



Volume 27 Number 2

Just For Today

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.

WELCOME HOME

Sitting with family on a Saturday afternoon. My Narcotics Anonymous family! Living clean, enjoying life, learning how to be an acceptable, responsible and productive member of not only this society, but also the society at large. New principles that I stand firm on, principles that have validity and purpose.

The values that my life are based on today, I learned in Narcotics Anonymous meetings, service committees and boards, participating in my home group, traveling to other's home group, and being willing to drop the ways that brought me here.

I am grateful to my Higher Power for Narcotics Anonymous and very grateful to N.A. for giving me a God of my understanding. Without all of these things and the direction of my sponsor I would still be the hopeless dope fiend that I was years ago. Today I am a dopeless hope fiend.

Anonymous

Reprinted from 2010

A Recovering Addict Shares Gratitude

Hi family, my name is Rosemary M. and I'm a grateful recovering addict. I needed to share how I've been feeling lately. I've just had a huge wave of gratitude. When I think about how I was living a little over 8 years ago, the thought makes me emotional. I remember being pregnant and using. That was not a good feeling.

I remember being hungry and looking into the refrigerator and finding it empty. I remember using until there was no money left. I remember using the next hit. Accusing one another when there seemed to be a rock missing. I remember searching the floor for those little pieces of crack that "I KNEW" must have fallen.

I remember lying to my family to get money from them. Borrowing from friends time and time again.

I remember the isolation from the world at a certain time. After 9:00 P.M. all the shades were drawn and all the lights were out. I wouldn't answer the phone, the door bell or even speak for the rest of the night. I was too busy.

I remember wearing two pairs of leggings underneath my jeans to fill them up. I remember looking at myself in the mirror and seeing someone I did not recognize and wondering if I would ever see my "TRUE SELF" again. Wondering if my life would ever be the same again. I am forever grateful that this is not my life today.

I'm grateful that my Higher Power has allowed me the opportunity of a new life. Without my Higher Power and the fellowship of Narcotics Anonymous this new life would have only been a dream.

When I first came around it was hard for me to understand what was going on at meetings. I just knew that everyone had a story. I didn't identify with them. It took a while for me to identify with the pain we all felt. When I finally caught on and started identifying with the pain and talking about my own experiences, I realized we were all equal. It didn't matter what we used, where we used, who our connections were, we are all equal. We no longer had to live sick. We could get better. I can tell you that things have definitely gotten better for me.

I AM CLEAN TODAY. I have since had a child in recovery. A clean child. I no longer open my refrigerator and find it empty. I no longer need to borrow money or lie to get money from others. I no longer isolate from the world. I no longer wear 2 pairs of leggings to fill in my jeans. All this thanks to my HP and the rooms of Narcotics Anonymous. So just remember, we are in the right place. If we keep coming back, things will get better and so will we. One day at a time. So with that I say thank you to all of you for being in my life and sharing this wonderful experience called recovery with me and all those who want it.

Rosemary M.

Reprinted from 2010





Monday	7:30 pm - 9:30 pm	Step By Step Book Study	Zoom ID: 521976743	PW: 485506
Tuesday	7:00pm - 8:30pm	Women En Vouge	Zoom ID: 894-7971-2631	PW 930944
Friday	6:00 pm - 7:30pm	Concepts and Traditions	Zoom ID: 3876137120	PW: words
Sunday	5:00 pm - 6:30pm	From Grieving to Gratitude	Zoom ID: 7361373621	No Pass-word

You and I have been given, through illness – through suffering – and through disease, a talent for helping other human beings like ourselves.

Let's never forget that we have it and that we are responsible for others. But primarily, we must be responsible to ourselves and – I very seldom talk about Higher Powers, the particular concept of a Higher Power that I have; but believe me I have it.

And I don't know how many people are in this room tonight. I don't know if there's 100 here or 110 or 112, but over and above all of us, and in and through all of us, there's a power that there isn't anywhere else in the world. That's what it will always be all about. And I'm serious tonight. I'm live serious not dead serious. This is a program of life and living. I've been serious long enough and I hope for the rest of the night we all have a hell of a lot of fun, because that's what living's all about."



