

**the  
heartbeat**

**“The heart of NA beats when two addicts share their recovery”**

**NOV/DEC 2007**

# Wash House Blues

I'm an addict, my name is Lester. Thanks to the Grace of a loving and caring God, the fellowship of NA and my willingness to follow some simple suggestions most of the time, I am clean today.

Well, not too long ago I went to the Laundromat to wash some clothes. I had five loads and I sorted them in front of five washing machines.

I proceeded to put in the soap and coins in the first machine to wash, when I notice a woman had gotten in front of the last machine and pushed my clothes over with her foot. She started putting her clothes in the machine.

I said “Mam, excuse me mam, I'm sure you see my clothes in front of that machine. I'm using that one.” She said “You ain't put no money in it”. I stood there as she proceeded to put in her clothes, soap and money. She started the machine, then walked away.

Well, apparently she failed to notice I had a gallon of Clorox Bleach in my hand. I walked over to the machine and poured the whole gallon in her wash. Later, (after a couple of minutes) I got scared and thought, “she's going to come back and whoop my ass”. So, I finished putting my clothes in the rest of the machines and left. I timed my wash and came back and took my clothes -- still wet, and left again. I went to Sears that day and bought me a washer and dryer. By the way, I have never been back to that Laundromat again.

Now I felt bad after the fact, and I don't think I would ever do that again, but, the disease from which I still suffer, at that moment, told me it was ok to do what I did.

I'm telling you this so you don't have to act like I did. I've already done it for you.

Love and respect  
Lester L.

# Healthy Fear

Fear is normally thought of as a negative emotion when a person is so consumed about what might happen (FUTURE); about what has happened (PAST); and unable to walk through no matter what, and put one foot in front of the other (PRESENT). This is what I call a *healthy fear*. This is a message about healthy fear, more commonly known as a “*fear of success*”.

In my life the living process started in August of 1998, when I finally admitted defeat to a power greater than myself (surrender and acceptance). After that date I have experienced a series of trials and errors in living (honesty and willingness). I choose to get married and start a family-- an endeavor which requires that I be diligent to hold on to these things by applying a concept called humility. I have to revise everything I know about reality, relationships and what I know about a partner's role in a relationship.

I believe in God. Not as a religion, but as a loving, caring and forgiving Being who has my best interests at heart; and a concept called hope, which has turned into faith over time, because I now know God works better than I do.

I decided to sign up for school because I believe that with an education, anybody can get a job. I want a career. One that would help me, by helping others (criminal defense- preferably public defender) because I have taken so much in my past, that I want to finally give back. School has been a constant struggle, but I am willing. I didn't know that the process of getting a Law degree was so lengthy. I had to attend a City College, and I am now attending a University for a B.A. Once finished, I then will be going to law school. I have been in school since August 2002.

This is an example of me experiencing and walking through the concept of *healthy fear* because I really don't know what my life will be like. I just put myself in a position to accept God's blessings. My head always tells me that nobody wants to hear what I have to share anyway (but lawyers give opinions on legal issues), and I really hate the attentiveness that I have to practice with regard to going to a University to get a B.A., then to go to law school. My approach to the healthy fear that I am talking about is that I make plans; I just don't plan the outcome. Yeah, God willing, I'm going to complete school, but who really knows if I will be a public defender; or if I will even practice law.

Success or what is commonly referred to as “the American dream” is depicted as: having a beautiful wife; a nice new car; being a home owner with kids that have a chance to reap the benefits of my role model. At the same time, it is said that “money, property, and prestige and will divert us (me) from my primary purpose”- a concept that isn't often connected when talking about the options of living without spiritual principles, the ends of which are jails, institutions, dereliction, and death.

For me, dereliction meaning *abandonment or neglect of duty*, of which mine are many. As a husband, father, student (in school and in life), employee and a member of society, I have to practice at not only sustaining, but nurturing (which has spiritual concepts of: unity, desire, patience, tolerance, acceptance) all of these; but most of all, a belief in Higher Power which I choose to call GOD. Its hard to know if I am being a good father, because kids are selfish by nature and don't volunteer information freely; a good husband, because communication and humility don't come naturally no matter how much I practice; a responsible member of society/my household, because I am selfish, self-centered and self-seeking with no practice needed; and most of all, having hope and faith in knowing that God is everything or nothing at all.

