

**the
heartbeat**

"The heart of NA beats when two addicts share their recovery"

MAY/JUNE 2008

My Disease Is Always With Me !

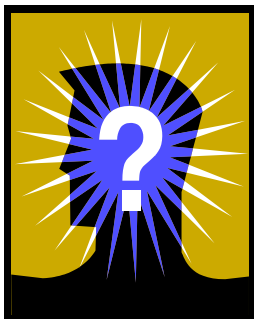
The sun is shining. I feel good. I'm having a great morning and I'm feeling very confident about myself and my new found life in recovery. Then I see "her." The girl in the parking lot who is rummaging through clothes in a suitcase in the back of her car. The car is her home. Her few possessions in that suitcase are all she has. Her clothes are baggy and dirty, her hair is a mess, yet somehow she managed to apply some make-up to her blemished face. This girl is sick and tired, but she cannot stop. This girl is an addict with a habit, bigger than she is. This girl is me.

My first thought when I see her, is "thank God" I don't have to live like that anymore! If not for the grace of God, there go !!

I drive away, leaving the thought of the girl and my old life behind. Five minutes down the road, listening to "Bad to the Bone", thinking I'm all cool, my head (disease) tells me ... "Yeah, it sure would be nice to use, wouldn't it? I wouldn't have to feel anything, deal with nothing. That girl's pants were so baggy and I want to be skinny again. Yep, a nice little run would do it. It wasn't that bad out there!"

I'm a sick pup. I have this disease that always wants me back. It doesn't care if I've been clean a few years. It lies to me and it will con me right back to the streets, prison or death if I let it. Thank God I know I have choices today. Thank God I admit I'm powerless over my addiction and that my life is unmanageable. Thanks to my H.P. for giving me my life back through Narcotics Anonymous. I never have to be like the girl I saw today in the parking lot, if I don't choose to. The "disease" of addiction may always try to get me, only thanks to N.A.; I know it's a deceiver, liar, cheat and killer! So "just for today" I'll stick to my recovery and stick it to my disease.

WHAT IS NARCOTICS ANONYMOUS ?



NARCOTICS ANONYMOUS is a fellowship designed and administered by a bunch of ex-drugies whose only qualifications for membership are that they can't use drugs and have decided they don't want to learn how. Not that they could anyway, they never could, and it's highly unlikely that they ever would.

It has no rules, dues or fees, nor anything else that any sensible organization seems to require. At meetings, the speaker starts on one subject, winds up talking about something entirely different, and concludes by saying he doesn't know anything about the program except that it works.

The groups are always broke, yet always seem to have money to carry on. They are always losing members but seem to grow. They claim NA is a selfish program but they always seem to be trying to give it away and to do something for others. Every group passes laws, rules, edicts and pronouncements that everyone blithely ignores; members who disagree with anything have the privilege to walk out in a huff, quitting forever, only to return as if nothing has happened and be greeted accordingly. Nothing is ever planned 24 hours ahead, yet great projects are born and survive magnificently. Nothing in NA is according to Hoyle. How can it survive? Perhaps it's because we have learned to live and laugh at ourselves. God made man. He made laughter too. Perhaps he is pleased with our disorganized efforts and makes things right no matter who pushes the wrong button. Maybe he is pleased, not with our lack of perfection, but with our sincerity. Maybe he is pleased with our trying to be nobody but ourselves. We don't know how it works, but it does, and members keep receiving their dividends from their NA investments. It is smart to be clean, and much easier, my friends, to stay clean than to get clean. I not only believe in Miracles.....I depend on them!!

I am ONE.

We Will Change This World
In Massive Herds Of ONE!!!

Like a rrrrock!!!

J-Bird

HAPPY TO BE IN RECOVERY

I am very happy to meet the rooms of Narcotics Anonymous. I came to the rooms from jail. I was sick and needed help. I was an addict who did not like anyone. I was lonely, sad, and mad all the time. I weighed about 85 pounds but still did not think I had a problem.

