



the heartbeat

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

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N.A. Purist or N.A. Nazi

When I got clean on April 20,1990, I came as a broken woman who had lost her way in life.. This included my nation-ality.. I found early on that growing up in NY where who you were was celebrated to moving to a city 3.000 miles away from what felt comfortable I was immediately ostersized. By that I mean I was told by a bully down the street that because I was a Jew and the Jews killed Jesus,(which I know today is not true) I was not allowed on her street... I felt shamed and less than as a 12 year old. This continued until I got clean...

One of the first meetings I attended in Narcotics Anonymous was a meeting in a coffee shop in Long Beach and one addict referred to another addict as a NA Nazi... There in started a dialogue regarding proper identification of an addict who remains true to the NA lifestyle of continuous change and growth...

When we as addicts refer to another addict as a Nazi, not only are we in violation of traditions we are violating that individuals rights to remain true to the essence of Narcotics Anonymous.

The definition of a Nazi is: one who is likened to German Nazi, a harshly domineering, dictatorial, or intolerant person...

Narcotics Anonymous is far from being said definition. If you came to N.A to change everything in your life than that which is unfamiliar to you will become what is solely intended to change your life...

Narcotics Anonymous is about change of self, which is everything...

Purist is one who desires that an item remain true to its essence and free from adulterating or diluting influences...

There are lots of us who have lost relatives in concentration camps, therefore,

there is not one loving and kind thing associated with the word Nazi. Remember when you refer to any addict who remains true to Narcotics Anonymous as an NA Nazi, you are diluting a message of hope.

From one Jewish addict to another addict, please realize that words can be very hateful and we know that Narcotics Anonymous is not about hate, it is about surrendering to a complete change of everything.

I am and will always be a N.A purist. I for one will always stand up for Narcotics Anonymous, my Higher Power, (of my understanding) the Steps, Traditions and Concepts. If you don't stand up for something, you WILL fall for anything...

Today thru the fellowship and love of other addicts, I am proud to say I am an addict who speaks of truth, integrity and compassion for all who desire their lives to change for the better of love

In loving service, Namaste,

Marla N.

WHEN AT THE END OF THE ROAD

(When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best as we can to the bitter ends - jails, institutions or death - or find a new way

to live. - Basic Text p.84)



If you have spent anytime at all in Narcotics Anonymous meetings then you are at least familiar with the third paragraph of "We Do Recover". Not only is it in both the Basic Text and the white booklet we normally hand to newcomers when they pick up their white tag, it is also read at the beginning of many N.A. meetings. Most of us get to where we can whisper it under our breaths as it is being read, and some can even quote it word for word.

Surely you would be hard pressed to find a recovering addict who doesn't believe in the truth of this well-known paragraph.

We repeat the message of the third paragraph over and over to newcomers, especially the ominous "go on as best as we can to the bitter ends - jails, institutions and death". For many addicts, that one startling phrase is just the wake up call that they need. I know when this addict first heard it. It sent shivers down my spine, just hearing what I already knew to be true laid out in plain, simple words that could not be misconstrued. The third paragraph truly is a powerful message to give to the newcomer when they reach the rooms of Narcotics Anonymous.

But is the third paragraph just for newcomers? Is not the message contained in it just as true for those with time in recovery as the one just walking in the door, strung out and feeling hopeless? Even after time spent in the program, can we not reflect on this simple yet powerful message to remind us of why we need to daily work the program of Narcotics Anonymous in our lives?

None of us, regardless of our time and "stature" in N.A., are immune to the "bitter ends - jails, institutions or death" when we forget to apply the program daily in our lives and instead try to once again live our lives on self-will. If we continue on this downward path, we will once again find ourselves no longer able to function with or without drugs and facing a choice: "either go on as best as we can to the bitter ends... Or find a new way to live."

For us, the "new" way may not be so new at all. It may simply be a matter of remembering and re-applying the spiritual principles that we had lost time for in our busy lives. The good news is that if I find myself running on self-will and once again surrounded by chaos, I don't have to continue to the bitter ends. I just need to put the focus back on my recovery and get back to the basics of the program. We do recover.

Ken H.

HOPE NEVER DIES

In the beginning of my journey of recovery there was plenty of doubt. My first response was the concept that I was the problem of my life. There were many reasons for my distrust because for more than 30 years, I continued to buy the lie, about my connection and spiritual awareness of the Ultimate Authority. I had to first change my beliefs of N A. I realized that it is not a religious program but spiritual. This spiritual growth must come from within me, but how can I spiritually grow when the disease of addiction won't allow me to love myself? How was it so easy for the disease to keep myself in my own self prison? How did it keep me judging and closed minded? Yes, the light came on for me! It was NOT because of me! My understanding of the 12 steps and discovering who I am was confused by the diseased of addiction. Time has marched on in this recovery process and time is running out for me.

