



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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24-HOUR HELPLINE: 323 933-5395 [WWW.greaterlosangelesna.ORG](http://WWW.greaterlosangelesna.ORG)

## K.I.S.S.

A life of recovery has afforded me so much life beyond the rooms. I knew I would be over paid when I got my first place for me and my children in the L.A. airport area. It was 2 rooms, plus a bath and kitchen. I had a 2-burner hot plate, a refrigerator, twin beds, and a floor model color television. My lesson in that season was mostly about the selfishness that exist with the disease of addiction. I said my this, my that so often I made myself sick. I was impressed nonetheless by the revelation.

Realizing that not only did I sing a horrible tune of me, me, me! It was not even true. Yes *I* lied. My children's money paid for all those things. After all I was the defiant, resistant child to my mother who Chose money over education, then drugs over money. So, when it dawned on me that my position was far from the truth I knew I was far behind in becoming self-sufficient.

I surrendered 3/10/1988 and my children's father was murdered 6/1/1988. Now as a clear minded single mother I knew I would have to create if my children were going to have a life. My choice was education and I know that education is not the way for everyone, but for what it's worth, it has worked for me. It has worked as one of many tools that I have been provided with in recovery.

You may not have the big expensive words, or the language capacity of a scholar, but you belong here! We come in on many different boats but we are all on the same ship. If you are new (or old) you are encouraged to read the literature, let it speak to you. Then you to will develop your language simply from the heart.

Joi G.





## STEP ONE: Power Through Powerlessness

I come from a long line of “He--Men”—farmers, miners and war veterans. That, and nine years in prison, made the concept of *powerlessness* impossible to grasp. I thought it meant *weakness*. We are, after all, what we make of ourselves. Right? You know. “When the going gets tough...” And so on. People who succeed in this life do so through strength, wisdom and maturity. Succumbing to powerlessness and unmanageability meant giving up.

Strangely, as confused as I was back then, I was right. Yet, I couldn't have been more wrong. One of the things we finally learn here is that the concepts recovering people live by ripple with meaning, like undulating rings sliding across the surface of a glassy lake. The word powerlessness - nothing more than a word - is the rock.

Early on in my recovery, I'd sit in meetings and hear people lament about powerless-this and unmanageable-that. Sometimes they'd laugh at how having these undesirable traits caused them to behave in weak ways, using powerlessness as an excuse to be less than perfect. It seemed sick to me. The only thing that kept me coming back was that they weren't using any more (And, of course, the slender brunette in the corner. There was something oddly enticing about her powerlessness.)

Thank God for the people who came before me. Through them, time and experience at living life clean, I slowly came to understand that when I got here I was weak. Like it or not. Addiction made me powerless at its basest form. I was unable to take care of myself. All things, my fiendish, reptilian behavior stemmed from my addiction. It controlled my life. Ah, that's what it meant.

Yes, that and much more. It meant that I had to be torn down before I could be built back up. It meant freedom—freedom from active addiction, from having to be impossibly perfect, unfeasibly strong. Through powerlessness I could give myself a break, something I had never done. It gave me a reprieve. It allowed me to rest. Yes, rest, take a deep breath, relax, kick back, let the guilt out, like draining the pus from an infected wound.

But we can't stay at that level of powerlessness for too long. Prolonged powerlessness without action can become as detrimental as active addiction. I found myself sitting in meetings lamenting about powerless-this and unmanageable-that. It became an excuse, a reason for getting nowhere, for getting nothing done.

"After all," I'd share, "I'm just an addict." Isn't that the same as saying, "I'm incapable of doing any better, so why should I try?" There are some powerful contradicting concepts in our fellowship. At first glance, two that butt head on are "becoming responsible, productive members of society" and "powerlessness." How can the two coincide?

Through action I learned and grew. The steps are just that, steps. I take one and then the other, incorporating them as I go. They become part of my life, who I am. I am torn down and renewed. In the beginning I was powerless not only over my addiction, but also my life. It was indeed unmanageable. The process, though, of taking one step after another, gives me strength, power, if you will. You don't have to take my word for it. It's right there in the steps. Check out Step Eleven. What do we pray for? God's will and what else? Power! The power to do God's will. What is the power to do God's will? Nothing short of strength, wisdom and maturity. How could we achieve such a lofty goal without it?

