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My name's Marcus Marshall and I am the Vice President and cofounder of Keys to Recovery Newspaper. Our mission is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible, and to offer resources that may provide treatment and support.

Although I am still in the early years of my recovery the principles by which I am now living my life are values that I was raised with. My foundation of faith was given to me by my mother who brought us up in a household focused on God, family and friends, I grew up filled with the joy of helping others and focused on a life of service to God.

This gave me a sense of direction in my early years that I followed until my disease took over. I used alcohol and drugs for 40 years. During that time I witnessed the horrors of addiction both in my life and the lives of the people that I loved. My heart has been wretched from intimately experiencing first hand the tragedies of emotional, mental, physical, spiritual and financial devastations that are a result of being in the bondage of addiction. I lost so much over the years, two women I loved died, I lost the respect and trust of my brothers and sister, I lost countless jobs and possessions and my freedom more than once.

One of hardest times of my life was when I lost my mother who passed away from cancer while I was in prison. I was truly powerless and this fueled my disease when I was released from prison. I continued going in and out of prison for a couple more years.

I finally was able to gain a measure of control over my using and I thought I had "control" of my life since I was no longer doing hard drugs or going to prison any longer. I settled down into a life where I survived doing the bare minimum to get by. I worked just enough to pay the bills and buy my weed and alcohol. I had friends who were just like me or worse off then I was. My disease seemed to be under "control" but I felt dead inside and knew that I was not living the life God had intended for me. Sometimes I think this bondage I had created for myself was just as bad, if not worse, as the prisons I had been in.

A friend once told me that I was living in a chemically induced coma. I think she was right. That very same person showed me the path to recovery. She introduced me to the 12 steps and its principals, and since then I've been living a life that I know is aligned with Gods will.

Everything I have done to this point in my life has led me to where I am now. Keys to Recovery Newspaper is not a job its a labor of love. I'm so appreciative to be able to help share in the recovery of so many with their addictions. I work with two individuals that are so energetic in their pursuit of giving back which was so freely given to them, I'm in the best *company* ever - no pun intended. We go to networking events, give food and clothing to those at Skid Row and at the missions, contribute to Hope of the Valley and all that they do, and so much more.

Never in my wildest dreams would I have believed everything from my past was going to prepare me to be part of such an incredible organization, and such a loving group of caring individuals in our recovery family. I have the privilege to wake up with God in my heart, joy in my steps, and peace of mind knowing that I'm helping those who are in need. I sincerely thank all of you who have supported me, the encouragement has been overwhelming and has touched my heart.

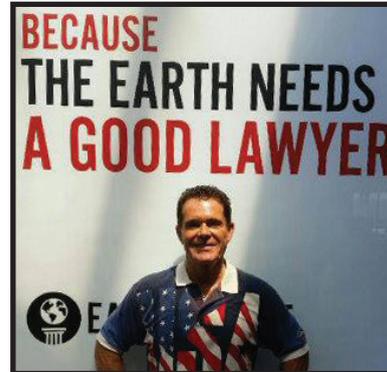
By the way did I mention the President of Keys to Recovery - Jeannie Rabb-Marshall - is my beautiful wife? She's also the one who helped me find a way back to a life based on the foundation I started with - God, family and the principle of service.



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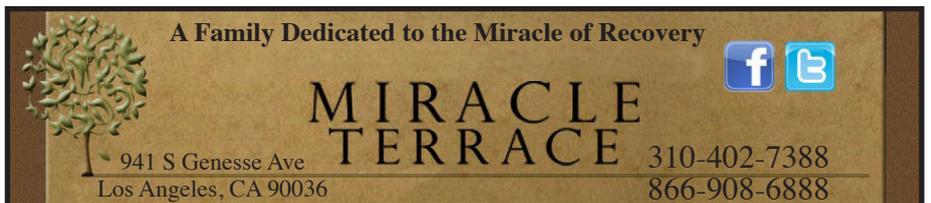
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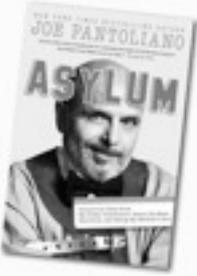
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How Do We Let Go?

Even when we know something's harming us and it will only get worse, it can still be a struggle to give it up. What is the process of letting go and why are certain things so hard to give up? Believing that we need a person, place or thing in order to survive, tolerate ourselves or our lives, or in order to be happy or have meaning can create dependency. Sometimes these needs begin when we are at our most vulnerable period.

Take the example of a boy who suffers repeated physical abuse from an early age and as a teenager discovers heroin. Not only does it magically remove all pain, but he feels transformed to a state of bliss, comfort and complete fulfillment. In a family that's unable to bond or show affection or interest, a child is able to adopt a pet dog. The dog allows her to feel more love than she'd ever dreamed of. Consider a boy who's been a social outcast all his life, then begins a career as a drug dealer. Suddenly he has a surge of power, worth and popularity. The youngest sibling in a family of bullies who is teased for being a baby, feels adult and mature when smoking cigarettes. A girl who feels unloved at home and a failure at school discovers that boys want to be with her when she offers them sex.

Like these examples, our attachment to something can start as a protection from pain that we don't know how to manage on our own. We may not realize we're dependent until threatened with the loss of our attachment. Then we may not want to get out of bed, we may have panic attacks, cry uncontrollably, become aggressive or willing to go against our values and morals to hold on to what we feel we need.

Even when we're not in a vulnerable wounded place, we may try something and enjoy how it feels whether smoking, shopping, eating sweets or beginning a new friendship. If the associations we attribute to these things are powerful or numerous, a dependency can develop. Eating sweets can be associated with reward, pleasure or giving to oneself. A new friend can be associated with greater comfort and acceptance of oneself. Shopping can be linked to lifting spirits. Cigarettes can be a companion when talking on the phone and driving, for easing stress or fortifying oneself before a meeting, and as an additional pleasure after sex.

Whenever we empower someone or something outside ourselves to bring us positive feelings and we have limited knowledge of how to do this for ourselves, we can build dependencies that undermine self-esteem. The more we invest in the outside for positive feelings, the less we invest in and believe in ourselves. In these circumstances, when we lose what we feel we need, it seems as if we are losing ourselves. Fear, anxiety, anger and depression are typical emotional reactions to this kind of letting go.

If our dependencies become excessive and create significant problems, it will be important to examine all dynamics underlying the dependency. This includes pain, yearnings, positive and negative associations, identity and self-esteem. This process can involve finding support to heal pain and grieve. We can discover what we wish to have more of and less of in ourselves and our lives and how to do that. We fully realize any negative elements and begin empowering ourselves through recognizing the positive within us. We explore who we are with greater depth and clarity and make new associations that have healthier consequences.

The goals of the heroin addict who survived child abuse are to heal pain and create a broad support system of people who understand and have nurturing qualities. He needs to learn to set boundaries against any future abuse and develop greater compassion and appreciation for himself. He must discover natural, healthy means to mental and physical pleasures and identify and abstain from all destructive endeavors.

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Living in The Moment

Be in the moment...be where your feet are is what we say in recovery when someone is full of anxiety, fear, and projection. We want to bring our minds back to the present moment "where our feet are", to regain a sense of peace. The present moment is where reality and blessings are. Every given moment is an opportunity to grow, change and live to the fullest. Instead of being present, accepting current conditions, no matter how difficult, painful or even glorious, addicts have a tendency to focus on the negative, project fear, become ungrateful for what we have or don't have and try to control everything based on our own expectations and emotional state. Instead of seeing what we can bring into any given situation like; love, kindness, gentleness, or help, we complain and condemn.

For those in more difficult to moment as we are negative thought minds. It is difficult mind" to focus and that we are living circumstances are life seems to be difficult we seem to zone in on the negative and forget that there is a Greater Power who is in control of all things, especially current situations.

“...no one can change one second of the past...”

recovery, it seems be present in the apt to follow every that enters into our for the "warped enjoy the moment – right now. When not favorable and extraordinarily dif-

When we are not living in the moment we project our fears onto others and into life circumstances with judgment, unreasonable expectations, and control. The Big Book talks about a hundred forms of fear and self-delusion, which is what happens when we are self-absorbed (pg 62). Control, doubt, disbelief, projection and not being present in the moment are often forms of fear. Fear of the future and regret from the past robs us of inner peace and thankfulness.

