The HeartBeat of
Greater Los Angeles Area
Of Narcotics Anonymous

September - October 2026 Volume 28 Edition 5

Step Eleven

Practicing the Eleventh Step involves a daily discipline of prayer and meditation. This discipline reinforces our commitment to recovery, to living a new way of life, and to developing further our relationship with our Higher Power. Through this daily practice, we begin to glimpse the limitless freedom we can be afforded through God's love. We have found that following such a discipline also results in a firm belief in our own right to happiness and peace of mind.

We see that, regardless of the presence or absence of material success in our lives, we can be content. We can be happy and fulfilled with or without money, with or without a partner, with or without the approval of others. We've begun to see that God's will for us is the ability to live with dignity, to love ourselves and others, to laugh, and to find great joy and beauty in our surroundings. Our most heartfelt longings and dreams for our lives are coming true. These priceless gifts are no longer beyond our reach. They are in fact, the very essence if God's will for us.
In our gratitude, we go beyond merely asking for the power to live up to God's plan for our own lives.

We begin to seek out ways to be of service, to make a difference in the life of another addict to carry the message of recovery. Our spiritual awakening has opened us to spiritual contentment,
unconditional love, and personal freedom. Knowing that we can only keep this precious gift by sharing it with others, we go on to Step Twelve.

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GreaterLosAngelesNA.org

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Our Area Stories

I want to tell you about the Heart to Heart Men's Breakfast. I went there with a lot of anticipation on what to expect. I really enjoyed the meet and greet. It was absolutely marvelous. I took a lot of pictures of people I've recently seen, and some people I haven't seen in a long time.

The kicker for me was the Comedy show. The comedy show was so funny that I laughed all the way through it. The food was absolutely great. The prizes for the drawings were also great. I tried to win the TV. I bought $25 worth of tickets. I lost, but it was a lot of fun. I will go again next year. God bless us all to be there together. Keep coming back. I love you all.

Robby C. / Roving Reporter

Greater Los Angeles Area of Narcotics Anonymous is a very powerful area. Greater LA has been around since 1990, wow! This area has been through ups and downs, but the area still stands, good, bad, or indifferent. It has not been, peaches and cream every day. Most of all God got this area back. That is real talk. I thank God for Greater LA.

The predecessors paved the way for us in Greater LA. They never gave up. They stood their ground in this area. They've been through hell and back, ups and downs. Guess what? Through the help of God, they still stand. The predecessors started meetings in this area, and the meetings are still standing.

The Greater LA first convention was in 1999 at the Bonaventure Hotel Downtown LA. That was a very powerful convention that year. Opening ceremony was awesome. I remember it like it was yesterday. Thank you God for that experience that was history for Greater LA. The predecessors that were there that year were very powerful and awesome. It takes a lot of work to put on a convention, I know!

I love you Greater LA. Thank you for being there for me. Thank you, predecessors, for paving the way for us and not giving up on the area. Especially the ones that passed on. They would be proud of Narcotic Anonymous Greater LA Area.

Love you, "We all we got'
Vivian J. 12/27/1994

Step Eleven

We sought through prayer and meditation to I improve Our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

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.

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Creative Corner

"STEP TEN: The Door to Forgiveness

As I have taken my own path along serenity, the steps have sometimes been unsteady and difficult. As I walked (and worked) the first nine steps, there was definitely scenery along the way that was both ugly and beautiful. Yet with each step I take, I am brought to a new place of understanding and experience in having a clean, more content life.

I believe one of the most difficult of all things I am learning to do is be self-analytical; to honestly figure out how to examine myself. So many times before, I actually shied away from taking even just a few private moments for the purpose of self-analysis. I was too busy for such foolishness. But along a clean way, I've come to understand that these "self-checks" need to be done honestly thoroughly and often.

