



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

May - June 2026 Volume 28 Edition 3



Narcotics Anonymous has no opinion on outside issues. As members we do, and each of us has a right to our opinions, although a recovery meeting is usually not the best place to discuss them. In recovery, we get to think for ourselves. As we work the Steps, we come to an understanding of our own morals and values, and develop our own beliefs about how to live and how we recover. Those beliefs may change over time, sometimes surprisingly. Recovery is a dynamic process of evaluation and reevaluation of our actions, perceptions, and values. Tradition Ten asks us to be vigilant in ensuring that our personal beliefs aren't mistaken for principles of Narcotics Anonymous. We carefully consider the effect our words and actions may have on the Fellowship we love and the message we carry. We learn to speak wisely and to understand the power of silence.

Though we express it in many ways, NA has only one message: "An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." When we hear another message outside NA that resonates strongly with us, it may seem that we could do a service by bringing it to our fellow members. That is not our purpose in an NA meeting. We are here to help and be helped through the program of Narcotics Anonymous.

We don't all know how to share a recovery message when we get here. If we have experience with some kinds of counseling or therapy, we may be inclined to offer advice to other members, but in NA we share experience, not advice...

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Grief is its own experience. Allowing ourselves the time and space to move through it is a commitment to ourselves and to honesty beyond what many of us have experienced before. The feelings move to their own rhythm and on their own time, and it can be very difficult to imagine that we are not "doing it wrong" when we are surprised by a wave of emotion at an inconvenient moment. As with so much of what we experience in recovery, there is no one way, and certainly no right way, to go through it.

Living Clean, The Journey Continues Page 117

GreaterLosAngelesNA.org

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Our Area Stories

THINGS CAN CHANGE

Hello newcomer. We have been waiting for you. We love you. We want you. We need you. You are called a "miracle" in the rooms of Narcotics Anonymous because God is not finish with you. You are here for a purpose. That purpose is to tell you that you have strength, courage, and endurance in your DNA. We call that "keep coming back power". That means you can outlast every attack. You can stay clean through difficult times. We call this "work the steps or die attitude". So, no matter what comes against you, no matter how long it takes or how difficult it is, when it's all said and done, you too be able to say, "I'm still clean".

I have witnessed many recovering addicts staying clean after experiencing the worst tragedy. Things change. They really do. Recovering addicts get married in their sixties. Things change. They really do. Addicts who were so depressed and couldn't get out of bed taking on service commitments. Things change. They really do. Addicts who couldn't get jobs because of criminal records are celebrated for going back to school, getting degrees, and getting their records expunged. Things change. They really do.

I'm not sharing fairy tales. I'm not sharing what I think you need to hear. I'm not giving you empty promises. I'm sharing that when you surrender your life and will over to the God of your own understanding, we have the power to walk out of the shadows and into the light.

Things can change. They really do. I am a living witness to the evidence that things change. I was somebody who used to think, "I'm not going to make it." But hey, God said, "You're overruled. The disease can't have you yet. Get back here and live." Thank God things change.

Tony Mac
03/19/1988

Step Nine

"We made direct amends to such people, except when to so would injure them or others".

So, we're clean! Now what? We come across this passage in the Basic Text: "When the drugs go and the addict works the program, wonderful things happen." I like the sound of that! We start to piece together what it means to "work the program" and find some practical advice in "What Can I Do?"--Chapter Five of the addict's owner's manual. We go to lots of meetings without using between them--even on holidays! We get a home group, a sponsor, and a service commitment, and we find ourselves surrounded by people who take great joy in our progress. They want nothing from us, just good things for us. They offer us words of encouragement, lessons from their own lives, and epic tales of shenanigans with other members. They point out our growth and say they're happy, grateful, and even honored to be a part of our miracle. We smile and nod and our eyes start leaking. All we can think is, This NA thing . . . is a trip.

A Spiritual Principle a Day / June 4 / Page 161

Greater Los Angeles Area Convention Committee put on a Stellar event in "Boots on the Ground". The venue was outstanding and the event setup was meticulously designed for comfort for all of the attendees. The Western motif was in itself designed for Fun and allowed everyone to do and try something different in their attire. Also, there was plenty of food. My wife and I enjoyed putting together outfits especially for this event. The two speakers were outstanding. They both carried Clear-cut Recovery messages that filled the atmosphere with Gratitude. When the dancing started, "It was on". We really enjoyed ourselves. Thank You GLAANA for giving this addict something different and bringing addicts in recovery together.