If we can begin to believe that each moment is a special gift, we may begin to trust and rely on God more. Aren't some of our problems based on our own efforts and thinking? If we can trust and believe that God has everything under control we will calm down and allow life to unfold in a beautiful, imperfect, way. Being thankful for all things, especially for what we do not understand results in contentment, hope and assurance for our futures. No one can change one second of the past, and it is useless to try to predict future events with the outcomes that we desire.

The challenge is trusting and relying on God rather than ourselves. Acceptance of the present situations will allow us to also focus on more productive ways to live. Instead of seeing difficulties as problems or blaming others for what is going on, we can intentionally refocus our attitudes and responses in a more positive and loving manner. We are responsible for ourselves, our recovery, growth and relationships. How we treat others and respond to life is a good indicator of what we believe about our God.

Each day is a new beginning and each moment brings its own hope. We can find something to be grateful for each moment even if it is just that we are breathing in and out! Maybe while breathing in & out, we might also consider that there is a loving God who is present and has our best interests in mind? Trusting God is powerful and liberating. It takes the heavy load off of our shoulders and allows us to live free – clean and sober with all of the gracious gifts that God has to offer.

What we do in each moment makes the difference. Are we being quiet enough to hear and receive guidance, do we have an attitude of gratitude, or are we unbelieving, angry and fearful? When we feel ourselves drifting into morbid reflection of the past or fantasizing about the future, we can bring ourselves back to reality by taking a deep breath and focusing on where our feet are.

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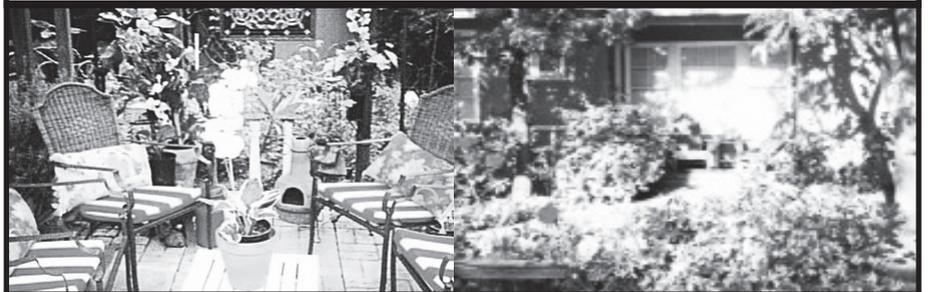
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What is Grief?

When someone we love dies, grief is a powerful force moving through us. It is often said that grief is the price we pay for love. It is certainly a very painful connection to the person we have lost. We may try to avoid this pain by drowning it in drugs and alcohol, by workaholism, escape-aholism, by any means at our disposal. But grief will work its way through us whether we chose to deal with it or not. Because losing someone we love is painful and grief is our natural response. More importantly, it is good for us to grieve.

Good grief? Yes. It can be our greatest healer and teacher. But if, as they say, "The truth will set you free, it just puts you thru the wringer first" then yes, grief is one of those wringers. Grief effects us on every level; emotionally, physically, mentally and spiritually. In addition to the pain of sorrow, there are often physical symptoms. There can be a sense of being kicked in the gut along with a feeling of emptiness, headache and nausea and even chest pains. I have personally noted an unusual amount of injuries often involving the feet and ankles due to tripping and falling. Our mental state can be effected to the extent that even if we enjoy reading, we can't concentrate well enough to get thru a paragraph, and then may quickly forget what we've read.

Grief hits us in waves and often unexpectedly. A song on the radio, someone who resembles our beloved, almost anything can set the wave in motion. For all these reasons, it is important to take extra care walking or driving or any activity where we need to be present. Because we are not present in grief. We are in a state of profound preoccupation. Every cell in our being knows something profound has happened to us and yet we must go about our lives as if it hasn't. For most Americans, people don't know you're grieving. You are on Planet Grief but they will expect you to be on their planet. Which brings me to one of the least helpful things said to people who are grieving: "You need to get over it."

We do not simply "get over" people we love when they die. In healthy grieving we may move through many stages from the initial shock of the death, a searching and longing for our beloved, a rage against the loss and sometimes at our beloved for leaving us. Often if we have a higher power our faith is shaken by anything that would let this happen to us. The poet Kahil Gibran wrote "Love is eternal" but he continued "Love knows not its own depth until the hour of separation." We do not like to be separated from the ones we love. Have you ever watched a baby or very young child when the parent leaves the room? How long before it starts to cry? And if the parent is away too long, all manner of wailing, anger, perplexity (how could you leave me?) the searching and yearning (where did you go? I need you). And then the most painful to feel and to watch the despair (they are never coming back). Can you imagine the effect on that child if you were to tell them to "get over it". Even when the parent returns there is much comforting to be done.

Well, a grief stricken adult is going to be experiencing much of the same feelings. And everyone grieves in their own way and in their own time. There is no right way to grieve. That being said there are ways that are more helpful and less harmful. If you try to cope with grief by crawling under your bed with a bag of cookies for a week, that may be OK. If you stay under your bed week after week, for months or years, perhaps not so much.

Grief has a way of overwhelming our usual coping strategies and pushing us to develop new ones. If you are lucky enough to have friends who are nudging you to take better care of yourself in your grief, you may ask one of them who is a good listener to sit with you and help you identify things that help you feel better. You may benefit from seeing a grief counselor or a grief support group. These people can help guide you and hold the hope that you will heal while you are healing.

Will you ever feel better? Yes, in your own way and time the pain will lessen. The waves will not hit as hard or take you down as long. One day you will begin to notice you are feeling better. In the meantime be gentle with yourself. And be careful crossing the street.

Pat Regan, LCSW The author was a provider of Bereavement Services to a Los Angeles Hospital for many years. Referrals for grief support can be found through hospitals, religious organizations and local community & senior organizations. One good resource is: Our House Grief Support Center. WLA & Woodland Hills www.ourhouse-grief.org (888) 417-1444.

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by: Christina Weiss, MPH, MFTI

Food Obsessions and the Brain

Understanding the Neuroscience of Appetite for Anorexia Nervosa

In our culture, food is often the center attraction, towards joyous connection with family and friends. For an individual struggling with anorexia nervosa (anorexia) just the mere thought of eating can induce an adverse reaction, which is difficult to stay present and comfortable. Kaye et al., (2003) found for those with anorexia the image of food may lead to agitation, anxiety, severe thought disturbances and even panic. When food is nearby, negative thoughts, such as “you’re fat” or “you don’t deserve to eat that,” flood the brain of someone with anorexia. This “noise” occurring in the brain, increases not only by the act of eating itself, but also by just being around the food. These thoughts often make it difficult to engage in social interaction, and with the expectation of “eating and being merry”, meals for someone with anorexia can be a difficult time.

So what happens in the brain of someone with anorexia around food? Those with anorexia tend to be harm avoidant. In an attempt to control overwhelming and uncomfortable feelings and thoughts, a person with anorexia may become more rigid, such as counting caloric intake at every meal or weighing themselves more times throughout the day, and make fewer and fewer choices in the types of foods they eat. Overtime this repeated rigidity will show up by a decrease in the amount of activity in their life, including social isolation and more focus on eating only “safe” foods which become more and more limited.

Someone with anorexia may choose not to eat, to try to soothe themselves and decrease their anxiety. As the brain starves, Serotonin decreases significantly. This reduces the anxiety a person with anorexia may feel. Not eating is actually a calming feature for someone who is struggling with anorexia. While most of us understand food is an important substance to nurturing life, for someone with anorexia food is mental anguish. Moreover, when someone starts to recover and begins restoring weight, serotonin levels surge, which creates an increase in anxiety and obsessive thoughts, making the period of weight-restoration for someone recovering an important time when they may need the most support.

