



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

April - May 2025 Volume 26 Edition 2



Desperation to Passion

Once the process of cleaning up the wreckage begins, the ways that we need to grow may not be visible from the outside. We go from being totally impulsive to feeling like our decisions have to be permanent. Something has to drive us or draw us. We need a purpose, or we start entertaining ourselves with obsession and compulsion. There is something about being stuck that feels hopeless, and easily turns into complacency and indifference. It can feel wrong or embarrassing to be struggling to keep the light on in our own recovery when we think we are supposed to be carrying the message to others. The responsibility we feel to carry a message can serve as an excuse not to share the truth about our lives. But without the truth, we have no message at all. And when we are not open, it's hard for light to get in. Admitting is the beginning of change.

Putting the life back in our recovery is really not that hard. We look for the passion, and we nurture it. The hard part is finding the willingness to take action and pick up the phone or go to a meeting when we are feeling uninspired. There is magic and a healing grace in meetings, but we cannot see it when our attitude blinds us. Coming back to meetings after we have been gone for a while can be awkward and difficult, or it can be like coming home. There is a sweetness to walking into a room we have not been in for some time and seeing so much unchanged. Still, meetings make more sense when we attend them regularly. When we drift in and out, they can seem dull and boring. Part of the magic comes from continuity: seeing each other grow and change, watching the miracle unfold in one another's lives. Occasionally someone shares brilliant words. More often the brilliance is in what we see, not what we hear.

Living Clean - The Journey Continues - Page 16

GOD, grant us knowledge that we may write according to Your Divine precepts. Instill in us a sense of Your purpose. Make us servants of Your will and grant us a bond of selflessness, that this may truly be Your work, not ours—in order that no addict, anywhere, need die from the horrors of addiction."

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Our Area Stories

I Brought the First NA Starter Package to Chicago

One of the greatest service contributions for the NA program happened for me in 1978. I was going back to Chicago to visit my family and somehow Jimmy K. got wind of it. Jimmy knew from my sharing in meetings that the last time I went back to Chicago in November of 1976 I got loaded, so unbeknownst to me, Jimmy came up with a plan. The next time I saw Jimmy prior to my trip, Jimmy asked if I would do him a favor. He said that he had gotten correspondence from the Chicago area that they would like to start NA meetings in Chicago; and he'd like for me to take an NA starter package back there when I go visit. He told me that there would be a person willing to come meet with me wherever I choose. By then I was close to two (2) years clean and my sister was finally willing to let me stay at her house in the Hyde Park area of Chicago so this is where I decided to meet with this NA member. This would have been an altogether different story if I would have had the guy meet me where I grew up on the "low-end" of Chicago (35th Street); but I digress.

Once I got to my sister's place and got settled-in, I gave the guy a call and told him my sister's address. A couple hours later I answered my sister's door and there stood this tall blonde guy with a big smile on his face stating that he was there to pick-up the NA starter package. At this stage of my recovery, I had "0" social skills or ability to communicate, so I just gave him the starter kit without offering him in to sit and talk about recovery. The only info I got from him was that he was from a suburb of Chicago, not the inner city, and had a long drive to get there and a long drive home.

When I got back to Los Angeles I ran into Jimmy and he asked me "how did it go?" I told him that I met the guy at my sister's house and did indeed give him the starter package as we discussed. Jimmy looked at me and as he nodded without saying anything I detected a mischievous smile on his face and he just nodded with approval and walked away.

For years I relished in the fact that I brought the first NA starter package to Chicago which possibly helped create the first NA meeting in Chicago. It wasn't until the "fog" lifted many years later that it dawned on me what actually happened in that whole scenario. The truth is, Jimmy could have sent that starter package by mail or UPS; he didn't need me to take it personally. Jimmy knew that maybe if he gave me an "NA responsibility", maybe I wouldn't get loaded this time when I went back to Chicago, and what do you know....it worked! That's the kind of man Jimmy was; not only with me but with all recovering addicts! I love that man.

Hank W. 11/27/76



Step Two

**We came to believe
that a Power Greater
than Ourselves
could Restore Us to
Sanity**

We came to realize that we had no power to change the outside world, we could only change ourselves. The Program of Narcotics Anonymous provides an opportunity for us to ease the pain of living through spiritual principles.