Jimmy K.
18 Aug. 1973
20th Anniversary of NA



"I TRADED MY WILL POWER FOR REAL POWER"

Mircale S.



Life on Life's Terms

Here I am once again sitting in N.A.
 Listening and learning to live the right way.
 Waiting to hear something that may give me some pep.
 To find a sponsor to show me
 and guide me through the steps.
 Even though it may be a long process
 I must take one day at a time.
 So I'll kneel to my Higher Power
 give it to Him and I'll be fine.
 Now I'm not high and learning to be open minded
 I would like to keep what I have found
 So I humbly ask my Higher Power to grant me serenity.
 To allow me not to quit and be willing Just For Today.
 Keeping me coming and sitting myself in N.A.

Robert H.



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. 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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Happy Birthday



"My Gratitude Speaks...When I Care And When I Share With Others The NA Way"

4 YEAR

Vianca S 4/23/17
Howard F 3/01/17

5 YEARS

Orlando Y 3/02/16
Meira R 3/9/2016

6 YEARS

Bruce G 4/16/15
Tina A 3/29/15

7 YEARS

Ron G 4/04/14
Genesis H 4/04/14
Dawn W 3/08/14
Jerry W 3/06/14

8 YEARS

Bessie S 4/26/13
Arthur G 4/20/13
Bridget B 4/18/13
Lojoy P 4/14/13
Ocie W 4/09/13
Angela T 3/13/13
Marcella C 3/04/13 Santos
3/01/13

9 YEARS

Lionel J 4/25/12
Felicity B 4/09/12
Brigitte B 3/28/12
Robert M 3/28/12
Elizabeth R 3/27/12 Angelia
3/21/12

Nichol L 3/15/12
Sharice C 3/15/12
Mary T 3/13/12
Willie F 3/11/12
Mariela E 3/06/12
Felipe C 3/06/12

10 YEARS

Vanessa T 4/25/11
Tony B 4/21/11
Axub A 4/22/11
Bruce R 4/20/11
LaTanya J 4/17/11
Ada B 4/15/11
Charlotte T 4/14/11 LaJoy P
4/14/11

Evelyn G 4/11/11
Ocie W 4/09/11
Jim R 4/01/11
Angela D 4/01/11
Tonette B 3/26/11
Ruth S 3/17/11
Kevin M 3/07/11

11 YEARS

Jerome W 4/30/10
Tyrone D 4/29/10
Don Rico G 4/29/10 Char-
lotte F 4/14/10 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
Thaddeus S 3/23/10 Cheryl P
3/23/10

Jody M 3/16/10
Alicia B 3/10/10
Sandra W 3/03/10
Herschel C 3/01/10

12 YEARS

Elizabeth C 4/29/09
Juanita C 4/25/09
Sharon D 4/23/09

Paula N 4/16/09
Richard H 4/15/09
Rosaline V 4/12/09
Terry M 4/06/09
Anthony C 4/04/09
Bruce H 3/30/09
Oletta W 3/25/09
Anita A 3/19/09
Anne C 3/10/09
Diane C 3/03/09

13 YEARS

Russell G 4/24/08
Ella W 4/18/08
Eva W 4/18/08
Donny H 4/15/08
Araceli 4/09/09
Felicia B 4/07/08
Wilfred S 4/06/08
Jack H 4/04/08
James O 4/04/08
Shentel M 4/03/08
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
Cynthia k 3/05/08
Paula N 3/04/08
Jennifer S 3/03/08
Joseph E 3/03/08
Barbara M 3/01/08

14 YEARS

Demond S 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

15 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
Marcus H 3/20/06
Elizabeth F 3/17/06
Lester H 3/08/06
Denise H 3/07/06
Kristina S 3/05/06
Danieha B 3/01/06
Juana G 3/01/06
Raffie D 3/01/06

