



# G.L.A.A.C.N.A.

## The Gift of Recovery VI

# JULY 20,21,22, 2012



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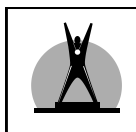
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## STEP ONE

Twenty years of clean living experience, has shown me how powerful the disease addiction is. Having power of it's own, manifest itself in all areas of my life.

Knowing my drug use, was only a fraction of my problem, it was only a means to arrest my disease. Until drugs no longer had the power to sustain the driving force centered in my mind. The cunning nature of my disease has the power to distraught my thinking, which is the center of my being. Leaving me powerless over the way I act, feel and perceive things. Ever wanting to control my every thought.

How my disease has the power to manifest, itself through the power of thought baffles me. Revealing itself as reality. Even when I know, that I know the difference. As it manifest itself in areas where life sustains itself, the

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## SOMETHING DIFFERANT

Things sure have changed a lot in my life since I came to my first meeting. Up to this point I had spent my whole life wanting more of this, and a better one of those. I thought if I could just find that magic combination I would feel better about myself and have a great life.

For some reason I was always looking for something on the outside to fix what was wrong with me on the inside. Those fixes never helped for very long, after awhile I was bored again and moving on, still looking. The changes in my life I was talking about didn't come from man made stuff, working the steps helped me to find something different, a more spiritual way of living.

Our steps have many references to God, after all this is a spiritual program. In one form or another, six of our twelve steps mention a Higher Power. The second step says "we came to believe", in the third step "we made a decision to turn our will and our lives over". These steps are not mere suggestions, they are not written in a way that allows us room to wiggle out of the commitment we are being asked to make. By surrendering self will we gain the strength to learn how to live. It has taken some time but in the second step I found a Power greater than myself to believe in, and in the third step I finally made a decision to turn it over. By working the fourth step the "exact nature of my wrongs" came out so I could admit these things to God in the fifth step, and in the seventh step I could "humbly ask Him to remove" them. The

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## Step One

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uncontrollable force of the disease, renders me powerless to see life and situations as they really are.

After living with the disease for twenty years, my best thinking has cause my life to become unmanageable, in relationships with others.

- ◆ Self centeredness
- ◆ A failed marriage/ domestic violence
- ◆ Work relationship/ couldn't get along with supervisor
- ◆ Depression/ living with an incurable medical condition/ devastation feeling of less than
- ◆ personality change/ mood swings.

All the above are manifestations of my disease, when untreated my life becomes unmanageable . Admitting I am again powerless over my addiction and my life is unmanageable, leads to the second step. A power greater than myself that can restore me to sanity, balance and a peace of mind.

Anonymous

## PRACTICING THE PRINCIPLES OF OUR TRADITIONS

TRADITION ELEVEN:

*"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."*

Over time, we learn that our recovery speaks for itself. The changes in our lives are evident in the way we live. Our attitudes and actions draw friends, families, and co-workers to us.

As we grow spiritually, we find less need to take the credit or seek recognition for every admirable act. We remember that nothing comes to us, not even a single day clean, except with the help of our Higher Power. Accepting that we are but imperfect instruments of God's will helps us keep an attitude of humility in all that we do.

Read the chapter in the "Basic Text" on the eleventh tradition. Read the chapter in "It Works How And Why" on the eleventh tradition. Write answers to the following:

1. What does this tradition mean to you?
2. What does this tradition mean to NA?
3. What is attraction? What is promotion? What is the difference?
4. How does the "Personal Anonymity" of this tradition differ from the "Anonymity" of the twelfth tradition?
5. What is "Public Relations"? What is our public relations policy?
6. Does this tradition separate us from society? If so, how?
7. Why is personal anonymity at the levels of press, radio, and films so important? .
8. The spiritual principles of the tradition are service and faith. Define in your own words the spiritual principles in this tradition. Look up and write the definition from the dictionary.

