

**the
heartbeat**

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

MAR/APR 2008

Glad To Be Back

Hi. I am an addict. I really can't remember my first meeting between 1991-1993. All I can say was I didn't stay. My desire to try and stay clean was there but my willingness wasn't. After about 13 years of self-will, ego, and a whole lot of pride I finally surrendered. I was so sick and tired of being sick and tired. Like it says in Step One, I was powerless and my life was unmanageable, so I decided to seek a power greater than myself. He led me to my first NA meetings in years.

I kind of knew what to expect, but I still felt a lot of emotions: guilt, shame, etc. Even though my disease attacked me from the moment I thought about it, I still remained humble and kept an open mind. Much to my surprise, as I entered the meeting, I found out that what I saw and felt was still the same; that the literature was still the same; and as I continued the scan the room, that the same people were still here... as if they knew I was coming and were waiting. A small voice in my head said "this could work". As I took my seat, and people were still embracing each other with unconditional love I knew I was in the right place. I'm real clear on this process, and what is getting clearer and clearer is that it ends and begins with me.

ACROSS THE TRACKS

Back in the day before NA, we say "viva la raza".

Across the tracks, we say "black power".

Nevertheless, late at night addicts die.

We hear a mother cry.

Someone has just called her by phone to let her know

her addict son will not be coming home.

A hot shot in the night took the addict's life

while two dope dealers lay low

in some hotel kicking back.

The graveyard man digs a six-foot hole.

The addict's mother will cry and grow old.

Two dope dealers will soon be facing

life without parole.

Then it will be their mothers turn to shed a tear

and grow old.

It don't matter what race you are in our disease what

goes around comes around.

Today through NA, and a loving GOD,

addicts and their families

don't have to suffer like this anymore.

Just keep it simple.

I want to thank The Heartbeat of Narcotics Anonymous

for allowing me

to carry the message.

It's an honor to be of clean service.

DOWNTOWN JOE C.

FAILURE IS NOT A DEAD END

There is no such thing as failure. There is only giving up too soon. The best response to failure is to get up again holding on to the hope that God gives you, through faith. We all long for a clean start, a new slate, a chance to begin again. That's why many people get excited about New Year's resolutions, but every day is a new start in God's mercy. By God's grace and love, you are freed from the burden of self and failure so that you can start fresh.

Failure doesn't determine your identity or your worth; it is simply feedback on how you are doing, because God has adopted us as His love, and to shape us. Failure is not a dead end. In God, it becomes the doorway to lasting change. If you don't learn from others, and your own past mistakes or failure, you will be lured into a sense of false security. Learning from past mistakes or failure prepares you to not repeat them in the future.

LIONEL J.
3-7-05

Greater Los Angeles Area of Narcotics Anonymous
Activities Committee
Presents

Tribute to the Newcomers

"Our own true will"

...God's will for us consists of the very things we most value.
God's will...becomes our own true will for ourselves.

Basic Text, p. 46

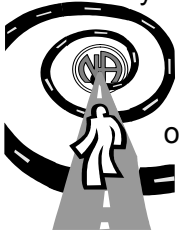
Saturday, March 29, 2008

MEETING: 7PM DANCE: 9:30PM - 1:30AM \$5 DONATION
The Harbor Light Center 809 East 5th Street., LA, CA 90013
For information contact: Barry (The Bear) R. (323)839-2979

Escape from the Phantom Zone

“Surrendering our will puts us in contact with a Higher Power who fills the empty place inside that nothing could ever fill.”
Basic Text pg. 74

One day while riding with Pam, we got into an argument. The argument got really heated and we started yelling at each other and I pulled the car over. She looked at me and said “Something’s going on deep inside you and you need to figure it out because you’re scaring me.” I knew something wasn’t right. I just couldn’t tell what it was because I was so stressed and had so much anger under the surface. A couple of days later I was cleaning out my closet and came across some old writings about clearing away the barriers between a Higher Power and myself and immediately, old fears and insecurities flooded back after I read them. I knew it was a warning about that empty space in between God and me.