Bill H

*"All our groups can do is plant the seed for recovery and bring addicts together so that the magic of empathy, honesty, caring, sharing, and service can do their work. The purpose of this 2nd tradition is to ensure that this atmosphere of recovery is maintained. This can only be achieved by keeping our groups recovery—oriented." Basic Text, p. 64*



# 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 85685733921 PW 010203</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><a href="https://zoom.us/j/5022427223">https://zoom.us/j/5022427223</a></i>
<i>Wednesday 7:00 pm - 9:00 pm</i>	<i>We Care</i>	<i><a href="http://us04web.zoom.us/j/7157495960">http://us04web.zoom.us/j/7157495960</a> 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 From Turning Corners to Turning Pages</i>		<i>Basic Text Study. 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>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](mailto:officialhbnewsletter@gmail.com)



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# Happy Birthday



### 3 YEARS

Eric T 10/23/17  
Johnny C 10/10/17  
Skye J 10/04/17

### 4 YEAR

Shauntail S 09/01/16

### 5 YEARS

Manny L 10/05/15  
Charles K 09/26/15

### 6 YEARS

Wanda J 9/11/14

### 7 YEARS

Mary Ann N 10/15/13  
Melvinia J 9/15/13  
Harold J 9/13/13  
Danah H 9/13/13  
Andrew R 9/01/13

### 8 YEARS

Daniella W 10/17/12  
Terrie R 9/27/12  
Bernadette N 9/11/12  
Debrina C 9/11/12  
Verlene S 9/04/12  
Loretta Mc 9/01/12

### 9 YEARS

Joe H 10/20/11  
Karma H 10/12/11  
Ken j 10/10/11  
Sidney W 10/04/11  
Sharron R 9/21/11  
William R 9/21/11  
LaTonya H 9/12/11  
Quentin B 9/05/11  
Nora B 9/01/11

### 10 YEARS

Jason S 10/26/10  
Valoria R 10/25/10  
Edie J 10/21/10  
Kim T 10/18/10  
Stefanie M 9/24/10  
Sergio C 9/21/10  
Cece B 9/13/10  
Gabriel H 9/02/10

### 11 YEARS

Sandrine L 10/19/09  
Stephanie D 10/14/09  
Belinda J 9/27/09  
Kenneth B. 9/21/09  
Syvette S 9/21/09  
Verdia H 9/20/09  
Galen B 9/16/09  
Beverly G 9/11/09  
Charles K 9/08/09  
Stephanie R 9/05/09  
Stacey W 9/03/09  
Reubene P 9/01/09

### 12 YEARS

Mary L 10/29/08  
Gonzalo R 10/27/08  
Andrew R 10/25/08  
Edythe F 10/17/08  
Talia S 10/17/08  
Michael B 10/17/08  
Rick m 10/15/08

Tandria J 10/07/08  
Maricela S 10/07/08  
Calvin C 10/05/08  
Anthony V 10/05/08  
Simone S 10/04/08  
Charles J 10/04/08  
Wanda Mc 10/03/08  
Rene R 10/03/08  
Mike K 10/02/08  
Nathan H 9/24/08  
Emma L 9/23/08  
Verdia E 9/20/08  
Gloria G 9/14/08  
Brent H 9/09/08  
Robert M 9/02/08

### 13 YEARS

Antoinette K 10/31/07  
Lorraine T 10/31/07  
Toni M 10/24/07  
Ricky C 10/22/07  
Angela G 10/18/07  
Darlene W 10/12/07  
Raquel M 10/11/07  
Lorraine H 9/26/07  
Keith W 9/26/07  
Jeffrey S 9/26/07  
Ulysses Mc 9/25/07  
Kemia G 9/19/07  
Kevin P 9/18/07  
Mirlande F 9/17/07  
Joy W 9/14/07  
Yolanda G 9/12/07  
Stephanie G 9/11/07  
Lorena M 9/11/07  
Peter S 9/11/07

