



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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# Leadership in NA

Editor's Note: This is an excerpt from an article printed in the February 1985 NA Way.

...The phrase "we have no leaders" is simply incorrect. An older member once challenged that statement in this way: "Who," he asked, "are but trusted servants according to Tradition Two?" Leadership in NA is a living, vital need. Tradition Two simply speaks to leadership style. Our leaders serve, they don't govern.

Another lesson we learned, sometimes the hard way, is that to be a good leader in NA, one must be an equally good follower. The group will welcome the leadership of a member who is well informed and open to the opinions of others. A leader needs to be well read in all conference-approved literature and to keep channels of communication open with available "elder statesmen" in the fellowship. We found, when we had no local NA elder statesmen, that those old AA fossils often had some pearls of wisdom for us too. Today the NA experience is abundant around the country, so the phone has also been a valuable tool.

A good leader, as a good follower, will respect group conscience. In our town, some have tried to dominate service committee meetings with passionate, power-driven speeches, and usually only succeed in intimidating and dividing the group. Others have tried to speak from a well-reasoned, well-informed, dispassionate vantage point, and then accept the democratic decision of group conscience on the matter. The tone of those meetings feels a lot healthier to me.

A leader in NA is also a role model. Whether we face it or not, after some clean time, we become an influence on newer members. One challenge of responsible leadership is to become aware of that influence, and learn to "practice these principles in all our affairs," and carry ourselves as "acceptable, responsible, and productive members of society."

Finally, a good leader knows when to step back a pace and let someone else don the mantle of leadership. "Trusted servants" who jealously guard their turf, and won't yield the reins to the next generation of members, usually end up in some real trouble with this disease. Their plight is often described as the "bleeding deacon" role. I have felt those growing pains, and I wish them on no one. The elder statesman, on the other hand, will trust group conscience (even when it needs to learn from its own mistakes) and will recede into the background as a resource for the new people on the "front lines."

So I may not be what I could be or what I'm going to be, but thank God I'm not what I used to be. Narcotics Anonymous has given me an arena in which to work out some of those old character defects and learn how to cooperate with people. Many times I have sat in a staff meeting at work, or a committee meeting for some volunteer organization, and thanked my Higher Power for using NA to give me a chance at a new personality. I can be a member of society today without secretly feeling like an infiltrator. I have learned some basic principles of cooperating with others in this world from a ragtag band of rebels learning from each other at the same time. How we did that is beyond me. Beyond us all...

RH, North Dakota, USA



"Service is not a position in a committee. It is a posture in the heart.  
It's a way of life we can practice in all our affairs."  
Pg 242. Living Clean: The Journey Continues.

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## ◆ 2ND Tradition

Our leaders are but trusted servants, they do not govern. It seems that lately we are so desperate for trusted servants, we've forgotten our guidelines. I mean we're waiving clean time, we're waiving a working knowledge of the 12 Steps and 12 Traditions. We clap and congratulate and send them on their merry way without any training. Then we fault them when they go off script.

Tradition Two also states: *the most powerful way we lead in NA is by example.* When we ask a mentor to serve, we have a responsibility to them and to the group to support them as best we can offering help and guidance. Having clear guidelines are most effective.

For example we have; *Narcotics Anonymous Local Guide to Service, Group Treasurer Handbook.* Our Area went so far as to create "*How to Be a Super Group Service Representative*".

### **"Leadership qualities should be carefully considered when selecting trusted servants"**

The Fourth Concept states: *"Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants."*

And finally page 104, Basic Text 6<sup>th</sup> Edition: *"We are each other's eyes and ears. When we do something wrong, our fellow addicts help us by showing us what we cannot see."*

P.S. *How to Be a Super GSR*, original, from Area Service Committee is available upon request.

In loving service,  
Lester L

Greater Los Angeles Area Activities Committee  
**SUMMER MADNESS**  
PICNIC **Saturday July 28, 2018**  
Ladera Park  
6027 Ladera Park Avenue  
Los Angeles, CA 90046  
12noon - 6pm  
For further info contact:  
Harbel 310.557.9921  
Harby 323.838.2979

## ◆ Terminally Slick Fatally Cool

For years I've practiced a behavior that has become who I think I am. By not being honest with myself, I've become this person who breaks rules and principles, thinking I can get away with stuff. I believe I still can mess with a woman in active addiction and not get loaded. I rationalize my behavior to soften the crime. I use the excuse "Well at least I didn't get high over it".

Practicing old behavior always got me the same results, but I always think I'm unique, which sets me apart from the rest. My image is a lie! Most of the time I smile, and try to be alright with everybody-wanting everybody to like, or love me. "Kenny you're a good guy." "Kenny is so cool". Going to the extreme to be accepted by everybody and everything, not knowing that coolness is killing me. I'm living a lie! I'm not being honest when fear dominates me. Whenever I lack acceptance, I seek control, but really I'm out of control. The truth is I'm not that slick, and not that cool, but I don't want you to see that person. Somehow I think that's weak.