This paper is about fear of success and healthy fear, and can be summed up in my belief (which by the way has turned to faith) that no matter how many tests in life that I take, I recognize who gives me my final grade and whom I do really serve. I choose today to serve my God.

My God loves me when I receive a scholastic grade in school of C- (not passing, making me feel like a failure and forgetting that their will be another class offered, but am I willing?). And when my wife tells me that love isn't paying the rent, and that she expects more of me because for everything that I take on, something has to be removed. Go to school, less time to work; getting two jobs, less time for family. My God accepts me just the way I am. Even when the job requires more work- same pay, and no appreciation, just like them kids.

Man doesn't give me money. My God, and my willingness puts me in a position to receive some things, and he also takes some things away if I am not willing to know they are on loan from God. My God loves and accepts me, even while my head is telling me that I don't deserve anything; that I should be dead, or in jail and most definitely miserable because I practiced nothing beneficial to anybody but myself.

Thank God for being God, because if I got what I deserved, it wouldn't be like it is today. God gives unmerited favor and grace, and it's not limited. It's free. All I have to do is do the right thing, for the right reason when nobody knows, or is looking (empathy given is returned abundantly), being of service to someone other than myself; and not beat myself up for not being perfect.... just willing to progress.

Alvin J

**Sweet 16th Area Anniversary**  
**(We never have to use again!)**

**\$20.00 Donation: Dinner & Dance**



**\$10.00 Donation: Dance Only**



**SATURDAY NOVEMBER 17, 2007 6:30PM**  
**733 Hindry Ave, Inglewood 90301**

## What my Higher Power is like – how He cares...

My Higher Power is subtle; my disease is loud and rude. My disease says because my Higher Power is subtle and gentle, that means He lacks power, but that's the trick of my disease. My Higher Power is bigger and stronger than my disease. My Higher Power is trustworthy and faithful. He communicates. My Higher Power is a gentle spirit.

I remember my God at my bottom. I remember when I was walking down the street bankrupt, mentally insane, physically decayed, and spiritually empty; I had a real tough void going on. I had nothing left. My disease had taken so much from me, but God's voice; his spirit spoke to me, and for the first time in months I listened. He told me to go get help, to stop using, and I would be alright. I felt this in my soul. He cared. I stayed clean for four days then went into treatment; treatment is where I got introduced to Narcotics Anonymous. I remember how my Higher Power kept me in the meetings. Every time I was in a meeting, He was there. He cared.

I remember when the treatment van had left me. I remember when my Higher Power came back and picked me up for my first NA convention. I'm so glad the van didn't leave. At the convention I got to meet so many other addicts just like me. I felt at home. He cared. All the times I was in pain, I couldn't see a better way. When I was in the grip of my disease, my Higher Power always held me in the rooms, He has always shown up. He cares. He knew all the things I would go through in my recovery. He knew me before I knew myself. He loved me before I could love myself. He has always worked through others in NA. He has always wanted a relationship with me. My Higher Power has always wanted me to stay. He has always desired to guide me. He cared and cares. He was always there when I did wrong. He was there when I was insane; He gave me my surrender. My Higher Power is the one who restored me. He cares. My Higher Power was there through all my hurts, always there in the midnight hour. He's just a Prayer away.

He was there to share in all my accomplishments and joys. He cares. He was there to help me parent my children in my active addiction, and helped raise them in my recovery. Yes! My Higher Power cares. He has been there in sponsorship. He put my sponsor in my life. He works through her. God is always there in our process. He has helped us grow, and He develops our friendship. I love her. She believes in NA to the fullest and I still want what she has 9 years later. God I thank you for her, for sponsorship; my Higher Power cared and cares. My Higher Power has worked in my family relationships. In recovery I was able to become friends with my Mom again, and influencing recovery in her life. He cares.