Researchers have identified certain parts of the brain involved with anxiety, hunger and appetite, and alexythemia (the inability to feel and express emotions) for those with anorexia. A study by Holsen, et al. found hypo-activation (slowing down) in the hypothalamus (the body’s thermostat detecting hunger), amygdala (fear response region of the brain) and anterior insula (part of the brain responsible for interoceptive awareness including body and emotions) for both participants with active anorexia and weigh-restored participants compared to healthy-weight controls before eating. This suggests there is an internal mechanism within the anorexic brain which is decreasing appetite and the ability to detect hunger. However, this hypo-activation in the anterior insula did not persist in weight-restored participants, suggesting those in recovery may regain the ability to regulate their hunger following food intake, but may take longer to regain appetite signals.

The study also suggested activation in the hypothalamus, amygdala and anterior insula for those weight-restored were associated with hedonic (desire for favorite foods) and nonhedonic (hunger) aspects of appetite. It is thought that dysfunction in this region of the brain for those with anorexia may reflect the anxious response to the mere idea of food. And reduced activation in the anterior insula is associated with the inability for self awareness, such as being in a state of hunger, emotions and other somatic sensations.

A further study by Brooks, et al. reported those with anorexia have an increased top-down, prefrontal cortex (thinking and decision-making part of the brain) combined with reduced bottom-up somatosensory (body awareness; appetite) response around images of food. They suggested asking those with anorexia to think about eating food does not activate appetite regions of the brain (bottom-up) and it is likely to induce an appetite-aversion response (top-down).

They examined the role of cognition (thoughts about eating) for appetite-related activation in those with anorexia and found thoughts around food for those with anorexia corresponded to reduced activation in the cerebellar vermis and increase activation in the visual cortex. They also found those with anorexia fail to efficiently process information from appetite regions of the brain and effectively orchestrate higher-order cognitions (thoughts).

For a person with anorexia activation of top-down brain regions may be associated with attempts to control thoughts or disrupt somatic responses to hunger or interoceptive awareness around appetite. Furthermore, increased visual cortex activation may be related to aversive thoughts about consuming food, when food is insight, which overwhelms their system. That is, thinking about eating while viewing images of food (or being around food during mealtime) conflicts with strong anxiety-provoking desires to be thin. In the study by Brooks et al, engaging participants while presenting food images by asking them to think about eating the food induced significantly higher levels of anxiety (shown by activation in the amygdala). If you are recovering from anorexia, you can challenge the negative thoughts you may be experiencing around food, including being authentic to your emotions and reaching out for support during mealtime, even when it’s the least thing you want to do. Families can support loved ones by knowing the difficulty they may be experiencing and making themselves more available.



Christina Weiss, MPH, MFTI, Primary Therapist at Shoreline Center for Eating Disorder Treatment
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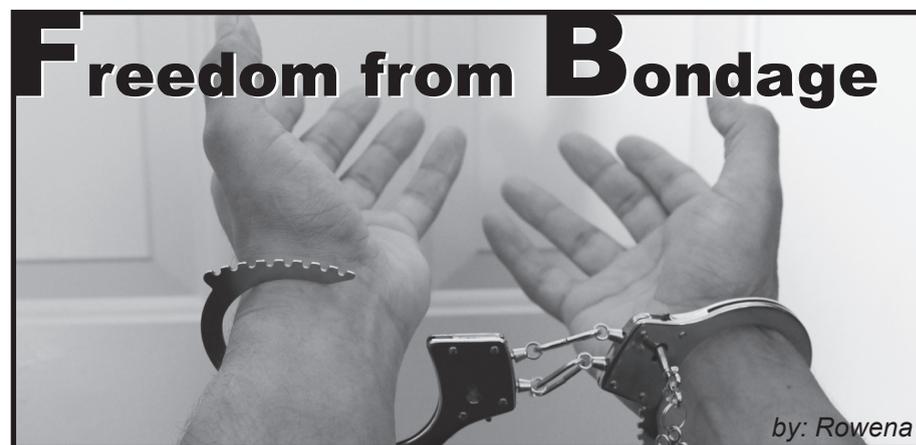
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The School of Hard Knocks.

Many of us who have only by Grace survived years of drinking and using, of living on the edge, of using and abusing drugs and alcohol, using and abusing everything and everyone around us and mostly abusing ourselves.

We have a tendency to think along one of two lines once we get sober, one is that we are not now nor ever could be smart enough, brave enough or just enough to try to go back to school and succeed. The second most common thought process is that we don't need book learning because we come from "The School of Hard Knocks" and after what we have seen and done and had done to us in order to drink and use we believe school has nothing to offer to someone like us.

Well I am here as a graduate of "The School of Hard Knocks" and as a College Graduate to let you and the world know that higher learning e.g. college is one of

of my sobriety me that I can commit to. It is so much I much more I learn something low myself to be growth. It taught this world is not

"I discovered a whole new world through education."

the best experiences and my life. It taught achieve what I truly taught me that there never knew and so will never know yet I every day if only I al-humble and open to me that this life and all about me, actually

just the opposite it is my opportunity and gift to give and share and contribute to this beautiful fantastic world and thing we call life. It taught me that I can be part of the solution and live an authentic meaningful life.

Once I pushed through the fear and self-doubt and put my ego and I know everything already attitude to bed permanently I discovered a whole new world through education.

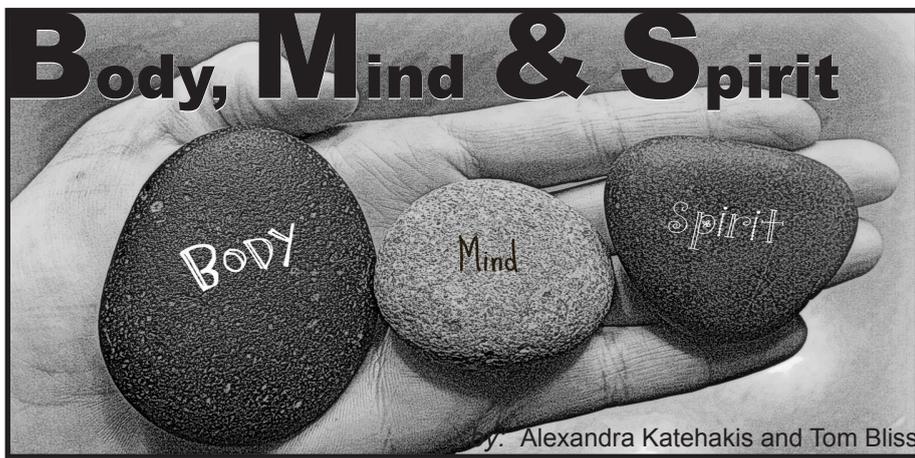
I have learned about so many things that had never even crossed my mind in my limited small world vision. I came to respect those that had blazed many trails before me and I came to understand that I had spent my life as a big fish in a very small pond. One of the most profound and liberating things I learned is that we never stop learning as we stay sober and continue to grow, this beautiful world keeps opening up especially when you pursue education.

Moreover education is a pathway to financial freedom, through commitment, hard work and most of all perseverance you will find that you have learned and earned the skills and have the College Degree to back it up, that can afford you some real financial stability and freedom.

Alcoholics, Addicts, Ala-nons and the like we all have a lot of things in common as far as our drive, and determination, our survival skills just to name a few. I have found through my own personal journey and by observing others just like me/us we have a tendency that once we commit to the college experience we do EXTREMELY well, the majority of the time we don't just graduate but we graduate with honors. This is really not surprising when you think of all the effort, commitment and consistency it took for us to keep up our drinking, using, scheming and scamming.

I think I have said enough on this subject at least for this time around. I want to encourage you to visit your neighborhood Community College and go to the Student Services department on campus to find out not only how to register but also all the many Student Services programs that are in place to help you succeed and finish what you start. I wish you well on your journey.