Spiritual growth comes to a halt when I don’t trust God. God is powerful but when I get into trouble will God abandon me? Will He leave me? Can I really trust Him with my life? When I’m afraid to trust God it’s because I’m afraid He’s going to let me down.

The first consequence of this spiritual void is I start spinning out of control and I’m off balance. I get overloaded, stressed out, and my life is totally out of balance. I neglect my health. I neglect my family. I am running around doing all these things and end up feeling lost, motivated by pain and fear to disconnect from my Higher Power.

Then I get really angry at people, places, and things. Whenever I have a spiritual void in my life and I’m disconnecting from my Higher Power, anger issues appear below the surface. I looked good on the outside, but just below the surface I’m bitter. It affects all my relationships.

Money, property, and prestige become very destructive. I will try to fill the void with something. I grew up with this false concept that you’re not that valuable unless you prove that you’re successful. But it doesn’t matter how successful I get it’s never good enough because just at the moment I start getting my life together I hear that haunting voice that says “I’m nothing and will always be nothing.” This is the great tragedy of my life.

Working the Steps wakes me up. I wake up smelling the garbage I’m in. I may live in a nice apartment, have a great job, but if I’m neglecting my recovery I’m living in a trash bin that I think smells like “Pierre Cardin”. I wake up and smell the garbage and stop running. I need to stop running. It’s time to stop running. I’ve been trying to keep it all together. I’m juggling everything and I’m afraid if I stop it’ll all come crashing down. It’s time to stop running.

Once I stop running then I can work the Twelve Steps of NA with a sponsor who always gives me humility. I understand how broken I am. I remember that I’m an addict and my problem is addiction. I get a clear picture of my spiritual condition. Prayer and meditation reinforces my commitment to recovery, to living a new way of life, and to further my relationship with a Higher Power. I remember why I have a great need for God.

I have a Higher Power who is a loving and caring God that hugs me. I can stop running. I can stop trying to please everyone. He loves me just the way I am. If I just admit that I’m broken and I need Him and just stop running then He’ll run to me. It just blows me away that I see a God who says, “I love you just the way you are”. This gives me the ability to have dignity, to love myself and others, to laugh, and to find great joy and beauty. I have a loving and caring God who can fill that empty space in between. Thanks NA for guiding me there.

Your lost dream awakened,

Tony Mac

HAPPY BIRTHDAY

1 YEAR

Benjamin M 4/09/07
 Brenda B 3/29/07
 Esmeralda P 3/22/07
 Labrina P 3/22/07
 Robert M 3/12/07
 Dawn T 3/10/07
 Beverly A 3/05/07
 Lucretia W 3/04/07
 Analice W 3/01/07

2 YEARS

George W 4/23/06
 Carolyn J 4/23/06
 Gemi P 4/12/06
 Devon R 4/11/06
 Manuella M 4/04/06
 William M 3/27/06
 Carl B 3/22/06
 Madrcus H 3/20/06
 Lester H 3/08/06
 Denise H 3/07/06
 Danieha B 3/01/06
 Juana G 3/01/06
 Raffie D 3/01/06

3 YEARS

Donald T 4/25/05
 Javier C 4/23/05
 Rochelle R 4/23/05
 Carla S 4/21/05
 Cheryl D 3/29/05
 Tim C 3/28/05
 Gabriel H 3/23/05
 Lynn L 3/22/05
 Larry W 3/18/05
 Charlotte D 3/14/05
 Donny H 3/09/05
 Bernadette M 3/05/05
 Eddie J 3/02/05
 Monica C 3/01/05
 Adrian S 3/01/05

4 YEARS

Jo-Ann L 4/27/04
 Gloria C 4/20/04
 Rodriguez A 4/15/04
 Huloftron R 4/05/04
 Joseph J 4/03/04
 Nancy P 4/02/04
 Angela L 3/31/04
 M. Thomas 3/19/04
 Dennis O 3/17/04
 Lawrence W 3/11/04
 Diana H 3/02/04

