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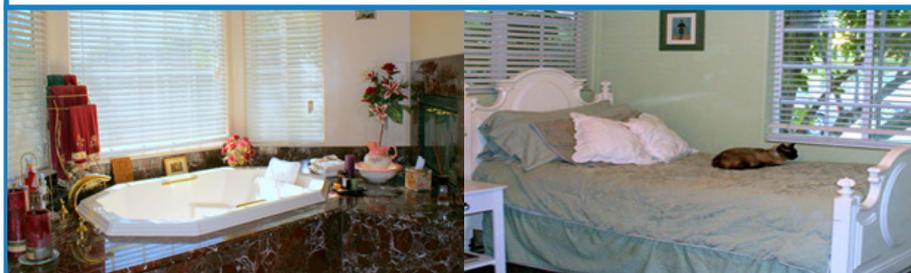
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Spring, Season of New Beginnings

by: Beth Stern

The Spring season brings in a spirit that always reminds me of the New Year. Both Spring and the New Year are times of spiritual and emotional renewal and rebirth. Bettering ourselves, physically, mentally and spiritually.

As Robert Oren says "Spring is God's way of saying one more time", So I decided to get down to business, I committed to doing my steps again, cleaning up my diet, changing up my exercise routine, spending less time on face book, and more time in prayer and meditation all that good stuff.

Excited for the change and prepared for the challenge I was ready, then "BOOM!" adversity struck. The death of a close family member and then an old back injury reappeared, both of which knocked me to my knees. This painful package appeared on my front door and I didn't want to sign for it, but what I was taught was "this is life on life's terms" I don't have to like it, but I have to accept it.

All of those plans of getting down to business and changing got pushed to the side. I went into survival mode. Now as the dust settles I can look back and have some clarity on it all. My plans got pushed aside for God's (you know the saying... We plan - God Laughs - and boy was he laughing). Lessons reappeared that I hadn't learned, nor did I want to learn this time or ever...LOL.



As I walk through this process I realize that I have more work to do, this time it's about working on my inner muscles, such as strengthening my relationship with God, learning to trust the process when life doesn't necessarily look the way I think it should, and letting go of what I can't control. Peeling that next layer, which is so much bigger than my plan of diet and exercise, and today I realize that I "GET" to do it.

This fresh start comes every year-as a time to take stock of the past and move forward...continually forward. It is the truth of the universe that we can never move backwards in time. I struggle with that, but this is another one of my lessons.

What I know is that our lives move in one direction "Forward". So as I move in that direction, I'm blessed on a daily basis to be able to carry the message through Keys to Recovery Newspaper.

Along this journey I have met so many amazing people in the recovery and addiction field. Just today, I heard an incredible speaker at the Betty Ford's IOP, the topic was "Understanding Addiction and Recovery Through a Child's Eyes", presented by: Jerry Moe, MA. This is something that I can relate to seeing that I have a mother with 19 years of recovery and being 21 years sober myself, the cycle has been broken and we continue to spring forward.



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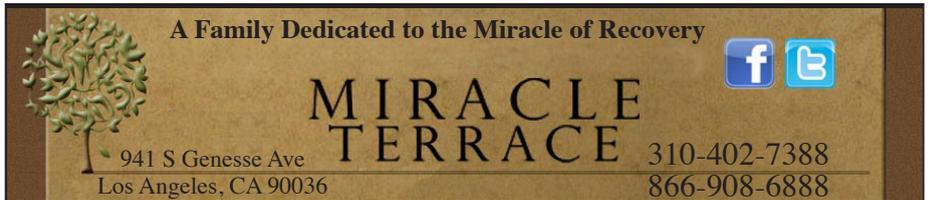
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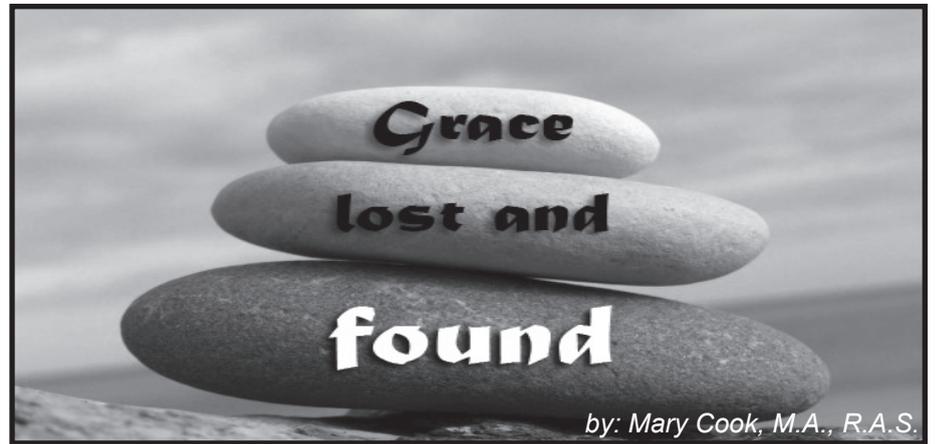
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by: Mary Cook, M.A., R.A.S.

THE MEANING OF OUR SYMPTOMS

Symptoms for substance abuse addictions typically symbolize numbing of pain, releasing or acting out repressed emotion, and artificially creating external distractions from either internal chaos or feelings of emptiness. Additionally the chemicals provide false feelings of confidence, energy, power, pleasure and peace. We want drugs to do for us what we feel we can't, because our life experiences and role models did not provide a sufficient reflection of these feelings. So we look outside of ourselves for a solution.

