



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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Strength Through Unity

When I first came to recovery I felt alone--not "a part of" for a long time. Even at big meetings, dances and other clean events, I felt a great deal of loneliness. I can remember that after being here well over a year, people still did not know my name!

I later learned that I was just playing the sidelines and not truly being an involved member of the Greater L.A. Area of Narcotics Anonymous. I was too busy introducing people to that person I imagined I was...that person I had made up in my head, while continuing to isolate the person I really was, who is different from the me I met after doing some work.

Once I became willing to let the mask down, made a decision to no longer play the sidelines, and to truly participate in my recovery, I started to feel the true importance of unity. And, through unity I was able take my recovery to another level. A level like I've never before reached.

For the first time in my life, I felt accepted and a part of! ALL AT THE COST OF JUST BEING ME!! I found out that there are people who had been down some of these same roads and dealt with those same feelings. I found out that I was not alone. I came to believe that my God works through people, and that by tapping into the spirit of unity, help became possible.

Unity is a must. I understand that concept today. Stronger relationships develop as we become more involved in each other's lives. The care and understanding born of these relationships are strong threads in the in the fabric of N.A. unity. If there was no unity, there would be no "We"! Each of our steps start with "We" or has We as the subject.

It takes unity to start a meeting. It takes unity to keep a meeting going. And it takes unity for sponsorship. Unity is the key to the therapeutic value of our fellowship—one addict helping another. We all play a part in the wellbeing of Narcotics Anonymous. We act on our part through service, working together as One in the spirit of unity!!!!

Vindell B.

July Aug 2005





Sponsorship

Someone once said, "We should all be accountable to someone!" Meaning, checking ourselves and making appropriate decisions based on the "Real Truth". Being a sponsor is an honor. To guide someone and help them make healthy new decisions through clean eyes isn't easy. I love to see the twinkle in someone's eyes, when you say to them, "You have permission, to change your mind about any thought you are having". Let's try to keep an open mind and maybe look at the situation in another way (The NA Way). I have suggested to my sponsees that they don't have to like me (it helps), let's just get down and stay willing to change. How would you have handled the situation before coming to NA? Our beliefs are what we know (survival kit). What we believe is how we behave, so if we change what we believe, our behavior automatically will change. Let's get into the 12 steps! If you don't understand the words, look them up. This is a very simple program. However, WE must apply a little labor. I'm sure (I've done it) digging a ditch, chopping wood, and taking out trash is laborious. A pencil, however, is very light, so is paper. Why then is it so heavy and difficult to put the pencil to the paper?? I hear that more times than I can count. Cop-Out, it's on you. Please, Newcomer and Old Timer don't stay away from NA. If you can't (can't means won't) work with someone to do the twelve steps, go forward, Ask someone else for help!! This is a program of change. A little discomfort and a little pain really beats sitting in a jail cell or an institution somewhere. Are drugs really all that attractive? It's like putting a band-aid on a boo-boo. We can embrace the chance to change and do our best to heal all the pain and learn How to Live One Day at a Time, in the New now and throw away the old behavior and the past. I am still learning, and still willing to change. We need each other for support, always. Thanks for the chance to change, NA.

P.J.

Sponsorship is a Two Way Street

"Our earliest involvements with others often begin with our sponsor." Basic Text pg. 55

As a newcomer, fresh from the biggest spiritual beat-down of my life, I was in no shape to guide myself to recovery through the 12 steps, or this new, drug-free lifestyle. Following the suggestions of the program, I took a risk and asked someone to help me.

I must have driven my sponsor crazy by calling all the time. I was a kid in this new way of life. I didn't know how to live clean, much less by spiritual principles. I needed someone to share what I was thinking with, someone that I could trust not to judge or analyze everything I did. Someone who had experienced life on life's terms and stayed clean.

As he guided me through the steps- and demonstrated how to live by the principles within them- I gradually became less sponsor-dependent and more God-reliant. Now after nearly three years with my sponsor, I have been given the chance to experience the other side of the coin, by working the steps with a sponsee. I only pray that I can give back what has been so freely given to me.

- Mike S.



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>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



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Happy Birthday



2 YEARS

Raymond T 11/24/18
Elaine T 11/22/18

3 YEARS

Felisha C 12/23/17
Angelia H 12/01/17
Beverly H 11/02/17

4 YEARS

Lucretia G 12/10/16
Melissa T 12/04/16
Karl M 11/05/16

5 YEARS

Alexandria 12/18/15
Karen G 12/15/15
Steven H 11/10/15

6 YEARS

Daisy V 12/15/14

7 YEARS

Samuel B 11/24/13
Michelle S 11/05/13

8 YEARS

LaSonya G 11/26/12
Horace L 11/17/12
Nikah W 11/14/12
Lavnire V 11/09/12
Charles R 8/25/09
Anthony B 8/09/09
John N 8/08/09
Mike S 8/06/09
Donna G 8/18/09
Patricia W 7/28/09
Jerome B 7/14/09
Kelvin P 7/13/09

