



The Greater Los Angeles Area of Narcotics Anonymous Newsletter

the heartbeat

SEPT-OCT 2019

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

SINCE 1993



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◆ What is Recovery?



What is recovery? The dictionary defines recovery as "to return to an original state". However, that meaning can be very confusing to some of us. After all, our original state may have not been much of a picnic either. I can't speak for anyone else, but I don't remember a time when I wasn't at least a little screwed up. Even in my youngest years, I remember using things to make me feel better, being manipulative, dishonest and feeling like I didn't belong. These feelings may not have been as full blown or as chaotic as they became later on, but they were there just the same. When I first found out what recovery meant, I wasn't sure if that was really something I wanted. Did I really want to return to my original state? But after I thought about it for awhile, I realized that it says recovery is returning to "an original state", not necessarily my original state.

To understand better how the definition of recovery fits into the program of Narcotics Anonymous, and my understanding of myself as an addict, a recovering addict and a human being, it is imperative for me to first look at what NA says my role in society as a recovering addict is. My goal in recovery is to be a productive member of society. To grow and help others to grow and to give back where I used to always take. To live by the spiritual principles that say the common good is more important than my special interests, and that I can no longer expect something for nothing in life, or to do bad to others without expecting bad in return. So, maybe that's the original state of which they speak. Maybe it's not my original state I'm striving to return to, but the original state of humanity. Maybe it's not returning to how I used to be, as much as returning to how I was intended to be.

In recovery we are finding a new way to live. New to me, perhaps, but not necessarily new to others who already live the way they were intended to. Recovery, for me, is about being something different than I've ever been before. Striving to live a life based on spiritual principles. Helping humanity by doing the next right thing and helping others to learn how to live life also.

Maybe I never was really the person I was supposed to be, but that doesn't mean it's too late to start now. Lost dreams awaken and new opportunities arise. We do recover.

Anonymous (reprinted from Nov/Dec 2015)

We wish to thank you, Greater LA, for your invaluable support. It has been our pleasure to serve you. This has been your newsletter and your contribution of articles; poems, artwork and critical observations for twenty-five years.

It was September of 1994 that four trusted servants, with vision, met, planned, and produced "The Heartbeat", your bi-monthly Greater Los Angeles Area newsletter, which presents the experiences and opinions of individual members of Narcotics Anonymous.

The purpose of our newsletter was to invite members to engage in a journey of recovery. We believe that these stories were presented in a manner that encompasses the diversity of our fellowship and is reflective of the spiritual awakening described in our Twelfth Step.

For 25 years, this newsletter was offered as a gift, to addict to addict, in hopes our love and concern for every addict who is trying our way of life comes across as strongly as we felt it. Please enjoy our 100th issue of the "The Heartbeat" newsletter.

SEPT/OCT 2019 HELPLINE: 323 933-5395 WWW.GreaterLosAngelesNA.org

Reprint of The Heartbeat First Edition



the
heartbeat

Newsletter of the
Greater Los Angeles Area of N.A.

"The heart of N.A. beats when two addicts share their recovery"

NOVEMBER, 1994

ANNIVERSARY EDITION

Happy 4th Anniversary to the Greater Los Angeles Area of Narcotics Anonymous. Three years ago the Greater Los Angeles Area which was combined with the San Gabriel Valley Area, separated and branched out on its own. There were a few members who formed an Ad Hoc Committee, to research the guidelines for starting a new area. With their efforts, the Area was formed in August of 1991. On November 30, 1991, our Area held its first function at the Downtown Holiday Inn, which commemorated our Area's First Anniversary.

The Area started with 25 meetings and has since grown to 63 meetings, and is still growing. "And they said we'd never make it." But look at us now!!!

The Newsletter Committee is grateful to the members of The Greater Los Angeles Area, who kept the doors open for the addict who is still suffering, so that no addict need die from the horrors of addiction, without having a chance at a new way of life in the Greater Los Angeles Area. The committee will also like to give special thanks to those who served our area in the last three years, this includes all subcommittees, area steering committees, secretaries, GSR's, treasurer's, and members who just kept coming back.