Eating disorder symptoms commonly attempt to comfort, control, protect and punish self, and can be symbolic re-enactments of prior sexual abuse. Our need to control what goes into and leaves our body indicates that we couldn't trust others to comfort, nurture and protect us, and we didn't experience healthy models of control and punishment. Typically we have a history of violations and failures from others, resulting in distrust. Our control over our food and body is a substitute for a positive relationship with ourselves, mental and emotional nurturing and healthy boundaries. Our over-focus on the appearance of our body is to avoid internal pain and suggests a lack of healthy valuing and acceptance of our physical selves.

Compulsive sex is usually a response to prior sexual abuse, or premature sexual stimulation. There is an over identification of self with sexual functions, and a sense of power or attractiveness from sex, which is typically missing in other aspects of self. The focus on needing sex comes from past failures to feel a loving union with family, healthy affection, and a sense of belonging and acceptance. The feeling of power and adrenalin from sex addiction is meant to distract from feelings of fear, emptiness, loss, depression, vulnerability and past trauma. Promiscuity and prostitution can be an example of repetition compulsion, where we focus on the differences between past trauma and current circumstances, and deny the similarities of using and abusing bodies as objects disconnected from heart and soul energy, and non-sexual aspects of us.

Codependents project personal needs, problems and pain onto others, and falsely believe that if others change, they will experience well being. Codependence occurs because of a lack of a healthy childhood dependent experience, and prematurely adopting the role of a caretaker for others. We would rather focus on feeling powerful enough to attempt to help or control others, than feeling scared of the absence of healthy, reliable support for ourselves. This means that until we heal, we will continue to need others to have problems so that we can be distracted from our own pain. As a child with poor role models for parenting, our caretaking abilities can't help but be deficient. Thus our judgment of others is typically a transference from our childhood caretakers, as well as a projection of our own inadequacy.

Workaholism is an attempt to derive self-esteem and positive feelings about life, without risking personal, emotional investment in relationships. This indicates painful failures and disappointments in past relationships, resulting in fear, and the perception of emotional unworthiness. We don't know how to feel comfortable, validate or nurture the emotional, personal aspects of ourselves or others, so we focus on feeling important for external achievements.

Gambling can reflect an attachment to adrenalin charges to compensate for loss, worry and depression. A defensive sense of entitlement arises to distract from feelings of fear, vulnerability and inadequacy to support ourselves in some way. This typically originates in feeling a lack of support and internal value, in childhood. Entitlement also stems from anger toward those who failed to demonstrate adequate support and reliability when it was sorely needed. We doubt our ability to support ourselves and our life, from inner talents and work, and gamble money on a false hope that something big outside of us will support us. (con't)

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TO THINE OWN SELF BE TRUE

To thine own self, be true... A statement that is not mentioned so much anymore yet still carries an important element in self-reflection. Many of us came into the program hearing statements like, "if your lips are moving you're lying" or "sit down, shut up and listen, because you do not know anything anyway"! Ever wondered, "how do they know"?

Coming into the program with years of warped thinking, wrong motives, selfish pride, denial and an assortment of excuses for horrible behaviors to justify our addictions takes a long time to unravel. How can we even begin to know what the truth is, much less be true to our own selves? How can we be true to ourselves in a healthy way, no longer accepting bad behavior or destructive patterns to try and live by?

The truth will set us free... the first truth – admission of our addictions. Honesty. Truth. It begins with us as we pass from denial and self-delusion to living a program of recovery. Honesty is mentioned three times in the first paragraph of Chapter 5 "How It Works", in Alcoholics Anonymous. Rarely – almost never have seen a person fail who has THOROUGHLY followed our path. It begins with honesty to ourselves. As we stay in recovery and learn how to live one day at a time without the chemicals or other addictions, we learn that the self-truth is of the utmost importance.

"How can we even begin to know what the truth is, much less be true to our own selves?"

It does not mean that we all have something different that we believe in, that we work the program according our own liking and rules or that we can work the steps in multiple choice rather than in order. We become willing to follow the program that has been proven to work, as it is laid out in the texts.

Common sense is under estimated! Sometimes we pretend that we do not know what is right, wrong, harmful, hurtful, or inappropriate. Asking ourselves, "am I being true to myself" we can begin to embrace the truth – letting go of excuses, justification, and offenses to do what is right – for ourselves. Maybe our "own truth" is knowing where the slippery places are for us or knowing what triggers set in motion destructive habits. Maybe our "own truth" is knowing what our true motives are before we over extend ourselves, aka – people pleasing, for instance.

Being honest with ourselves will lead us to become more honest with others, resulting in more integrity. We do not need to try to emulate someone else's personality or life. We will find our own identity which allows us to live life in the freedom that we deserve. We will be more independent and more capable of making our own decisions, healthy decisions. While we cannot control our environments or the actions of other people, we can control ourselves ("To thine own self be true").

Understanding ourselves and our own truth will enable us to care of ourselves, physically, mentally, emotionally and spiritually. To thine own self be true could be "I don't think that I am better than anyone else, but there are people that I no longer want to associate with – I love life, and love being with joyful and grateful people", therefore, my truth is "surround yourself with safe and loving people".