**UNLIMITED POSSIBILITIES**

GLAANA  
18<sup>th</sup> Annual  
**HEART-TO-HEART  
MEN'S BREAKFAST**  
AUG. 14th 9AM - 1PM

**Proud Bird Restaurant**  
11022 Aviation Blvd,  
Los Angeles CA 90045  
Tickets are \$35  
Reserve a table for 10 for \$350  
Greg T.....(310) 428-9255

## **LOADED GUN**

I tried to escape today  
By using drugs again  
I ignored the NA way  
And the choice of wise men  
Am I the only one  
Who holds a loaded gun  
I looked down and screamed  
The blood covered my hand  
The scarlet liquid gleamed.  
It was the Devil's brand  
I had put the barrel to my head  
Pulled the trigger and should be dead  
But the bullet missed my brain  
Causing me enormous pain



Using all these drugs in vain  
Only causes the blood to stain  
The bullet missed, but made a hole  
It lodged deep within my soul  
I can live without the drugs  
Work the steps and change my life  
I'd rather have a thousand hugs  
Then try to lie and hide my strife  
How much longer must I suffer  
At least until I accept your offer  
Sometimes you care more than I  
I can see that proof in your way  
No one really wants to die  
Show me life through NA

## **I COME FIRST**

Matthew C.

Each day I will remember I have choices. That I can take care of myself and I can be my first choice. That it's okay to say no whenever necessary and to stand up for myself, then let it go.

I do not have to please others or be everything to everyone. I do not have to be "it" at all. Who I am now is enough. I can be honest and still be kind. Set boundaries and stick to them.

I can consider my own needs I will remember to honor myself, this is my responsibility. I deserve the right to live each day without harm being done to me or by me. I can do all of this without using.

Dana M.

## **SOMETHING DIFFERENT**

*(continued from page 1)*

next three steps help me put the past right, and keep myself in check for the present. After all the help I have gotten from the God of my understanding, I need and want more. Time for the eleventh step. In the process of working the first ten steps I found out that without a Higher Power in my life I will never be the person I want to be. I need to improve the relationship I have with my Higher Power. I am just now learning how to pray and I still tend to be selfish, even in the way I pray. I am an addict, I want things my way, I want it now. Sound familiar? This step is asking me to seek only God's will, after all, when I run on self will I mess things up; so why would I want to do things my way? In the first step I admitted the fact that I was powerless, now here is the chance for me to gain power, the power to carry out God's will. Now I've found something that is really different.

Joe Addict

## **HIGHER POWER**

What is a Higher Power? We come into NA beaten and not knowing how to believe in anything. With no faith or hope left in us, we grasp at things we think might help us. Whether it be another person, the group, or meetings, we continue to look for that Higher Power. We hear in meetings what has worked for others. Taking it cautiously and really trying to believe, it will come gradually with prayer on a daily basis and the conscious effort of practicing the principles of the program in daily life. Through seeing it work in our lives, it has become easier for me to believe in a Higher Power.

Debbie G.



# HAPPY BIRTHDAY



## 1 YEAR

Christopher E. 8/28/10  
 Michelle S. 8/15/10  
 Patricia W. 7/28/10  
 Lila W. 7/23/10  
 Sharon F. 7/11/10  
 Teresa B. 7/09/10  
 Artis C. 7/02/10

## 2 YEARS

Andrea H. 8/31/09  
 Charles R. 8/25/09  
 Anthony B. 8/09/09  
 John N. 8/08/09  
 Mike S. 8/06/09  
 Donna G. 8/18/09  
 Jerome B. 7/14/09  
 Kelvin P. 7/13/09

## 3 YEARS

Brandy F. 8/28/08  
 Nataxia C. 8/24/08  
 Sherri W. 8/23/08  
 Christine B. 8/18/08  
 Janna A. 8/17/08  
 James E. 8/13/08  
 Stephanie B. 8/06/08  
 Diane K. 8/05/08  
 Pam S. 8/05/08  
 Fred C. 8/01/08  
 Jamesha R. 7/29/08  
 Dag. 7/24/08  
 William J. 7/23/08  
 Denise K. 7/23/08  
 Michael T. 7/23/08  
 Michelle N. 7/19/08  
 Jamal. 7/15/08  
 Debrina P. 7/14/08  
 Sherlock S. 7/13/08  
 Carolyn H. 7/12/08  
 Christie C. 7/06/08  
 Edward B. 7/02/08

