



SEP/OCT 2007

Sponsorship

Someone once said, "We should all be accountable to someone!" Meaning, checking ourselves and making appropriate decisions based on the "Real Truth". Being a sponsor is an honor. To guide someone and help them make healthy new decisions through clean eyes isn't easy. I love to see the twinkle in someone's eyes, when you say to them, "You have permission, to change your mind about any thought you are having". Let's try to keep an open mind and maybe look at the situation in another way (The NA Way). I have suggested to my sponsees that they don't have to like me (it helps), let's just get down and stay willing to change. How would you have handled the situation before coming to NA? Our beliefs are what we know (survival kit). What we believe is how we behave, so if we change what we believe, our behavior automatically will change. Let's get into the 12 steps! If you don't understand the words, look them up. This is a very simple program. However, WE must apply a little labor. I'm sure (I've done it) digging a ditch, chopping wood, and taking out trash is laborious. A pencil, however is very light, so is paper. Why then is it so heavy and difficult to put the pencil to the paper?? I hear that more times than I can count. Cop-Out, it's on you. Please, Newcomer and Old Timer don't stay away from NA. If you can't (can't means won't) work with someone to do the twelve steps, go forward, Ask someone else for help!! This is a program of change. A little discomfort and a little pain, really beats sitting in a jail cell or an institution somewhere. Are drugs really all that attractive? It's like putting a band-aid on a boo-boo. We can embrace the chance to change and do our best to heal all the pain and learn How to Live One Day at a Time, in the New now and throw away the old behavior and the past. I'm still learning, and still willing to change. We need each other for support, always. Thanks for the chance to change, NA.

P.J.

INTO ACTION (A Work in Progress)

Working the Program is the vital solution for when I have placed my faith, trust, and belief into working actions. The results are a change within my spiritual condition and the end results brings about more awareness of how unmanageable my life truly is at this stage of my growth and development.



So I look deep within my heart and soul, through constant prayer I find it always necessary to pause and wait patiently upon answers that can come only from my higher power. Working the steps brings about a change of heart. I've now come alive for the very first time in years. This is all due to the presence of building a working relationship with a God of my own understanding and constantly allowing the spirit to move into action and direct my steps upon this path of recovery and to

continue to guide me in this new walk of life; staying clean is a dream come true, all praise be to my higher power working the steps into action.

Antoine S.

Change

Hi my name is Christina and I'm an addict. Just wanted to share on this topic because it's what recovery has done for me since I got here over 3 years ago when I first made the decision that something had to change, I was beaten. I had no more in me, to keep doing what I been doing. NA has turned my life around, and for this fact I am truly grateful. Let me tell you how God was working in my life before, I made a decision to get clean.



When I got here I had lost everything like most of us do. I had lost legal custody of my three kids, through the system. I was pregnant when I got here, and I went into a rehab. When I gave birth to my baby the state put a hold

on her. I was expecting it but It was still heart breaking even though I was serious about staying clean. They reminded me of my past efforts of trying to get clean that didn't last long. They said that I didn't deserve to be a mother, and I didn't deserve another chance. God is good, cause when they said no, He said "Yes"!

I started off with nothing, but God has seen fit to take care of me. When I want to take things in my own hands and try what I want He always brings me back to Him, reminding me it's Him I need to trust. Today I am 24 yrs old, and I got 4 years clean. I have a good life, a good job. The gift of being clean and recovery is awesome. How I keep what I have is by taking care of myself. I don't know about you but, my decisions and behavior kept me loaded because I had no coping skills. Now that I use the tools of recovery, my desire to stay clean overrides my fear of living the same life. I am able to make better choices and when I make better choices I'm loving myself. No matter what character defects I suffer from there is hope, as long as I don't give up on myself all will be well. If your new to this program or just coming back - welcome. We will love on you until you start loving on others. So if you been here awhile stay grounded in step work, service work, and stay grounded in your relationship with your sponsor, and other people in recovery.

Christina H

Being In The Mirror Again

Maybe you go to jail and get Prop. 36 or, maybe you go to a program. This is God doing for us what we can't or won't do for ourselves. When you get to the program, something else attracts you. The stories of people going through what you've gone through. This makes you stay one more day. The more you surrender the more days you stay. Then you look up and one year has gone by and you see and feel differently about you! Family is starting to come around; kids are starting to trust your word again. You're in contact with a God of your own understanding. Armed with some tools you now step out on faith and allow God to do for you what you cannot do for yourself. And, most importantly, you love you again.