We want to embrace those things that build into the health and well-being of ourselves, letting go of the things and people who no longer support, love and encourage wholeness. A precious gift of life has been given, we ought to cherish it with all of the goodness that it deserves. Today, is the day to be true – to be honest and to be free in the hope of creating a better tomorrow by making better choices and by being true to our own selves. We want to do the things that bring us joy, happiness and freedom – do the things that makes our hearts free to sing.



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Ask Dr. Nita



by: Nita Vallens

Dear Dr. Nita,

I was just diagnosed with depression and I am struggling in sobriety with 8 years and 4-5 slips so right now I have about 11 months clean and sober. I heard the words "dual diagnosis" for the first time at the doctor's office, what does this mean and will it make staying sober harder for me? I am 41 years old and divorced.

Sincerely Stella

Dear Stella,

I'm sorry you have struggled and I'm glad you have finally received a correct diagnosis, and I feel confident that you can stay sober with a support system and the right tools.

Let's start with your question. Dual diagnosis is a term used to describe a person who has alcoholism or drug addiction and a mental health disorder. It is thought by many people in the recovery community that the anxiety, depression, or other mental health problems preceded the addiction. And, the addiction arises out of attempts to "self medicate," feel better, or not feel the intensity of uncontrollable sadness, anger, confusion and other difficult feelings to manage.

Dual diagnosis is more common than we realized in the past. Of the 14% of the general population who abuse drugs or alcohol, about 50 percent of them are struggling with mental health disorders. Why people aren't getting treatment for mental health issues first is a whole other topic, but suffice to say that many people don't have access to the right kind of help, or may feel shame in seeking treatment.

I have often said that DENIAL is the hallmark of addiction and very common with people who have a Dual diagnosis. Often times your thoughts and behaviors are affected by the mental illness, making it easy to neglect yourself, or feel hopeless. This has led many people to feel like using alcohol and/or drugs is the answer to coping with their problems. It can be confusing and frustrating to keep asking oneself, "What's wrong with me?"

I applaud you for not giving up on yourself. Having finally received a diagnosis will actually make staying sober easier over the long haul with proper treatment. And although you didn't mention taking medication, it's wise to educate yourself about your treatments including side effects and expected outcomes. Also, staying in touch with your doctors or treatment team and keeping the lines of communication open is essential.

Staying sober and creating a life you love involves using the right tools for you. My first recommendation is support, and if you are in 12 step programs you will get that support. Use the communities wisely and take time to build trust and choose people that you "click" with for your sponsors, friends, and support group. Working the steps with a trusting sponsor will help you immeasurably, and participating with other professionals is essential. Sometimes, it's a challenge to reach out to others whom you don't know or trust yet. I have every faith in your ability to accomplish this, and if you need resources, feel free to contact me.

As always Dr. Nita

"May your choices reflect your hopes, not your fears." Nelson Mandela

Dr Nita Vallens is a counselor and hypnotherapist in Sherman Oaks and can be reached via www.DrNitaVallens.com Dr. Nita's Inner Vision radio show can be heard on Tuesdays at 1:00 pm on KPFK Los Angeles, 90.7 FM or stream at www.KPFK.org

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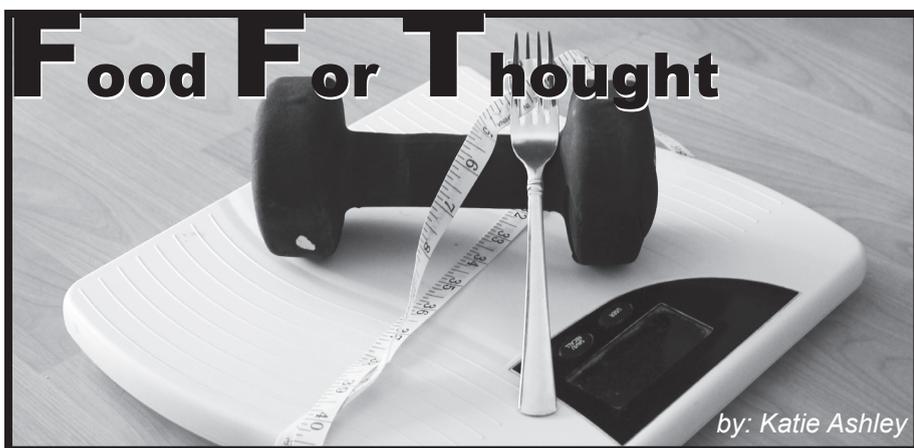
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How NOT To Pass Your Eating Disorder On To Your Children

I read an article written by a woman who inherited an eating disorder from her mother. Perhaps genetics was in play - there is a lot of research to prove a biological cause for eating disorders. Absolutely, without a doubt, observation was in play. She learned not to love herself from her mom. She learned self-hatred from her mom. She learned to turn toward disordered eating behaviors when life got hard - from her mom. The author's mother had no intention of passing on her eating disorder. In fact, she seemed like a caring, loving mom who only wanted the best for her daughter. I hear the same story from clients all the time. It breaks my heart every time.

As a mother, I am absolutely resolved to teach my son about having a positive body image and a loving sense of himself. To do so I must lead by example. 110 percent. All of the time. Every day. Does that mean I am super happy with my body every day? Not necessarily.

