moses remembers what it felt like to be in the presence of God. Moses says, "No, I still remember the good feelings." Moses tells Satan to leave (Moses 1:16), and Moses says that God told him to call upon him in the name of the Only Begotten (surrender prayer). Moses says, "I will not cease to call upon God" and says, "Depart Satan". How many times have I recognized I'm being tempted and yet I have not called upon God? Here Moses is providing a great example of what to do when I am tempted. I have to call upon God and tell Satan to leave.

But what happens to Moses? He began to fear exceedingly. How many times has fear controlled my thoughts and turned me back to my addiction? Many, many times. But, again, Moses provides me with another example of what I can do. He called upon God and received strength, and told Satan to leave again. Satan started to get the idea that he wasn't wanted and began to tremble.

Then Moses received more strength and said, "In the name of The Only Begotten, depart hence Satan." And Satan did. He had no choice once

Moses uttered the name of Jesus Christ. And Moses was saved, not by his power but by the Atoning power (grace) of Jesus Christ.

After Satan left, God blessed Moses by filling him with the Holy Ghost. And then God came back to Moses and showed him more. God gave Moses more light and knowledge. That's the blessing of not giving into temptations: the companionship of the Holy Ghost, as stated in the sacrament prayers.

I'm humbled and grateful that I am where I am. I'm grateful for one day at a time, for forgiveness and being forgiven. I hope and pray I can continue to learn and be able to be taught and then recognize it for what it is. What wonderful blessings the Lord has for me and for us all!

Joe M.. ☐



2010 Heart t' Heart Annual Conference

**"I Can Do All Things
Through Christ"**

(From Philippians 4:13)

August 13 & 14, 2010

at

UVU, in Orem Utah

THE LOVE OF GOD

This scripture really caught my attention when I read it the other day:

And it came to pass that I beheld others pressing forward, and they came forth and caught hold of the end of the rod of iron; and they did press forward through the mist of darkness, clinging to the rod of iron, even until they did come forth and partake of the fruit of the tree. And after they had partaken of the fruit of the tree they did cast their eyes round about as if they were ashamed. (1 Nephi 8:24-25)

A fleeting thought entered my mind which called for reflection. I began to wonder why they would look around and feel ashamed. I have learned that when these types of thoughts come into my mind it usually applies to me, and therefore, I felt more exploration was in order.

As I think about the tree of life and those who were so ashamed after partaking of the fruit, they began to follow other paths and were lost, I see myself when I was looking so hard at what others thought that the pain was too hard to bear and I was completely numb.

So, what does the fruit represent? It represents the love of God. Have I partaken of the love of God and then “looked around” and felt shame? Put in this context, absolutely. I hadn’t really thought of this scripture applying so plainly to me. It applies to that backwards pride I have often been guilty of – the pride where I think that I can somehow mess up more than my Savior can redeem or at least that I lack the “proper” amount of faith necessary for Him to be able to do so.

The latter is a thought that comes to my mind periodically that I’ve never really understood, but it

is attached to feelings of discouragement that are very real. These are the type of feelings I have dealt with almost daily for years and years. So I do “look around” me and focus on other things than my Jesus. Yet, I do see a difference in the way that I approach things now even though these feelings and struggles are still so real. The Lord has changed my heart in many ways – not as many as my impatient self would like, but my life will always be full of miracles.

As I think about the tree of life and those who were so ashamed after partaking of the fruit that they began to follow other paths and were lost, I see myself when I was looking so hard at what others thought that the pain was too hard to bear and I was completely numb. That was a very dark and uncomfortable path.

With the hope I’ve gained from getting to know my Savior better I see a different vision of myself. I may not be able to turn immediately back to the fruit or the love of God when these negative thoughts come, but I am much less likely to start down another path. Instead, I am led back to the iron rod where I can press forward in faith until I am once again able to accept His love. That, in and of itself, is a miracle to me. It is a comforting vision that helps my perfectionistic mind to have a little more patience.

