



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

May - June 2026 Volume 28 Edition 3



## **Tradition Ten**

***“Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.”***

In order to achieve our spiritual aim, Narcotics Anonymous must be known and respected. Nowhere is this more obvious than in our history. NA was founded in 1953. For twenty years, our Fellowship remained small and obscure. In the 1970's, society realized that addiction had become a worldwide epidemic and began to look for answers. Along with this came change in the way people thought of the addict. This change allowed addicts to seek help more openly. NA groups sprang up in many places where we were never tolerated before. Recovering addicts paved the way for more groups and more recovery. Today NA is a worldwide Fellowship. We are known and respected everywhere.

If an addict has never heard of us, he cannot seek us out. If those who work with addicts are unaware of our existence, they cannot refer them to us. One of the most important things we can do to further our primary purpose is to let people know who, what and where we are. If we do this and keep our good reputation, we will surely grow. Our recovery speaks for itself. Our Tenth Tradition specifically helps protect our reputation. This tradition says that NA has no opinion on outside issues. We don't take sides. We don't have any recommendations. NA, as a Fellowship, does not participate in politics; to do so would invite controversy. It would jeopardize our Fellowship. Those who agree with our opinions might commend us for taking a stand, but some would always disagree. With a price this high, is it any wonder we choose not to take sides in society's problems? For our own survival, we have no opinion on outside issues.

***Narcotics Anonymous Basic Text Page 74***

For some of us spiritual disciplines, including prayer and meditation, shape our day. Others of us try to live our lives as a prayer, offering all of our actions as gifts to our Higher Power. However we practice or experience it, our relationship with our Higher Power comes to shape our understanding of who we are and how we relate to the world around us. Our actions and motives reflect our values and beliefs. When we are in tune with a power greater than ourselves, we see to flow more easily with the currents in our lives.

***Living Clean: Journey Continues Page 29***

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## Our Area Stories

### ***“Recovery is an ‘active’ change of our ideas and attitudes.”***

I've been asked to share my experience, strength and hope over the last 37 years but I've never been given the opportunity to speak about the program of Narcotics Anonymous. Being an active addict has **nothing** to do with drug use just as clean time does not equal recovery, the basic text, which many addicts use against newcomers rather than guiding them, states that abstinence does not equal recovery.

“Recovery is an ‘active’ change of our ideas and attitudes.” (pg. 50, second paragraph, 3rd Edition Basic Text)

Yet so many individuals with time in the program give credit to people with clean time as if they have accomplished miracles; and while staying clean it is essential to practicing a program of recovery without active changes in both ideas and attitudes clean time really doesn't mean squat.

In my 37 years of practicing recovery, through NA's 12 Steps, I have experienced newcomers with one day clean putting into practice more of the Spiritual principles in the Steps, than individuals having 40 plus years still practicing only abstinence. As an example of what brought me to the awareness of the difference between clean time and recovery, I was at a meeting of NA back in the early 1990's, when the whole AIDS and HIV epidemic was viewed as being extremely dangerous. In that meeting, when one man identified himself as being HIV positive not a single person in the meeting of over 40 people greeted him, would give him a hug or even shake his hand. The virus couldn't be caught by giving or getting a hug or shaking hands, but none of those addicts, some with over 30 years clean time, would even talk to that man. So, I gave him a hug and invited him to sit beside me, eventually learning that he had 4 more years clean time than I had and that in his 8 years I was the first addict that had had the courage to give him a hug *in* a meeting.

Don't pick up, no matter what. Yes, that's a great idea. No one can use drugs and not have their thinking impaired or altered by the substances they are putting into their bodies. Yet that's only removing the answer we used in the past to deal with the disease of addiction without changing the underlying nature of our ideas and attitudes. In recovery I ask myself each day, “What are you willing to do for your recovery?” And if the answer isn't “Whatever it takes!” then I know I'm sliding away from the recovery that granted me freedom from active addiction.

Work the steps or die. That freedom to choose is the promise of freedom from active addiction. Habits, personalities, comfort zones, familiarities are all natural and accepted by most people. Having a disease that affects every area of our lives, we learn how to live in a different way from what we already know.

**M Runner5150 08/05/1988**

### **Step Eight**

**We made a list of all persons we had harmed and became willing to make amends to them all.**

Most of us **do find that willingness to begin the next phase of our journey**. For some, we quickly saw the evidence of recovery working in other members' lives. We actively wanted to move forward and were willing to do whatever it took. For others, willingness came when our discomfort outpaced our resistance. For still others, we found it only after going back out and using more.

Working on Step One and staring straight into the mirror of our unmanageability can elicit intense emotions: shame, regret, remorse, anger, fear, and doubt. In response, a member said, “The stuff of our past can either be weight or be fuel.” We don't want to be weighed down anymore, so we become willing to explore our burdens. We learn how to convert the pain of our past into fuel, and we use that fuel to propel ourselves further down the road toward freedom.

