



# *The HeartBeat of* **Greater Los Angeles Area Of Narcotics Anonymous**

February - March 2025 **\*\* TRIBUTE EDITION \*\***



First Edition Volume 1 1994 Last Edition Volume 25 2019

**The First New Edition Volume 26 Edition 1**

## **A Spiritual Journey**

Seeking a God of our understanding is a personal experience, but we need to know we are not alone in our search. There is a part of this that is very private, unspeakable in a wonderful way. There are times when we must walk alone with our Higher Power. As we study the traditions, we learn that nothing which affects our personal recovery is an outside issue, and also that our unity must come first. These spiritual principles are not in conflict, but it might take some thought or prayer to reconcile them. When we are living spiritually, awareness and empathy guide us in our recovery and in our sharing. In the Eleventh Step we ask for the power to carry out God's will for us. In that spirit, we may ask for the words we need to talk about our experience without creating separation or disunity around us.

*Living Clean the Journey Continues*  
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*After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.*

**GreaterLosAngelesNA.org**

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## That Fire On the Inside -Tribute Letter

Hello Greater Los Angeles Area and anyone new to our Fellowship of Narcotics Anonymous. Even though my thoughts are chaotic, I am driven by gratitude to write to you. I am once again at that familiar crossroad in my life, obsessed with wanting to reach out to you, and thank you for the experiences I received from the Greater LA Newsletter Committee.

It was September of 1994 that four trusted servants, Bruce S., Harsant H., Lester L., and me planned and produced "The Heartbeat", your bi-monthly Greater Los Angeles Area newsletter, which presented 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 those stories were presented in a manner that encompasses the diversity of our fellowship and are reflective of the spiritual awakening described in our Twelfth Step.

I learned how to become a graphic artist, build computers, a writer, and a reporter to further carry the message that our newsletter had powerful messages about recovery. There was so many meetings and people with clean living experiences that wanted so much to share that no addict need die from the horrors of addiction. This gave me purpose and that feeling of unity.

The last newsletter I created was the 100<sup>th</sup> issue printed in December 2019. I spent twenty-five years on the newsletter committee and created ninety-five issues on my home-built computers. I had written over two dozen stories that were approved by our committee to be placed in *the heartbeat newsletter*. It was a privilege and an honor serving The Greater Los Angeles Area and I will forever be grateful. Thanks for activating that change in my life. There is something strong inside me. I am alive inside, because I chose your way of experience, strength, and hope, instead of using some micro-waved form of recovery.

I want to thank Bruce H and the Newsletter Committee for being willing to be of service to the Greater LA Area. And to our dear NA members and newcomers, we can't force you to have that desire to be of service to the Newsletter Committee, but we know how to light that fire on the inside.

Your Lost Dreams Awakened,

Tony Mac 3/19/1988

## Area and Regional Events

The New Attitude Meeting Presents:

# A TRIBUTE TO THE NEWCOMER Speaker Jam

MARCH 16TH, 2025

TIMES:  
4:00PM STARTS  
8:30PM ENDS

4PM - 5:30PM FOOD  
6:00PM SPEAKERS START

CONTACT:  
PAMELA J. (213)448-2140 \* JOHN N. (323)561-8518

EVENT LOCATION: 525 NORTH MARKET ST., INGLEWOOD, CA

## Step One

We admitted that we were  
Powerless over Our Addiction  
and that Our Lives Had  
become  
Unmanageable

SCRNAYC

# MARCH INTO RECOVERY

8 MAR 4-9 PM

## SPEAKER JAM, BINGO, PIE TO THE FACE

IMPERIAL ALANO CLUB

8021 Rosecrans Ave, Paramount, CA 90723

MUSIC • PRIZES • FUN

PIE-EATING CONTEST

- 4 Speakers
- Games (Ladder Ball, Cornhole, Pool, Dominos, Cards)
- Food at cost