### 14 YEARS

Wayne W 10/28/06  
Betty H 10/18/06  
Patricia R 10/17/06  
Otis W 10/12/06  
Debbie S 10/09/06  
Marvin W 10/08/06  
Tatia G 10/07/06  
Sherree K 10/02/06  
Lennie W 10/02/06  
Johnny P 9/26/06  
Forrestine G 9/23/06  
Tony J 9/20/06  
Theodore P 9/19/06  
Ruthie W 9/16/06  
Laura G 9/13/06  
Shawn M 9/11/06  
Jay C 9/10/06  
Courtney W 9/09/06  
Delano D 9/07/06  
Kim M 9/06/06  
Tommy W 9/03/06  
Thalase T 9/01/06

### 15 YEARS

Michele S 10/17/05  
Kimberly H 10/17/05  
Trina N 10/16/05  
Isaac T 10/05/05

### 16 YEARS

Ruel G 10/26/04  
Athena T 10/12/04  
Yolanda M 10/09/04  
Mardi R 10/01/04  
Robert J 9/27/04  
Gwendolyn J 9/21/04  
Gwen D 9/21/04  
Mark H 9/16/04  
John T 9/16/04  
Paule V 9/11/04

### 17 YEARS

Georgia A 10/20/03  
Nina M 10/10/03  
Al-B 10/08/03  
Roosevelt Y 10/06/03  
Ronnie B 10/04/03  
WB 10/03/03  
Patricia M 10/03/03  
Donny S 10/02/03  
Trevan L 9/25/03  
LaShawn Mc 9/22/03  
James R 9/20/03  
Darrell L 9/20/03  
Sonia D 9/15/03

### 18 YEARS

Gary C 10/12/02  
Leslie S 10/11/02  
Kahlid A 10/11/02  
Vance D 10/10/02  
Robert R 10/07/02  
Roosevelt Y 10/06/02  
Angelus W 10/06/02  
Khisas J 10/04/02  
Lance I 10/03/02  
Debra J 9/30/02  
Adrian D 9/29/02  
Cynthia B 9/28/02  
Franco S 9/27/02  
Charles D 9/26/02  
Rachel P 9/23/02  
Treavor S 9/21/02  
Laura G 9/20/02  
Mechelle A 9/20/02  
Danny T 9/15/02  
Harry N 9/06/02  
Sara C 9/05/02  
Elizabeth M 9/04/02  
Nicole G 9/04/02  
Deandre T 9/04/02

### 19 YEARS

Angelo M 10/04/01  
Dave L 10/03/01  
Denise H 10/02/01  
Treavor S 9/21/01  
Dana M 9/19/01  
Kofi S 9/17/01  
Wendell M 9/11/01

### 20 YEARS

Victor B 10/29/00  
Micacha S 10/29/00  
Sandy M 10/28/00  
Steve S 10/27/00  
Diana W 10/25/00  
Timothy J 10/25/00

### 21 YEARS

Jacqueline J 10/19/00  
Leroy M 10/18/00  
Joi R. 10/15/00  
Walter B 10/12/00  
Jesse P 10/07/00  
Carlos R 10/05/00  
Audry H 10/04/00  
Hugh B 10/03/00  
Ida P 10/01/00  
Jeanene S 10/01/00  
Darryl C 9/26/00  
Dana W 9/25/00  
Karen L 9/18/00  
Nicholas C 9/17/00  
Connie S 9/13/00  
Willie C 9/13/00  
Pamela R 9/10/00  
Rocky W 9/08/00  
Robert H 9/07/00  
Kim M 9/06/00  
Jennie A 9/06/00  
Byron C 9/04/00  
Alfi P 9/03/00  
Rosalind F 9/03/00  
Thomas P 9/03/00  
Duane B 9/01/00  
Kasey H 9/01/00

### 22 YEARS

Milton B 10/30/99  
Sandra W 10/30/99  
Zina L 10/23/99  
Mando A 10/21/99  
Sonia G 10/17/99  
Kevin L 10/15/99  
James AC 10/13/99  
Kelly W 10/11/99  
Rosetta T 10/03/99  
Todd Z 9/13/99  
Clarence B 9/12/99  
Yvette Q 9/09/99  
Jim Y 9/07/99  
Patrice S 9/02/99