Still today sometimes I play with the idea of getting loaded, but I don't want you to know because I want to look cool. I want you to think I got this thing. Thanks to Narcotics Anonymous, I know I need to expose this type of thinking and behavior. The choice is mine.

Kenny R.

## ◆ Coming Back: The Journey Continues

Wow! God is good, and He has been real good to me. Thank you NA family for welcoming me back from my relapse with so much love. Didn't know I had impacted so many people. My message today is that I didn't have enough God in me to stop me or guide me to the tools that I already had.

Wanting to be loved and getting so caught up in another human being that wasn't able to love herself, I in my selfish and centered way put pressure on this individual that brought out the disease in me when she couldn't meet my expectations. Thinking that I was doing things for her unconditionally. In retrospect I had underlying conditions: wanting her to love me and fill a void that no human can fill only the spirit of God is able.

I lost focus on God and the recovery process because I wanted what I wanted. I thank God for the relapse because I have recommitted myself to seeking God's whole face. I've been reading, writing, praying, meditating, sharing on step 1, taking commitments and learning to be with me and God in my rooming in the program. I am grateful that I have no anger or resentment towards my friend. I pray for her every day and learning how to be a friend.

I'm learning to love Richard and not depend on anybody outside of me to give me that. God has always loved me and has never forsaken me. So my concentration today is on building a deeper relationship and dependence on Him in all areas of my life. And that's the journey that continues clean.

Richard T.

# ◆ It's a Matter of Life and Death

"Why should I care about our primary purpose? Service usually isn't much fun, so why should I do it? If it isn't about me feeling good, I don't want anything to do with it."

Nobody would go to a meeting and say any of these things, but how often does our behavior proclaim these very attitudes? Pretty often, I think. Every time we decide to skip a committee meeting because we found something "better" to do, every time we fail to make the phone calls we promised to make, every time we "forget" we were supposed to be somewhere and do something, we are letting someone down-and it's not who you think!

We don't do service for the addicts who are already clean. We do service for the mothers who bathe their babies in the same bathtub that's used to cook up a batch of crystal meth. We do service for the people whose bodies are ravaged with sores and whose teeth are rotting away. We do service for the teenager who may be infected with HIV when she has sex for a fix. We do service for the father who waits for the connection in a bar while his family worries about what he'll be like when he gets home. We do service so that an addict might hear about this program before he injects hepatitis into his veins. We do service for the addict who doesn't have to die tonight.

I, for one, thank God and the NA Fellowship for those addicts who cared enough to show up and do the work that carried the message to me. I am grateful that there were recovering addicts who loved me and cared for me before they even knew I existed. May God have mercy on my miserable soul if I ever forget the gift I've been given or ignore the suffering addict in favor of my own self-centered pleasure-seeking.

For the lonely; hopeless, dying addict, please keep coming back, and give back just a little of what you were so freely given.

Joe C, Missouri

## 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.

Submit articles to:

GSR or HB Member

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## Greater Los Angeles Area Tuesday Night Heart to Heart Men's Meeting Presents

## 25<sup>th</sup> Annual Men's Spiritual Breakfast

**"WE ARE ONE"**

**Sunday, August 12, 2018**

**Time: 9 a.m.**

**Carson Community Center  
801 E. Carson St. CA 90745**

**Price: \$40.00**

## ◆ Loitering with the Intent to Recover

Something to think about. The Greater Los Angeles Area Labor Day ADHOC Committee made arrangements with The Clubhouse to rent space for four days to carry the message. That arrangement including the use of the kitchen as well as the parking lot. We needed the 7th tradition to pay rent.

If you were outside in the parking lot hanging out during the meetings, you were loitering. You should have been inside the meeting contributing and donating money to help pay rent. We passed the 7th tradition basket in the parking lot during the meeting because we are renting it.

We want to thank you for your donation because we barely made rent. And for those who continue to just hang out and not come inside the meeting and hear the message that the trusted servants worked hard to put together, we find your behavior inappropriate for the newcomer because they need to know the message was inside as well.

So what's in your wallet?