If your mind can conceive it, and your heart can believe it then your hands can achieve it. - Rowena



Self-Trust

“Trust thyself: every heart vibrates to that iron string.”
~ Ralph Waldo Emerson

The worst betrayal is self-betrayal. We often falsely focus blame on another, for to grasp how we let ourselves down can be devastating. Seriously, we can't trust that we'll be in the same mood or have the same intention from one moment to the next: A promise we make in one mind state might be upended with the slightest shift in circumstance. How often do we wake up ready to conquer the day, whether by action or interaction, and an hour later, can't even remember that feeling, much less act on it? Let's be honest. If our thoughts and emotions were personified as a partner, what a shifty, exasperating relationship that would be!

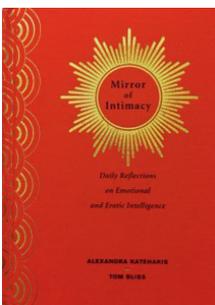
It's said the mind is like a bad neighborhood at night—you don't want to go there alone. Our head sometimes takes us to unhappy or unkind places because of unprocessed trauma. Distorted, uncontrolled thoughts can even lead to addiction, a form of retraumatization. Habituated early to self-abandonment, addicts in recovery always come to realize that they've never been present for their own feelings and needs. Partners of addicts often feel not only that they can't trust the partner to avoid traumatic scenarios, they can't even trust themselves.

How can we establish trust in ourselves? By showing up for ourselves, being accountable to trusted others, sticking to a self-defined regimen of integrity, following through with our words, and loving ourselves when we fail. It's crucial to practice self-empathy, for trust can't be willed into existence. That didn't work when our caregivers tried to impose their will on us, and it won't work internally, either. Only when we can tap into a place of self-trust, with a reliable process of reparation for inevitable mistakes, can we build trust with another person. Because you can't give until you've got.

Daily Healthy Sex Acts:

- Set special time aside to be present with yourself in order to gain your own trust. See if you can stick to a regular schedule of self-care, such as daily meditation or similar acts of self-love.
- When life doesn't go as planned, practice self-empathy by soothing yourself with kind words and thoughts. Speak to yourself as you would to a frightened child or pet. Do this aloud, tapping into the healing power of your own loving voice. The gift of self-trust is worth your full attention and practice, regardless of how uncomfortable it feels right now.

Excerpted from *“Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence”* by Alexandra Katehakis and Tom Bliss published by Center for Healthy Sex - now available for purchase on Amazon! Sign up to receive free Daily Reflections by email at <http://www.centerforhealthyssex.com/daily-meditation> • Center for Healthy Sex, 9911 W. Pico Blvd., Ste 700 Los Angeles, CA 90035 • 310-843-9902



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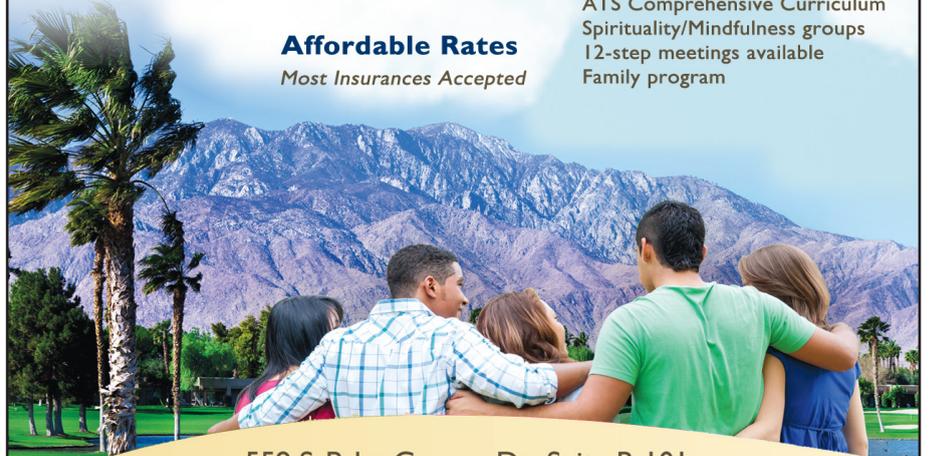
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METH DESTROYS



Recovery Heals

Written by: Robert Mittiga

While preparing for this issue on “Meth Addiction” we came across so many articles, websites, blogs etc., that showed only the horrors and end results of meth use. So many of them implied that recovery from meth and its side affects was impossible and hopeless. So as the publishers of Keys to Recovery Newspaper we wanted to share **HOPE** that **RECOVERY** is possible.

SCIENCE IS SHOWING THAT RECOVERY FROM METH IS POSSIBLE.

1. BRAINS RECOVER: The data from new scientific studies on the brain’s healing from meth use is very good news. When tested, meth users who were abstinent for five years or more and non-meth using control subjects had similar neurochemical levels. In short, after 5 years the brain can often show no sign of meth destruction. In another study, a group of meth addicts were compared to a control group of age-matched non-meth users. Just upon quitting, the meth addicts performed far worse on measures of cognitive performance and neuropsychological functioning, as well as emotional distress. But, after a year of continuous abstinence from meth, these subjects performed comparably to the healthy control subjects.

2. CAREERS RECOVER: If you started using meth when young, you most likely never got the opportunity to start that career path you’d once imagined for yourself. But I personally know dozens of people who have recovered from meth use and gone back to finish high school and/or Uni to work in a field they love. If you started using later in life, you most likely torpedoed your career, perhaps beyond repair. But I know many former addicts who have reclaimed their once-thought lost careers.. And, on the flip side, I know just as many recovering addicts, who went on to wholly new and promising careers – often jobs more satisfying than the ones they had before becoming an addict. Sure, we usually have “recovery jobs” for a few years – those easier and simpler jobs that allow us to focus primarily upon our recovery in that first difficult year or two. And perhaps this recovery job will grow into something more career oriented, or get you through school, but either way there’s no rule that says you can’t dream big again career-wise (at any age).

The simple fact is the longer you stay clean and sober, the better your skills at life and work become and the more opportunities you have presented that you can capitalize upon – because you are clean and clear headed. It just takes time. Your career, like Rome, can’t be built in a day.

But give it a few years of clean time and you’ll be amazed at where your life goes. This is one of the many reasons it’s good to go to recovery-based meetings: because there you will hear the stories of just such successes. You’ll hear of addicts who were just as bad off, or sometimes even worse, than you who have now made new lives for themselves. I know of one homeless addict who went from driving a shopping cart to a Mercedes. Sure it took her well over a decade of hard work in her new career of real estate to achieve this, but she did it. And I mention the fancy car as a symbol, not an end in itself. What’s most important is: today she is respected by her clients and coworkers. And she respects herself.

If you are new to recovery and a career that brings passion to your life seems so far out of reach as to be laughable, cheer up. That’s your brain today. Your brain a few months and then years from now will be much healthier and able to take on responsibilities that now you can’t begin to imagine. Stay clean and you’ll be amazed.

3. RELATIONSHIPS RECOVER: Here’s a big one. Our relationships can recover. Perhaps not all of them. It’s a sad truth that usually some relationships don’t survive our addiction to crystal meth. But what can definitely recover is our ability to have open and honest relationships

once we get clean and sober. When using, we couldn't be trusted to show up and participate in what it takes to be a good spouse, parent, child or friend. We were married to the drug. But once we got some clean time under our belts, we learned to show up and be responsible. We could again be counted on in times of crisis. (In my experience, the recovered addict is often one of the more solid people to have around in times of crisis just because they have survived living hell before, and so they have a larger perspective on life.)

But big miracles occur once we get clean and demonstrate, over time, that you can live life free of meth and other drugs. Those who had rightly learned to distrust us often come to love and trust us again. And rightly so.

4. CONNECTION WITH A HIGHER POWER RECOVERS (SPIRITUALITY): A friend of mine, whom has gone on many a call to empty out a person's home who died of an overdose, tells a familiar tale. When he gets to the dead meth addict's home, there's always a lot of at least two things – drug paraphernalia and books on spirituality. Why are so many meth addicts interested in spirituality? I think it's because, while using meth, connection to that higher power (however you define it) is blocked.

