



The Greater Los Angeles Area of Narcotics Anonymous Newsletter

the heartbeat

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

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How to Train Your Disease: The Season of Isolation

"Our minds manufacture a hundred excuses for remaining right where we are, afraid to try something new." JFT p.173

Hello newcomer. Welcome home. We have been waiting for you. We love you. We want you. And we need you. If you are reading this, I want to thank you for the chance to welcome you to join the Fellowship of Narcotics Anonymous. If you feel like Alice tumbling down the rabbit hole, then you're in the right place. That's how I feel about this pandemic. I feel I lost control of my life. Something is wrong with the world, and it's driving me mad.

I feel no progress. I feel no growth. I'm wondering if my prayers are even being heard. It feels like God went on vacation. I'm not getting my way. It seems that because I was doing the right things, I got overlooked and ignored. I was working hard at staying clean and making good money at work. I was getting better at bowling and my relationships. Damn it! I was getting ready to celebrate 32 years of clean time at my favorite NA meetings and with those I love very much. It all came to a screeching halt. Businesses and bowling alleys closed. Churches and recreation centers where we held our meetings closed because of the Covid-19 disease outbreak. Social distancing was enforced. I fought feelings of being overlooked, undervalued, and forgotten. When I was a newcomer, I thought no one can survive these feelings of anger, betrayal, rejection, loneliness and expect to stay clean.

But thanks to being a NA member, working the Twelve Steps with my sponsor, going to meetings, being of service, remembering the hugs, and having a Higher Power, those experiences gave me the skills knowing what to do. This pandemic isolated my lifestyle, but not my recovery. Instead of feeling sorry for myself, I took my disease to the virtual internet meetings and shared honestly about how I felt. Instead of getting loaded, I wrote about how I felt and thanked my God of second chances, for healing and protecting me. Instead of feeling lonely I called NA members and told them I love them. I use to think that this silence meant God was not working. The truth I found is that He is not changing the pandemic. He is not changing my circumstances. He is changing me. My God is a God of anonymity. God is still working in the background using this season of isolation to prepared me for a spiritual awakening. Nothing is changing on the outside but something is changing me in the inside. My character is being developed. I've developed more trust and faith in the NA Fellowship for that connection back to recovery. Addicts that relapse had one thing in common. They took their hands off the Fellowship. Because my desire to stay clean is more powerful than my desire to use drugs, I'm gaining experience, maturity, and strength. I am still growing.

It takes hard work in developing a gift of recovery. It takes time to build confidence and become a winner in a battle against a powerful and baffling enemy whose only purpose in life is to destroy. My gratitude speaks when I live my life the NA way to share with you that you too can win this spiritual battle against good and evil. Every time I offer my time, experience, and empathy to those who want to stay clean over these virtual internet meetings, my spirit grows stronger. My growth and the willingness to continue to keep coming back and stay connected to you during this world wide pandemic is the evidence that this NA life works. So, newcomer I am asking that you keep coming back and ask yourself, "How bad do you want it?" Also, thanks NA, for working in my life. Without it I probably would've gone through living life on life's terms frustrated wondering why God is not answering my prayers.





Hello everyone,

Annual Report We have posted the 2018-2019 *Annual Report* www.na.org/ar. We do not have immediate plans to produce the *Annual Report in Brief*, but we hope you take the time to read the AR, which captures some of what has taken place last year at NA World Services. There are some great charts and graphs included.

WSC Observers Conference participants have prioritized some of the work of the World Service Conference to accomplish online because we are unable to meet in person. Sessions are scheduled for 11 am-1 pm and 2 pm-4 pm, Pacific Daylight Time, on 24-26 April, 29 April, and 2-3 May.

Interested members will be able to observe the partial, virtual WSC via a YouTube live feed of the Zoom meeting. The link to that meeting will change for each session, and will be posted at the top of the WSC 2020 Virtual Materials page <https://www.na.org/?ID=wsc2020virt> shortly before each session is scheduled to begin. If you lose the link, just remember the Conference page – www.na.org/conference – and then look for the link WSC 2020 Virtual Materials. The YouTube link will be posted at the top of that page before each session. If you do plan to observe, we ask that you not make recordings, take screen shots, or post pictures on social media. Please respect the anonymity of trusted servants. Thank you.

NA's Response to the Pandemic Thank you to everyone who has worked to keep our message accessible in the face of a world where we are unable to meet in person most places. Addicts are resourceful and adaptable, and NA's response to the global pandemic has been so quick and effective, that it has functioned as a powerful public relations message. If you type "Narcotics Anonymous" into a news search engine these days, you will see dozens of positive stories about NA meetings migrating online. We are receiving interest and praise from professionals and others.