	SECRETARY	VICE CHAIR	AREA SECRETARY	AREA TREASURER
1991	Gay W.	Pat W.	Barbara C.	Jenell L.
1992	Gay W.	Pat W.	Barbara C.	Jenell L.
1993	Jenell L. / Michael W.	Michael W. / Ken	Richard H.	Vanessa K.
1994	Richard H.	Ken / Ros / Cedric	Derwin	Vanessa K.
	H & I CHAIR	ENTERTAINMENT CHAIR	PHONE CHAIR	PI CHAIR
1991	Cheryl B.	Dewon F.	Jesse J.	Ron S.
1992	Cheryl B.	Dawon F.	Diane C.	Ron S.
1993	Robert R.	Charlene F.	Jesse	Ron S.
1994	Tyrone B.	Charlene F.	Parker / Cornith	Ron S.
	SUPPORT CHAIR	LITERATURE CHAIR	AREA ASR	ALT. AREA ASR
1991		Bruce S.	Josetta E.	Pat P.
1992	Smiley R.	Bruce S. / Earl D.	Michael W. / Tyrone B.	Yvonne G.
1993	Percy A.	Reinita G.	Yvonne G.	Percy / Josetta
1994	George A.	Vanessa W.	Josetta E.	James A.

Is it a quote or is it a prayer?



Is Just as our freedom to have a God of our own understanding is unlimited, so is our freedom to communicate with our Higher Power in whatever ways work for us. Anytime we communicate with our Higher Power, whether it's simply with our thoughts or aloud at the close of a meeting, we are praying. Pg 30 "It Works How and Why"

At my last Home Group meeting a new member, made a motion to change the format to read "close with the Third Step quote. The motion was seconded and voted on to change the format to read "The Third Step quote instead of Prayer. For the last 28 years it has always been a Prayer. I vigorously protested, but they voted to change the format.

I asked one member why he voted to make the change; he said "I don't know." I asked why did you vote if you didn't know, he said "I don't know!" I asked the member what he was basing his decision on he said, "The Step Working Guides". I looked it up and he was correct, the book states, "We may want to use the following quote from our Basic Text." "Take my will and my life and guide me in my recovery." It certainly says quote, but the reference is from another source, therefore it technically is a quote, from our Basic Text. But, surely it is not meant to change the meaning from Prayer to Quote.

I looked up the word quote in the dictionary. This is what I found: credit or acknowledgment, to speak or write (a passage) from another, to repeat a passage from. In my opinion the step study is not telling us the Prayer is a quote itself but a quote from our Basic Text; it's an acknowledgment, substantiation, an illustration!

I attended the next business meeting and presented my argument and the change was reversed. Just remember in the spirit of unity we should never be in conflict with each other. The Fourth Tradition allows each group to be autonomous except in matters affecting other groups or NA as a whole.

How about if you agree or disagree write the Newsletter and gives us your opinion and any facts to substantiate your information!!!

Your trusted servant, Lester L. (Reprinted from Sep/Oct 2016)

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 two 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:
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I Finally Called My Sponsor



I finally called my Sponsor, and as soon as he said, "hello", I started to tell him what was wrong in my life. I told him, "Nothing is going right, nobody is acting right, I have money problems, there are problems at home, problems at work, problems with my kids, problems with the weather, car problems, and problems with just about everything."

He said, "Whoa Big Fella, slow down! It sounds to me like some of these things are out of your hands, right?" "Sure", I said. "And some of these things you do have the skills and resources to deal with, right?" I did not like where this was going, but again I had to agree. "So", he said, "If you have the abilities to deal with these problems, then why worry about them? Just quit whining and get to work! And if you can't do anything about the others, why worry about them either? Can you even remember all the other times you felt overwhelmed? *Let Go and Let God!*"

As I started to grumble, he continued, "Now go to two meetings and don't use in between, and make me a list of everything that is right in your life and everything that you're grateful for. *And Keep It Simple. Stupid!*"

The Dreaded Gratitude List! Oh no! But I took two deep breaths and started, although I was inwardly determined to show him that even If I was grateful for some things, I could still have a right to be mad and upset. So I started to list the things I was grateful for: I am grateful to be alive. I am grateful for my recovery. I am grateful for family and friends. I have a roof over my head. A car that runs. Food in the refrigerator and a few bucks in my wallet. And as I continued I realized I was grateful for my past first, because it is what brought me to today, and second because I am able to keep it in the past and not in today. I realized that I could be grateful for my disease of addiction, because it is what brought me to NA which I am grateful has given me a program of recovery to practice.