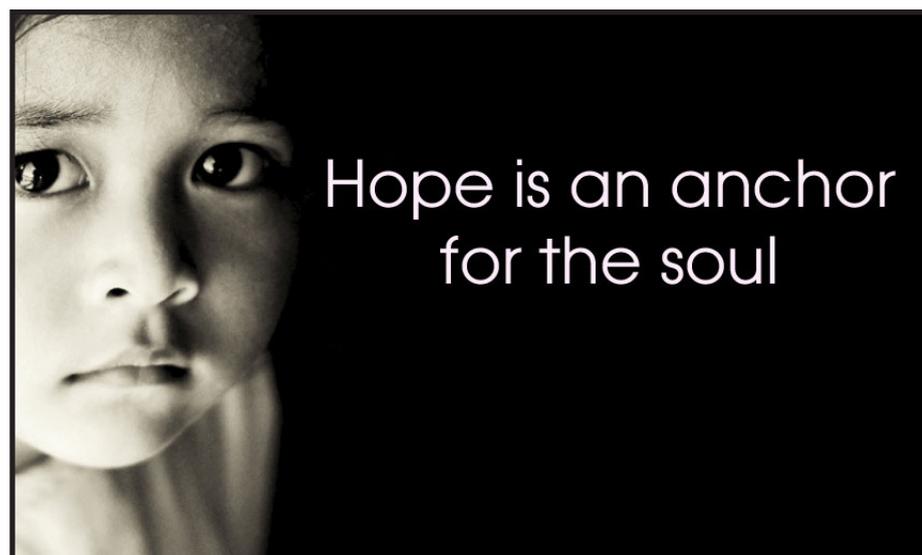
Certain other drugs have a history of being used in connection with the pursuit of spirituality (peyote, acid, marijuana) and there's a healthy debate about the validity of that, especially for those of us with an addictive personality. But I think that most of us can agree, meth takes one to a dark place where the light of spirituality doesn't shine. As you recover from meth addiction it's quite common, more common than not, I think, that we find ourselves actively seeking to rekindle a spiritual connection. Often this comes at the local church or synagogue, but just as often it's a less organized more private affair. Either way, our deep longing to reconnect with a spirituality usually grows the longer we stay clean.

Even for those former addicts who are atheists, many will tell you they still have a strong sense of spirituality – or something close. It may be defined as a connection to a goodness or "loving kindness" in humanity, or to self awareness, or some other path that doesn't involve a deity, but it's a path of seeking nonetheless.

IN SUMMARY: The truth is: YOU can recover and YOU will recover. Many have done it before YOU. Many will after. This is your time. Join life. Join in recovery and leave the former darkness of your using life behind. You can do more than just quit your addiction to crystal meth – you can recover a life that's truly worth living!

Robert Mittiga rmittiga@iprimus.com.au - Australia

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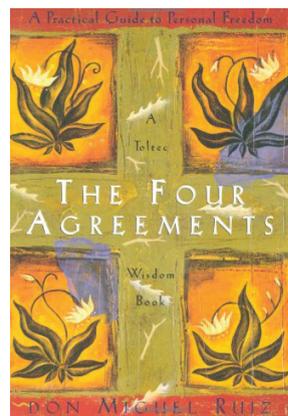
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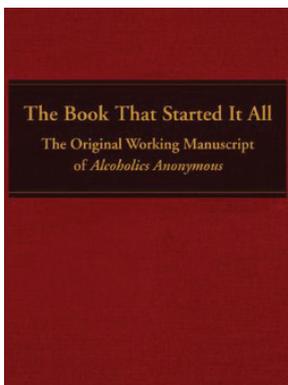
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Book Reviews



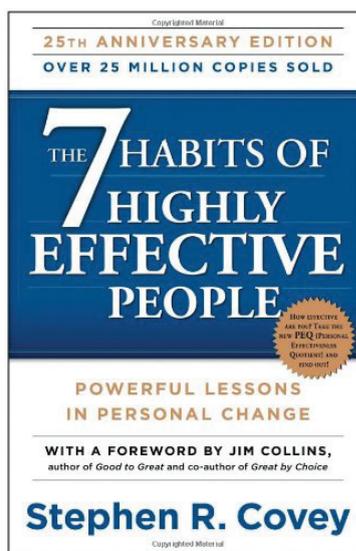
THE FOUR AGREEMENTS: Don Miguel Ruiz is known as a shaman, of the Toltec tradition. Toltec wisdom arises from the same essential unity of truth as other sacred esoteric traditions that are found all over the world. The Four Agreements are very simple, but very profound. To embrace and live each of the Four Agreements is to find yourself experiencing personal freedom possibly as never before. The Four Agreements are: 1} Be Impeccable With Your Words 2} Don't Take Anything Personally 3} Don't Make Assumptions 4} Always Do Your Best. From the cover of the book. This book may be small in size, but it packs a hefty punch in terms of shattering personal illusions and opening up a path to personal freedom.

This book is a must-have for anyone wanting to become more conscious and wanting freedom from personal stories and agreements that cause suffering. www.Amazon.com



The Book That Started It All: The Original Working Manuscript of Alcoholics Anonymous: An extraordinary reproduction of the original working manuscript of Alcoholics Anonymous, with essays and notes by a panel of celebrated AA historians. *The Book That Started It All* offers fresh insights into the history and foundation of the revolutionary Alcoholics Anonymous program. Reproduced in this elegant gift edition with essays and notes by a panel of celebrated AA historians, the original working manuscript is the missing link in our understanding of what transpired between AA founder Bill Wilson's first draft of Alcoholics Anonymous and the first published edition. In January 1939, Wilson and other AA founders distributed 400 copies

of his typescript to everyone they could think of "who might be concerned with the problem of alcoholism," to test out the program. As the loan copies were returned, suggestions for revision were considered and written out in colored pencil on one master copy that was eventually submitted for publication. The many changes made in black, green, and red on page after page are shown here in their original form, revealing the opinions, debates, and discussions that went into making the Big Book. This is perfect for your coffee table, because *The Book That Started It All* weighs more than five pounds. www.Amazon.com



The 7 Habits of Highly Effective People: Is one of the most inspiring and impactful books ever written, *The 7 Habits of Highly Effective People* has captivated readers for 25 years. It has transformed the lives of Presidents and CEOs, educators and parents — in short, millions of people of all ages and occupations. Covey makes clear that an individual must make a paradigm shift before incorporating these habits into his/her own personal life. Covey emphasizes that if we want to make a change in our lives, we should probably first focus on our personal attitudes and behaviors. This book's focal point is to obtain personal and interpersonal effectiveness. Covey points out that private victories precede public victories. He makes the example that making and keeping promises to ourselves comes before making and keeping promises to others. www.Amazon.com



February

February 14th, 2015 Valentines Day Dance. Sat. February 14th: Starts at 10pm Tickets Still only \$5 per person. Radford Hall 13627 1/2 Victory Blvd., Van Nuys, CA

February 20th - 22nd 2015 Oceanfront Conference "Restored to Sanity". The Wyndham Hotel, Oceanfront at 57th Street, Virginia Beach, Virginia. For more info visit www.oceanfrontconference.org

February 21st, 2015 - Saturday, Windsor Club Sober DANCE: 10pm-1:30am with DJ Nicole - OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale, CA 91210. (818) 242-1350

February 27th - March 1st, The Greater Los Angeles Area N.A. Hosts Circle of Sisters XVIII "Diversity is our Strength" Womens Convention at the Hilton Los Angeles Airport Hotel, 5711 West Century Blvd., Los Angeles, CA., 90045. Hotel Reservations & Pre-Registration is available online now. This is a traveling women's convention and kicks off with a Meet & Greet Potluck & Speaker Jam on Thurs. Feb. 27, 2015.