My Higher Power has built friendships in my life with my sisters in recovery, and others in recovery. He's taught me about friendship. He cares.

He has been a provider and a protector. God has always had a good plan for my life. He has been with me through each of the 12 Steps. Teaching me each principle. He is the principle! I learn. God has given me each and every awakening.

I've been able to teach through His love. I've learned how to be a sponsor sharing my pain, experience, strength, and hope. He helps me to continue to grow. I'm his little "Tea Cup" God changes me in the Seventh Step. He cares. He mends my heart, helps me through pain and fear, and helps me to surrender my defects.

God holds my grandbabies and my family who is out of state. He has been the strength behind me and the man in my life – to be able to have a relationship; he has guided us. He put my guy in my life. For that I'm grateful.

God has truly shown out in my life. It is my desire to continue my relationship with my God on a deeper lever, so I can hear Him better. To keep learning that I have to let go, and I'm worthy! Knowing I'm OK. Thank God for the opportunity to live to be free. I told you, He cares.

Thank you, Lester for being in my life; for caring enough to continue to send me the NA Newsletter (the Heartbeat) for all these years. I really enjoy it. Thanks for giving back, and especially thank you for blessing me with your candles.

Love you lots, Trish

**The Greater Los Angeles Area H&I Committee  
Presents**

**Miracles Do Happen**



**Dec 22nd Thru Dec 25th 2007**

Location: Harbor Light Center 809 East 5th Street  
Opening meeting Saturday at 10:00 am  
Dance Monday Dec 24th from 9:30 pm - 1:30 am  
Donation \$6, \$3 recovery homes and people with court cards  
Potluck Tuesday Dec 25th Contact: Donnie C 562 762-0131  
Variety Show Tuesday Dec 25, 2007 Contact: Michael B 323 847-2157  
For More Info Contact: Vice-Chair H & I Linda B.K. 323 756-2154



**1 YEAR**

Motique A 12/12/06  
 Patricia H 12/04/06  
 Corbette L 12/02/06  
 Tony B 11/13/06

**2 YEAR**

Dale H 12/31/05  
 Tyrone D 12/28/05  
 Ricky T 12/20/05  
 Oregena T 12/20/05  
 Guy C 12/15/05  
 Angela M 12/14/05  
 Starla M 12/12/05  
 Elaine R 12/11/05  
 Pelar T 12/10/05  
 Jacqueline R 12/05/05  
 Patricia L 12/05/05  
 Steven J 11/29/05  
 LaToya G 11/28/05  
 Orlando Y 11/28/05  
 Clifford D 11/23/05  
 Charmaine C 11/21/05  
 Beatrice M 11/21/05  
 Kimberly N 11/20/05  
 Clarence B 11/17/05  
 Randy N 11/05/05

**3 YEARS**

Louis M 12/28/04  
 Chandra F 12/28/04  
 Forrestine G 12/23/04  
 Flora B 12/18/04  
 Gregory W 12/12/04  
 Sherman W 12/05/04  
 Kisha H 11/24/04  
 Leo T 11/24/04  
 Kimberly N 11/20/04  
 Marcus B 11/17/04  
 Darrell L 11/06/04

**4 YEAR**

Dec R 12/28/03  
 Melody S 12/24/03  
 George J 12/17/03  
 Carlton E 12/07/03  
 Brenda W 12/16/03  
 Vanessa S 12/15/03  
 Maurice C 12/14/03  
 Rasheeda W 12/13/03  
 Bob D 12/10/03  
 Candice Y 12/09/03  
 Timothy R 12/09/03  
 Bridgett G 12/05/03  
 Laura R 12/05/03  
 Shannon S 12/03/03  
 Andre L 11/28/03  
 Allen T 11/22/03  
 Jay B 11/17/03  
 Tony P 11/17/03  
 Toney H 11/14/03  
 Mama H 11/13/03  
 Terrence P 11/13/03  
 Antoine S 11/11/03

