



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

July - August 2026 Volume 28 Edition 4



Tradition Nine

*"NA, as such, ought never be organized, but we may create
service boards or committees directly responsible to those they serve."*

This Tradition defines the way that our Fellowship functions. We must first understand what NA is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so. Our meetings are a gathering of members for the purpose of staying clean and carrying the message of recovery. Our steps and traditions are set down in a specific order. They are numbered, they are not random and unstructured. They are organized, but this is not the type of organization referred to in the Ninth Tradition. In this tradition, "organized" means having management and control. On this basis, the meaning of Tradition Nine is clear. Without this tradition, our Fellowship would be in opposition to spiritual principles. A loving God, as He may express Himself our ultimate authority.

The Ninth Tradition goes on to define the nature of the things that we can do to help NA. It says that we may create service boards or committees to serve the needs of the Fellowship. This is the nature of our service structure as it has evolved and been defined in the NA service manual.

Narcotics Anonymous Basic Text: Tradition Nine Page 73

Living spiritually is about recognizing that there is room to grow. A member shared, "It's not a big eureka moment; it's this calm understanding that I am not doing the negative stuff I used to do. I feel myself in alignment with my world." We begin to experience awareness and empathy with others. Our confidence and strength are restored. We see ourselves as a part of something greater and seek to live in harmony with it.

Living Clean The Journey Continues P61

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Our Area Stories

The Dilemma...and now.

Prior to recovery my life didn't just fall apart. It unraveled slowly. One decision at a time, one excuse at a time, one moment of "I'll fix it tomorrow" that never came. The outside looking in. I could still function, but on the inside, I was tired of myself, tired of the loop, tired of pretending I had control when clearly something was controlling me. I didn't come into NA because I had it all figured out or even because DCFS told me to. I came in because I was dying spiritually and I had run out of options.

The rooms weren't comfortable at first people were hugging, smiling, talking about honesty and acceptance. That sparked my interest on a deep level; however, I knew being honest was going to be hard for me, but I stayed not because I was strong, but because I was tired of suffering in silence. My favorite reading is "We Do Recover," because I truly was at a crossroads. It was either go on as best I can to the bitter ends, jails, institutions, or death or find a new way to live and because of my higher power I found a new way NA.

Today I'm not perfect and I used to try to be, but today I understand perfection is an illusion and not possible. What a relief! I'm learning how to live life on life's terms one day at a time. NA is showing me that I can choose life. I show up. I keep my commitments. I ask for help. I've obtained my high school diploma, and I am present in my children's lives. I am a productive member of society and currently a certified peer support specialist and this is because of choosing to live. Most importantly I stay honest even when it's uncomfortable.

Somewhere along the way recovery stopped being something I was trying so hard to hold onto and became a part of who I am today. This has been the best decision I have ever made. KCB.

Kimberly J. 08/19/2023

"The Gift is Recovery", and an amazing gift it was! The Greater Los Angeles Area Narcotics Anonymous, 2026 Convention Committee did a wonderful job with every event; the Thursday night Speaker Jam; Speakers on topics related to recovery, that left us Spiritually full. Fridays "Opening Ceremony" was exciting with a live DJ hyping up the crowd! The speakers set the tone for such an uplifting event, full of recovery and hope! Saturdays Jazz Brunch, the band's vocalist and musicians were showstoppers. They had people on their feet dancing and having a ball! Saturday Main Meeting with a guest speaker, and the Clean-time countdown tipped the scale of excitement and celebration for all! The Comedians were hilarious! Sunday closing was a spiritual send off. GLAANA 2026 Convention Committee, hats off for all the hard work, and an experience in recovery to cherish.

Many spoke of the Sunday GLAANA Convention after party, Beach Barn fire, having fun California style! Thank you to all the GLAANA participants providing service the NA way!

By Linda H. / Roving Reporter

Step 10

We continued to take personal inventory and when We were wrong, Promptly admitted it.

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. 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.