February 28th, 2015 Saturday, Burbank Group MOVIE NIGHT: When a Man Loves a Woman. 10 p.m. \$5 suggested donation - 3217 Winona Ave, Burbank California 91504 (818) 565-5691

March

March 14th 2015 - Comedy Show Saturday March 14th: Radford Hall - Van Nuys, CA Starts at 8pm Tickets Still only \$5 per person. Radford Hall 13627 1/2 Victory Blvd., Van Nuys, CA

March 14th 2015 Saturday, Burbank Group PASTA-Palooza & DANCE: Potluck Dinner @ 5:30pm, AA MEETING @ 8pm, Dance @10pm. Suggested donation: Dinner \$5, Dance \$7, or \$10 for both. - 3217 Winona Ave, Burbank California 91504. (818) 565-5691

March 21st 2015 Saturday, Windsor Club Sober DANCE: 10pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91210. (818) 242-1350

UPCOMING

May 14th - May 17th, 2015 - The 21st International AA Convention in Greece "A New Light". For more info visit www.alcoholics-anonymous.eu/events.php

July 2nd - July 5th 2015 International Convention of Alcoholics Anonymous. July 2-5, 2015 - Atlanta, Georgia. For more info visit www.aa.org - for more information.

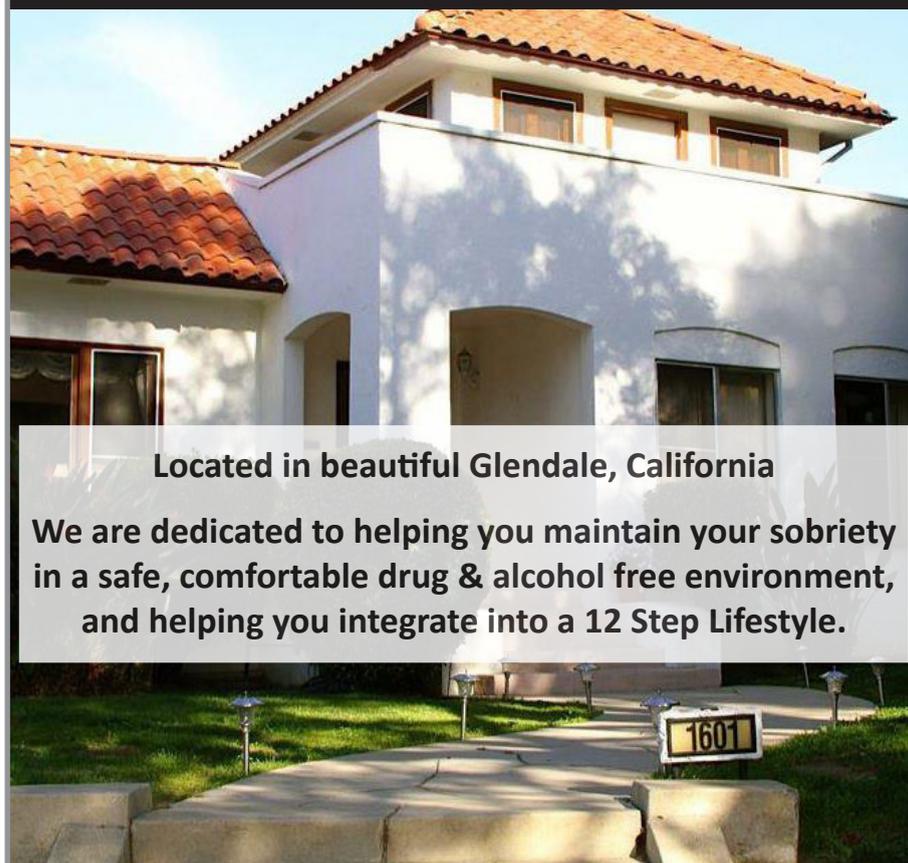
August 14 - 16, 2015 - The 65th Alcoholics Anonymous Virginia Area Convention Fredericksburg, Virginia. For more info visit <http://aavirginia.org/hp/events>

September 2015 - Nikko & Michele T.'s Super Sober Saturday Celebration... Date - Time - Location to be announced

October 29th 2015 Aloha and welcome to The 54th Annual Hawaii Convention "Our Whole Attitude and Outlook upon Life will Change" to be held October 29th - November 1st, 2015. For more info visit www.annualhawaiiConvention.com

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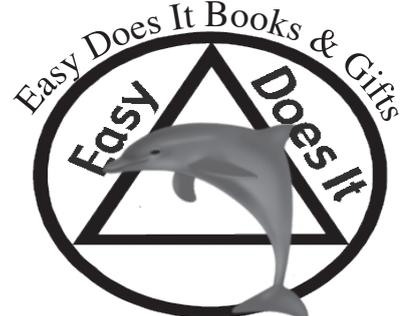
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Grace Lost & Found



He will process feelings about the hurtful elements of his life and grieve what's been lost. The use of spiritual principles will help him maintain his highest core values and avoid unhealthy patterns so as to preserve positive self-esteem and nurture continuing growth.

The goals are similar for the diabetic whose sweet tooth endangers her health, the compulsive shopper who's in severe debt, the smoker who wants to breathe easier and live longer, the child whose dog died cutting off her only source of love, and the woman who feels empty and degraded because her only value comes from sex. All human beings long to feel good, whole, valued and safe. We need guidance to manage pain, process feelings and recover. When we understand ourselves fully and deeply, we can recognize our strengths and improve our weaknesses. We can choose to interact with others in ways that don't diminish them or us. We need to realize that the only things we have that can't be taken away are within us. Thus it is our responsibility to take the healthiest care of ourselves, enjoying, learning, growing and letting go throughout our life.

WWW.MARYCOOKMA.COM Mary Cook has 38 years of clinical practice and 29 years of university teaching experience. She has a Master's degree in Psychology and is a Registered Addiction Specialist. Mary is available for telephone & office counseling, guided meditation, speaking engagements, workshops, and officiant services. Mary is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Amazon.com



Sunlight of The Spirit



Praying also helps to keep us focused in the here and now. Most of the recovery books have prayers to recite and teach how to ask for guidance, recovery, removal of fear, etc. Being present in the moment will stretch us to have more compassion toward others and remind us that extending grace in places that seem intolerable is essential for our growth and recovery.

When we live in the moment we are able to experience the awesome presence and power of a living loving God. We can let go of our selfish plans, projections, and opinions so that life will unfold in its own manner. Even when times are tough and we want to quit, we can remember that all of the difficult moments are preparing us for something greater to come and we need not worry nor feel anxious. When we are trusting we are able to pay attention to what is needed in the moment whether it is changing our perspective, attitude or taking action to better handle a situation. We can be better prepared for the next task, position, or promotion when we are content and confident through trusting God in each moment. If we do not quit in the middle of the hard stuff, we will be able to accept what the future holds in a more positive and productive way. We will be able to embrace life and all of its challenges as our conscious contact with God deepens, living one day at a time, one moment at a time knowing that all is ok. - Kay B.

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion' - Mohammad Ali

KEYS TO RECOVERY

— NEWSPAPER, INC. —

Advertising Rates					Ad Sizes	
	1x	3x	6x	12x		
	ea.			ea.		
Full Page	1,700	1,600	1,500	1,400	Full Page	10" width x 13" height
3/4 Page	1,400	1,350	1,300	1,275	3/4 Page	10" width x 9" height
1/2 Page	1,200	1,175	1,150	1,100	1/2 Page - Vertical	4.85" width x 12" height
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Front Cover	\$1,500 (one time only)				1/6 Page - Vertical	3.25 width x 5.95 height
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Additional Charges for						
Full or spot Color						
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)						
					Business Box	2.38" width x 2.38" height
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If you would like to receive

Keys to Recovery Newspaper

FREE of charge at your facility you can go online and fill out the "Distribution" form or email your information to: info@KeystoRecoveryNewspaper.com or call us at **818.386.8400**.

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed in California and the surrounding states. Having a current print run of 20,000 newspapers and a readership expected to exceed 70,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we will be distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Judges
- Libraries
- Medical Centers – Hospitals
- Outpatient Centers
- Police - Parole - Probation Departments
- Recovery Stores
- Rehabs / Treatment Centers
- Rescue Missions
- V. A. Hospitals
- Sober Living's
- Transitional Housing
- Related Conventions
- Recovery Industry Networking Events
- And many more locations every month

Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

L.A. & SURROUNDING COUNTY RESOURCE GUIDE

Alcoholics Anonymous (A.A.) World Services, P.O. Box 459 New York, NY 10163, www.alcoholics-anonymous.org, (212) 870-3400.