**5 YEAR**

Arthur G 12/31/02  
 Mark L 12/30/02  
 Richard F 12/29/02  
 Gary W 12/27/02  
 Derwin O 12/21/02  
 Treacia S 12/18/02  
 Kim W 12/17/02  
 Herbert G 12/15/02  
 Suzette R 12/13/02  
 Marvin M 12/13/02

Michele T 12/12/02  
 Barbara Mc 12/11/02  
 Precilla 12/07/02  
 E.J. 12/07/02  
 Romeo M 12/05/02  
 Ronald R 12/05/02  
 Roosevelt W 11/27/02  
 Gene M 11/25/02  
 Terence P 11/14/02  
 Ernest W 11/12/02  
 Anthony T 11/07/02  
 Guillermina M 11/07/02  
 Roosevelt Y 11/06/02  
 Kevin M 11/06/02  
 Herschel C 11/02/02  
 Alyson P 11/01/02  
 Angie M 11/01/02

**6 YEARS**

Mark W 12/30/01  
 William H 12/21/01  
 Olivia R 12/17/01  
 David P 12/12/01  
 Joe J 12/10/01  
 Martin V 12/05/01  
 Michael Y 12/03/01  
 Squeak T 11/29/01  
 Taylor A 11/29/01  
 Big Dre 11/28/01  
 Andre' T 11/28/01  
 Joyce K 11/27/01  
 Lisa S 11/27/01  
 Demarest D 11/24/01  
 Lisa S 11/21/01  
 Elsa R 11/15/01  
 James B 11/11/01  
 Darrell B 11/09/01  
 Felix P 11/07/01  
 Kevin M 11/06/01  
 Robia S 11/01/01

**7 YEAR**

Norene N 12/29/00  
 Karen L 12/22/00  
 Margarita R 12/12/00  
 Johnny T 12/11/00  
 Rosie S 12/10/00  
 Eric P 12/04/00  
 Major W 12/01/00  
 Sharee A 11/22/00  
 Paulette T 11/21/00  
 Patricia N 11/18/00  
 Beverly G 11/15/00  
 Denise J 11/04/00  
 Sherry S 11/03/00  
 Tony B 11/01/00

**8 YEARS**

April S 12/25/99  
 Sheryll P 12/23/99  
 Linda A 12/18/99  
 Johnny R 12/16/99  
 Benson R 12/16/99  
 Wanda L 12/16/99  
 Felicia B 12/14/99  
 Ruben M 12/13/99  
 Demetric M 12/11/99  
 Mark M 12/06/99  
 Eugene H 12/04/99  
 Monty R 12/03/99  
 Jenine K 11/30/99  
 Squire M 11/26/99  
 Angela L 11/26/99  
 Stacy D 11/20/99  
 Jerry L 11/16/99

**9 YEARS**

Charles G 12/30/98  
 Marquitta M 12/28/98  
 Donna D 12/24/98  
 Brenda C 12/23/98  
 Sherlanda M 12/10/98  
 Sarah T 12/10/98  
 Greg A 11/26/98  
 Thurman G 11/23/98  
 Clarence C 11/22/98  
 Samuel B 11/18/98  
 Jeff W 11/16/98  
 Deborah G 11/15/98  
 Tyrone R 11/12/98  
 Roxann S 11/08/98  
 Barbara P 11/05/98  
 Rene W 11/05/98  
 Calvert S 11/03/98

**10 YEARS**

Redd M 12/28/97  
 James J 12/25/97  
 Keisha J 12/22/97  
 Gloria Mc 12/18/97  
 Paul H 12/16/97  
 Tanya C 12/13/97  
 Terry W 12/12/97  
 Darrell M 11/10/97  
 Wanda R 11/10/97  
 Tracy L 11/06/97  
 Yolanda W 11/03/97