It Works: How and Why - Page 114

Creative Corner

I Can't See Him or Touch Him. But I know that He is There

I've been through a lot in my Life. I've done things that I was not proud of, and I caused problems wherever I went. I had this terrible thing of always taking me with me. I never realized that I was on a path until I got clean. That path has always been straight. The path never bent, it never curved, it never stopped. You see, that was the path that My God had laid out for me when I was born. That path is what has me typing this letter to someone that might need to hear how I finally gave in and stopped looking for God. He was always with me. He was always in me. He was always directing me. I was the one that decided that the Path wasn't Big enough for me. It didn't go in the direction that I wanted it to go in. It wasn't that "Yellow Brick Road" that I wanted it to be. So, I chose to change the game. I tore down the Beauty and the Freedom of the trip. I partnered with a monster. I had to speed things up. Not realizing that the 'Joy is in the Journey' as a friend of mine always says. I added what I wanted to the journey. I cut a new path, went in a new direction. Tried to change the nature of the outcome. Never knowing that once I changed direction, that it wasn't that I was alone, It was more like I got lost in my own world. That other path that had been laid out for me was still there, but I chose not to get back on it. So, I struggled. I kept on looking for something. Not knowing that I didn't have to look for it. It was always with me. Then came the evidence. The pain, the losses, the guilt and the anger. But all of the time that inner voice was there. I just had to listen. I kept fighting even when there was nothing to fight. I didn't want to be who I was, but I didn't know how to stop. I thought the World revolved around me. When I finally realized that I was only a part of the whole. Something happened. I looked at where I came from and had to answer the question: How did I get Here? And after some painful realizations, it hit me.

Even though I left the path, and that all it was. He was always with me. Slowly letting me bump my head, getting bruised, taking beatings, inflicting pain and hurt, on myself. I had to learn the lesson. He said "Enough". And then I knew it was over. I had to go through all that I went through to get back on the path that was laid out for me. I was one of the fortunate ones. Some of us don't make it back and find the Path to Recovery. You know it is something when you realize that that hurt inside is gone and there is a smile on Your Heart. But the path seems a lot clearer now knowing that I am being watched over.

The purpose is more important than anything. I don't know what his will for me is, but if I had to look at myself from the outside, I would tell me to just be the Best person that I can be. I believe that is all My God wants of me. Faith is the substance of all things Hoped for, the evidence of things not seen. I am Grateful that He brought me to Narcotics Anonymous and Narcotics Anonymous brought me back to Him.

Bruce H. 3/23/1992

As newcomers, many of us came to our first meeting with only a small spark of life remaining. That spark, our spirit, wants to survive. Narcotics Anonymous nurtures that spirit. The love of the fellowship quickly fans that spark into a flame. With the Twelve Steps and the love of other recovering addicts, we begin to blossom into that whole, vital human being our Higher Power intended us to be. We begin to enjoy life, finding purpose in our existence. Each day we choose to stay clean, our spirit is revitalized and our relationship with our God grows. Our spirit becomes stronger each day we choose life by staying clean.

Just for Today - July 22 - Spiritual Death

"For us, to use is to die, often in more ways than one" Basic Text, p. 82

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July and August Celebrations

Name	Clean Date	Years	Name	Clean Date	Years
Alicia H.	7/6/2017	9	Lenny P.	7/17/1989	37
Amillison R.	8/2/1991	35	Margo T.	8/12/2018	8
Candace V.	7/2/1993	33	Marlon G.	7/2/2023	3
Carole C.	8/2/1997	29	Mark M.	8/5/2004	22
Carrie A.	8/14/2025	1	Mignon R.	8/30/1997	29
Charles H.	7/24/1992	34	Patricia W.	7/28/2009	17
Contrell O.	7/19/1997	29	Paula R.	7/16/2004	22
Dag C.	7/24/2017	9	Phil B.	7/18/1987	39
Debbie B.	8/17/1993	33	Rasheeda W.	7/7/2017	9
Della H.	7/25/2017	30	Ron T.	8/15/1995	31
Derwinn J.	8/19/1991	35	Roy M.	8/31/1993	33
Diana H.	7/5/2026	20	Sandra A.	8/1/1995	31
Emily J.	8/29/2017	9	Shae C.	7/1/2019	7
Gavino M.	8/3/2009	17	Sue F.	8/17/1999	27
Herron R.	8/9/1998	28	Terry L.	8/12/1989	37
Jamal J.	7/15/1996	29	Theresa W.	7/26/2006	20
John N.	8/18/2009	17	Trish C.	8/12/1994	32
Joseph A.	7/8/2015	11	Vaugh H.	8/30/2000	26
Kimberly J.	8/19/2023	3	Wali W.	7/19/2001	25
			Yvonne F.	8/5/2004	30

Clean Years 976

Special Acknowledgements

Jessica M. - July 15, 1986 - 40 Years
Cheryl B. - August 27, 1986 - 40 Years

Step Eleven

The nature of our belief will determine the manner of our prayers and meditations. We need only make sure that we have a system of belief that works for us. Results count in recovery. As has been noted elsewhere, our prayers seemed to work as soon as we entered the Program of Narcotics Anonymous and we surrendered to our disease. The conscious contact described in this step is the direct result of living the steps. We use this step to improve and maintain our spiritual condition.

When we first came into the program, we received help from a Power greater than ourselves. This was set in motion by our surrender to the program. The purpose of the Eleventh Step is to increase our awareness of that Power and to improve our ability to use it as a source of strength in our new lives.

Basic Text - Step 11 - Page 44 – 45

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