



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

January - February 2026 Volume 28 Edition 1



Addicts tend to live secret lives. For many years, we covered low self-esteem by hiding behind phony images that we hoped would fool people. Unfortunately, we fooled ourselves more than anyone. Although we often appeared attractive and confident on the outside, we were really hiding a shaky, insecure person on the inside. The masks have to go. We share our inventory as it is written, skipping nothing. We continue to approach this step with honesty and thoroughness until we finish. It is a great relief to get rid of all our secrets and to be the burden of our past.

Usually, as we share this step, the listener will share some of his or her story too. We find that we are not unique. We see, by the acceptance of our confidant, that we can be accepted just the way we are.

We may never be able to remember all of our past mistakes. We do, however, give it our best and most complete effort. We begin to experience real personal feelings of spiritual nature. Where once we had spiritual theories, we now begin to awaken to spiritual reality. This initial examination of ourselves usually reveals some behavior patterns that we don't particularly like. However, facing these patterns and bringing them out in the open makes it possible for us to deal with them constructively. We cannot make these changes alone. We will need the help of God, as we understood Him, and the Fellowship of Narcotics Anonymous.

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Our lives are meant to be lived. No matter how sincere our efforts at "turning it over," we will make mistakes, wander off course, and experience moments of doubt. However, with each setback we are given a new opportunity to renew our commitment to live by spiritual principles. Part of the process of surrendering to God's will is to surrender to spiritual principles such as honesty, open-mindedness, willingness, trust, and faith. We try to align our actions with what we believe our Higher Power would want for us, and then we deal with life as it happens.

*It Works, How and Why - Page 23*

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## Our Area Stories

### ***The Damage that this Disease Has Done, and the Gift that Recovery has Given Me***

When I came into the fellowship, I didn't realize the toll that the Disease had taken on me physically. It wasn't until I started getting older in Recovery that the results of my using started showing up. Spiritual Prices show up in many ways. Some Good and Some Bad. I did a lot of damage to myself and others while in my active Addiction. I didn't think that at 70 years old and having been around the fellowship for a considerable amount of time that the price of my using would be as high as it has been. I listen in meeting too my fellow addicts and realize that I am not alone in this dilemma. The sharing of "One Addict Helping Another is Without Parallel" is probably one of the strongest saying that we have. It gives strength that even though we go through adversities clean, we can persevere. When things are going at their worse, something happens to bring me back to that Spiritual Connection with the God of My Understanding and ask Him exactly what our Third Step "Prayer" say; Take My will and My Life, Guide me in My recovery, Show me How to Live. I have to be able to go back to my God and say I need Help.

The aging process, "I'm referring to getting Physically Old", brings its own challenges. But the Drug usage for all of those years compounds that aging with even more challenges. Unexpected Hospitalizations, physically limitations, emotional upheavals (mental, relationships (i.e. family)), and spiritual disconnection. Dealing with all of this and still staying clean; Just for Today. Thanking my God for waking me up in the morning even though the physically checks and balances don't always add up. Headache, backaches, feet burning, shoulders hurting, neck hurting and a myriad of other ailments that I can't mention. And I am still trying to keep a smile and be strong for those around me. Sometimes it gets tough.

So, I do the process. I pick up the phone, and I call a suffering addict. Sometimes, we get emotional on the phone, sometimes we laugh at each other. And most of the time we connect on a level that I can only call, "that spiritual connection with Our Gods". We are there for one another and that lessens the emotional fears, and for a few moments, life is as it should be. This is where I find My strength. Openly showing compassion, having empathy and sometimes having a sympathetic heart. I've always believed that "Pain Shared is Pain Lessened".

The Ride has been sometimes Bumpy, sometimes Perilous. Sometimes I want to get out of the car and run, but this process has given me so much that when times get that rough, I remember that My God is driving the car and I've been a passenger this long, So why not continue to have Faith in Him?

Bruce H. 3/23/92

### **Step Seven We Humbly ask Him to remove Our Shortcomings.**

We first began to experience humility when we opened our minds to the possibility that a Power greater than ourselves existed. Step 2 allowed us our first glimpse of hope. In the third step, we began to understand that we could tap the limitless resource of our Higher Power for everything needed to heal us spiritually.

## Creative Corner

### ***The Inventory Mirror: One addict's interpretation of Step 4***

Before analyzing a spiritual inventory, which can be confusing, why not analyze a material inventory? In a material inventory there can be multiple approaches to the task. One method is to go to every cupboard, every drawer, the counters, on the bookshelves behind the bathroom mirror, in the garage, in the car, in that hard-to-reach corner behind the desk, under the rug and gather up everything you find. You can put everything in the driveway before going back into the house and concentrating on thoroughly getting the house clean.

Once the house is CLEAN, you can go back to the driveway and clean off every single item; analyzing it, acknowledging it, deciding whether to keep it and find a spot for it inside or discard it. After every item is cleaned up, organized and put into place you can clearly see what is there and take note of what has been discarded.