Penny M. □



VICTORY OVER SELF

Elder Richard G. Scott, in his October 2009 conference talk entitled *To Acquire Spiritual Guidance* related something President John Taylor said, as follows: “Joseph Smith, upwards of forty years ago, said to me: ‘Brother Taylor, you have received the Holy Ghost. Now follow the influence of that Spirit, and it will lead you into all truth, until by and by, it will become in you a principle of revelation.’ Then he told me never to arise in the morning without bowing before the Lord, and dedicating myself to him during that day.”

Elder Scott also said: "Spirituality yields two fruits. The first is inspiration to know what to do. The second is power, or the capacity to do it. "

This principle, that revelation of what we are to do is accompanied by the power to do it, when we truly rely on God, is reflected in the words of Step 11: "*praying only for a knowledge of His will for us and the power to carry that out.*"

What a marvelous thing, that the Lord, through a couple of drunks, revealed to an entire segment of the population (alcoholics and other addicts) many of whom might never have darkened the door of a church, how to get personal revelation, and the purpose thereof.

David O McKay defined spirituality as follows: "Spirituality is the consciousness of victory over self, and of communion with the infinite." Growing up, that was one of my favorite quotations. What I have learned in my recovery is that I am not the source of that victory over self. I suppose I could reword President McKay's quote as follows: "Spirituality is the consciousness of victory over self, *through* communion with the infinite."

I have learned in my recovery that when I follow the advice of Joseph Smith to John Taylor and bow myself before the Lord in the morning, and dedicate myself to him, that he shares with me Christ's victory, and it becomes the victory over self that I so need.

May we each do so is my prayer in the name of Jesus Christ. Amen.

Keith H. □

CAPTURING: "OUR SAVIOR'S LOVE," HYMN #113

Yesterday I talked with Colleen about a part of my sexual addiction that is not yet fully healed--the reaction of the natural (carnal) man to sights that are tempting or triggering. She suggested that my continuing susceptibility to these temptations (even

though I am not going to pn or mb) is an indication of something in me that is not yet healed. Something I have not yet let the Lord take from me.

This morning I took this issue to the Lord and asked Him about it. In the spirit of His promise in Ether 12:27, that he would show us our weakness, He counseled me at length about some fears and anxieties I have about my profession, and whether I have been a success in that area. As a scientist, much of my feeling about "success" comes from how other scientists regard my work and use the data and methods I have developed. So what the Lord showed me this morning is that I am still preoccupied with standards set by men and not by God. In talking with the Lord, He reassured me that He is satisfied with the job I have done--that it is enough. That is a great burden lifted off my shoulders. My challenge now is to let Him keep that burden and not take it back.

What is it that we hurt over that we haven't let the Lord heal yet? I think this is something only He can tell us.

I have the sense that there are other areas that I will need to take to Him and ask Him to explain to me. This all makes perfect sense now. We need to find out what it is we are acting out over, whatever that level of acting out is. What is it that we hurt over that we haven't let the Lord heal yet? I think this is something only He can tell us. I know sometimes when I have counseled with the Lord, I have done most or all of the talking. I know now that it is more important for me to listen more than talk. The Lord is good. He is kind and patient, and He does not condemn us when we come to Him.

I have had to learn to sort out the mental messages I receive and recognize His voice as distinct from the accusing voice of the adversary. When I hear a voice telling me that I am not doing good enough in any area, I can almost always know that it is not the Lord. I can ask and get His reassurance whether a particular message is from Him or not. And knowing that the messages from Him are always loving and kind--gives me the courage to trust Him

in all things forever. I think the main thing we need in order to hear Him more clearly is our own trust and love for Him, which may be the same thing. The more I love and trust Him, the more I go to Him and the more ready I am to receive His words.

I just want to say that I am grateful to my Jesus for what He has shared with me this morning, so I can let go of one more thing that has been tying me down to this fallen world.

Phil H. ☐



BECOMING LIKE A LITTLE CHILD: JUST HOW LITTLE MUST THIS ADDICT BECOME?

In a talk entitled, “Born of God,” President Benson made the following statement about how often a person should look to the Lord to seek His guidance:

The constant and recurring question in our minds, touching every thought and deed of our lives should be, “Lord, what wilt thou have me to do?” (*Ensign*, December 1988.)