Bruce H. / Roving Reporter

Creative Corner

Step 3 -The Principal of Faith

Making the Decision to Turn my will and my Life over to the Care of "God" as I understand Him, I have truly made the decision to turn my will and my life over to the care of the "God" of my understanding. Making this decision is very important to me for many reasons and Staying Clean is at the top of the list. I have faith that He will lead me and guide me in His Will, as long as I am Honest, Open Minded, and Willing. I can talk to my Heavenly Father any time of the day, or night. He sees everything I am going through, and He has the answers, as He is my protector. I remember the first time that I got shot. Two guys both had guns said that they appeared and said that they only were there to shoot me. I broke out running, and as the one with the shotgun took his aim at my back, one of my friends panicked, and ran right behind me becoming a human shield. He took most of the buck shots in his back, while I only took a few in my arm and side. That act increased my Faith a lot.

Another time was when I was drunk driving and passed out behind the steering wheel. I crashed into tree, and people were waking me up without a scratch on me. The next day, I read in the newspaper how someone else ran into a tree and died. Not only has Yahweh saved my life many times, but He has also provided for me when I needed the money to pay an important bill but didn't have the money. Out of nowhere someone would pay the bill for me, and sometimes I wouldn't have to pay them back. Once I was about to be evicted for back payments of rent, because I had lost my job. I told a church friend that my family and I were about to be on the streets, and I still hadn't found another job. The next time I went to church the pastor took up a huge offering for me without me even asking. It was enough to pay the back rent, and a couple of months in advance. Yahweh was with me, before I even knew His real Name. Those acts and countless of others increased my Faith tremendously.

The N.A. fellowship is a voice that He uses to give me direction as long as I am Honest about what I am going through. Sometimes I do not have to say a word, and He will speak to me through another addict, none addict, my spirit, and even in a dream I may receive the true answer to my situation that I am going through. The God of my Understanding helps me with my decisions also, as long as I am Open Minded and Willing to reach out to another, or others, and try something new.

Transitioning into Recovery and my old way of doing things that kept me using did not work. And it was insanity to keep trying them over and over again. If I want different results, I must be willing to try new things. Making this decision causes me to walk in Faith that my Higher Power is with me and provide a sense of direction to see transformation and different results in my life. I understand the Most High Yahweh as Almighty & All Powerful, which is more mighty and powerful than the disease of addiction.

Yisrayl J. 09/15/2024.

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May - June 2026 Celebrations

Name	Clean Date	Years	Name	Clean Date	Years
Arturo S.	5/3/2025	1	Mike W.	6/13/2015	11
Ellivitia R.	6/23/2012	14	Nais L.	6/19/1996	30
Jeanna W.	6/8/2009	17	Richard S.	6/18/1994	32
Juanita D.	5/20/1992	34	Ruby G.	6/24/1998	38
Laura R.	6/1/2023	3	Tracie W.	6/17/2015	11
Lena L.	5/27/2005	21	Arnold H.	6/7/1995	31
Penny S.	5/24/1993	33	Carolyn H.	6/17/1989	37
Richard S.	5/11/2002	24	Charles C	6/9/1993	33
Sharib A.	5/25/2024	2	Chris T.	6/23/2015	11
Toni M.	5/25/2024	2	Ellivitia R.	6/23/2013	14
Chris T.	6/23/2015	11	Erin B.	6/8/2020	6
Linda K.	6/23/1992	34	Almeta C.	6/7/1993	33

603 Years of Clean Time

Special Acknowledgement

Virgil M. June 4, 1984 42 Years

Jerry H. June 20, 1985 41 Years

NewsLetter Committee

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www.GreaterLosAngelesNA.org



The Gift is Recovery

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GLAACNA IX
 Convention Activities

- July 23rd – July 26th
- Friday Night Dance – \$10
- Saturday Jazz Brunch – \$70
- Comedy Show – \$40
- Saturday Night Dance – \$10
- Pinochle/Spades/Domino Tournament \$10 entry fee... Must have a partner

Join us for a weekend of recovery, unity, and fun!

To purchase tickets contact:
Kelvin A 708-655-0521
Linda M 213-399-6775

CashApp \$GLAACNA • Zelle 323-627-3626

Greater Los Angeles Area
 Heart to Heart Men's Meeting

Presents

33rd Annual
HEART 2 HEART
Men's Spiritual Breakfast

Trust the Process
 Sunday: August 9, 2026
 9:am • 1:pm

CONSOLIDATED BOARD OF REALTISTS
 3725 DON FELIPE DRIVE • LOS ANGELES CA 90008

\$50.00

There is only one requirement for membership, but membership will require much of us. Tradition Three swings the door to Narcotics Anonymous wide open and invites an opening in our own hearts. As long as we have a desire to stop using drugs, our right to membership in NA is unconditional. We may attend meetings for a long time before deciding to be members. When we make that decision, our lives begin to change. Working the Steps deepens our understanding of membership. We begin with surrender; we find hope; we make a decision. The Third Tradition confronts us with our prejudices, control issues, insecurities, and fears. It also reveals generosity, compassion, and empathy. Openness calls for a change of heart. Our minds may change quickly, but to change our hearts we have to humbly ask.

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