Today the disease come when I push and NOT spiritually connected, or not willing to allow this spiritual connection to grow with in me. Spiritual growth allows me to love me and share my hope in the rooms. The rooms of NA loved me until I learned to love myself. Thank God for the rooms of recovery in NA.

Bill W. 10/29/10

GREATER LOS ANGELES AREA
ACTIVITIES COMMITTEE OF NARCOTICS ANONYMOUS
PRESENTS OUR 1ST ANNUAL

FISH FRY & TABLE GAME TOURNAMENTS

SATURDAY, MARCH 19, 2011
1:00 pm TO 6:00pm
GLAA CLUB HOUSE
5852 S. WESTERN BLVD
LOS ANGELES CA. 90047

First Place Trophies
10.00 Per Team
Bid Wiz, Spades,
Pinnacle, Dominoes





Fish Fry




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Did You Ever Wonder Why???

Have you ever wondered, what is this service stuff hear some people talk about?



It is my sincere desire with this series of articles on service to Narcotics Anonymous, to shed some light on just why the &#! we do this and why it's so important to do it as well as we can. Please indulge me; this is this person's interpretation of what the service structure is and how it (theoretically) works.

Why it's so important to me is because my personal recovery depends on NA unity and its reason for existence is stated in our 5th Tradition, to carry the message to the addict who still suffers. It is the PRIMARY (1) purpose of every group involved in Narcotics Anonymous. Starting with the member at group level, one addict helping another. From there the out-reaching branches of service exist so that as a group of recovering addicts we can better provide ways to carry that message of recovery in ways that would not be feasible for any single group to provide due to any number of reasons.

In keeping with our 9th Tradition we create committees to take care of the focused ways in which we further carry the NA message of recovery. Phone-lines with members volunteering their time to talk to still suffering addicts, as well as to provide meeting and activity in formation to the Fellowship. Other members donate their time and energy into taking our message of recovery into hospitals, jails and other institutions, to addicts who might never learn of us any other way. Some members work to carry the NA message to the public at large, letting them know there is such a place, and for those who want it, all the help and support they need to change their lives is available to them here.

However, due to a lot of misinformation, rumors and "us vs. them" attitudes, a lot of people choose not to get involved. And with good reason. What is not heard much and is little known to individual members is that the ULTIMATE (2) responsibility and authority for these services provided by NA is on the groups that make up the Fellowship of Narcotics Anonymous.

This is accomplished by members of any given group believing and practicing the 2nd Tradition; for our group purpose there is but one ultimate authority, a loving God as he may express himself in our group conscience. The groups accept full responsibility for these services by carefully and knowledgeably selecting the trusted servants they feel will best commit to, support and carry out the directions of the group. They nominate and elect a GSR (3). These elected trusted servants make up the foundation of the service structure.

Individual members are also entirely responsible for the depth and degree in which NA services are provided, as they are the sole financial support of the services rendered. Through donating to the 7th Tradition at group level they accept responsibility for providing safe, loving, reliable places that provide an atmosphere of personal recovery. They assure that there is literature available to all who come to our meetings. Each member takes responsibility for the everyday functioning of these services by insisting that any extra funds collected at the group level are passed to the Area Service Committee, the body that is responsible (through direction of the Fellowship as a whole) for making sure the bills incurred for providing these services are paid in a timely manner. Phone lines staying open, Hospitals and Institutions committees having literature to leave with incarcerated addicts, Public Information committees having literature to leave at events they are invited to participate in, meeting directories that are printed and made available to the Fellowship are all services that each member is responsible for.

One of the most VITAL (4) responsibilities to the service structure becomes apparent when each member carefully considers the level of commitment, desire to serve, and leadership qualities of the people they entrust to serve them. Does this person live their lives based in the 12 Steps and Traditions of Narcotics Anonymous to the best of their ability? Does this person walk their talk more often than not? What is this person's track record with commitments he/she sets down for himself? Is this person able to follow group conscience regardless of their personal opinion? Does this person work from their position or as a person with a position? Do they know the meaning of the word humble (5)? Some very important questions to ask yourself when choosing a trusted servant.

Love, Terri B.

- (1) First in importance time or order.
- (2) Final, conclusive; a final point or result.
- (3) Group Service Representative
- (4) Essential, indispensable.
- (5) Having or showing a consciousness of one's defects.

Definitions found in Webster's Dictionary; GSR From T.W.G.G.S.