## 4 YEARS

Darleen C. 8/23/07  
 Anton M. 8/20/07  
 Sharon B. 8/20/07  
 Lillie O. 8/18/07  
 Lucretia W. 8/18/07  
 Annamarie L. 8/11/07  
 Darryl M. 8/10/07  
 Durrell C. 7/26/07  
 Annie C. 7/20/07  
 Iris H. 7/20/07  
 AC. 7/20/07  
 Patricia B. 7/18/07  
 James B. 7/14/07  
 Traci M. 7/12/07  
 Dynnell P. 7/07/07  
 Robert M. 7/04/07  
 Ron P. 7/02/07

## 5 YEARS

Larry S. 8/28/06  
 Latanya C. 8/27/06  
 Bill W. 8/26/06  
 May S. 8/22/06  
 Karl A. 8/21/06  
 Gwen B. 8/18/06  
 Michael Y. 8/09/06  
 Joe J. 8/07/06  
 Timothy S. 8/01/06  
 Emmett B. 7/28/06  
 Theresa R. 7/27/06  
 Derrick M. 7/25/06  
 Donna R. 7/15/06  
 James J. 7/14/06  
 April S. 7/13/06  
 Yvette G. 7/11/06  
 Blanche J. 7/07/06  
 Diana H. 7/05/06  
 Leroy Y. 7/04/06  
 Tim S. 7/01/06

## 6 YEARS

Francisco S. 8/16/05  
 Beverly G. 8/15/05  
 Willie L. 8/05/05  
 Donald M. 8/05/05  
 LaNecia J. 8/03/05  
 Jay B. 7/17/05  
 George T. 7/11/05

## 7 YEARS

Darryl G. 8/19/04  
 James D. 8/19/04  
 Rhonda T. 8/14/04  
 Enrique L. 8/08/04

Latanya H. 8/07/04  
 Erwin T. 8/06/04  
 Robert R. 8/05/04  
 Felix P. 8/05/04  
 Kevin P. 8/04/04  
 Alphonse W. 8/03/04  
 Herman A. 8/03/04  
 Al W. 8/02/04  
 Myra P. 7/28/04  
 Rosemary. 7/23/04  
 Paula R. 7/16/04  
 Tom H. 7/13/04  
 Kimberly T. 7/06/04  
 Eric P. 7/04/04  
 Yvette W. 7/01/04

## 8 YEARS

Shantea S. 8/29/03  
 Janet W. 8/26/03  
 Jessie G. 8/24/03  
 Lee J. 8/18/03  
 Winnetra C. 8/18/03  
 Rick G. 8/11/03  
 Samuel S. 8/10/03  
 Claudia C. 8/06/03  
 Mesha H. 8/04/03  
 Stephen L. 8/04/03  
 Rufus W. 8/03/03  
 Felecia B. 8/01/03  
 Elizabeth W. 7/31/03  
 Gary C. 7/26/03  
 Geraldine Mc. 7/22/03  
 Kenneth M. 7/19/03  
 Ollie B. 7/19/03  
 Lynn T. 7/16/03  
 Barbara M. 7/16/03  
 Tyrone M. 7/12/03  
 Kenneth M. 7/11/03  
 Morgan E. 7/08/03  
 Lynn T. 7/04/03

## 9 YEARS

Derek T. 8/25/02  
 January S. 8/23/02  
 Cynthia C. 8/23/02  
 Les Y. 8/22/02  
 Linda H. 8/20/02  
 Jerry K. 8/14/02  
 Kimberly T. 8/12/02  
 Gwendolyn D. 8/09/02  
 Gregory W. 8/07/02  
 Marlon G. 8/07/02  
 Nicole G. 8/06/02  
 DeAndre T. 8/06/02  
 Brenda B. 8/06/02  
 Debra B. 7/26/02  
 Ana N. 7/25/02  
 Djakhangir A. 7/25/02  
 Rhonda C. 7/22/02  
 Serena C. 7/17/02  
 Rachelle B. 7/16/02  
 Andrea R. 7/15/02  
 Ricky T. 7/10/02  
 Willie R. 7/07/02  
 Bobby M. 7/04/02  
 Maurice C. 7/01/02