If you have personal experience you are willing to share or successes as an online meeting, please share them with us at pr@na.org. We are particularly interested in how you have reached out to newcomers, treatment centers, and correction institutions; as well as experience you have helping treatment centers connect to online meetings and cooperating with Phonelines. We would also like to hear if you have experience coordinating online Seventh Tradition collection; please let us know what's working for you.

Meeting Updates One thing most of you have noticed is how often the access information for meetings has changed within the last few weeks. Given the vast amount of changes and our reduced staffing levels, we have been unable to keep up in processing all of the meeting changes we are receiving. We urge everyone to keep local websites and service bodies informed of changes, where possible. We believe that's the best option to keep meeting information current in these rapidly changing times.

Virtual Meetings Page On a related note, we have created a page of resources to help in your efforts to find and serve at NA meetings in the time of Coronavirus. Check it out: www.na.org/virtual We are posting new material regularly. Thank you to all who sent us resources. Keep them coming! Also, you may want to announce at your meetings that members can find booklets and IPs in 53 languages at www.na.org/ips. We have published more than 50 translated recovery pieces in 16 languages since within the last month alone!

Contribute If you want to help that work happen, we encourage you to contribute financially to NA World Services. As we reported in a previous update, World Services is experiencing financial hard times. For too long we have pinned our financial solvency to literature sales, a financial model that is not sustainable given NA's disproportionate growth in places where we have subsidized or given away literature. Since the closure of most in-person meetings, our financial situation has worsened. We are doing what we can to continue shipping orders and providing services, but we need your help. We have created an easy contribution link www.na.org/contribute and we hope you will help spread the word.

Spiritual Principle a Day (SPAD) Book Project And before we close, a reminder that even if you are stuck at home, you can still make a valuable contribution to NA literature. SPAD still wants to hear about how you apply principles in your daily life. Respond to quotations from NA literature and capture your experience in writing at www.na.org/SPAD.

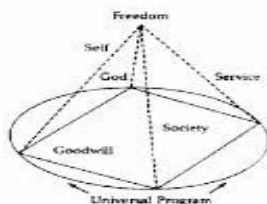
ZOOM—ZOOM—ZOOM—ZOOM—

| | | |
|------------------------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------|
| <i>Sun. 10:30AM-12:30 PM</i> | <i>Sunday Morning Circle</i> | <i>Zoom ID 459470958 Zoom Dial In: 1-669-900-6833, 459470958</i> |
| <i>Sun. 7:00pm-8:30pm</i> | <i>New Attitude</i> | <i>Zoom ID 8967-439-2958 PW 044614</i> |
| <i>Mon: 30 pm - 9:30 pm</i> | <i>Step By Step Book Study</i> | <i>Zoom ID: 521976743 PW: 485506</i> |
| <i>Tuesday 7:00PM-8:30PM</i> | <i>Women En Vouge</i> | <i>Zoom ID: 894-7971-2631 PW 930944</i> |
| <i>Tuesday 8:00pm-9:30 pm</i> | <i>Men's Heart to Heart Meeting</i> | <i>https://zoom.us/j/5022427223</i> |
| <i>Wednesday 7:00 pm - 9:00 pm</i> | <i>We Care</i> | <i>http://us04web.zoom.us/j/7157495960 PW 101030</i> |
| <i>Wednesday 7:30 pm - 9:00 pm</i> | <i>Acceptance</i> | <i>Zoom ID: 3107685479</i> |
| <i>Thursday 7:PM-9:00</i> | | <i>Zoom ID: 502-242-7223 No PW Needed</i> |
| <i>Thursday 7:30PM Last House on the Block</i> | | <i>Zoom ID: 736-137-3621, No PW needed</i> |
| <i>Friday 7:00 pm - 9:00 pm Dopebusters</i> | | <i>Zoom ID: 466855078 passcode 290046</i> |
| <i>Saturday 11:30AM</i> | <i>Pueblos High Noon</i> | <i>Phone meeting: (602)580-9779 Passcode 2569579</i> |
| <i>Saturday 7:30PM</i> | <i>Last House on the Block II</i> | <i>Zoom ID: 736-137-3621, passcode 485334.</i> |

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 do not have to know all the rules of grammar. We have an editorial team whose job it is to take care of those details. 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.