I found a God of my understanding that knew what was best for me. I've been in the rooms and in the process of recovery about 13 years. I have worked the steps many times in my life and they will work for you. I understand now that life is joyful, and misery is optional. I was my mother's best child. She always told me, that when she died my life would be a living hell. I never believed her so I kept on getting high until one day I had just come home from jail and found out that she had passed away. That changed my life; I never told her goodbye. I remember talking with her on the phone in jail and she told me that God will take care of me now. I never knew what she was talking about until the day I accepted N.A. into my life. The Fellowship, the fun, the love and the hugs will make you stay . . . believe that and you will stay. Thank you Narcotics Anonymous for making me happy again in life.

Kathryn A.

The Greater Los Angeles Area H&I Committee Presents

17th Annual Memorial Day Marathon "FROM NOWHERE TO SOMEWHERE"



May 23th Thru May 26th 2008

Location: Harbor Light Center 809 East 5th Street
Opening meeting Friday at 7:00 pm

Dance: Sunday May 25th from 9:30 pm - 1:30 am
Donation \$6.00 (\$3.00 for recovery homes and people with court cards)

Potluck: Monday May 26th Contact: Anna Marie 323 909-2990
Variety Show: Monday May 28th Contact: Michael W 323 807-2157
For More Info Contact: Tobias R 323 253-7069

*People who bring their children will be required to keep them with them at all times

Dear Family,



A few days ago, I found myself at a halfway house NA meeting picking up a key tag as a sign of surrender. I was 3 days clean and wanted to go to a meeting and get a white chip bad. I have over a quarter of a century clean in Narcotics Anonymous but I was detoxing from over 4 months of prescribed narcotics from an informed physician (I later found out he was in recovery) for extreme physical pain. I had gone through back surgery just a week prior and had been on shots of the good stuff along with pills for the next few days but at long last my leg pain had gotten down to tolerable levels and I knew it was time to get clean. I didn't even have to give the bottle of extra pills I had squirreled away if things got really bad to my wife for another day, they were right next to my desk (okay I am still an addict.. smile),

as I had zero desire to use, even with the monkey on my back just like the good old days. I did give her the bottle on day two, letting her know I did need stuff like this around me at all. Just like the Basic Text had told me, my body did not know the difference between drugs prescribed to me by a Doctor for pain and those I prescribed to myself to get high, amen brother. Truer words were never said. The only difference was that my spirit and my heart were clean through all those months of medication. My phone still rang with NA members that I sponsored, my emails still came from NA sponsees overseas, and my vision hardly turned to character defects for survival in the whole time I had to use what I had to use.

I got to that meeting about 45 minutes early as I had the time mixed up, but apparently God hadn't. They let me come in the house and I sat down next to a guy who had two days clean, man did I know just how he felt! We talked about recovery and staying clean one day at a time in the rooms. I got up to go back to where they held the NA meeting to find some of my friends setting up the room. We had some hugs and chats, and then they started the meeting in the usual manner with the readings and the Just For Today page for that day. As I sat in that chair, I looked back to the me that walked into his 1st Narcotics Anonymous meeting in 1981 and had a flash of recall of just what it felt to be in blue pajamas kicking dope at your very first NA meeting. Only this wasn't 1981, it was 2008 and I was still clean by the grace of God and the program of Narcotics Anonymous. A huge wave of gratitude came over me as I stood up and picked up a white chip to show that just for today, I had a desire to stay clean. Tears are streaming down my face as I type this letter to you, my worldwide family, because you all know just how precious that desire is and what NA can do with a sorry low life like me, as long as we have just the smallest bit of desire.

The truth is that the guy who picked up that white chip the other night, had over a quarter of a century of faith, hope and an incredible track record of successes in his life from staying clean. That guy who picked up that white chip in 1981 had nothing but a burning desire to stop hurting. Isn't it a miracle what NA and God can do with just a teeny bit of desire?