More Info? Alex JP (310) 340-9449 Marilyn D (626) 417-7826



## Creative Corner

### "The Gift"

Baby! Feels like I should be calling you C. for this occasion, but I'm Not going to. You will always be Baby to me. 17 years ago, you let me into your life, not knowing who I was, where I'd been or what I'd done. That trust sparked something in me that allowed me to give my all to you. From that moment until today, I knew that God had placed the missing piece into My Heart that would make Me Whole. I've given you all I've had and when you ask for more, I ask God for more to give because you are so worth everything. My goal in Life is to not make you Happy but to keep you wanting more. More of whatever you need and more of Me. When God and I took that unforgettable, unbearable walk of pain so many times and I looked back and saw those 2 sets of Footprints, I asked God the question. God why are there 2 sets of Footprints and neither could be mine. He let me know, whenever times were hard and you could not see past the pain, that first set of footprints was mine as I carried You, and the 2<sup>nd</sup> set belongs to My Gift to you. You have been that Gift from God for me from the beginning. Baby, I cherish You with all of Me. You have taken my Heart and made it Yours. We have Hurt Terribly. We have Laughed and Cried together, but we have gotten through it all. Through every challenge Our Love has grown Stronger. This is the Day That God has made for You and me. And This Joining is My Gift to You. This is for Every time that I said No and You Smiled, and I said Yes. For every time that You made me Laugh!! For every time that you called me Papa. For every time that you said, "Did you forget something? And I kissed you and said, See you later or Good-night. For all those times that I couldn't help myself and you didn't think twice. For those times I lay on the sofa, and you took off my shoes and got my slippers, and For all that food. And One of Your own Greatest Gift, A Grandson that Loves all that I am. I don't know how to finish this Baby because there is so much more. I do know this though, from this point on, you will never have to need or want for anything. I Love You Baby, you are the Light that makes me Shine.

Bruce H.

### Who is An Addict?

*Most of us do not have to think twice about this question. we know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.*

The HeartBeat NewLetters reserves the right to Scrutinize and Edit any Submission for Content in this Publication. All Submissions are the property of Greater Los Angeles Area of N.A. to only be used by the HeartBeat NewLetter. We will only alter content when Our Tradition are not adhered to. The Spirit of Anonymity must be Observed at all times.

### NewsLetter Committee

#### Members:

Chair-Person: Bruce H.  
Member: Robby C.  
Member: Pamela J.  
Member: Melodi J.  
Member: Linda H.  
Member: Phil B.  
Member: Jay. T..  
Member: Amillison R.

Meet 3rd Wednesday of the month on ZOOM @ 6:00 PM.

ID: 915-785-5845

Contact info: heartbeatofglanna@gmail.com

Twillio Meeting Directory Number: 760/428-1441 #1 or 2 for mtg info

[www.GreaterLosAngelesNA.org](http://www.GreaterLosAngelesNA.org)



Santa Clarita Area of Narcotics Anonymous  
25<sup>th</sup> Annual Pancake Breakfast  
March 15th 2025



Breakfast Served 9AM-11AM  
Bingo 11AM  
Speaker Meeting at 1:00PM  
(Meeting is Free)

Valencia United Methodist Church  
25718 McBean Pkwy, Santa Clarita, CA 91355

**All You Can Eat Pancakes**

Served with scrambled eggs, fresh fruit, bacon, and potatoes  
Presale Tickets \$20/\$25 Donation at the Door  
Presale cut off: 03/12/2025  
Children Tickets 6-10 \$10 donation - Door Purchase Only

Additional Costs ( Not Included in Ticket Price): • BINGO : \$10 for 6 games  
• Opportunity Drawings • Soda and Energy Drinks  
Contacts: Jen: 818-825-8218 Danielle: 661-414-2995

HONESTY

Surrender

*Humility*

TRUST

F  
A  
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T  
H

**FORGIVENESS**

*Unconditional Love*

**HOPE**

Courage

Awareness

WILLINGNESS

*Acceptance*

D  
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E

Vigilance

**INTEGRITY**

**SERVICE**

*Open Minded Ness*

IF YOU WANT WHAT WE HAVE TO OFFER AND ARE WILLING TO MAKE THE EFFORT TO GET IT, THEN YOU ARE READY TO TAKE CERTAIN STEPS. THESE ARE THE PRINCIPALS THAT MADE OUR RECOVERY POSSIBLE.