



# The HeartBeat of Greater Los Angeles Area Of Narcotics Anonymous

Holiday Special - December 2025 Volume 27 Edition 6



## When Silence Doesn't Equal Recovery

I'm sitting in a meeting where everything around me looks normal but deep down inside I'm carrying something that I don't have the courage to share about. These wounds of disappointment, failure, and fear feel painful, and I thought ignoring them would make them go away.

I'm in the grip of my disease and it wants me silent. It doesn't want me to talk. It steals my voice. You can't heal what you don't admit is hurting. That's the hardest part of my recovery. Facing what I've spent years avoiding. I hate looking weak and helpless, but healing starts the moment I stop saying "I'm fine" when I'm not. It's not a weakness to admit I'm afraid. It's strength because honesty attracts life and life is another word that means "God".

I built a mask so perfectly that I forgot I was wearing one, but healing doesn't happen behind masks. So, the mask must go! Can I tell you something? Just because I've been afraid for a long time doesn't mean it's supposed to be permanent. This too shall pass. You see I use to think that God brings healing by instantly removing the pain. The Twelfth Step reminds recovering addicts not to take away my pain. Sometimes my God brought healing by exposing it to the light.

I have this gift. It happens every time. This gift kept me from falling apart. For some strange reason I'm always close to NA meetings, no matter where I am at. I'm always in a position to be put back together again. And when I am finally in a position to be put back together, I've learned that disease has ways of silencing us, convincing us that our voices don't matter. Our stories are boring and not worth talking about. Our feelings are too messy to talk about. The disease lies! Silence doesn't equal recovery. Honesty is the antidote to our disease. Honesty is the doorway to freedom. Thanks for letting me share.

Anonymous

*In quiet moments of meditation, Gods will can become evident to us. Quieting the mind through meditation brings an inner peace that brings us into contact with the God within us. A basic premise of meditation is that it is difficult, if not impossible, to obtain conscious contact unless our mind is still. The usual never-ending succession of thoughts has to cease for progress to be made. So our preliminary practice is aimed at stilling the mind and letting the thoughts that arise die a natural death.*

Basic Test - Page 46 Step 11

**GreaterLosAngelesNA.org**  
**heartbeatofglaana@gmail.com**

# Our Area Stories

## Faith in the Power

Believing in a Power greater than myself, was the beginning of my faith in recovery, once I had surrendered. I can't see my Higher Power, but I feel it. I came to believe this Power could restore me to sanity. This belief is based on a Higher Power I call God. Before surrendering to being powerless, and admitting that my life had become unmanageable, I prayed that God would help me out of the darkness of active addiction, but I'm not sure I truly had the faith, it would actually happen.

What I was missing was, that God had a power to work along with my faith, and NA would be the vessel to show me how to use it. I learned to ask God through a prayer to, "take my will and my life, guide me in my recovery, and show me how to live, clean." I felt a spiritual transformation occurring. There was a movement in my faith, my spirit, that had a source of power. A belief that this Power, my Higher Power, God, was giving me a nonphysical source, completely spiritual in nature, that I could utilize and believe in. A power to strengthen my faith in the possibilities of a greater life, that God has willed for me. My faith helped me push through my fear of failure. The power that my Higher Power is instilling in me, gives me the ability to challenge myself.

My Sponsor guides me through the 12 Steps, and my faith in this power from God, gives me the courage to look at, write about, and walk through the wreckage of my past. Those things that blocked me from feeling and recognizing the love God has for me, is more powerful than the grip of addiction. The faith to now believe God could and would if He were sought. The faith needed for the fearless Fourth Step inventory I wrote and shared with my Sponsor. The faith to trust and believe by cleaning my path with forgiveness and amends, would lead me to a freedom NA speaks about.

Through faith I can utilize the greatest power that exist, the power of my God. Knowing if my God brought me to it, He would also carry me through it. I'm growing in my faith from active addiction to recovery, cancer to remission, loss of my loving and caring Mom with no desire to use, one day at a time. My faith allows me to participate in my recovery through the 12 Steps, commitments, and the NA Principles in all areas of my life. I feel the love of NA. As I utilized the power of God through faith, it enabled me to accomplish goals of higher education, be a loving and caring wife, mom, nana, and daughter, while living life on lives terms, clean.

Linda H. 12/27/1989

## Step Six

We were entirely ready to have  
God remove all these defects of character.