16 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
Terne B 3/04/05
Eddie J 3/02/05
Monica C 3/01/05
Adrian S 3/01/05

17 YEARS

Jo-Ann L 4/27/04
Kenneth K 4/21/04
Gloria C 4/20/04
Rodriguez A 4/15/04
Bruce A 4/13/04
Huloftron R 4/05/04
Joseph J 4/03/04
Nancy P 4/02/04
Angela L 3/31/04
Gwen A 3/25/04
M. Thomas 3/19/04
Dennis O 3/17/04
Lawrence W 3/11/04
Diana H 3/02/04

18 YEARS

Wilfred S 4/27/03
Renea L 4/26/03
Sony F 4/24/03
Michael R 4/22/03
James L 4/20/03
Enclear H 4/20/03
Quadar 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
James C 4/01/03
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

19 YEARS

Patricia F 4/19/02
Alicija F 4/17/02
Robert G 4/15/02
Presley 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
Philicia R 3/27/02
James T 3/26/02
Doris W 3/25/02
Samuel J 3/24/02
Gina C 3/23/02
Charles S 3/21/02
Faurice R 3/20/02
Zack E 3/19/02

22 YEARS

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
Luther H 3/09/02
Jim M 3/07/02
Nathalia H 3/07/02
Michael S 3/05/02
Steve S 3/03/02
Kevin J 3/01/02
Miles S 3/01/02 (RIP)

20 YEARS

Toy G 4/28/01
Juliette L 4/25/01
Albert G 4/24/01
Serena M 4/23/01
Gerric 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 C 4/01/01
John S 3/28/01
Johnny 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

23 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
Alberto G 3/18/98
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

21 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
Don C 3/03/00
Anthony S 3/01/00
Cristel D. 3/01/00
Jerry S 3/01/00

22 YEARS

Carleen B. 4/26/99
Francine M. 4/23/99
Sandy W 4/14/99
Doris T. 4/19/99
Christina P 4/10/99
Rhandi J 4/10/99
Darla C. 4/08/99
Cecil 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

24 YEARS

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
Linda S 3/03/99
Steve B 3/03/99
Willie S 3/01/99
Jerry S 3/01/99

23 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
Alberto G 3/18/98
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

27 YEARS

Danny T. 4/24/94
James S 4/23/94
Joe J. 4/19/94
Scharmaine Y 4/10/94
Cheryl M 3/27/94
Keith C 3/17/94
Renee D. 3/14/94
Carolyn K. 3/08/94
William H. 3/02/94
Garret A 4/09/03

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

25 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
Elridge C. 4/01/96
Charles K. 3/30/96
Venora S. 3/23/96
Karnell L. 3/21/96
Gathon M. 3/18/96
Lynn M. 3/18/96
Yvette N. 3/11/96
Batima C 3/15/96
Pam C. 3/05/96
James H. 3/01/96

26 YEARS

Daniel T 4/27/95
Charlene J 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
Monroe C 4/06/95
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
Sherry W.H. 3/01/95

35 YEARS

Lee R 4/03/86

36 YEARS

Sally H. 3/11/85

40 YEARS

Carlos G 3/25/81

28 YEARS

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

29 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

30 YEARS

Lynn E. 4/05/91
Linda R. 3/23/91
Alex B. 3/15/91
Wayne A 3/14/91(RIP)

31 YEARS

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

32 YEARS

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

33 YEARS

Charles C 4/15/88
Ray G 4/12/88
Tania R 3/25/88
Tony Mac 3/19/88
Sharleen F. 3/17/88
Joi F. 3/10/88
Cedric G. 3/04/88
Frankie R 3/02/88

34 YEARS

Leon A. 4/16/87
Pat W. 3/19/87
Zack R. 3/13/87

35 YEARS

Lee R 4/03/86

36 YEARS

Sally H. 3/11/85

40 YEARS

Carlos G 3/25/81

41 YEARS

Jackie W 3/26/80