5 YEARS

Wilfred S 4/27/03
 Renea L 4/26/03
 Sony F 4/24/03
 Michael R 4/22/03
 Encler H 4/20/03
 Qudar E 4/17/03
 Edward E 4/17/03
 Regina S 4/16/03
 Reppie M 4/14/03
 Michael B 4/09/03
 Betty M 4/09/03
 Linda T 4/04/03

Cathy M 4/01/03
 Gerald J 3/24/03
 Renee R 3/23/03
 Karen S 3/18/03
 Patrick S 3/17/03
 Curtis J 3/16/03
 Bill M 3/16/03
 Josephine G 3/14/03
 Jay J 3/11/03
 Theolia T 3/10/03

6 YEARS

Patricia F 4/19/02
 Alicia F 4/17/02
 Robert G 4/15/02
 Franchell J 4/14/02
 Charles G 4/08/02
 Robert T 4/04/02
 Dino K 4/02/02
 Alanna L 4/01/02
 Mark B 3/29/02
 Carrie D 3/28/02
 Tamika B 3/28/02
 James T 3/26/02
 Doris W 3/25/02
 Samuel J 3/24/02
 Gina C 3/23/02
 Charles S 3/21/02
 Faurice R 3/20/02
 Zack E 3/19/02

Catherine L 3/18/02
 Mickey F 3/17/02
 Ana A 3/17/02
 Becky O 3/14/02
 Ronald A 3/13/02
 Juan E 3/10/02
 Luther H 3/09/02
 Jim M 3/07/02
 Nathalia H 3/07/02
 Michael T 3/05/02
 Kevin J 3/01/02
 Miles S 3/01/02

7 YEARS

Toy G 4/28/01
 Juliette L 4/25/01
 Albert G 4/24/01
 Serena M 4/23/01
 Gerri Mc 4/22/01
 Debbie B 4/20/01
 Pete R 4/20/01
 Lynette P 4/17/01
 Karla H 4/16/01
 James S 4/06/01
 Al K 4/06/01
 Nicola G 4/05/01
 Wilbert B 4/04/01
 Donna H 4/03/01
 David H 4/02/01
 Debbie S 4/01/01
 John S 3/28/01
 Bobby L 3/28/01
 Tina B 3/26/01
 Alfred P 3/21/01
 Ana H 3/21/01
 Donny H 3/20/01
 Darrell L 3/16/01
 Dawn W 3/15/01

Marvin H 3/14/01
 Rodney T 3/13/01
 Renee C 3/10/01
 Helena D 3/03/01
 Greg T 3/03/01
 Elouise M 3/02/01
 Darryl W 3/02/01

8 YEARS

Pete D 4/28/00
 Nina P. 4/19/00
 Stacy F. 4/16/00
 Felecia B 4/10/00
 Ellen F 4/07/00
 Theresa G. 4/06/00
 Sylvia R 4/02/00
 Lisa S 3/30/00
 Warren H 3/21/00
 Karen E 3/21/00
 Sidney W 3/20/00
 Cole P 3/17/00
 John W. 3/16/00
 Charles S 3/15/00
 Ken S 3/10/00
 Willie E 3/09/00

Michelle F 3/06/00
 Nylas L 3/04/00
 Cass Q 3/03/00
 Anthony S 3/01/00
 Cristel D. 3/01/00
 Jerry S 3/01/00

9 YEARS

Carleen B. 4/26/99
 Francine M. 4/23/99
 Doris T. 4/19/99
 Christina P 4/10/99
 Rhandi J 4/10/99
 Darla C. 4/08/99
 Cecil H. 4/06/99
 Priscilla J. 4/05/99
 Ollilian M. 4/04/99

James C 4/01/99
 Joseph G. 4/01/99
 Linda S. 3/09/99
 Sarita G. 3/09/99
 Michael W 3/05/99
 Michael T 3/05/99
 Jerry S 3/01/99
 Lovanda S. 3/29/99
 Patricia R. 3/21/99
 Gwen T. 3/11/99
 Mitchell P. 3/11/99
 Tina W 3/11/99
 Linda S 3/03/99
 Steve B 3/03/99
 Willie S 3/01/99