Sometime ago, after having time to analyze a past situation (one that caused me much regret and much unhappiness to myself and to others). I had an opportunity to openly admit that I had been wrong. I made the admission to this person face-to face. Much to my surprise, the admission was received graciously, and the old matter was, at last, put to rest. Admitting when you're wrong opens the door to forgiveness

Because of frequent "self-checks" I have become more aware of my emotions with the help of my Higher Power. I will eventually become less likely to justify negative emotions, more capable of controlling an urge to criticize and blame outside influences for my shortcomings.

In a recent incident in solving minor driving incident, the officer ticketed me concerning a traffic sign in a rather remote area. He contended that this particular route which exited from a parking lot (stretching no more than about 75 feet) was one-way. My argument was that it was not one way, since had taken this way many times. He pointed out the sign which, for some reason I had never seen, and made his point! I pulled away with a ticket in my pocket and a few choice words on my lips. In reflecting on the situation later in the day, during a time of "self-checking" I discovered and realized my need to accept that the fault was not the officer's but mine

If my own personal growth progresses as I hope that it will I will use my moments of "self-checking" to help me rise above those old hills of hurt prides and unwillingness to accept the imperfections of my own and those of other people. Hopefully, I am arriving at a point on this road of serenity where I can forgive when someone else is at fault. I place where I can admit when the fault is mine. And that my life is more about taking Steps toward progress rather than perfection.

Fred M.

Many of us did the same thing when we were new, so when we work with others we try not to do or say anything that will give them the excuse to continue using. We know that honesty and empathy are essential. Complete surrender is the key to recovery, and total abstinence is the only thing that has ever worked for us. In our experience, no addict who has completely surrendered to this program has ever failed to find recovery.

Narcotics Anonymous is a spiritual, not religious program. Any clean addict is a miracle, and keeping the miracle alive is an ongoing process of awareness, surrender and growth. For an addict, not using is an abnormal state. We learn to live clean. We learn to be honest with ourselves and to think of both sides of things. Decision making is rough at first. Before we got clean, most of our actions were guided by impulse. Today, we are not locked into this type of thinking. We are free.

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September - October Celebrations

Name	Clean Date	Years	Name	Clean Date	Years
Darlene W.	10/12/2007	19	Leilani W.	10/19/1988	38
Diamond	09/23/94	32	Letie C.	10/13/1998	28
Dwayne P.	9/1/1996	30	Mallory C.	10/29/2021	5
Earl F.	10/7/1991	35	Marcella M	9/23/1994	32
Gloria F.	9/14/2008	18	Sherene A.	9/8/1992	34
Harry N.	9/6/2002	24	Sherry M.	9/9/2019	7
Israyl J.	9/15/2024	2	Stephane R.	9/5/2009	17
Jerome R.	9/12/2025	1	Otis W.	10/12/06	20
Julie R.	10/17/1996	30	Percy H.	10/15/88	39
Leta C.	10/13/93	28	Brenda T.	10/22/94	32
			Darlene	10/27/94	32

Clean Time 668

Special Acknowledgements

Pamela J. - 9/24/1984 - 42 Years
Jay A. - 10/28/1984 - 42 Years
Tony R. - 9/18/1985 - 41 Years
Westbrook 09/10/1986 - 40 Years

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

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

www.GreaterLosAngelesNA.org

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A Growing concept of God

In a lifelong process of coming to believe, our understanding of God will change. The understanding we have when new in recovery will not be the same when we have a few months clean, nor will that understanding be the same when we have a few years clean.

Our initial understanding of a Power greater than ourselves will most likely be limited. That Power will keep us clean but, we may think, nothing more. We may hesitate to pray because we have placed conditions on what we will ask our Higher Power to do for us. "Oh, this stuff is so awful, even God couldn't do anything, "we might say, or "God's got a lot of people to take care of. There's no time for me."

But, as we grow in recovery, so will our understanding. We'll begin to see that the only limits to Gods love and grace are those we impose by refusing to step out of the way. The loving God we come to believe in is infinite, and the power and love we find in our belief is shared by nearly every recovering addict around the world.

Just for Today: The God I am coming to understand has a limitless capacity for love and care. I will trust that my God is bigger than any problem I may have.

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