You even like being in the mirror again – now you're looking and smelling good. You've come so far that to go back would be too much. Now you must push forward, better yourself. Work toward putting things back together to a sense of normalcy. To be able to kiss your kids, cook for them and to see them grow becomes important again. Giving back to the Fellowship with unity, service and recovery. I know this is the key to my staying clean one day at a time.

Pelar T

The Most Important Person in any Meeting is the Newcomer.

Things have changed. The newcomer doesn't have a chance to beat this monkey if our predecessors don't step in. Fellow-shippers take to the podium how it used to be when they came to the rooms. Don't talk about it! Instill it in the new comer. I've heard fellow-shippers with a little time say "The newcomers that come in now are scary, their unapproachable, you can't talk to them like our predecessor's talked to us when we came in". YEAH RIGHT! They deserve the same treatment you got in order to get your time. Your predecessor's took a chance on talking to you the way they did, why can't you do the same. We took bigger chances than that in them streets.



People with time are only dealing with people with time. This defeats the whole process. A newcomer can't help a newcomer. The only thing they could help with is the directions to the dope house. I do know that a big part of this puzzle is that the newcomer has to want this thing called recovery in order for it to work. We have so many committees that need help. The recruitment process has fell by the waste side. I feel that our better than attitudes have put a damper on the message of NARCOTICS ANONYMOUS. You can only keep what you have by giving it away.

Claudiam M

HAPPY BIRTHDAY

1 YEAR

Betty H 10/18/06
Patricia R 10/17/06
Sherree K 10/02/06
Johnny P 9/26/06
Ruthie W 9/16/06
Shawn M 9/11/06
Courtney W 9/09/06

2 YEARS

Michele S 10/17/05
Trina N 10/16/05
Ray S 9/24/05
Angela T 9/14/05
Margarita S 9/01/05

3 YEARS

Ruel G 10/26/04
Athena T 10/12/04
Yolanda M 10/09/04
Gwendolyn J 9/21/04
Mark J 9/16/04
John T 9/16/04

4 YEARS

Georgia A 10/20/03
Nina M 10/10/03
Alsandori B 10/08/03
Roosevelt Y 10/06/03
Ronnie B 10/04/03
Warren M 10/03/03
WB (aka I Love NA)
10/03/03
Donny S 10/02/03
Ratika B 10/01/03
Vicki K 9/26/03
Trevan L. 9/25/03
LaShawn Mc 9/22/03
James R 9/20/03
Sonia D 9/15/03
Sara C 9/05/03

5 YEARS

Marlon Y 10/23/02
Sheila C 10/18/02
Camilla W 10/15/02
Issac G 10/13/02
Freddie T 10/11/02
Kahlid A 10/11/02
Vance D 10/10/02
Robert R 10/07/02
Angelus W 10/05/02
Khisas J 10/04/02
Lance I 10/03/02
Debra J 9/30/02
Adrian D 9/29/02
Cynthia B 9/28/02
Franco S 9/27/02
Charles D 9/26/02
Rachel P 9/23/02
Treavor S 9/21/02
Laura G 9/20/02
Mechelle A 9/20/02
Danny T 9/15/02
Elizabeth M 9/04/02
Nicole G 9/04/02
Deandre T 9/04/02

6 YEARS

Angelo M 10/04/01
Denise H 10/02/01
Treavor S 9/21/01
Dana M 9/19/01
Wendell M 9/11/01

7 YEARS

Victor B 10/29/00
Micacha S 10/29/00
Sandy M 10/28/00
Steve S 10/27/00
Timothy J 10/25/00
Viola P 10/25/00
Wilford K 10/22/00
Jacqueline J 10/19/00
Leroy M 10/18/00
Joi R. 10/15/00
Walter B 10/12/00
Jesse P 10/07/00
Carlos R 10/05/00
Audry H 10/04/00
Hugh B 10/03/00
Ida P 10/01/00
Darryl C 9/26/00
Karen L 9/18/00
Nicholas C 9/17/00
Connie S 9/13/00
Willie C 9/13/00
Pamela R 9/10/00
Rocky W 9/08/00
Robert H 9/07/00
Kim M 9/06/00
Jennie A 9/06/00
Byron C 9/04/00
Alfi P 9/03/00
Rosalind F 9/03/00
Thomas P 9/03/00
Duane B 9/01/00
Lamont W 9/01/00
Kasey H 9/01/00