### 23 YEARS

Johnnie W 10/31/98  
Pamela Jo 10/30/98  
Shelia M 10/28/98  
Mike W 10/28/98  
Michael B 10/23/98  
Wanda T 10/20/98  
Yolanda B 10/19/98  
Karen B 10/19/98  
Wayne T 10/15/98  
Leta H 10/13/98  
Vera P 10/11/98  
Sharon P 10/10/98  
Willie B 10/08/98  
Kimberly P 10/06/98  
Victor M 10/05/98  
Richard B 10/4/98  
Ramon L 10/02/98  
Sonia C 10/01/98  
Rhonda J 9/21/98  
Debra O 9/25/98  
Lucretia G 9/15/98  
Wesley W 9/15/98  
Bianca L 9/03/98

### 24 YEARS

Teresa W. 10/31/97  
Grace F 10/29/97  
Clinton 10/23/97  
Addie W 10/20/97  
Ronald W 10/16/97  
Andrew T 10/15/97  
Sheila B 10/10/97  
Hasan B 10/09/97  
Cheryl D 10/08/97  
Michelle W 10/07/97  
Kim P 10/06/97  
Seawillia A 9/27/97  
Richard O 9/23/97  
Willie C 9/18/97  
Kenneth H 9/16/97  
Ricky L 9/09/97  
Johnny K 9/01/97

### 25 YEARS

James G. 10/30/96  
Marlise H 10/28/96  
Myrtle W 10/25/96  
Kelvin B 10/24/96  
Delena Z 10/21/96  
Katherine W 10/21/96  
Jas K 10/17/96  
Julie R 10/17/96  
Sandra S 10/11/96  
Gus A 10/10/96  
Diane K 10/09/96  
Lem W 10/09/96  
Elisio G 10/04/96  
Ella H 9/28/96  
Curtis T 9/27/96  
William O 9/23/96  
Adolphus M 9/23/96  
Luis H 9/21/96  
Kenneth H 9/16/96  
Robert A 9/04/96

### 26 YEARS

Kathryn H 10/26/95  
Michelle C 10/26/95  
Jeffery S 10/11/95  
Jackie W 9/21/95  
Jerome M 9/08/95  
Wali 9/01/95  
Shonda W 10/31/94  
Darlene D 10/27/94  
Brenda T 10/22/94  
Tunyschia S 10/13/94  
Silvia F 10/12/94  
Tommy M 10/12/94  
David M 10/11/94  
Kathryn A. 9/26/94  
Ruth S 9/24/94  
Marcella Mc 9/23/94  
Margie P 9/22/94  
Gloria B 9/12/94  
Brenda S 9/08/94  
LaShay S 9/07/94

### 27 YEARS

Jackie J 10/14/93  
Stan J 10/07/93  
Pauline G 10/04/93  
Tracy H 9/06/93  
Raymond M 9/04/93  
Overstreet 9/01/93

### 28 YEARS

Andrea A 10/19/92  
Steve S 10/13/92  
Richard T 10/03/92  
Janette H 9/23/92  
Nate S 9/19/92  
Sherene A. 9/08/92  
William E 9/01/92

### 29 YEARS

Earl F 10/07/91  
Mel T 10/02/91  
Kirby S 9/25/91

### 30 YEARS

Daphnie B 10/25/90  
Paula L 10/16/90  
Maurice R 10/15/90  
Helen S 10/07/90  
Phyllis W 10/07/90  
Sheldon T 10/15/90  
Tinka M 9/14/90  
Wesley R 9/12/90  
Darryl B 9/03/90

### 31 YEARS

Doc J 10/23/89  
Gregory G 10/09/89  
Beth S 10/05/89  
Julia S 9/06/89  
Anita S 9/05/89

### 32 YEARS

Leilani W 10/19/88  
Tommie P 10/15/88  
Craig C 10/02/88  
Johnnie D 9/19/88  
John K 9/19/88  
Erskine W 9/06/88

### 33 YEARS

Leonard U 10/20/87  
Sheila B 10/10/87  
Irene V.M. 9/22/87  
Michael S 9/12/87

### 34 YEARS

Ted S 10/23/86  
Stephanie S 10/13/86  
Yo Steve 9/16/86  
West 9/10/86  
Patricia P 9/04/86

### 35 YEARS

Tony R 9/18/85  
Earl D 9/09/85  
Cheryl Mc 9/08/85

### 36 YEARS

Jay A 10/28/84  
Pam J 9/24/84