A spiritual inventory can be approached in the same manner. Steps One, Two, and Three provide some time to get clean and realize you have a lot of feelings, thoughts, and behaviors to go through. You can take all those feelings, thoughts, and behaviors and write them down on paper so that your mind is cleared. Once you have a clear and CLEAN mind you go through each thought, each feeling, each behavior and keep some, get rid of others but organize and take note of all of them.

Pay special attention to what feelings, thoughts, and behaviors need to be chucked out. Now is the time to get your sponsor involved. Ask your sponsor to help you see why you have so many trash bags full and bursting at the seams but don't forget to admire what you have kept and organized.

Cleaning and organizing the house is a mirror of what it is like to clean and organize the mind while the inventory part is knowing what is there and what needs to stay, what needs to go and even what you might be low on and need more of.

Katrina S. 7/26/24

### ***Letter to the Fellowship***

Dear Fellowship,

I want to take a moment to express how truly grateful I am to be in recovery.

Life doesn't always go as planned. Trials and tribulations still show up, but through it all, I've managed to stay clean. That's not something I take lightly. It's the fellowship that has kept me grounded, reminded me I'm not alone, and helped me stay focused even in the toughest moments.

I'm so thankful that Narcotics Anonymous has taught me how to reach out when I'm struggling. That simple act of picking up the phone, sharing honestly, has saved me time and time again. I thank my Higher Power that I never missed a beat, even when life threw a curveball.

Recently, I made the decision to resign from my night job, with my last day planned for the end of June. Then, unexpectedly, there was a mass layoff at my day Job where I had worked for 17 years and I was affected. But recovery taught me how to respond, not react. I was able to rescind my resignation and was given the opportunity to step into a full-time position. That's only possible because NA has helped shape me into a better individual, one with stronger values, discipline, and work ethic. All from working the steps and living the 12 Traditions and 12 Concepts.

If you're going through it right now, I just want to say, hold on. Don't give up. There is light at the end of the tunnel. Recovery works. The program works. You are not alone.

With gratitude,

Donna D.A. 12/24/1998

Over the years we may experience a number of different callings or get excited about different directions we can take. Our belief about where we are directed, however, may not determine what happens. When our lives change unexpectedly, we can have deep doubts about ourselves and the path we are on. Going through those shifts can change more than our direction; they help to shape our faith and deepen our surrender.

Guiding Principles The Spirit of Our Traditions pg. 85



## December 2025 - January - February 2026

Name	Clean Date	Years	Name	Clean Date	Years
Aamina P.	1/9/2020	6	Linda M.	1/10/2005	21
Ariel A.	12/15/2022	3	Maria M.	1/9/2025	1
Blythe E.	1/14/2020	6	Melissa S.	1/22/1992	33
Chris O.	1/11/2015	11	Monica Munoz	1/9/2025	1
Davina W.	1/2/2010	16	Nate T.	2/21/1996	30
Donna D.A.	12/24/1998	27	Oscar W.	2/20/2002	24
Edris H.C.	2/19/2006	20	Roxie R	2/4/1999	27
Frank T.	1/15/2003	23	Sharon A.	2/8/1988	38
Jacquie S	2/28/1993	33	Sonny S.	1/1/2025	1
Julie L.	1/16/2024	2	Tabitha O.	1/22/1996	30
Karen M. L.	12/22/2000	25	Tammy C.	1/2/2011	15
Karina B.	12/27/2024	1	Tina W.	2/8/2006	20
Kelvin A.	12/22/1992	33	Veronica L.	1/19/1988	38
Kenny R,	2/7/2022	6			

530 CLEAN YEARS

### NewsLetter Committee

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*The Gift is Recovery IX*

Hotel Reservation  
 QR Code



## Special Acknowledgements

Todd K. 2/17/1987 - 39 Years Clean

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21 FEB 2026 SATURDAY 12PM-5PM

FREE FOOD OPPORTUNITY DRINKS SPEAKER

SCAN QR CODE FOR MORE INFO

GREATER LOS ANGELES AREA

PHONELINES PUBLIC RELATIONS

LEARNING DAY EVENT

C.L.A.A.N.A. PHONELINES AND PUBLIC RELATIONS LEARNING DAY EVENT SALVATION ARMY INGLEWOOD 324 E. QUEEN ST INGLEWOOD, CA 90301

"The still-suffering addict cannot hear our message if they don't know where to find us."

The Greater Los Angeles Area Convention Committee of Narcotics Anonymous presents

*The Gift is Recovery IX*

Convention Dates: July 23 - 26, 2026

Location: Airport Hilton Hotel 3711 W. Century Blvd., Los Angeles, CA 90043

Pre-Registration Cost: \$30.00 ends March 31, 2026. On-Site \$45.00. (CASHAPP: \$GLAACNA) (PAYPAL:GLAANA9@gmail.com)

For more information contact: Kelvin A. 708/655-0521 or Donna D. A. 323/697-9127

Hotel Reservation QR Code

Service helps us feel like we belong. We have a place and a purpose. The experience can be humbling. Doing as the group asks rather than as we choose, is a form of surrender. When it just plain feels like defeat, surrender requires a deeper trust. We act on faith that a Higher Power is still in charge, and that the greater good will prevail.

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