9 YEARS

Mishayla 12/31/11
Deon G 12/30/11
Aida M 12/28/11

Christopher M 12/10/11
Kenroy T 12/08/11
Johnny D 11/24/11
Malinda M 11/16/11
Kim R 11/14/11

Michael C 11/13/11
Barbrette W 11/06/11

10 YEARS

Bernadette M 12/21/10
Anthony R 12/19/10
Matt D 12/15/10
David B 12/08/10
Yvonne M 12/05/10
Norma N 11/17/10
Wesley J 11/04/10
Howard W 11/02/10

11 YEARS

Dennis S 12/29/09
Samantha H 12/23/09
Felicia J 12/22/09
Emmit L 12/11/09
Lorraine G 12/10/09
Tanya H 12/07/09
Lee Mc 12/07/09
Chauncey F 11/29/09
Mitzi S 11/06/09
Ashanti L 11/04/09
Demetric D 11/02/09
Herschel C 11/01/09

12 YEARS

Rita C 12/28/08
Conrad W 12/03/08
Raquel D 11/24/08
Brenda J 11/22/08
Russell H 11/05/08
Beverly H 11/04/08
Brenda J 11/02/08

13 YEARS

Rita C 12/28/07
Richard W 12/25/07
Donald M 12/19/07
Gary L 12/15/07
Floyd E 12/13/07
Gregory E 12/13/07
Clausel N 12/12/07
Gloria M 11/27/07
Tim R 12/06/07
Silvia S 11/27/07
Richard W 11/22/07
Cari D 11/21/07
Gina P 11/08/07
Terry M 11/07/07
Marisol C 11/05/07

14 YEARS

Floyd (Sho-Nuff)
E 12/13/06
Donna M 12/05/06
Benchietta G 12/04/06
Patricia H 12/04/06
Corbette L 12/02/06
Carolyn B 11/16/06
Tony B 11/13/06
Eddie V 11/12/06
Rickie S 11/01/06

15 YEARS

Dale H 12/31/05
Cheryl C 12/30/05
Tyrone D 12/28/05
Ricky T 12/20/05
Oregena T 12/20/05
Guy C 12/15/05
Angela M 12/14/05
Starla M 12/12/05
Elaine R 12/11/05
Pelar T 12/10/05
Jacqueline R 12/05/05
Patricia L 12/05/05
Delisio C 12/05/05
Dale C 12/05/05
Steven J 11/29/05
LaToya G 11/28/05
Clifford D 11/23/05

Charmaine C 11/21/05
Beatrice M 11/21/05
Kimberly N 11/20/05
Clarence B 11/17/05
Randy N 11/05/05
Louis M 12/28/04
Chandra F 12/28/04
Forrestine G 12/23/04
Flora B 12/18/04
Gregory W 12/12/04

16 YEARS

Louis M 12/28/04
Chandra F 12/28/04
Forrestine G 12/23/04
Flora B 12/18/04
Gregory W 12/12/04

Sherman W 12/05/04
Kisha H 11/24/04
Leo T 11/24/04
Kimberly N 11/20/04
Marcus B 11/17/04
Darrell L 11/06/04

17 YEARS

Dee R 12/28/03
Melody S 12/24/03
George J 12/17/03
Carlton E 12/07/03
Brenda W 12/16/03
Vanessa S 12/15/03
Maurice C 12/14/03
Bob D 12/10/03
Candice Y 12/09/03
Timothy R 12/09/03
Bridgett G 12/05/03
Laura R 1 12/05/03
Shannon S 12/03/03

Andre L 11/28/03
Allen T 11/22/03
Jay B 1 11/17/03
Tony P 11/17/03
Carlton E 11/16/03
Toney H 11/14/03
Mama H 11/13/03
Terrence P 11/13/03
Antoine S 11/11/03

18 YEARS

Arthur G 12/31/02
Mark L. 12/30/02
Richard F 12/29/02
Gary W 12/27/02
Derwin O 12/21/02
Treacia S 12/18/02
Kim W 12/17/02
Herbert G 12/15/02
Suzette R 12/13/02
Marvin M 12/13/02
Michele T 12/12/02
Barbara Mc 12/11/02

E.J. 12/07/02
Romeo M 12/05/02
Ronald R 12/05/02
Roosevelt W 11/27/02
Gene M 11/25/02
Howard A 11/25/02
Rick B 11/15/02
Terence P 11/14/02
Ernest W 11/12/02
Anthony T 11/07/02
Guillemina M 11/07/02
Roosevelt Y 11/06/02
Kevin M 11/06/02
Herschel C 11/02/02
Alyson P 11/01/02
Angie M 11/01/02

19 YEARS

Lisa D 12/30/01
Mark W 12/30/01
Alex M 12/25/01
William H 12/21/01
Lisa T 11/21/01