Creative Corner

New Attitude - Meeting of Narcotics Anonymous

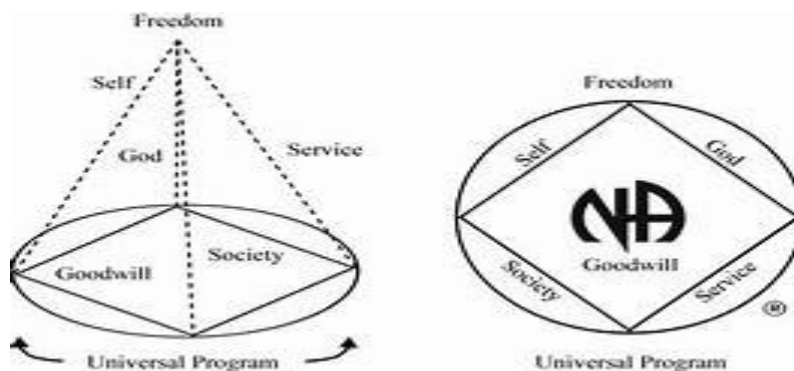
Hello, my name is Pamela J. I wanted to write this story about New Attitude, the second oldest meeting in the Greater Los Angeles Area. When New Attitude began I was under 1 year clean. The meeting started at the Care Unit Hospital on Coliseum, in what was used to be called the "Jungle". At that time a lady named Rochelle and Sunny worked there, they were both in Recovery. Sunny and Rochelle along with Ron Simmons and Shorti may He RIP, sat down and discussed starting a NA meeting. Shorti became the first Secretary at the meeting. At that time, I met YO Steve, Mitzi and others that had attended the meeting. We were at the Care Unit for about 5 years. However, at some point we had to relocate. Our New Location was Doctor's Hospital on Western and Adams. The meeting was thriving. So many recovering addicts came to Doctor's Hospital every Sunday. I recall two people who were the secretaries Pat W. and Dawud. At that time Pat had about 2 years clean. I also met Joi F who had been clean for 6 months. This was in 1988. New Attitude has thrived for the last 44 years. Many recovering addicts have attended the meeting. Even people from different areas wanted to be there on Sundays.

At a certain point we had to leave Doctors Hospital, and we relocated to Washington and Gramercy to a house that was a part of PCS People Coordinated Services. Veronica L. as I recalled was the Secretary. We stayed there for a few years. When we left that location, we moved to Exposition and 7th Avenue, we were there briefly, at which point we moved on to Gage Avenue and was there for about 2 years. So many recovering addicts were there on Sunday. We left that location and moved to 73rd and Crenshaw right down the street from where I lived. We were at that location for close to 10 years. There was a young lady who was our first secretary (unfortunately I don't remember her name). However, during that time Tommy C was the Secretary and so was Diamond. Every Sunday the meeting was packed to its full capacity. Curtis became the coffee person and Carolyn K. and I (may she RIP), would go early to set the meeting up. There have been some amazing years, being a part of this group.

Presently we are at Spiritual Living Center in Inglewood, where we have been for several years. Currently John N. is Secretary, and I am the Co-Secretary and the zoom person. Veeta is our amazing Treasurer; Blythe is the chip and cake person. Erin is our Literature person; Kimberly J. is our GSR and Tony is our coffee person. Kalene is a home group member. We are still thriving and are a upstanding group in the Greater Los Angeles Area of NA. We have always had a home group. Even before we separated from San Gabriel Valley and became the Greater Los Angeles Area of N.A... As I always say, The Joy is in the Journey and New Attitude will continue to thrive and welcome the new person coming in and seeking this new way of life, that we all have found in Narcotics Anonymous. So as of right now we have been a group for 44 years, and that's outstanding. I am so grateful to be a part of the GLAANA NewLetter Committee.

Love and Much Respect

Pamela J 9/24/84



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Greater Los Angeles Area
Heart to Heart Men's Meeting
Presents

32nd Annual
HEART 2 HEART
Men's Breakfast
The Journey Continues

Sunday August 10, 2025
Time 9 a.m. • 1 p.m.

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

Price: \$50.00

**THE
ATMOSPHERE
OF RECOVERY**

**SO-CAL
CLEAN 46**

THE ANAHEIM MARRIOTT
HOTEL AND CONVENTION
CENTER

AUGUST 22nd-24th 2025
SPEAKER JAM THURSDAY
AUGUST 21ST

Southern California Regional Convention of NA SCRCNA 46
Register online at: www.todayna.org/convreg

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

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

G.L.A.N.A. HOSPITALS & INSTITUTIONS
Invites you to their annual

**MEMORIAL DAY
SPEAKER JAM**

Theme: The Power in the Group

MONDAY | **26** | MAY 2025

9:00AM-12:00PM: OPEN PARTICIPATION
1:00PM-4:00PM: SPEAKERS
5:00PM-8:00PM: OLD SCHOOL DANCE

PRE-SALE TICKET \$5 • \$7 AT DOOR

FOOD | FUN | GAMES | FAMILY

OPPORTUNITY DRAWING

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www.GreaterLosAngelesNA.org



Just for Today Tell Yourself

JUST FOR TODAY my thoughts will be on my recovery,
living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me
and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not
using and who have found a new way of life. So long as I follow that way,

I HAVE NOTHING TO FEAR