In loving service

Anonymous

HAPPY BIRTHDAY

1 YEAR

Jerome W 6/24/07
Candice B 6/23/07
Amy H 6/22/07
Rodney B 6/22/07
Teresa R 6/13/07
Orlando V 6/10/07
Andrea H 5/26/07
Rian A 5/25/07
Kenton B 5/10/07
Mary R 5/08/07

2 YEARS

Oletta W 6/20/06
Robin F 6/18/06
Joann L 6/16/06
Veronica R 6/16/06
Jessie B 6/08/06
Carolyn J 6/08/06
Joseph C 6/06/06
Bertram S 6/04/06
Lawrence R. 6/01/06
Larry L 5/26/06
Mayra Z 5/26/06
Patris J 5/23/06
James K 5/11/06

3 YEARS

Edwin C 6/28/05
Gwendolyn G 6/27/05
Mildred B 6/14/05
Beverly W 6/14/05
Katherine J 6/08/05
Erika D 6/08/05
Tami E 6/06/05
Sabrina S 6/04/05
Angelia H 6/01/05
Tandria J 5/21/05
Jackie F 5/12/05
D'Zondra M 5/10/05
Michael A 5/05/05
Rene B 5/01/05

4 YEARS

Sally V 6/28/04
Chere W 6/28/04
Randi B. 6/24/04
Nedra F. 6/22/04
Janice R. 6/17/04
Sherri S. 6/15/04
Sandy C. 6/10/04
Portia S. 6/09/04
Don M. 6/08/04
Claude Ray C 6/08/04
Terri K 6/05/04
Jennifer B. 5/28/04
Barbara W. 5/24/04
Sydney S. 5/24/04
Carolyn W 05/24/04
Lolisa M. 5/19/04
Diana T. 5/18/04
Yortia S. 5/15/04

Eunice D. 5/14/04
Steven B. 5/05/04
LaTuandra A.
5/03/04

5 YEARS

Gail C 6/23/03
Margarita L 6/18/03
Larry R. 6/12/03
Derrick J 6/10/03
Ozell G 6/10/03
Larry H 6/09/03
Lee T 6/05/03
Lonzo D 6/04/03
Jennifer L 6/01/03
Albert R 5/25/03
Sony F 5/24/03
Cynthia-Marie 5/22/03
La Keisha M 5/20/03
Kamran A 5/20/03
Deborah J. 5/12/03
April H 5/08/03
Calvin P 5/07/03
Eddie D 5/07/03
Tony H 5/02/03

6 YEARS

Gary M 6/27/02
Liam F. 6/24/02
Nancy P. 6/18/02
Wilbert B. 6/11/02
Michelle D. 6/10/02
Yvonne H. 6/08/02
Judy K. 6/05/02
Bobby M. 6/04/02
Michael C. 5/28/02
Steven M. 5/25/02
Michelle F. 5/24/02
Wanda J. 5/24/02
Cassandra C. 5/21/02
Annette T. 5/20/02
Melissa R. 5/16/02
Earlene P. 5/14/02
Darla T. 5/14/02
Richard S. 5/11/02
Cassandra C. 5/07/02

Bernie C. 5/07/02
Shawatha J. 5/06/02
Stephanie R. 5/01/02
Louie G. 5/01/02
Michael C. 5/01/02

7 YEARS

Angela J. 6/28/01
Robert J 6/21/01
Jonathan J 6/21/01
Howard W 6/16/01
Roland M 6/15/01
Rudy M 6/12/01
Phyllis E 6/05/01
Angela J 5/26/01
Tanya T 5/25/01
Keith S. 5/23/01
Eliza R 5/23/01

Vanessa R 5/22/01
Jim-Bo 5/21/01
Myrtis H 5/15/01
Tangee S 5/08/01

8 YEARS

Brenda JS 6/06/00
Nathan S. 6/02/00
Karl D. 5/27/00
Tamika T. 5/27/00
Tammy C. 5/27/00
Keith S. 5/23/00
Eliza R. 5/23/00
Jackie E. 5/23/00
Scott S. 5/10/00
Roxanne M. 5/09/00
Lamont H. 5/08/00
Pamela G. 5/05/00
Anne T. 5/02/00
Alfreida B 5/02/00

9 YEARS

Roger W 5/28/99
Geraldine A. 5/17/99
Lynne B. 5/17/99
Timothy W. 5/11/99
Sama O. 5/09/99
Yvette M. 5/05/99
Phil R. 5/04/99
Suzanne A. 5/03/99
Andemia S. 6/23/99
Haneef S. 6/19/99
Shaheed 6/19/99
Edward K. 6/12/99
Sabrina S. 6/11/99
Joyce H. 6/10/99
Lorenzo B. 6/07/99
Roger W. 5/28/99
Keisha G. 5/25/99
William S. 5/25/99
Zadie A. 5/23/99
Nellie A. 5/23/99
Valerie N. 5/20/99