Tony Mac

*"I will take part in the development of group conscience. I will remember that the world won't end just because I don't get my way. I will think about our primary purpose in all my service efforts. I will reach out to a newcomer."*

Just For Today  
(June 28)



# Happy Birthday



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

### 2 YEARS

Kevin Mc 2/23/16  
Crystal R 1/02/16

### 3 YEARS

Cyrenthia J 2/25/15  
Tiffany H 1/26/15  
Chris O 01/11/15

### 4 YEARS

James R 1/28/14  
Jeremiah V 2/17/14  
James S 2/13/14

### 5 YEARS

La Tonya A 2/16/13  
Alg P 2/14/13  
Annisha H 2/02/13  
Ivette C 2/10/13  
Andre H 1/29/13

### 6 YEARS

Yvette Q 2/29/12  
Amanda D 2/25/12  
Jennifer R 2/23/12  
Dwayne P 2/21/12  
Lacasha J 2/06/12  
William A 1/16/12  
Tracy B 1/11/12  
Robin 1/11/12

### 7 YEARS

Steve Mc 2/08/11  
Kevin P 1/28/11  
Elizabeth E 1/25/11  
Araceli U 1/23/11  
Genesis H 1/17/11  
Lawrence H 1/16/11  
Alex M 1/12/11  
Tammy C 1/02/11  
Angelina C 1/02/11  
Lisa B 1/02/11

### 8 YEARS

Joe C 2/27/10  
Cara S 2/23/10  
Janet B 2/23/10  
Linus A 2/20/10  
Melonie A 2/10/10  
Tyrone T 2/08/10  
Darryl C 2/07/10  
Louie H 2/05/10  
Patricia W 2/04/10  
Ruben O 2/03/10  
Stephanie O 2/01/10  
Herschel C 2/01/10  
Michael S 1/28/10  
Cristian M 1/27/10

Schonol C 1/05/10  
Cindy D 1/04/10  
Stephen M 1/02/10  
Warren H 1/02/10  
Rashid M 1/01/10

### 9 YEARS

Raymond B 2/24/09  
Ramon D 2/22/09  
Gene D 2/19/09  
Alicia M 2/17/09  
Patricia L 2/16/09  
Lunesa W 2/12/09  
Debbie B 1/24/09  
Crystal Y 1/12/09  
Deborah S 1/09/09  
Tracy B 1/04/09  
Ron G 1/01/09

### 10 YEARS

Lisa G 2/25/08  
April R 2/21/08  
Gene D 2/20/08  
Ronnie P 2/12/08  
Neil T 1/27/08  
Keith M 1/26/08  
Herman R 1/15/08  
Lionel J 1/13/08  
Pam C 1/09/08  
Jackie S 1/04/08  
Gary W 1/04/08

### 11 YEARS

James E 2/14/07  
Rick F 2/13/07  
Nate S 2/13/07  
Maurice C 2/11/07  
May S 2/05/07  
Leslie L 2/02/07  
Merlin C 2/01/07  
Princess K 1/30/07  
Wesley M 1/27/07  
John J 1/24/07  
Tyra M 1/24/07  
Mark T 1/22/07  
Donell P 1/21/07  
Emmit L 1/17/07  
Darren P 1/11/07  
Marie W 1/10/07  
Rashid M 1/06/07  
Sandra S 1/05/07

### 12 YEARS

Debra M 2/22/06  
Edris H 2/19/06  
Cynthia M 2/13/06  
Patricia T 2/11/06  
Tina L 2/08/06

Soloman W 1/31/06  
Keica D 1/31/06  
Trisha G 1/29/06  
Charles Y 1/11/06  
Don M 1/06/06  
Maria R 1/02/06

### 13 YEARS

Fredrick M 2/25/05  
Donald C 2/23/05  
Lorris J 2/23/05  
Janet B 2/23/05  
Terri M 2/08/05  
Keith R 2/08/05  
Daryl W 2/02/05  
Isaias A 2/02/05  
Sherry Mc 1/28/05  
Patrice G 1/23/05  
Clyde B 1/15/05  
Garnel C 1/12/05  
April B 1/12/05  
Linda M 1/10/05  
Randall P 1/01/05

### 14 YEARS

Armond G 2/17/04  
Ronda B 2/24/04  
Theresa A 2/08/04  
Terry N 2/08/04  
Sharon B 1/31/04  
Anthony M 1/23/04  
Darryl H 1/21/04  
Tyra M 1/20/04  
Samuel L 1/16/04  
Stephen B 1/0/04  
Denise L 1/07/04  
Rodney N 1/01/04

### 15 YEARS

Shirley J 2/27/03  
Sandra D 2/15/03  
Ennis B 2/13/03  
Barbara G 2/07/03  
Maria G 2/07/03  
Henry H 2/04/03  
Michelle G 1/30/03  
Patrice S 1/29/03  
Javier C 1/17/03  
Eric H 1/15/03  
Frank T 1/15/03  
Jerome B 1/14/03  
Brenda G 1/13/03  
Eddie B 1/06/03

### 16 YEARS

Taylor L 2/28/02  
Marsha E 2/25/02  
Oscar W 2/20/02

Rosa S 2/18/02  
Tobias R 2/11/02  
Leticia A 2/05/02  
Melissa H 1/29/02  
Charles B 1/25/02  
Raheem R 1/23/02  
Sheila H 1/19/02  
Yvonne E 1/18/02  
Fred W 1/08/02  
Debra S 1/06/02