## 10 YEARS

Ivan T. 8/31/01  
 Sharon Y. 8/17/01  
 Charles J. 8/15/01  
 Sharon R. 8/14/01  
 Paris P. 8/09/01  
 Henry P. 8/09/01  
 Brian P. 8/07/01  
 Dana K. 8/05/01  
 Cynthia S. 8/01/01  
 LaNette B. 7/30/01  
 James T. 7/22/01  
 Wali W. 7/19/01  
 Celanese T. 7/17/01  
 Howard W. 7/16/01  
 David H. 7/15/01  
 George S. 7/11/01  
 Margaret W. 7/08/01  
 Tammy C. 7/06/01

## 11 YEARS

Vaughn H. 8/30/00  
 Patricia C. 8/29/00  
 Raymond L. 8/24/00  
 Earl G. 8/18/00  
 Scott P. 8/16/00  
 Rhonda T. 8/14/00  
 Tyra T. 8/13/00  
 Eddie B. 8/12/00  
 David W. 8/09/00

Denise C. 8/08/00  
 Vaughn H. 8/08/00  
 Matthew M. 7/31/00  
 Belinda V. 7/31/00  
 Belinda W. 7/30/00  
 Marvin H. 7/28/00  
 Elizabeth D. 7/25/00  
 Tone A. 7/24/00  
 LaCretia E. 7/22/00  
 Earl G. 7/18/00  
 Doreen S. 7/10/00  
 Sarah H. 7/06/00  
 Shirley R. 7/05/00

## 12 YEARS

Eddy L. 8/31/99  
 Lisa T. 8/20/99  
 Laura M. 8/20/99  
 Susan G. 8/17/99  
 Jessie S. 8/13/99  
 Robert B. 8/11/99  
 Richard J. 8/05/99  
 Remona J. 8/03/99  
 Glen C. 8/03/99  
 Greg J. 7/26/99  
 Sheila T. 7/16/99  
 William J. 7/05/99  
 Charlotte T. 7/2/99

## 13 YEARS

Mary S. 8/30/98  
 Johnny N. 8/24/98  
 Larry W. 8/22/98  
 Alvin J. 8/19/98  
 Maria K. 8/10/98  
 Aaron R. 8/09/98  
 Artimus J. 8/07/98  
 Sonia B. 8/07/98  
 Clifton S. 8/01/98  
 Jezette B. 7/30/98  
 Charlotte F. 7/27/98  
 Joe S. 7/15/98  
 Marcus M. 7/13/98  
 Angelus W. 7/12/98  
 Kenneth K. 7/05/98  
 Faith A. 7/04/98

## 14 YEARS

Catherine C. 8/23/97  
 Mark B. 8/21/97  
 Linda H. 8/19/97  
 Patricia W. 8/09/97  
 Jonathan J. 8/09/97  
 Stephanie M. 8/08/97  
 Christopher H. 8/02/97  
 Tracie H. 7/26/97  
 Taryn G. 7/26/97  
 Ronald R. 7/24/97  
 Jackie T. 7/24/97  
 Rebecca L. 7/16/97  
 Alma E. 7/15/97  
 Ricky W. 7/11/97  
 Linda M. 7/10/97  
 Nina L. 7/10/97  
 Jamaine W. 7/02/97

## 15 YEARS

Michele S. 8/19/96  
 Cynthia G. 8/12/96  
 Stephanie M. 8/08/96  
 Yvonne F. 8/06/96  
 Della H. 7/25/96  
 Dana S. 7/24/96  
 Phyllis H. 7/23/96  
 Tracy R. 7/17/96  
 Jamal J. 7/15/96  
 Rosalind R. 7/14/96  
 Kermis H. 7/09/96  
 Alicia H. 7/04/96