***A Spiritual Principle a Day - March 25, 2026 - Page 87***

## Creative Corner

### ***California Entrepreneur Finds Connection and Community at First NA Meeting in Ghana***

First Class Higher Power! I thank God for an amazing trip clean! I recently returned from a transformative 10-day trip to Ghana that combined business development with a deeply personal milestone: attending my first Narcotics Anonymous meeting on African soil. I traveled to Ghana in December 2025, found myself navigating unfamiliar territory in Accra when I sought out a recovery meeting. My experience reinforced the universal language of recovery that transcends borders and cultures. Walking into that meeting room in Ghana, I did not know what to expect. But the moment people started sharing, I realized that recovery speaks the same language everywhere. The struggles, the hope, the commitment to staying clean—it was all familiar, even though I was thousands of miles from home.

As member of recovery programs since 1988 I have also built a business while keeping my commitment to personal growth and healing. My journey to Ghana was not just about expanding my real estate development operations across the Dominican Republic, United States, and Ghana—it was also about staying connected to a global recovery community wherever life takes me. It was nice to have a fellow NA member and trudging buddy, travelling with me!

Beyond the boardrooms and development sites, my willingness to seek out an NA meeting in a foreign country shows the one day at a time dedication that my recovery requires. Attending Virtual NA meetings in Africa has been the key factor finding meeting information in Accra, navigating local transportation, and showing up despite the unfamiliarity all required the same courage that initially brought me into recovery. I practice ancestral healing honoring my Yoruba heritage, seeing my Ghana trip as part of a larger pattern of honoring both my personal recovery and my cultural roots. Recovery gave me my life back. Wherever I go in the world, I carry that gratitude with me. Attending that meeting in

Ghana reminded me that I am part of something bigger than myself—a global community of people committed to living clean, one day at a time. As I continue developing business opportunities in Ghana, I will support my recovery program commitments alongside my professional ambitions. Success in business means nothing if I am not taking care of my spiritual condition. That meeting in Ghana? That was just as important as any business deal I made on the trip.” For me, the journey continues—one day at a time, one continent at a time, always grounded in the principles that transformed my life and made everything else possible.

***Emily J. 08/29/2017***

### ***Greater Los Angeles Area Learning Day: 2/21/2026***

The Narcotics Anonymous Greater Los Angeles Area Learning Day was a great success. Our focus was training, and fellow-shiping. The event highlighted the vital role of Phone Line and Public Relations services within NA. Rooted in the history of service, these efforts were developed to ensure that addicts seeking recovery and professionals seeking information - have a clear, compassionate point of contact into the NA fellowship.

Members explore how the Phone Line and PR subcommittees evolved to carry the NA message beyond meetings and into the public sphere. Emphasis is placed on being trusted servants who represent NA with integrity, accuracy, and care. Through guided role-playing, members practice handling a wide range of real-world scenarios: assisting callers looking for local or out-of-state meetings, responding to first-time callers who may be scared or uncertain, and professionally engaging with agencies such as child and family services, as well as parole and probation officers.

Our central theme of the Learning Day was the application of spiritual principles—especially humility, patience, integrity & service. Members are reminded that we are often the first voice an addict or professional hears, making it essential to listen without judgment, communicate clearly, and remain grounded in NA’s primary purpose. By practicing these principles in simulated and real interactions, our members strengthen their ability to serve as a welcoming bridge from the outside world into the hope and support of recovery.

***Roving Reporters - Melodi J. and Scharmaine Y.***

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## March - April Celebrations

Name	Clean Date	Years	Name	Clean Date	Years
Barry R.	04/14/1992	34	Patricia W.	03/19/1987	39
Bruce H.	03/23/1992	34	Pearl S.	03/13/1995	31
Cedric G	03/04/1988	38	Renita G.	04/21/1990	36
Dana B.	03/20/1995	31	Robert M.	03/15/2019	7
Daniel W	03/01/1990	36	Russell H.	03/13/1992	34
Demeiia R.	03/09/2016	10	Sally H.	03/11/1985	41
Donny H.	03/09/2005	21	Scharmaine Y.	04/10/1994	32
Greg T.	03/03/2001	25	Sharleen F.	03/17/1988	38
Jackie W.	03/26/1980	46	Tara F.	04/04/1992	34
Jackie B.	03/07/1997	29	Tina W.	03/11/1999	27
Joi F.	03/10/1988	38	Tony M.	03/19/1988	38
Lee R.	04/03/1986	40	Yvette N.	03/11/1996	30
Leon A	04/16/1987	39	Zina C	03/08/1997	29
Lynn E.	04/05/1991	34			

998 Clean Years

### Special Acknowledgement

**Jackie W. - 3/26/1980 - 46 Years Clean**  
**Sally H. - 3/11/85 - 41 Years Clean**  
**Lee R. - 4/03/86 - 40 Years Clean**

#### NewsLetter Committee

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***Recovery doesn't happen in a vacuum.*** We need one another, and we need to be involved with the world around us in order to recover. Living clean is all about relationships--with ourselves., with our loved ones, with our fellow members, with society, and ultimately with our Higher Power. The people in our lives are the means by which we experience grace. We see the miracle of change in others, and they reflect our own changes back to us. They are windows which we see the world, and vehicles by which we achieve spiritual progress

The truth is that most of us have not been very good at relationships. Some would say that an inability to form or maintain long-term relationships is one of the symptoms of addiction. The Basic Text tells us that the disease makes us "devious, frightened loners," that we develop strange habits and lose our social graces. When we came into recovery, we didn't always recognize what was wrong with the ways we related to people. Our experiences as using addicts shaped our habits and our expectations.

***Living Clean: The Journey Continues - Page 123***