HAPPY BIRTHDAY



1 YEAR
 Tyrone D 4/29/10
 Don Rico G 4/29/10
 Jesse s 4/12/10
 Shannon W 4/08/10
 Octavia E 4/07/10
 Lariza L 4/06/10
 Margan N 3/29/10
 Mike S 3/29/10
 Maxim D 3/29/10
 Yvette L 3/24/10
 Cheryl P 3/23/10
 Jody M 3/16/10
 Sandra W 3/03/10
 Herschel C 3/01/10

2 YEARS
 Elizabeth C 4/29/09
 Sharon D 4/23/09
 Rosaline V 4/12/09
 Terry M 4/06/09
 Anthony C 4/04/09
 Bruce H 3/30/09
 Anne C 3/10/09
 Cynthia k 3/05/08
 Diane C 3/03/09

3 YEARS
 James O 4/24/08
 Bernadette M 4/23/08
 Ella W 4/18/08
 Donny H 4/15/08
 Demeita R 4/11/08
 Meia R 4/11/08
 Araceli 4/09/09
 Felicia B 4/07/08
 Wilfred S 4/06/08
 Jack H 4/04/08
 Gloria S 3/31/08
 James B 3/27/08
 Milton A 3/20/08
 Lawana W 3/19/08
 Gilbert B 3/14/08
 Richard W 3/13/08
 Robin G 3/11/08
 Donald B 3/11/08
 Hector C 3/09/08
 Paula N 3/04/08
 Jennifer M 3/03/08
 Joseph E 3/03/08
 Barbara M 3/01/08

4 YEARS
 Demond 4/23/07
 Kevin M 4/21/07
 Mallory C 4/19/07
 Bruce C 4/19/07
 Benjamin M 4/09/07
 Michael M 4/09/07
 Wanda J 4/07/07
 Julius J 4/02/07
 Tenille H 3/30/07
 Brenda B 3/29/07
 Freddie M 3/26/07
 Esmeralda P 3/22/07
 Labrina P 3/22/07
 Robert M 3/12/07
 Jay V 3/12/07
 Dawn T 3/10/07
 Michael M 3/09/07
 Anthony H 3/07/07
 Beverly A 3/05/07
 Lucretia W 3/04/07
 Patrick W 3/01/07
 Analice W 3/01/07

5 YEARS
 George W 4/23/06
 Carolyn J 4/23/06
 Wellington F 4/14/06
 Gemi P 4/12/06
 Devon R 4/11/06
 David G 4/10/06
 Sparkey J 4/07/06
 Joseph J 4/06/06
 Stephanie B 4/05/06
 Manuella M 4/04/06
 Anthony C 4/02/06
 William M 3/27/06
 Carl B 3/22/06
 Madrcus H 3/20/06
 Elizabeth G 3/17/06
 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

6 YEARS
 Donald T 4/25/05
 Javier C 4/23/05
 Rochelle R 4/23/05
 Carla S 4/21/05
 Shay C 4/17/05
 Cheryl D 3/29/05
 Tim C 3/28/05
 Brenda J 3/26/05

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
 Terne B 3/04/05
 Eddie J 3/02/05
 Monica C 3/01/05
 Adrian S 3/01/05

7 YEARS
 Jo-Ann L 4/27/04
 Gloria C 4/20/04
 Rodriguez A 4/15/04
 Bruce A 4/13/04
 Hulofron 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

8 YEARS
 Wilfred S 4/27/03
 Renea L 4/26/03
 Sony F 4/24/03
 Michael R 4/22/03
 Enclair 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
 Garret A 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
 Rob D 3/18/03
 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

8 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 S 3/25/02
 Samuel J 3/24/02
 Gina C 3/23/02
 Charles S 3/21/02
 Faurence 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
 Steve S 3/03/02
 Kevin J 3/01/02
 Miles S 3/01/02

10 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
 Kimberly P 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

11 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

12 YEARS
 Carleen B. 4/26/99
 Francine M. 4/23/99
 Doris T. 4/19/99
 Christina P 4/10/99
 Steve B 3/03/99
 Willie S 3/01/99
 Jerry S 3/01/99
 Rhandi J 4/10/99
 Darla C. 4/08/99
 Ceci H. 4/06/99
 Priscilla J. 4/05/99
 Ollilian M. 4/04/99
 James C 4/01/99
 Joseph G. 4/01/99
 Lovanda S. 3/29/99
 Wolf 3/23/99
 Patricia R. 3/21/99
 David P. 3/19/99
 Gwen T. 3/11/99
 Mitchell P. 3/11/99
 Tina W 3/11/99
 Linda S. 3/09/99
 Sarita G. 3/09/99
 Michael W 3/05/99
 Michael T 3/05/99
 Linda S 3/03/99

13 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
 Earnest F 3/16/98
 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

14 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
 Alvitas 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

15 YEARS
 Ivan M. 4/25/96
 Tommy H 4/23/96
 Glenda M 4/11/96
 Tanya T 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

16 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
 Pearl S 3/13/95

17 YEARS
 Danny T. 4/24/94
 James S 4/23/94
 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

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

19 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

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

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

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

23 YEARS
 Tama R 3/25/88
 Tony Mac 3/19/88
 Sharileen F. 3/17/88
 Jessie J 3/10/88
 Joi F. 3/10/88
 Cedric G. 3/04/88
 Frankie R 3/02/88 -+

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

25 YEARS
 Lee R 4/03/86

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

30 YEARS
 Carlos G 3/25/81

31 YEARS
 Jackie W 3/26/80

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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