10 YEARS

Patricia D. 6/28/98
Ruby 6/24/98
Deanne S. 6/14/98
Dennis J. 6/11/98
Valerie H. 6/10/98
Gerald H. 6/09/98
Patricia P. 6/06/98
Jacqueline W. 6/04/98
Deborah H. 6/02/98
Curtis C. 6/01/98
Roger W. 5/28/98
Monica H. 5/27/98
Toney W. 5/22/98
Marlene L. 5/18/98
Jackie Y. 5/15/98
Marian G. 5/14/98
Jessie T. 5/13/98
Clarence M. 5/12/98

11 YEARS

Sheldon S. 6/19/97
Dennis J. 6/11/97
Elizabeth S. 6/10/97
Steven W. 6/09/97
Judith F. 6/08/97
Diane L. 6/06/97
Anthony B. 5/31/97
David R. 5/27/97
Valerie W. 5/24/97
Ronald S. 5/23/97
Russell G. 5/22/97
Ruthie R. 5/20/97
Mike C. 5/13/97
Leonard D. 5/13/97
Cynthia S. 5/13/97
Deborah L. 5/08/97
Leonard G 5/05/97

12 YEARS

Nais L. 6/20/96
David W. 6/18/96
Heidi V 6/18/96
Jessie 6/14/96
Beatrice M. 6/06/96
Telisia P. 5/31/96
Michael B. 5/31/96
Tracy M. 5/29/96
Catherine B. 5/24/96
Mary Ann C 5/20/96
Ava M. 5/18/96
Donald F. 5/17/96
Barbara S. 5/17/96
Leonard G. 5/05/96
Tracey J. 5/03/96

13 YEARS

Patricia C. 6/15/95
Ray B. 6/06/95
Tracy A. 6/01/95
Tanya C. 6/01/95
(NA) Ray A. 5/18/95
Jerome G. 5/16/95
Annie L. 5/14/95

14 YEARS

Patrice L. 6/21/94
Hakeem C. 6/20/94
Maricela E. 6/15/94
Marva H. 6/07/94
Forrest R. 6/07/94
Charlotte C. 5/21/94
Roshan G. 5/20/94

15 YEARS

Particia C. 6/15/93
Winfred B. 6/11/93
Charles C. 6/09/93
Almeta C. 6/08/93
Glaspie V. 6/07/93
Penny H. 5/24/93
James A. 5/17/93
Showers A. 5/12/93
Roxanne T. 5/10/93

16 YEARS

Ronnie J. 6/29/92
Anthony M.
6/24/92
Linda K. 6/23/92
Barbara M.
6/15/92
Keva B. 6/14/92
Patsy W. 6/10/92
Denny 6/03/92
Toni S. 6/01/92
Juanita G. 5/20/92
James B. 5/16/92

17 YEARS

Simeon F. 6/31/91
Sadiq 6/24/91
Jaywan W. 6/23/91
Kenny T. 6/21/91
Blanche R. 6/17/91
Marcia E. 6/14/91
Patsy W. 6/10/91
Za Ellen 6/10/91
Ora H. 5/29/91
Steven W. 5/21/91
James S. 5/13/91
Helen J. 5/10/91
James W 5/05/91

18 YEARS

Rodney E. 6/15/90
Tyron B. 6/03/90
Charles W. 5/23/90
Michael C. 5/07/90

19 YEARS

James M. 6/05/89
Terry A. 5/29/89
Khadijah S.
5/05/89

20 YEARS

Percy A. 6/17/88
Joetta W. 5/20/88

21 YEARS

Ken G. 6/05/87
Michael W 5/31/87
William S 5/21/87
Guy W 5/10/87

23 YEARS

Jerry H 6/20/85

24 YEARS

Virgil M 6/04/84

25 YEARS

Slo Ed 5/03/83

27 YEARS

Jan W 5/07/81

32 YEARS

Janis E. 6/29/76

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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