What it does mean—I know that my body does not determine my self-worth or my sense of self. Days that start with my pre-baby pants not fitting are not worse than days in which my clothes slide on easily. They are simply a little slower to start because I have to chose a new outfit. No biggie.

If anything, I give myself a little extra love on those days. I will spend a few minutes looking down at my stomach and feeling love and gratitude for the amazing little boy my body grew, housed and brought into my life. I give thanks for my unique body for giving me the opportunity to be physically present in my unique life.

So in truth—I do love my body everyday. The trick here is being honest about my feelings. Just as much as I want to teach my son to love his body, I want to teach him that it's okay to have hard moments. We will all have moments when we don't feel comfortable in our body. Our dislike and discomfort are individual experiences but they are not special. Everyone has his or her own version of icky painful feelings.

The first noble truth of Buddhism teaches us that pain and suffering are realities in our lives. The teachings go on to say that this pain is made worse by our craving towards pleasure and our aversion to pain. When we let go of our craving paired with an aversion to pain and get present in the here and now, our suffering lessens.

With practice we begin to be more mindful, more present and in less pain. For a moment think back on a time when you were obsessing over the number on the scale or the reflection in the mirror. Remember how it felt to have aversion to what you saw and deeply craved something else.

Did you feel good? Did the negative-self-talk and judgmental thoughts change the number on the dial or the image in the glass in that moment? Of course not. It couldn't possibly. All we do when we obsess over such things is increase our suffering and flip ourselves far away from the present moment. We put ourselves in more pain. Needlessly.

In such moments it can be very easy to miss noticing who is watching. Even if our children don't see us in those moments they can feel it later. Children are amazingly perceptive. The thing is—our children love us. They think we are amazing. If we teach them, even unintentionally, that we think we are awful it is confusing.

It teaches them that what they feel, think and believe is wrong. If we want our children to love themselves, to be happy and healthy and at peace in their bodies we have to lead by example in a real way. We must go deep. We must let go of all of the beliefs that keep us from loving ourselves. We must heal. We must truly love ourselves and develop accepting, loving relationships with our bodies.

Because, the old adage of do as I say not as I do simply does not fly when it comes to instilling positive body image and self worth beliefs in our children.

Katie Ashley - Positive Body Image & Self Love Activist. Yoga Therapy Based Mentoring. Feel free to call me at (843) 469-2344. If you prefer email, drop me a line at katie@katieashley.org.

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By: Bob Tyler

90 MEETINGS IN 90 DAYS?

"That sounds like every day"

If you have made a decision that you might benefit from stopping drinking or using addictive substances, and are considering the 12 step programs as a potential solution to your problem, I must say from personal experience you are definitely barking up the right tree. I made the same decision 20 years ago and have been sober ever since. The starting point is to begin going to the meetings as soon as possible. At these meetings you will hear what others have done to achieve successful recovery. It is also at these meetings that you will begin to develop your sober support system. Meetings can be found by simply calling the central office of the program of your choice and asking where and when the local meetings are held. Telephone numbers for Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) can typically be found in the phone book. If you want to contact one of the other anonymous programs, the AA or NA office will usually be able to direct you to them. You can also get the numbers by calling your local alcohol and drug treatment center – also found in the phone book. Meetings can be found in most cities at multiple times during the day and evening hours. When you go to a meeting, pick up a meeting directory so you can plan which meetings you will go to next.

The most common suggestion regarding the number of meetings a newcomer should attend is 90 meetings in your first 90 days. This was suggested to me in my early recovery and I complied because, by the time I got to the program, I was truly ready to follow direction from those who knew more than I about sobriety. Some of the reasoning behind this suggestion is that in the first three months of daily meeting attendance you will learn what you need to know to stay sober. Another reason that was presented to me is it takes ten to twelve weeks to develop new habits. Developing the habit of addressing my recovery on a daily basis was very important for me as I have a tendency to become easily distracted.

If you have just recently made a decision to begin a program of recovery, such a commitment might seem overwhelming to you. It was helpful for me to apply the commonly used phrase in AA, "One Day at a Time." Using this principle, instead of "90 in 90," it becomes just a meeting today. So all you have to do to keep this commitment is to go to a meeting today. Worry about tomorrow's meeting tomorrow. Also, if you can buy into the necessity of making sobriety your number one priority (I have found that to be necessary for successful long-term sobriety), an hour and a half out of your day for something so important should not be asking too much of yourself.

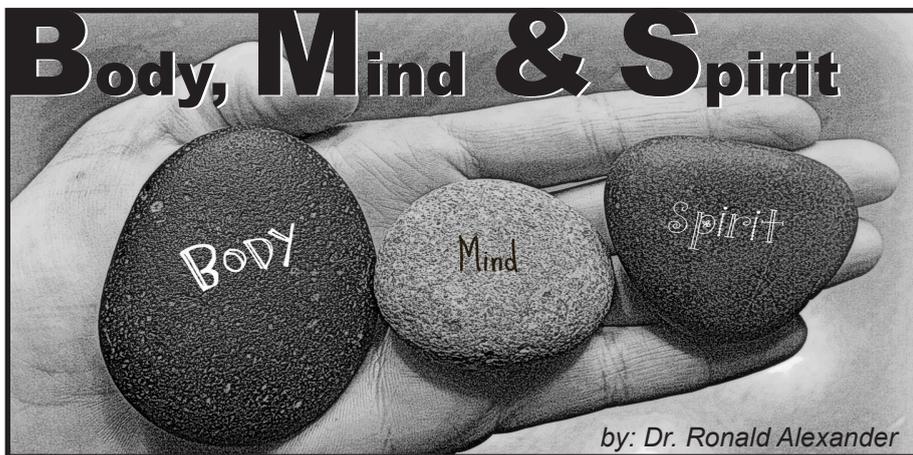
Another very important reason for daily meetings in early recovery is it is much easier to adjust down the amount of meetings you are attending than to adjust up:

When I completed my "90 in 90", I went to my sponsor (a mentor or guide in recovery) and asked "What now?" He asked me if I was sure I was ready to cut down on my meetings; after all, things were going well and I had not relapsed. I felt he made a good point and decided not to make a change yet. After another month, I decided it was time to cut down and my sponsor agreed. He suggested I try six meetings weekly for a while to see how I felt. I did this for three weeks and my sponsor and I agreed that I could drop down to five weekly. When I eventually dropped down to four meetings per week, it did not feel quite right so I stepped it back up to five weekly and again felt comfortable. It was easy for me to step back up to five since I had created room in my life for daily meetings previously. Had I only started off going to three meetings weekly and decided my comfort zone was not adequate, it would have been much more difficult for me to adjust my schedule enough to increase my attendance. Daily meetings also allowed me to begin my sobriety at a higher comfort level so I knew what kind of serenity was available to me.

Finally, I make this suggestion based not only on the experience of my personal recovery, but on my professional experience as well. When patients enter our treatment center, one of the most important goals I have is to get them to see the importance of daily meetings and to convince them to do 90 in 90. This is due to the fact I have seen that those who do so seem to have higher rates of success than those who don't. As mentioned above, most people who enter recovery eventually relapse. I realize this is a very scary thought, but the chances for long-term, relapse-free recovery is much higher for those who follow such suggestions. Again, my intent in bringing this up is to motivate you enough to be in the group that gets it the first time. It is truly in your grasp if you are willing to take direction. (Next month I'll have more on meetings and sponsorship.)

God Bless, Bob

(Excerpts taken from Bob's award-winning book, Enough Already!: A Guide to Recovery from Alcohol and Drug Addiction. Available at amazon.com) Bob Tyler, BA, CADC II, ICADC has been working in recovery since 1990. He is currently Director of Operations and Clinical Services at Twin Town Treatment Centers, serves as the Immediate Past President of the California Association of Alcoholism and Drug Abuse Counselors (CAADAC), and teaches at Loyola Marymount University Extension.



THE WANTING MIND OF ADDICTION

As a therapist in Los Angeles I've seen more than my share of patients who are dealing with some type of an addiction. One common personality trait I've found with them is their unwholesome thoughts and beliefs that come from what I call the "wanting mind." In wanting mind, we feel that our current state of unhappiness can only be cured if we have more money, recognition, fame, or power. Often we cause ourselves needless suffering when we ache for something that lies out of our grasp such as a better job, relationship or recognition or cling in vain to something that has already passed away. Wanting mind can also keep us tenaciously holding on to something negative: an unwholesome belief about how things ought to be or should have been, or an unwholesome emotion such as anger, sadness, or jealousy.

When we're in a state of wanting mind, we're never satisfied, no matter what we have. If we attain the object of our longing, we simply replace the old desire with a new one. If we achieve revenge, we feel worse than we did before. The problem is that wanting mind is rooted in the incorrect belief that something outside of ourselves is the key to lasting happiness so we look there for the solution, and when we are still unfilled we often turn next to drugs, alcohol or food. The reality is that no emotion or state of being, however strong, is permanent and that happiness can't be found outside of ourselves only within. Buddhists call this phenomenon of endless wanting and dissatisfaction the "hungry ghost."

Now I realize that one can never completely avoid the wanting mind. Desire is part of being human. It causes us to strive toward bettering our lives and our world, and has led to many of the discoveries and inventions that have provided us with a higher quality of life. The extreme though is despite all that we can achieve and possess, we become convinced that we won't be happy or contented unless we acquire even more. This unwholesome belief can lead to competitiveness and feeling resentful toward, or envious of, those who seem to have an easier life.

A key antidote to the suffering marked by the quality of wanting is not to achieve a temporary panacea but to experience satisfaction in this moment, exactly as it is. In order to truly feel satisfied though we need to first nurture unconditional love for ourselves and self-acceptance. Only through self-love and being in the moment can one open themselves up to the type of creativity they need to improve their circumstances. To help my patients achieve this state I first recommend that they start a mindfulness meditation practice as this will help them develop the capacity to see clearly exactly what they're attached to so that they can let go of it and end their suffering. Also yoga, walking in nature and regular exercise are excellent activities to help regulate one's mood.

Here is a simple meditation from my book, *Wise Mind, Open Mind* to help you replace feelings of envy and desire with the more wholesome feeling of satisfaction.

Satisfaction Meditation

Sit in a meditative posture, focusing on your breathing and saying "in" and "out" for each respiration for several minutes until you feel that you're in a state of calm mindfulness.

Visualize yourself sitting at a table with a large glass of clear, sparkling water before you. Feel your thirst, your lack, your wanting.

Reach for the glass and begin to drink from it. As you drink, this magic glass never empties. You feel the sensation of cool, satisfying water quenching your thirst as you drink. Drink with deep, satisfying gulps until you feel sated.