8 YEARS

Milton B 10/30/99
Zina L 10/23/99
Mando A 10/21/99
Kevin L 10/15/99
James AC 10/13/99
Rosetta T 10/03/99
Todd Z 9/13/99
Clarence B 9/12/99
Yvette Q 9/09/99
Jim Y 9/07/99
Patrice S 9/02/99

9 YEARS

Johnnie W 10/31/98
Pamela Jo 10/30/98
Shelia M 10/28/98
Mike W 10/28/98
Michael B 10/23/98
Wanda T 10/20/98
Yolanda B 10/19/98
Karen B 10/19/98
Wayne T 10/15/98
Leta H 10/13/98
Vera P 10/11/98
Sharon P 10/10/98
Willie B 10/08/98
Kimberly P 10/06/98

Victor M 10/05/98
Richard B 10/4/98
Ramon L 10/02/98
Sonia C. 10/01/98
Rhonda J 9/21/98
Debra O 9/25/98
Lucretia G 9/15/98
Wesley W 9/15/98
Bianca L 9/03/98

10 YEARS

Teresa W. 10/31/97
Grace F 10/29/97
Clinton 10/23/97
Addie W 10/20/97
Ronald W 10/16/97
Andrew T 10/15/97
Sheila B 10/10/97
Hasan B 10/09/97
Cheryl D 10/08/97
Michelle W 10/07/97
Kim P 10/06/97
Seawillia A 9/27/97
Richard O 9/23/97
Willie C 9/18/97
Kenneth H 9/16/97
Ricky L 9/09/97

11 YEARS

James E.G. 10/30/96
Marlise H 10/28/96
Myrtle A 10/25/96
Delena Z 10/21/96
Katherine W 10/21/96
Jas K 10/17/96
Julie R 10/17/96
Sandra S 10/11/96
Gus A 10/10/96
Diane K 10/09/96
Lem W 10/09/96
Elisio G 10/04/96
Ella H 9/28/96
Curtis T 9/27/96
William O 9/23/96
Adolphus M 9/23/96
Luis H 9/21/96
Kenneth H 9/16/96
Robert A 9/04/96

12 YEARS

Kathryn H 10/26/95
Michelle C 10/26/95
Jeffery S 10/11/95
Jackie W 9/21/95
Jerone M 9/08/95
Wali 9/01/95

13 YEARS

Shonda W 10/31/94
Brenda T 10/22/94
Tunyshia S 10/13/94
Silvia F 10/12/94
Tommy D 10/12/94
David M 10/11/94
Kathryn H. 9/26/94
Ruth S 9/24/94
Marcella "Diva" Mc 9/23/94
Margie P 9/22/94
Brenda S 9/08/94
R. Overstreet 9/01/94

14 YEARS

Jackie J 10/14/93
Stan J 10/03/93
Pauline G 10/04/93
Tracy H 9/06/93
Raymond M 9/04/93

15 YEARS

Andrea A 10/19/92
Steve S 10/13/92
Janette H 9/23/92
Sherene B. 9/09/92
William E 9/01/92

16 YEARS

Earl F 10/07/91
Kirby S 9/25/91

17 YEARS

Daphnie B 10/25/90
Maurice R 10/15/90
Helen S 10/07/90
Phyllis W 10/07/90
Paula L 10/16/90
Tinka M 9/14/90
Wesley R 9/12/90
Darryl B 9/03/90

18 YEARS

Russell 10/10/89
Gregory G 10/09/89
Beth S 10/05/89
Julia S 9/06/89
Anita S 9/05/89

19 YEARS

Tommie P 10/15/88
Johnnie D 9/19/88
John K 9/19/88
Erskine W 9/06/88

20 YEARS

Sheila B 10/10/87
Michael S 9/12/87

21 YEARS

Ted S 10/23/86
Stephanie S 10/13/86
Yo Steve 9/16/86
West 9/10/86
Patricia P 9/04/86

22 YEARS

Earl D 9/09/85
Cheryl Mc 9/08/85

23 YEARS

Jay A 10/28/84
Pam J 9/24/84

28 YEARS

Bob S 9/28/79

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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