10 YEARS

Cynthia S. 4/30/98
 Robert B. 4/23/98
 Karen G. 4/21/98
 Jackie Y. 4/15/98
 Alvin C. 4/12/98

Robert E. 4/05/98
 Emily S. 4/03/98
 Lenore R. 4/02/98
 Bernice C. 4/01/98
 Patricia R. 3/28/98
 Mark C. 3/24/98
 Kimberly W. 3/22/98
 Richard S 3/18/98
 Rodney J. 3/16/98
 Bridget T. 3/16/98
 Sharon D. 3/10/98
 Tonie J 3/07/98
 Denise L. 3/06/98
 Robert D. 3/05/98
 James W 3/05/98

11 YEARS

Nicole J. 4/28/97
 Lionel J. 4/25/97
 Derek S. 4/18/97
 Marcia R 4/18/97
 Gina R. 4/12/97
 Hal G. 4/12/97
 Reginald W. 4/07/97
 Manuel C. 4/04/97
 Tommy M. 4/04/97

Tracii P. 4/04/97
 Bill P. 4/03/97
 Debbie S. 4/03/97
 Charles K. 3/30/97
 John S. 3/29/97
 Debi M. 3/18/97
 Robin G. 3/14/97
 Keith D. 3/10/97
 Alvitars R 3/09/97
 Zina C 3/08/97
 Jackie B. 3/07/97
 Mark N. 3/07/97
 Bobby T. 3/04/97
 Milton G. 3/03/97

12 YEARS

Ivan M. 4/25/96
 Tommy H 4/23/96
 Tanya B 4/10/96
 Willie J 4/10/96
 Gayle J. 4/04/96
 Tracey J. 4/03/96
 Charles K. 3/30/96
 Venora S. 3/23/96
 Gathon M. 3/18/96
 Batimac 3/12/96
 Yvette N. 3/11/96
 Pam C. 3/05/96
 James H. 3/01/96

13 YEARS

Daniel T 4/27/95
 Charlene W 4/25/95
 Darryle A 4/22/95
 Philip J. 4/18/95
 Tanya L. 4/17/95
 Monroe C 4/10/95
 Earl L 4/09/95

Dianne C. 4/02/95
 Dana B. 3/20/95
 James J 3/16/95
 Simone N 3/14/95
 Cornelius A. 3/13/95

14 YEARS

Danny T. 4/24/94
 Joe J. 4/19/94
 Scharmaine Y 4/10/94
 Keith C 3/17/94
 Renee D. 3/14/94
 Carolyn K. 3/08/94
 William H. 3/02/94

15 YEARS

Carl A 4/27/93
 Robert C. 4/17/93
 Ragail H. 4/14/93
 Richard M. 3/04/93

16 YEARS

Barry R. 4/14/92
 Billy M. 4/04/92
 Aubrey T. 4/01/92
 Tara F. 3/31/92
 Bruce H 3/23/92

17 YEARS

Harley B. 4/07/91
 Lynn E. 4/05/91
 Alex B. 3/15/91
 Wayne A 3/14/91

18 YEARS

Gary G. 4/21/90
 Helen M. 4/07/90
 Renita G. 3/21/90
 Daniel W. 3/01/90

19 YEARS

Keenan G 4/18/89
 Charles C. 4/15/89
 Orenda W. 3/21/89
 Joyce C 3/20/89

20 YEARS

Tania R 3/25/88
 Tony Mac 3/19/88
 Sharleen F. 3/17/88
 Jessie J 3/10/88
 Joi F. 3/10/88
 Cedric G. 3/04/88
 Frank R 3/02/88

21 YEARS

Leon A. 4/16/87
 Pat W. 3/19/87
 Todd K. 3/17/87

22 YEARS

Lee R 4/03/86

23 YEARS

Shareef A. 3/28/85
 Sally H. 3/11/85

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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