Now, become aware of a beam of warm, energizing light, a light of infinite knowledge and wisdom, shining all around you and infusing you with all that you'll ever need to know. Radiate in this light of wisdom, becoming one with it. (Con't)

Con't Page 15

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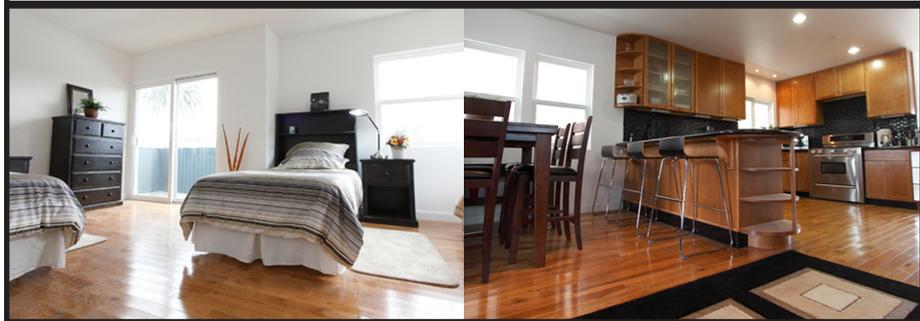
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GRIEF

Recovery

Quick fix?

You get what you work for!

By Russell Friedman and John W. James

The paint on the wall of my living room is cracked and peeling. There are major gashes in the wall under some of the peeling paint—those of you with children will understand. The room must be repainted.

I have purchased a can of paint, a roller, and a brush. I apply the paint, with roller and brush directly over the old cracked and peeling paint and gashes.

I am crazy - yes?

Or, I get a scraper, some solvent, sandpaper, and patching materials; and a can of paint, a roller, and a brush. I strip away the old, cracked paint. I patch all holes and other damage. I sand and smooth the surface. Then I apply the paint.

I am sane - no?

It is absurd to think that you could just slap a coat of paint on top of cracked and peeling paint, and presume that the result would have any long-term value. Unfortunately, we also apply that kind of quick-fix mentality to the emotional issues in our lives.

We have become a nation of quick-fix artists, hoping against hope that “five easy steps” or “seven simple strategies” can repair the damage caused when a death or a divorce gashes a huge hole in our hearts, or when a lifetime of neglect accumulates and limits the energy available to participate fully and happily in life.

And if those simplistic steps and strategies fail, we can resort to the ultimate cover-up, the magical pill that will change our lives. (Some of us are more versed than others in the old “eat-a-pill-fix your life” delusion.)

It’s almost impossible to have missed the

ads—TV and magazine in particular—that start by suggesting that if clouds are hiding your days, than these pills can bring sunshine back into your life.

Seems as insane as painting over the cracks, but if we’ve been taught to believe, “eat a pill, fix your life,” then we will continue to believe that relief is so easily obtained.

Where does this come from? Simple: little children who express sad feelings to the adults around them, hear this in response, “Don’t Feel Bad, here, have a cookie, you’ll feel better.” What a perfect breeding ground for the eventual use of illegal drugs or psycho-pharmaceuticals, to attempt to deal with a range of naturally occurring human emotions, especially the sad ones.

Most of us have known people who keep covering up the painful feelings caused by the losses in their lives. We have seen and heard them tell the same sad stories over and over. What we have watched is the emotional equivalent of spreading another coat of paint on top of a badly damaged surface. But like the man said, “you get what you pay for.”

People try one quick fix after another, with the same ineffective results. And yet, even when presented with more effective choices, will always choose what seems the “softer and easier” way.

But if you’ve worked hard to establish and maintain your sobriety, you know that it’s a hard-earned reward that has involved diligence and tenacity, along with adherence to the principles of your program. No short cuts, no quick fixes.

You also may have learned that one of the beneficial by-products of working your program is the capacity to get help in areas that are not directly

tied to the 12 Steps. When it comes to the impact that death, divorce, and other losses have had on you, there also are no short cuts.

Major losses can be paralyzing, leaving griever stuck for many months, even years. Since time cannot heal emotional wounds anymore than time can fix a flat tire, it often gets worse within time, rather than better.

Recovery from or completion of grief-producing events happens as the result of correct actions taken within time. Fortunately, the results of those correct actions can have almost immediate positive impact on helping you move forward in your life even after.

The Betty Ford center quotes one of our strongly held beliefs: “There’s a famous line alluded to in AA that says, ‘Go elsewhere to deal with the underlying causes.’ Grief and unresolved grief are the most common of the underlying causes and the cause of most relapses. Grief Recovery is often called the “missing link” that makes 12 Step programs work better; that makes therapy work better; and that makes religious and spiritual principles work better”

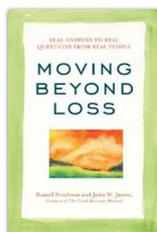
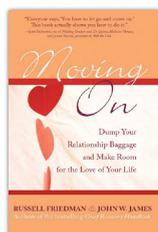
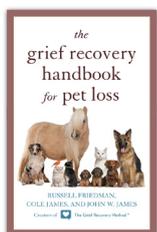
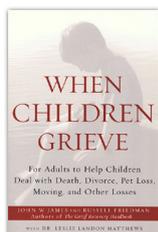
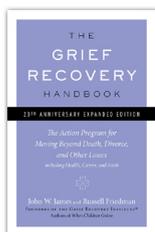
The 12 Steps can give you many helpful tools for retaking a productive place in the mainstream of your life, but they are not focused on specific actions for dealing with loss. It’s essential that you acquire effective tools for dealing with your grief.