“Touching *every* thought *and deed* of [my] life,” I need to be asking, “Lord, what wilt Thou have me to do?” Wow! If that’s the truth, then the age of child God is asking me to become is pretty small! I’d say, not even out of diapers, yet.

D&C 6:36 – Look unto me in *every* thought; doubt not, fear not.

2 Corinthians 10:5 – “bringing into captivity *every* thought to the obedience of Christ”

Alma 37:37 – Counsel with the Lord in *all* thy doings, and he will direct thee for good;

Moroni 5:2 – that they do *always* remember him, that they may have his Spirit to be with them. Amen.

What part of “every,” and “all” and “always” do I refuse to humble myself and accept? And why? Why do I resist being the equivalent of a child that needs to be that dependent on her Father *all* the time and in *every* thought, who needs to be *always* remembering Him—focusing my mind on Him?

It’s taken me nearly 30 years of backing away from the truth that I am so “rebellious and *proud*” a soul as I am. My pride is so subtle. When President Benson defined pride as enmity toward God and my fellow men, I thought, “Surely, that isn’t me!” At least not the first part of the statement. I don’t have “enmity” toward God. Enmity means hatred. I don’t hate God.

Then I went to the dictionary to make sure I was being thorough in inventorying myself for “enmity” toward God. I found that it had several synonyms (or we could call them “aliases,”—also known as, aka.) Enmity can also be called “hostility, antipathy, antagonism, animosity, rancor, and animus.” I looked up each meaning (or you might say each of the disguises enmity uses). Had I ever harbored (taken in and kept alive) *any* of these feelings toward God? Most of them I was able to honestly dismiss. But then I came to “antipathy.” “Implying a *natural* desire to avoid or reject.” I thought of the scripture about “the *natural* man” being an enemy to God.

For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father. (Mosiah 3:19)

Ouch.

Then I looked up enmity in the thesaurus and found these descriptions hiding in the list of synonymous expressions: “disinclined, displeased, put off toward, out of sympathy with.” I could go on, but I think that’s a thorough enough search. I know it catches me in its fine-tooth-comb, for sure.

I have to admit that I do harbor a “rebelliousness” and thus “pride” toward God. I have to admit that I don’t ask God’s counsel or call on Him for rescue, because I *know* that He will answer me. I know that if I seek Him, I will find Him. I know that if I ask Him, He’ll tell me the truth about what would be the best thing for me to do, because I know that He wants the best for me.

And then, if I actually ask and receive His counsel, I won’t be able to do what I would rather do, what I am more inclined to do.

So, there it is in plain honesty. There is the reason I don’t call upon Him in the midst of a temptation, or even in the midst of most of my “thoughts and deeds” during a day: Because I don’t want Him to tell me what to do.

Behold, they do not desire that the Lord their God, who hath created them, should rule and reign over them; notwithstanding his great goodness and his mercy towards them, they do set at naught his counsels, and they will not that he should be their guide. (Helaman 12:6)

Instead, I’d rather make a plan for myself. (In my case as an eater, that means make a food plan.) I’d rather use a plan of abstinence along with all the other *external* aids and crutches and half-measures like going to more meetings, calling other fellow mortals, reading more books about psychology or brain chemistry or whatever . . . and then try to depend on them to keep me clean and sober. All this, while the Lord stands right there, as close as a prayerful (God-ward) thought longing to rescue me. (See Alma 36:18 and Alma 38:8)

I pray that today I will humble myself and admit this inventory is true about my past, but that I am ready to do differently today. Today, I am ready to do the

one thing that I know will give me the wisdom and the grace to behave myself sanely even when my addiction tempts me. I’m ready to be that “little” a “little child.” The age of child that needs her Father’s counsel in every word and in every deed. I’d like to be more independent than that, but I’m not. That’s why I’m a sitting duck for addiction. So my choice isn’t really about whether to act out or not. It becomes a spiritual choice, between whether to turn to the Lord and be rescued or postpone rescue, yet another day.

Colleen H. □



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:

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<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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