A.A. San Fernando Valley Central Office (818) 988-3001.
A.A. L.A. Central Office 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722

A.A. 8752 S Broadway Los Angeles, CA 90003, www.aa.org (323) 750-2039

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Valley Central Office, http://www.aascv.org (661) 250-9922

Al-Anon Family Groups www.al-anon.alateen.org 1-888-425-2666

Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122.

Al-Anon/Alateen Spanish, LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831

Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alana Club, 202 W. Broadway, Anaheim, CA 92805 - Meetings 7-days a week 714-535-0900

California Dept. of Health Care Services - www.dhcs.ca.gov (800) 735-2922

California Hispanic Commission on Alcohol & Drug Abuse - www.chcada.org (916) 443-5473

Cocaine Anonymous of the SFV, (818) 760-8402

Cocaine Anonymous World Service Office - www.ca.org. 1-800-347-8998 or (310) 559-5833.

Clutterers Anonymous (866) 402-6685.

Co-Dependents Anonymous (CoDA) Los Angeles (323) 969-4995.

Co-Dependents Anonymous (CoDA) San Fernando Valley (818) 379-3300.

COSA for friends and family of Sex Addicts, www.cosa-recovery.org - (866) 899-2672

(HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

Crystal Meth-Anonymous (CMA) (855) 638-4373

Debtors Anonymous www.SoCalDA.org 310-822-7250.

Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.

Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657

Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500

Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

Love Addicts Anonymous (LAA) www.Loveaddicts.org
MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP

Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.

Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189

Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.

Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422

Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188

National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org - (800) 622-2255

National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801

Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org

Overeaters Anonymous -www.oa.org - World Services 505-891-2664

Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.

Pills Anonymous (PA) www.pillsanonymous.com

Rageaholics Anonymous - www.rageaholicsanonymous.org

Recovering Couples Anon. www.Recovering-Couples.org - 781-794-1456

RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. 512-267-4707

Secular Organization For Sobriety (323) 666-4295.

Sex Addicts Anonymous (SAA) https://saa-recovery.org - (800) 477-8191

Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881

Sexaholics Anonymous (SA) -www.sa.org (866)424-8777

Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845

Sexual Compulsive Anonymous www.sca-recovery.org 1-800 / 977-HEAL

Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.

S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141

SHARE - www.shareselfhelp.org - (310) 846-5270

Survivors of Incest Anonymous (SIA) (410) -893-3322. www.siaawso.org

The Other Bar: free. 12 step based peer recovery network for lawyers & law students 800-222-0767; www.otherbar.org

Workaholics Anonymous - www.workaholics-anonymous.org - (510) 273-9253

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family 1-800-339-3940

Chicana Service Center (English, Spanish) (323) 268-7564

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center only) (213) 385-5100

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700

East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231

Family Crisis Center (South Central) - (323)737-3900

Glendale- YWCA Domestic Violence Project (818) 242-1106

Haven Hills, www.havenhills.org - (818) 887-7481 (818) 887-6589

Helpline Youth Counseling (walk-in center only) (562) 864-3722

House of Ruth - (909) 623-4364

Human Services Association (walk-in center only) (562) 806-5400

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250

Jenesse Center www.jenesse.org (323) 299-9496

Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293

Foothill Family Services (walk-in center only) - (626) 338-9200

Legal Aid Foundation of Los Angeles (LAFLA) (323) 801-7991

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352

Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525

Prototypes (walk-in center only) (323) 464-6281

Safe Horizons 800.621.4673 (HOPE)

San Pedro- Rainbow Services - (310) 547-9343

Santa Monica- Sojourn - (310) 264-6644

So. California Alcohol & Drug Program/ Angel Step Inn - www.scadp.org (562) 949-5358

The Good Shepherd Shelter - (323) 737-6111

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995 - 24 Hour Hotline (626)967-0658

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of L.A. Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov - (877) 696-6775

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free

National Runaway Switchboard (800) Runaway. Meetings (818) 994-6747

Pasadena Mental Health Center-Low fee counseling www.pmhc.org, (626) 798-

0907 1495 Lake Ave. Pasadena

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living 310-631-1600

Back To Life Community Living House Transitional Housing 626.277.8135

Beyond Shelter - Homeless Services (562) 733-1147

Casa Youth Shelter (562) 594-6825

Centennial Place Permanent Housing 626-403-4888

Children of the Night (818)908-4474 ext. 0

Children's Hunger Fund (818) 899-5122

City of Refuge Rescue Mission Personal Good Service (323) 759-2544

Dimondale Adolescent (323) 777-6258

East San Gabriel Valley Coalition For The Homeless (626) 333-7204

Ella's Foundation Homeless Services 323-761-6415

Emmanuel Baptist Rescue Mission - 231-626-4681

Fervent Heart LLC 626-319-7479

Family Promise of Santa Clarita Valley 661-251-2867

Family Rescue Center 8188847587

Global Childrens Organization (310) 581-2234

GRCN Connecting Communities (562) 293-7595

Glendale YWCA Domestic Violence Project 818-242-4155

Global Human Service Inc (818) 507-6026

Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.

Family Promise (818) 847-1547

First Step Transitional Living Foundation (323) 830- 6517

HPRP Los Angeles Homeless Assistance (213) 683-3333

HPRP Pasadena Homeless Services (626) 797-2402

HPRP Huntington Park - Homeless Services (323) 388-7324

HPRP Lynwood - Homeless Assistance (310) 603-0220

HPRP - COMPTON - Homeless Assistance (310) 605-5527

Habitat For Humanity (818) 899-6180

Harbor Rose Lodge (310) 547-3372

Hazel Transitional Housing 213-327-7986

Higher Goals Inc. (323)755-9702

Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515

Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

HOMELESS SHELTERS & RELATED con't

Homeless Adult Center 626-403-4888
Hope for Homeless Youth (213) 353-0775
House of Hope (323) 663-1215
Hope of The Valley - www.hopeofthevalley.org - 818.392.0020
Jenesse Center (323-299-9496
Joshua House For The Homeless 323-759-1625
Jordan's Transitional Shelter 323-577-5941 or 424-785-7781
Lillie of the Valley Homeless Shelter Transitional Shelter 323-971-4432
Lamp Community Homeless Drop In Center (213) 488-0031
Los Angeles Mission 213-629-1227 x305
Long Beach Family Shelter (562) 733-1147
Los Angeles Youth Network (323) 957-736
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191
Nancy Painter Home Transitional Housing For Women (818) 246-5586
New Image Emergency Shelter (323) 231-1711
New Directions (Veterans) Res. Drug Treatment (310) 268-3465
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org
OPCC Safe Haven 310-883-1222
Passageways Homeless Intake Center 626-403-4888
Pentecostal Outreach 562-313-1257
PATH - People Assisting The Homeless Hollywood (323) 644-2200
Rochester House Transitional Living (213) 986-5599
Runaway Homeless Youth Shelter (310) 379-3620
Rainy Day Emergency Shelter (562) 733-1147
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.
Salvation Army The Way Drop in Shelter for Youth (323)469-2946
Salvation Army Westwood (310) 477-9539
Sunshine Mission for Women (213) 747-7419
Salvation Army Glendale Chester Village For Homeless Families 818-246-5586
St Joseph Center Homeless Services And Meals (310) 399-6878
Sanctuary of Hope 323-786-2413
Samaritan House 562-591-1292
San Fernando Valley Rescue Mission - call (818) 785-4476
The Midnight Mission 213-624-9258
The Children's Life Saving (310) 450-3701
TEAM HOUSING 310-631-9516
Union Rescue Mission (213) 347-6300
Union Station Homeless Services 626-240-4550
United States Mission Canoga Park Transitional Housing 818-884-4409
Volunteers of America Homeless Support Services (626) 442-4357
West Side Homeless Outreach, Inc. 310-570-9065
WLCAC Homeless Access Center (323) 563-4721

FOOD AND FINANCIAL ASSISTANCE

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993

MEALS SERVED

Call the Homeless Shelters as most have food programs. Hope of The Valley 8165 San Fernando Road, Sun Valley, CA 91352 - weekdays 12 noon to 1pm (expect Thursday Dinner 6pm to 6:45) call for more info 818-392-0020
The Midnight Mission meals served 3 times a day 213-624-9258
San Fernando Valley Rescue Mission - call (818) 785-4476