Unresolved grief is cumulative and cumulatively negative. Whether you use the actions of our Grief Recovery Method program or find other resources, please make sure you address the issue of the underlying, accumulated grief issues that can come back and haunt you.

KILLER CLICHE ABOUT LOSS: We have been taught how to get an education, get a job, buy a house, etc. You can take courses in virtually anything that might interest you. What education do we receive about dealing with loss? What school do you choose, to learn to deal with the conflicting feelings caused by significant emotional loss? Loss is so much more predictable and inevitable than gain, and yet we are woefully ill-prepared to deal with loss. To make matters worse, society helps promote killer cliches about loss.

Killer Cliche #1 One of the most damaging killer clichés about loss is time heals all wounds. When we present open lectures on The Grief Recovery Method, we often ask if anyone is still feeling pain, isolation, or loneliness as the result of the death of someone important to them 20 or more years ago. There are always several hands raised in response to that question. Then we gently ask, "If time is going to heal, then 20 years still isn't enough?" Recovery from loss is the result of actions taken within time, but it need not take as much time as you have been led to believe. Recovery is totally individual and there is no absolute time frame. Sometimes in an attempt to conform to other people's time frames, we do ourselves great harm.

By Russell Friedman and John W. James, www.griefrecoverymethod.com, co-founders of The Grief Recovery Institute, and co-authors of *The Grief Recovery Handbook*, *When Children Grieve*, and *The Grief Recovery Handbook for Pet Loss, Moving On, Moving Beyond Loss*.



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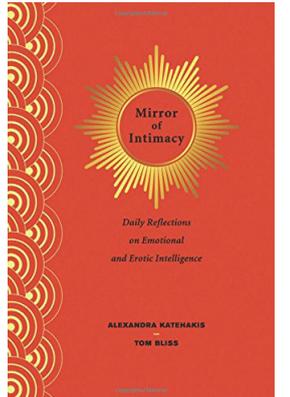


Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence: by Alexandra Katehakis and Tom Bliss published by Center for Healthy Sex.

It's no wonder "Mirror of Intimacy" won the 2015 AASECT (American Association of Sexuality Educators, Counselors and Therapists) Book of the Year Award. This daily "Reflections on Emotional and Erotic Intelligence" is a reminder of what's important. In this "beyond thinking pace" world a daily reading that slows us down and makes us think is a requirement for balanced living. The daily readings are written with knowledge, insight, love and tolerance. No shame, no guilt just healthy ideas and thoughts shared 365 days of the year.

The daily topics are intriguing and thought provoking. I enjoy the quotes at the beginning of each day; from Maharaji to William Shakespeare timeless and heartfelt I love them all.

My favorite part of each day are the "Daily Healthy Sex Acts". A few thoughts and exercises to carry with you throughout the day. This is a must have - and I give it 5-stars & 2-thumbs! At Amazon.com



From Now On: Seven Keys to Purposeful Recovery, by Andrew Susskind, MSW, SEP, CGP, published by America's Press.

As I read the exercises in this book it was clear to me that the author (Andrew Susskind) had a tremendous amount of knowledge of recovery. The exercises started with questions that made me stop and truly think about my current beliefs, behavior and personal program. The introduction states "Recovery from addiction is not a cookie-cutter process" - that is an understatement. Each person is unique in their thought process and what works for one person doesn't always work for the next.

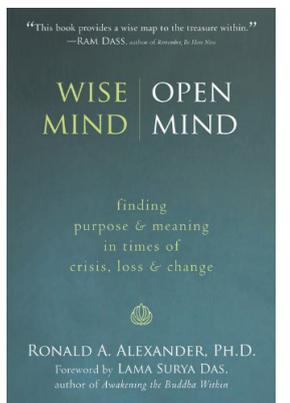
I liked that each chapter had a "vision" a course of action that we would be taken through with questions, stories, thoughts and exercises. Starting with "a year in review" moving to purposeful focusing on the next step whether is was focusing on Mindfulness in your day to day activities, Forgiveness (of yourself and others) or learning about gratitude on a whole new level... this book is a great tool for growth and finding ways to produce "Purposeful Recovery". I'm not quite done with all the exercises but I already have a few women I sponsor doing the work laid out chapter by chapter. 5-stars & 2-thumbs up and a great big :) - at Amazon.com



Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change: by Ronald Alexander Ph.D., published by New Harbinger Publications.

Though it's nearly impossible to imagine, times of personal crisis and upheaval are opportunities for self-reinvention and heightened artistic expression. Whether you are healing from a severed relationship, experiencing a job loss, or coping with another traumatic life transition, you can renew your strength and find new passion and purpose after things fall apart.