### 17 YEARS

Melvin G 2/26/01  
Carmen D 2/24/01  
Ernie W 2/14/01  
Hillary P 2/12/01  
Claudia E 2/05/01  
Stanley W 2/05/01  
Andre M 2/02/01  
David W 1/24/01  
Debra D 1/24/01  
Pam M 1/19/01  
Sabrina S 1/18/01  
Linda R 1/17/01

### 18 YEARS

Antoinette D 2/19/00  
Juan Carlos 2/19/00  
Bea Z 2/16/00  
Yvette J 2/10/00  
Birdsong P 2/10/00  
Robert T 2/10/00  
Phillip B 2/10/00  
Lee Mc 2/04/00  
Sandra R 1/27/00  
Alexander S 1/11/00  
Ronald T 1/09/00

### 19 YEARS

Leah T 2/27/99  
Mark C 2/24/99  
Carmen D 2/24/99  
Carri M 2/19/99  
Robert C 2/14/99  
Shon W 2/10/99  
Rhonda J 2/09/99  
James G 2/09/99  
Mia 1/31/99  
Elevelyn J 1/25/99  
Colin C 1/20/99  
Carolyn B 1/15/99  
Jim G 1/11/99  
Debra H 1/08/99  
Veronica M 1/06/99  
Marc N 1/04/99  
Linda B.K 1/05/99  
Carolyn B 1/03/99  
Orlanda W 1/03/99

### 20 YEARS

Tommy S 2/10/98  
Claudia M. 2/07/98  
Bo H 2/05/98  
Lewis H. 2/02/98  
Gwen B 2/18/98  
Freddie H 2/18/98  
Shelly J 2/12/98  
Camilla D 1/26/98  
James L. 1/24/98  
Tammy I. 1/23/98  
Brenda J. 1/21/98  
Lorna M. 1/20/98  
Dwight N 1/14/98  
Kenneth B. 1/16/98  
Marva P. 1/09/98  
Anthony T 1/08/98  
Patrick J. 1/05/98  
Sherry M 1/01/98

### 21 YEARS

Carl J. 2/26/97  
George T. 2/21/97  
Daniel R. 2/15/97  
Michael P. 2/12/97  
Maggie B. 2/12/97  
John F. 2/11/97  
Troy R. 2/07/97  
Martha S. 2/03/97  
Gerald T. 1/18/97  
Yolanda M 1/14/97  
Darryl J 1/13/97  
Kevin B. 1/12/97  
Joseph B 1/02/97

### 22 YEARS

James H. 2/29/96  
Anthony W 2/27/96  
Nate T. 2/21/96  
Papalou 2/13/96  
Margo M. 2/03/96  
Jerry B 2/02/96  
Tabitha O 1/22/96  
Rod P. 1/13/96  
Deborah F 1/11/96  
Albert T. 1/08/96  
Lisa D. 1/03/96  
Karen S. 1/02/96

### 23 YEARS

Earl L 2/28/95  
Carter S 2/05/95  
Karen A. 2/03/95  
Sheila K. 1/31/95  
Frank S. 1/24/95  
Dan O 1/22/95  
Sharron S 1/10/95

### 24 YEARS

Johnny B 2/21/94  
Henry C. 2/13/94  
Aaron A. 2/11/94  
Sophia H 2/10/94  
Robert E. 1/09/94  
Valarie 1/04/94  
Sherry B. 1/03/94  
Eleanor P. 1/02/94

### 25 YEARS

Lynette P. 2/19/93  
Regina H 1/25/93  
Donald B 1/19/93  
Dwayne P 1/15/93  
Lisa H 1/11/93  
Andrew R. 1/05/93  
Shelly W. 1/04/93

### 26 YEARS

Lisa G 1/22/92  
Melissa S 1/22/92  
Toni B 1/14/92  
Darryl J 1/13/92  
Akbar 1/08/92  
Yolanda J 1/03/92

### 27 YEARS

Leonard H 1/23/91  
Kim M 1/20/91  
Veronica S 1/17/91

### 28 YEARS

Bruce L 2/13/90

### 29 YEARS

Gary J. 2/23/89

### 30 YEARS

Yolanda F. 2/23/88  
Tracy D. 1/20/88  
Lester L. 2/15/88  
Rodney C 2/11/88  
Veronica L. 1/19/88

### 31 YEARS

Todd K. 2/17/87  
Mitzi W. 1/31/87  
Henry B. 1/13/87

### 32 YEARS

Ricardo M 2/25/86  
Tyrone B. 1/24/86

### 35 YEARS

Clarence W. 2/04/83

JAN/FEB 2017 HELP LINE: 323 933 5395 WWW.GLANA.ORG