Olivia R 12/17/01
David P 12/12/01
Joe J 12/10/01
Martin V 12/05/01
Michael Y 12/03/01
Taylor A 11/29/01
Big Dre 11/28/01
Andre' T 11/28/01
Joyce K 11/27/01
Lisa L 11/27/01
Lee G 11/26/01
Demarest D 11/24/01
Lisa L 11/21/01
Elsa R 11/15/01
James B 11/11/01
Darrell B 11/09/01
Felix P 11/07/01
Kevin M 11/06/01
Robia S 11/01/01

20 YEARS

Norene N 12/29/00
Karen L 12/22/00
Margarita R 12/12/00
Johnny T 12/11/00
Rosie S 12/10/00
Eric P 12/04/00
Major W 12/01/00
Cheryl A 11/28/00
Sharee A 11/22/00
Paulette T 11/21/00
Patricia N 11/18/00
Beverly G 11/15/00
Gloria C 11/08/00
Denise J 11/04/00
Sherry S 11/03/00
Tony B 11/01/00

21 YEARS

April S 12/25/99
Sheryll P 12/23/99
Linda A 12/18/99
Johnny R 12/16/99
Benson R 12/16/99
Felicia B 12/14/99
Ruben M 12/13/99
Demetric M 12/11/99
Emmit L 12/09/99
Mark M 12/06/99
Eugene H 12/04/99
Monty R 12/03/99
George N 12/01/99
Jenine K. 11/30/99
Squire M 11/26/99
Angela L 11/26/99
Stacy D 11/20/99
Jerry L 11/16/99

22 YEARS

Charles G 12/30/98
Marquitta M 12/28/98
Donna D 12/24/98
Brenda C 12/23/98
Sherlanda M 12/10/98
Sarah T 12/10/98
Greg A 11/26/98
Rhonda G 11/25/98
Thurman G 11/23/98
Clarence C 11/22/98

Samuel B 11/18/98
Jeff W 11/16/98
Deborah G 11/15/98
Tyrone R 11/12/98
Roxann S 11/08/98
Rene W 11/05/98

23 YEARS

James J 12/25/97
Keisha J 12/22/97
Gloria Mc 12/18/97
Paul H 12/16/97
Tanya C 12/13/97
Terry W 12/12/97
Darrell M 11/10/97
Yolanda W 11/03/97

24 YEARS

Elia C 12/23/96
Nathan K 12/17/96
Robert F 12/16/96
Linda B 12/12/96
Bernie H 12/04/96
Leslie L 11/11/96
Lester R 11/11/96
Marvin H 11/04/96
Michelle H 11/04/96
Myllinda P 11/02/96

25 YEARS

Richard M 12/27/95
Gloria McC 12/18/95
Terrell W 12/16/95
Jimmy Jam 12/12/95
Beverly Mc 12/05/95
Richard M 11/27/95
Tony H 11/15/95
Clarence M 11/12/95
Margarita 11/12/95
Yolanda H 11/09/95
Danny H 11/02/95

26 YEARS

Vivian J 12/27/94
Raymond M 12/27/94
John S 12/08/94
Karin L 12/03/94
Olga T 11/10/94
Roosevelt W (cha cha cha) 11/04/94

27 YEARS

Renee G 12/29/93
Cornelia S 12/20/93
Iris L 12/19/93
Elijah B 12/18/93
Pam S 12/14/93
Peggy P 12/10/93
Nat H 12/09/93
Jesse W 12/07/93
Mario C 12/07/93
Kathy J 12/03/93
Pam N 11/30/93
Belinda B 11/23/93
Jerry J 11/20/93
Dana 11/16/93
Nikki C 11/11/93
Lea R 11/07/93
Roosevelt W 11/04/93
Deborah J 11/03/93
Cheryl E 11/03/93

28 YEARS

Sidney L 12/24/92
Robin D 11/23/92
Myllinda O 11/06/92
Kevin M 11/05/92
Sherri M 11/04/92
Cheryl E 11/02/92

29 YEARS

Alex M 12/25/91
Sonia O 12/02/91
Daniel G 11/20/91

30 YEARS

Bobby C 12/25/90
Dwayne H 11/26/90
Catherine W 11/15/90
Darryl S 11/05/90

31 YEARS

Bruce S 12/21/89
Zelda E 12/18/89
Jerome S 12/18/89
Vanessa W 12/18/89
Denise L 12/03/89
Dwayne H 11/26/89
Yvonne A. 11/20/89
Eddie T 11/16/89
Terry Mc 11/07/89

32 YEARS

Sepi B 11/28/88
Percy H 11/23/88
Raheem M 11/16/88
Pam H 11/14/88

33 YEARS

James J 12/25/87
Elijah W 12/24/87
Jose G 12/20/87
Kim B 12/17/87

34 YEARS

Chester W 11/07/86
Earl G 11/06/86
Joyce F 11/02/86
Anderia M 11/01/86

35 YEARS

Dwayne J 12/27/85
James A 12/23/85
Kevin H 12/15/85

36 YEARS

Raymond M 12/27/84
Wallace R 11/16/84

40 YEARS

Dennis L 12/16/80

41 YEARS

Derek F 12/08/79

42 YEARS

Bill W 11/30/78