**11 YEARS**

Nathan K 12/17/96  
 Robert F 12/16/96  
 Linda B 12/12/96  
 Bennie H 12/04/96  
 Leslie L 11/11/96  
 Sandy P 11/12/96  
 Lester R 11/11/96  
 Marvin W 11/05/96  
 Marvin H 11/04/96  
 Michelle H 11/04/96  
 Mylinda P 11/02/96

**12 YEARS**

Richard M 12/27/95  
 Terrell W 12/16/95  
 Jimmy J 12/12/95  
 Beverly Mc 12/05/95  
 Richard M 11/27/95  
 Tony H 11/15/95  
 Clarence M 11/12/95  
 Yolanda H 11/09/95  
 Danny H 11/02/95

**13 YEARS**

Vivian J 12/27/94  
 Raymond M 12/27/94  
 Karin L 12/03/94  
 Wolf E 11/21/94  
 Olga T 11/10/94  
 Roosevelt W 11/04/94

**14 YEARS**

Renee G 12/29/93  
 Cornella S 12/20/93  
 Iris L 12/19/93  
 Elijah B 12/18/93  
 Pam S 12/14/93  
 Peggy P 12/10/93  
 Nat H 12/09/93  
 Jesse W 12/07/93  
 Mario C 12/07/93  
 Kathy J 12/03/93

Pam N 11/30/93  
 Belinda B 11/23/93  
 Jerry J 11/20/93  
 Dana 11/16/93  
 Nikki C 11/11/93  
 Deborah J 11/03/93  
 Cheryl E 11/03/93

**15 YEARS**

Sidney L 12/24/92  
 Robin D 11/23/92  
 Marvette A 11/16/92  
 Mylinda O 11/06/92  
 Kevin M 11/05/92  
 Sherri M 11/04/92  
 Cheryl E 11/02/92

**16 YEARS**

Alex M 12/25/91  
 Volanda P 12/09/91  
 Sonia O 12/02/91  
 Daniel G 11/20/91

**17 YEARS**

Bobby C 12/25/90  
 Dwayne H 11/26/90  
 Catherine W 11/15/90  
 Darryl S 11/05/90

**18 YEARS**

Bruce S 12/21/89  
 Zelda E 12/18/89  
 Jerome S 12/18/89  
 Vanessa W 12/18/89  
 Dwayne H 11/26/89  
 Yvonne G 11/20/89  
 Terry Mc 11/07/89

**19 YEARS**

Sepi B 11/28/88  
 Percy H 11/23/88  
 Raheem M 11/16/88  
 Pam H 11/14/88

**20 YEARS**

Dan S 12/27/87  
 James J 12/25/87  
 Elijah W 12/24/87  
 Jose G 12/20/87  
 Kim B 12/17/87

**21 YEARS**

Jennifer B 12/26/86  
 Chester W 11/06/86  
 Earl G 11/06/86  
 Joyce F 11/02/86  
 Anderia M 11/01/86

**22 YEARS**

Dwayne J 12/27/85  
 Kevin H 12/15/85  
 James A 12/11/85

**23 YEARS**

Raymond M 12/27/84  
 Rita H 11/24/84  
 Wallace R 11/16/84  
 Cornish H 11/03/84

**29 YEARS**

Bill W 11/30/78

**Share the Wealth**

**the heartbeat** presents the experiences and opinions of individual members of Narcotics Anonymous. The articles you see in this newsletter are written by NA members like yourself. You need not consider yourself a skilled writer. You don't have to know all the rules of grammar. We have an editorial team whose job it is to take care of those details. What we need is your unique perspective on the NA program. Without it, we don't have a message to carry. The articles and letters do not necessarily express the philosophy of NA as a whole nor does publication imply endorsement by NA, **the heartbeat**, or the Greater Los Angeles Area of Narcotics Anonymous. **the heartbeat** assumes no responsibility to return submitted material and does not guarantee that submissions will be published. **the heartbeat** reserves the right to edit any material submitted in accordance with our review policy. The policy includes but not limited to:

- Articles should be no longer than one page handwritten or typed.
- Use of NA language of recovery.
- No profanity
- No personal attacks directed towards NA members or NA as a whole.

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