And I was grateful for NA for giving me the relationship I have with my Sponsor. And then I realized I was even grateful for the problems in my life that reminded me to call my Sponsor. I had to laugh, because he was right again! That's why he's the sponsor.

So I called him back and thanked him. He reminded me that when I focus on what is wrong in my life, that's all I'll see. But when I focus on what is right. Trust in a power greater than myself, then solutions to problems that have been baffling me, will become apparent. And then he told me, he loved me and that everything works out in the end. And if it's not okay now, then, my friend, it is just not the end!

Anonymous (Reprinted from Nov/Dec 2017)

The Greater Los Angeles Area of NA 28th Annual Labor Day Marathon

Fri. Aug 30 - Mon. Sept. 2, 2019

CARRYING THE MESSAGE NOT THE ADDICT

Doors open at 5:30PM

Greater Los Angeles Clubhouse 5852 S. Western Ave, LA, CA 90047

Dance on Sun. Sept. 1st:
 9:30 pm - 1:30 am
 \$7 Dance donation
 \$3 recovery homes & court cards
 (Pre-sale tickets \$5)
 Contacts: Derwinn 562-569-1436 Trish 323-892-6093 Meila 323-286-5585



Speaker Jam Friday
 Game Tournament Saturday
 Dance Sunday
 Variety Show / Potluck Monday
 Food Fun Fellowship



Happy Birthday



2 YEARS

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

3 YEARS

Marshall M 9/23/16
Emma L 9/22/16
Shauntail S 09/01/16

4 YEARS

Manny L 10/05/15
Heidi V 10/11/15
Charles K 09/26/15

5 YEARS

Pierre J 10/27/14
David B 10/16/14
Wanda J 9/11/14

6 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

7 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

8 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

9 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

10 YEARS

Sandrine L 10/19/09
Stephany D 10/14/09
Floyd A 9/29/09
Belinda J 9/27/09
Kenneth B 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
Reubence P 9/01/09

11 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
Juan Z 10/13/08
James E 10/13/08
Barbara W 10/11/08

12 YEARS

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 F 9/14/08
Brent H 9/09/08
Robert M 9/02/08

12 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
Otis W 10/12/07
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

13 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
Thalese T 9/01/06

14 YEARS

Michele S 10/17/05
Kimberly H 10/17/05
Trina N 10/16/05
Isaac T 10/05/05
Leslie S 9/25/05
Ray S 9/24/05
Angela T 9/14/05
Margarita S 9/01/05

15 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

16 YEARS

Georgia A 10/20/03
Nina M 10/10/03
AI-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

17 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

18 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

19 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
Viola P 10/25/00
Wilford K 10/22/00
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
Rosalfind F 9/03/00
Thomas P 9/03/00
Duane B 9/01/00
Kasey H 9/01/00

20 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

21 YEARS

Johannie 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

22 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

23 YEARS

James G. 10/30/96
Marlise H 10/28/96
Myrtle W 10/25/96
Kevin 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

24 YEARS

Kathryn H 10/26/95
Michelle C 10/26/95
Jeffery S 10/11/95
Jackie W 9/21/95
Jerone M 9/08/95
Wali 9/01/95

25 YEARS

Shonda W 10/31/94
Darlene D 10/27/94
Brenda T 10/22/94
Tunyshia S 10/13/94
Silvia F 10/12/94
Tommy D 10/12/94
David M 10/11/94
Kathryn A 9/26/94
Ruth S 9/24/94
Marcella M 9/23/94
Margie P 9/22/94
Gloria B 9/12/94
Brenda S 9/08/94
LaShay S 9/07/94
Tony S 9/07/94

26 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

27 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

28 YEARS

Earl F 10/07/91
Mel T 10/02/91

29 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

30 YEARS

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

31 YEARS

Leilani W 10/19/88
Tommy P 10/15/88
Beth S 10/05/88
Craig C 10/02/88
Johnnie D 9/19/88
John K 9/19/88

32 YEARS

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

33 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

34 YEARS

Tony R 9/18/85
Earl D 9/09/85

35 YEARS

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