## 16 YEARS

Chuck M. 8/27/95  
 Patricia H. 8/15/95  
 Kim W. 8/14/95  
 Billy B. 8/10/95  
 Elliot B. 8/10/95  
 Keenan M. 8/08/95  
 Sandra M. 8/04/95  
 Sandra A. 8/01/95  
 Robert B. 8/01/95  
 Vickie Jo D. 7/10/95  
 Yolanda G. 7/10/95  
 Gary H. 7/07/95

## 17 YEARS

Diamond 8/23/94  
 Margaret T. 8/18/94  
 Valerie J. 8/17/94  
 Latricia B. 8/12/94  
 Trish C. 8/12/94  
 Conrad R. 8/08/94  
 Harvey C. 7/29/94  
 Camille T. 7/24/94  
 Nina L. 7/10/94  
 Kenn T. 7/05/94  
 Paul W. 7/01/94

## 18 YEARS

Roy M. 8/31/93  
 Debbie B. 8/17/93  
 William F. 8/16/93  
 Fredrika P. 8/15/93  
 Juana B. 8/15/93  
 Brinkley. 8/06/93  
 Daryl J. 7/24/93  
 Danny H. 7/23/93  
 Keith L. 7/22/93  
 Willie M. 7/12/93  
 Ricardo W. 7/09/93  
 Arlisa B. 7/07/93  
 Candace V. 7/03/93

## 19 YEARS

Tommy C. 8/26/92  
 Debora F. 8/04/92  
 Charles H. 7/24/92  
 Ron R. 7/24/92  
 Bessie L. 7/23/92  
 John B. 7/11/92

## 20 YEARS

Derwinn J. 8/19/91  
 John C. 7/23/91  
 Michael A. 7/19/91  
 Carole B. 7/12/91  
 Willie H. 7/09/91

## 21 YEARS

Ted B. 8/09/90  
 Michele L. 8/01/90  
 Michelle B. 7/28/90  
 Brooks W. 7/26/90  
 Mary J. 7/16/90  
 Ellen H. 7/16/90

## 22 YEARS

Linda H. 8/28/89  
 Veeta M. 8/14/89  
 Mark D. 8/13/89  
 Maria K. 8/10/88  
 Ron S. 7/25/89  
 Marlene E. 7/16/89  
 Donnie C. 7/15/89  
 Terri L. 7/12/89

## 23 YEARS

Malik H. 8/12/88  
 Maria K. 8/10/88  
 Sharon A. 7/19/88  
 Johnny P. 7/07/88

## 24 YEARS

Gerald C. 8/12/87  
 Vanessa K. 8/04/87  
 Phillip B. 7/18/87  
 Mike M. 7/10/87  
 Rikki J. 7/09/87  
 Floyd J. 7/07/87

## 25 YEARS

Cheryl B. 8/27/86  
 Don M. 7/24/86  
 Rhonda T. 7/05/86  
 Diana H. 7/05/86

## 26 YEARS

Idris H. 8/21/85  
 Frank P. 8/16/85

## 27 YEARS

Travis S. 8/16/84  
 Jimmy Lee. 7/12/84

## 28 YEARS

Dawud B. 8/26/82

## 38 YEARS

Alex L. 8/24/73

## 50 YEARS

Bob B. 8/12/61

# 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.

**Submit articles to:**

**the heartbeat**  
**P.O. Box 512431**  
**Los Angeles, CA 90051**

**E-Mail:**  
**theheartbeat@glaana.org**

**Fax: (888) 785-2367**

**GREATER LA WEB SITE:**  
**www.GreaterLArecovery.org**



Pam H. 323-292-5575

## EDITORS

Erwin T. 310-619-3715

Zina L. 310-680-7376

Lisa D. 310-680-7376

Lester L. 323-493-4576

Vivian Q. 323-737-2341

Susan G. 323-571-1047

## GRAPHIC ARTIST

Tony Mac 323-936-9615