**DAY OF DINOSAURS FUNDRAISER**  
**SPAGHETTI & BINGO DINNER**  
3:00 - 4:30 pm      NA Speaker meeting 4:30 - 5:30 pm      Starts at 6:00 pm  
**Saturday, January 31<sup>st</sup>**  
Location: Salvation Army, 3695 1<sup>st</sup> Street, Riverside, CA  
Dinner Only \$10  
Bingo Only \$20  
Dinner and Bingo \$25  
Extra Bingo Card \$10  
**Next Day of Dinosaurs Event is May 16, 2026**  
For more information contact: Pat S (951) 642-8550      Rachael R (951) 936-0682

## Practicality and the "God Thing"

*"In a pinch, you can borrow my Higher Power," another member offers, "Maybe it's enough that I believe in something that helps me stay clean." Why not? We'll try it—because we have choices in NA. Plus, we need a break from the struggle. My belief, whatever it is, is practical for me today—so I'll practice it. If I'm struggling, I'll embrace that. No pressure. Recovery is a process, and it's working.*

*"A Spiritual Principle a Day" page 106*

# The Greater Los Angeles Area Convention Committee of Narcotics Anonymous

presents

# The Gift is Recovery IX



## **Airport Hilton Hotel**

3711 W. Century Blvd., Los Angeles, CA 90043

**Convention Date: July 23 - 26, 2026**

Pre-Registration Cost: \$30.00 ends March 31, 2026

Convention Registration Cost: \$45.00

CASHAPP: \$GLAACNA - Please include full name for  
Verification

PAYPAL: GLAANA99@gmail.com. Please include full  
name for Verification



## **2026 Convention Hotel Reservation Link**

<https://book.passkeycom/go/GLAACNA26>

**OR USE THE QR CODE**

Rooms: \$179.99 per night

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## December Celebrations

Name	Clean Date	Years	Name	Clean Date	Years
Bernadette M.	12/21/2010	16	Felicia B.	12/22/2009	16
Chandra F.	12/28/2004	21	Floyd E.	12/13/2006	15
David B.	12/8/2010	15	Linda H.	12/27/1989	36
Donald R.	12/9/2024	1	Robbie C.	12/25/1990	34
Elijah W.	12/24/1987	38	Vanessa W.R.	12/18/1989	36
Elijah B.	12/18/1993	32	Vivian J.	12/27/1994	31

**355 CLEAN YEARS**

### NewsLetter Committee

#### Members:

Chair-Person: Bruce H  
 Graphics Artist  
 Printer: Robby C.  
 Secretary: Linda H.  
 Editor: Melodi J.  
 Editor: Amillison R.

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

ID: 915-785-5845

Contact info:  
 heartbeatofglaana@gmail.com

Twillo Meeting Directory

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

## Special Acknowledgements

**Kevin H. 12/15/1985 - 40 Years**

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



**GREATER LOS ANGELES AREA H&I SUB COMMITTEE**

*34th Annual Holiday Marathon*

**ONE PROMISE, MANY GIFTS**

DEC 25 2025 11:00 AM • 5:00

12:00 PM • Potluck  
 5:00 PM - 8:00 PM • Card Playing  
 Dominoes • Cha Cha Dance

**2ND ANNUAL UGLY SWEATER CONTEST (1<sup>ST</sup>, 2<sup>ND</sup>, AND 3<sup>RD</sup> PLACE)**

Pre-Sale: \$5.00 • At the Door: \$7.00  
 for more information, please contact:

Gary W. @ (323) 359-0259 • Kelvin A. @ (708) 655-0521

8305 South Gramercy Place • Los Angeles • CA • 90047

**SFV ACTIVITIES COMMITTEE PRESENTS**  
 2025 Holiday Marathons and Feast!

Marathons start Wednesday December 24 at 5pm!  
 Every hour on the hour!  
 Last meeting December 26 at 2am!

Holiday feast followed by speaker meeting 5pm-8pm!

Contacts  
 Kevin H. 818-997-8233 ext 823  
 Heidi 818-997-8233 ext 824

**GREATER LOS ANGELES AREA DOPEBUSTERS**

**Annual Tribute to the Oldtimers**

Live Entertainment Tickets \$45

**It Just Gets Better with Time**

Must have ticket for Entry

Saturday  
 January 24, 2026

**Important Times:**  
 Hors d'oeuvres 4-5:15pm only  
 Video tribute 5:30pm  
 Meeting time 6:00pm

905 E. El Segundo Blvd  
 Los Angeles, CA 90059

No Smoking allowed on premises