Our NEW email address is: officialhbnewsletter@gmail.com



Submit articles
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Happy Birthday



2 YEARS

Danny R 7/8/18

3 YEARS

Brittaney 8/22/17
Nichol H 8/12/17
Leslie L 7/28/17
Dawn S 7/8/17
Rasheeda W 7/8/17

4 YEARS

Teresa J 8/22/16
Lauri C 8/04/16

5 YEARS

Milton A 8/01/15
Krystal M 8/02/15
Emerson C 8/04/15
Joseph A 7/08/15
TPH 7/05/15

6 YEARS

Clyde B 8/24/14
Veronica P 8/21/14
Tracey K 8/13/14
Gloria V 7/29/14
Sharon M 7/25/14
Veronica P 8/21/14
Andy R 7/13/14
Olivia S 7/06/14
Tim D 7/03/14

7 YEARS

Susie B 8/25/13
Diana R 8/22/13
Ross H 7/26/13
Mary T 7/11/13
Robert M 7/10/13
Kendra P 7/08/13
Eddie B 7/05/13

8 YEARS

Motique A 8/29/12
Minnie N 8/15/12
Kimberly R 8/08/12
Jessica R 7/12/12
Charles C 7/06/12
Jerome D 7/05/12

9 YEARS

Paul S 8/26/11
Damone B 8/14/11
Kammie S 8/08/11
Darryl K 8/06/11
Myrna S 7/17/11
Yolanda G 7/10/11
Laura R 7/06/11
Marc P 7/01/11
Derek M 7/01/11

10 YEARS

Christopher E 8/28/10
Stanley B 8/20/10
Michelle S 8/15/10
Greg F 8/12/10
Ray V 7/14/10
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

11 YEARS

Andrea H 8/31/09

12 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
Big Mike T 7/23/08
William J 7/23/08
Denise K 7/23/08
Michelle N 7/19/08
Edna M 7/16/08
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

13 YEARS

Darleen C 8/23/07
Anton M 8/20/07
Sharon B 8/20/07
Pat B 8/18/07
Lillie O 8/18/07
Lucretia W 8/18/07
Annmarie L 8/11/07
Darryl M 8/10/07
Durrell C 7/27/07
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
Ronnie P 7/02/07

14 YEARS

Larry S 8/28/06
Latanya C 8/27/06
Theresa W 7/27/06
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
Samuel M 7/07/06
Blanche J 7/07/06
Diana H 7/05/06
Leroy Y 7/04/06
Tim S 7/01/06

15 YEARS

Francisco S 8/16/05
Beverly G 8/15/05
Darlanda H 8/12/05
Willie L 8/05/05
Donald M 8/05/05
Jay B 7/17/05
George T 7/11/05

16 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
Ricardo B 8/02/04
Al W. 8/02/04
Myra P 7/28/04
Teresa W 7/27/04
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

17 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 (RIP) 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
Taylor L 7/16/03
Lynn T 7/16/03
Barbara M 7/16/03
Tyrone M 7/12/03
Taylor L 7/12/03
Ken M 7/11/03
Morgan E 7/08/03
Lynn T 7/04/03

18 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
Athena W 7/24/02
Rhonda C 7/22/02
Serena C 7/17/02
Rachelle B 7/16/02
Andrea R 7/15/02
Rick T 7/10/02
Willie R 7/07/02
Bobby M 7/04/02
Maurice C 7/01/02

19 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

20 YEARS

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

21 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
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

22 YEARS

Eddy L. 8/31/99
Lisa T. 8/20/99
Laura M. 8/20/99
Susan G. 8/17/99
LaToya J. 8/16/99
Billie 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

23 YEARS

Mary SF 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
Cliffon S. 8/01/98
Jezette B. 7/30/98
Charlotte P. (RIP) 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

24 YEARS

Mignon R. 8/30/97
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
Mignon R. 7/30/97
Tracie H. 7/26/97
Taryn G. 7/26/97

25 YEARS

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

26 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

27 YEARS

Chuck M. 8/27/95
Patricia H. 8/15/95
Kim W. 8/14/95
Billy B. 8/10/95
Elliott B. 8/10/95
Keenan M. 8/08/95
Saundra 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

28 YEARS

Diamond 8/23/94
Eli T. 8/23/94
Margaret T. 8/18/94
Valerie J. 8/17/94
Latricia B. 8/12/94
Trish C. 8/12/94
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

29 YEARS

Roy M. 8/31/93
Debbie B. 8/17/93
William F. 8/16/93
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

30 YEARS

Debora F. 8/04/92
Charles H. 7/24/92
Ron R. 7/24/92
Bessie L. (RIP) 7/23/92
John B. 7/11/92

31 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

32 YEARS

Bob B (RIP) 8/12/61

30 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

31 YEARS

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

32 YEARS

Malik H. 8/12/88
Maria K. 8/10/88
Mike E. 7/24/88
Sharon A. 7/19/88
Johnny P. 7/07/88

33 YEARS

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

34 YEARS

Cheryl B. 8/27/86
Don M. 7/24/86
Leigh W. 7/15/86
Rhonda T. 7/05/86
Diana H. 7/05/86

35 YEARS

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

36 YEARS

Travis S. 8/16/84

37 YEARS

Dawud B. 8/26/82

47 YEARS

Alex L. 8/24/73

59 YEARS

Bob B (RIP) 8/12/61