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., North Hollywood Thursday 10:30am to 4:00pm, (213) 201-1600
As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700
Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050
Children's Hunger Fund 12820 Pierce St., (818) 899-5122
Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474
First United Methodist Church 18120 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135
INFO LINE of Los Angeles Phone: (800) 660-4026
Los Angeles Food Bank (323) 234-3030
North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:00am to 1:00pm - (818) 980-1657 (818) 760-3575
Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:00am to 12:15pm, (818) 776-9696
Our Redeemer Lutheran Church 8520 Winnetka Ave., WINNETKA, CA (818) 341-1629
St. Jane Frances Food Pantry 13001 Victory Blvd, North Hollywood, CA (818) 766-7393
St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:00pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294
Shepherd's Nest, Feeding the Homeless 9237Crebs Ave., NORTHRIDGE, CA (818) 557-6247
SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682
West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101
West Valley Food Pantry (Prince of Peace Episcopal Church) 5700 Rudnick Ave., WOODLAND HILLS (818) 346-5554

INFORMATION & REFERRAL SERVICES

24 Hour DayCare, Referrals and Crisis Intervention Services 310 669-5933 or 310 427-4022
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com
The Sober Living Network referral service (800) 799-2084.
Sober Living Network (310) 396-5270.
The San Diego Sober Living Homes Association: (858) 483-5866.
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143

INFORMATION & REFERRAL SERVICES con't

CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.
CCPG California Council on Problem Gambling www.cal-problemgambling.org (800) 522-4700.
Center for Living and Learning - employment and supportive services Job Search Preparation Program 818-781-1073. 14549 Archwood Street #221, Van Nuys. www.center4living.lle.org

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) 800-656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323
National Suicide Prevention Lifeline 1-800-273-TALK
Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).
Suicide Prevention Center (877) 727-4747

DISABILITY SERVICES

Job Accommodation Centers, Toll Free 1-800-526-7234 (voice & TDD).
RIDE INFO Paratransit Referral Service, transportation voucher program, (800) 431-7882.
Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
California HIV/AIDS Hotline (800) 367-2437.Spanish (800) 400-7432.
Clean Needles Now/Harm Reduction Central L.A. (323) 857-5366.
Friends of Aids Foundation (310) 401-4755. Referrals to HIV/AIDS programs and services in Los Angeles County.
Hepatitis C Task Force For LA County: 2330 Beverly Blvd. Los Angeles, CA 90057 (213) 381-0515, www.HepCTask-ForceLA.org
National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)
REACH (risk reduction education and community health) FREE HIV Prevention education and testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.
On-Line Resources for Hep C: www.hepcsource.com
www.hepcstraightup.com • www.hepatitusc.org • www.hepatitusfree.com • www.hepnet.com • www.hepcnet.com

Organization/Company Name: _____
Services offered: _____
Address: _____
Phone: (____) _____ Cell (____) _____
Contact person: _____
What you would like us to print in the resource guide: _____

Mail To: Keys to Recovery Newspaper, Post Office Box 922495, Sylmar, CA 91392

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The SoberScopes are for entertainment only because we live by Rule 62.

Pisces: Feb. 19 - March 20: The area of your chart that governs your personal wealth and your sense of self-worth through God's will is working beautifully at various times with your work, success, and emotional well-being sectors. You still cannot mix finances with social activities, but you can make a lot of progress towards achieving your financial goals as long as you keep the two separate and by incorporating useful insight from your Sponsor.

Aries: March 21 - April 20: You are beginning to feel a deep desire to have fun, explore, travel, play, and get God involved rather than depending on just yourself. You still have some issues concerning battles between facts and feelings, and spirituality that should be handed over to your higher power. Your social skills are in top form and you are a very charismatic and intelligent individualist and should apply the 12 steps at this time. You could have fun doing your own thing, but more fun including your sobriety family in your adventures.

Taurus: April 21 - May 21: The professional, social, and financial areas of your life are all progressing wonderfully having the principals of AA as guide lines. Group activities, networking, and the Internet are clashing with your long-term financial goals. You could also find that your love life is negatively impacted by these same activities by not being aligned with God. There is also a tug of war between your private life and your professional goals, follow your heart and your intuition to find a lovely balance from wisdom behind the steps of AA.

Gemini: May 22 - June 21: Despite the ongoing financial, romantic, and trust oriented issues involving your social life, because of your diligence in applying the steps of AA, you are still having a wonderful time with these relationships. You are learning a lot, broadening your horizons, laughing and bonding with these people. Most of the time, your partner is in favor of these gatherings and is gladly accompanying you being that they're in line with God's will.

Cancer: June 22 - July 22: Both of your financial sectors take turns working beautifully with your success and leadership sector. This is an excellent time for you to be focusing on God for your financial and professional goals. You could also find that you are able to accomplish through prayer, some of your health and fitness related goals.

Leo: July 23 - August 23: If you are mostly focused on your romantic and financial partnerships this month, bring to your Sponsor. When God is absent there is battling within these partnerships and at other times the two of you are doing amazingly well together when His will is followed. As the month progresses, the two of you are becoming more interested in traveling, relocating, politics, and religious activities. It is a great time for expanding your horizons by studying the big book more intensely.

Virgo: August 24 - Sept. 22: You are able to forge a new romantic, social, or business partnership. You could also commit to a pre-existing partnership with your Higher Power. You have a lot of positive energy promoting romantic and financial security within your home and private life. A partner is still upset about something or someone within your home or private life, but through the steps you have a lot of good energy, so hopefully, things are smoothing over.

Libra: Sept. 23 - Oct. 23: At times you feel torn between your social obligations and the people and activities that bring great joy into your life. God and your partner could help you create balance between the two. Your health or a work situation is still causing concern, but you could find that the solution is with your Sponsor only a phone call away. Either way, look towards God and your Sponsor for solutions to fitness and work related stressors.

Scorpio: Oct. 24 - Nov. 22: You are really quite productive and able to get a lot done at home and at work. Because of following the steps of AA, your fitness, financial, residential, and professional goals are all progressing forward in a strong and positive manner and you feel that you have everything under control. There is still some issue with playtime activities and luxury spending clashing with your financial goals, put God first and keep your household budget in line and you will achieving your goals.

Sagittarius: Nov. 23 - Dec. 21: By not practicing the principals of AA, you are still getting angry about things in your life. However, focusing on God and not the problem seems to help. This is a great time to travel, explore other cultures, take fascinating college classes, fall in love with people who were raised in cultures quite different from your own, open your mind to other people's points of view, and find ways to have fun while broadening your horizons through the big book of AA and it's guidance for your life.

Capricorn: Dec. 22 - Jan. 20: You have a lot of financial and residential blessings this month due to following God's will. It is a good time for working on household budgets, negotiating mortgages and rental contracts, and for working in home-based businesses. You are unhappy about someone or something in your home or private life, but you have the finances and the creativity to implement solutions given by your Sponsor and the 12 steps, rather than just sitting around complaining about it.

Aquarius: Jan. 21 - Feb. 18: You and a partner or rival have been disagreeing a lot lately, but this month the two of you have an opportunity to work things out because of relying on God and His will. You can talk to your Sponsor and each other and come to some mutually satisfying agreements. You are extremely persuasive this month and could probably sell just about anything to anyone. You are charming, smart, and a gifted speaker at this time.

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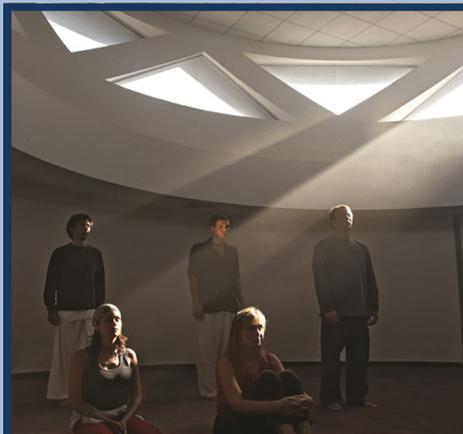
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