Wise Mind, Open Mind offers a powerful three-step mindfulness approach to help you navigate times of unwanted change, rediscover your inner well of creativity, and move forward with passion and purpose. This book combines techniques drawn from contemporary mind-body approaches, Buddhist psychology, mindfulness, creative thinking, and positive psychology to show you how to tap into your gifts and create a practical plan for personal transformation that will help you move through the challenges you face. You'll learn to overcome the five common hindrances that may be keeping you from true fulfillment and happiness. Finally, you'll be able to embrace your circumstances, utilizing them to create a renewed personal vision and welcome new possibilities and greater creativity into your life. Ronald Alexander is not just a great author he is a very engaging speaker. at Amazon.com





MAY

May 9th 2015 - Some of the best Comics perform here. Some Famous Some soon to be! Comedy Show Saturday May 9th: Radford Hall - Van Nuys, CA. Doors open at 7:30pm Show Starts at 8pm Tickets Still only \$5 per person. Radford Hall 13627 1/2 Victory Blvd., Van Nuys, California

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

May 16th 2015, Saturday, Windsor Club Sober DANCE: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91204, 818-242-1350

May 15, 16, & 17, 2015: Woodstock West - Annual Alcoholics Anonymous (AA) event with Al-Anon & Alateen participation. May 15, 16, & 17, 2015. Four Points by Sheraton Los Angeles International Airport Hotel. 9750 Airport Boulevard. Los Angeles, Los Angeles County, California.

UPCOMING

June 4th, 5th 6th & 7th 2015, A.A. Desert Pow Wow - with Al-Anon Participation. Renaissance Indian Wells Resort & Spa, Indian Wells California. For more info visit www.desertpowwow.com or call (760) 340-7540 or (760) 776-1066.

June 7th 2015, Sunday Skid Row Drifters, Potluck & Meeting. Potluck Noon-1pm with Entertainment (please bring a dish & a chair). 1:00pm to 2:30pm The Gratitude Meeting. 804 East 6th Street in the Park, Los Angeles CA (S.W. Corner of 6th & Gladys between San Pedro & Central) Skid Row Drifters is the only group to hold "open" meetings on Skid Row every night and twice on Sunday - and have been doing it for 40 years. This Annual Potluck Meeting is held to raise the funds necessary to keep the essential meeting going. For more info you can email: LAskidrowdrifters@gmail.com or call Jerry H. (213) 884-2750 or Robert H (661) 951-9615.

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. Keys to Recovery Newspapers will be there!

August 14 - 16, 2015 - 11th Annual Mountain AA Conference with Al-Anon Participation. A Search for Serenity. Held at Big Bear Performing Arts Center, 39707 Big Bear Blvd., Big Bear City, CA 92315. For more info visit www.MountainAAConference.com

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

August 27th to 30th, 2015 - 31st Annual South Bay Family Roundup - AA Conference with Al-Anon Participation. Having Had a Spiritual Awakening. Held at Torrance Marriott South Bay, 3635 Fashion Way, Torrance CA 90503 - For more info visit www.SouthBayRoundup.org or call (310) 354-7660.

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 - The entire Keys to Recovery Newspaper Staff will be working to get to this one !

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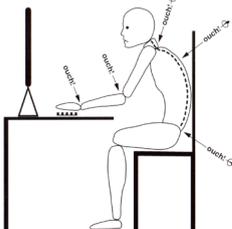
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treatment from medical providers, Exercise, meditation, art and music, Beautiful decor and gardens, Lakes, wilderness areas, golf, tennis, hiking, upscale shopping, restaurants, and public transit within walking distance, A "high-end" recovery experience with affordable pricing. (818) 305-1949. www.HarvestHouseLiving.com

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Grace Lost & Found



In life it is inevitable that we become wounded in some way. And this can take us onto a battlefield, where we try to feel powerful or just survive and demean, deny, damage and destroy what is vulnerable inside and outside of us, falsely believing that vulnerability is our enemy. We exert our small minded willfulness in offensive and defensive thoughts, feelings and actions in order to hide the vulnerable, needy, wounded child within us. And we never can kill this part of us. That's why our negative thoughts, feelings & actions continue. We can't get beat up by a parent, go to a park, beat up a kid that's younger and weaker than us, and say whew, now that energy is out of me, I feel happy, peaceful and free. Whatever energy we give outwardly, returns to us magnified. We can't substitute healthy love, affection, attention and interest for a dozen donuts. There is no amount of money, sex, shopping, work, etc. that can compensate for wounded child energies. But we have the opportunity to experience our own "dark night of the soul", where we realize we haven't seen clearly and have gone astray. When willfulness becomes willingness, deceit becomes honesty, and rigid habits become open-mindedness, we can receive what Heaven wants to give us; the memory that we are divinely created miracles surrounded by divinely created miracles.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor with 38 years of experience and 29 years of University teaching. She has a Master's degree in psychology and is a registered addiction specialist. Mary is a speaker and the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Barnes & Noble, Amazon.com, and more.



Body, Mind & Spirit



As you experience the sensation of being satisfied, feel yourself glowing with white light. Know that you are an illuminating beacon, shining brilliantly with the light of wisdom, love, and acceptance. Feel it inside of you, radiating outward. You have more than enough light inside of you. Experience it. Notice what it feels like to be satisfied, to be so filled with light that it flows forth from you, giving you a deep sense of satisfaction.

Remain present with this feeling of satisfaction until you're ready to open your eyes and end your meditation.

An alternative image you may want to use during this meditation is that of stretching your treelike roots downward, breaking through hard soil to reach the sustenance of groundwater deep in the earth. Again, imagine yourself drinking in all that you need until you are satisfied.

Ronald Alexander, PhD is the Director of the OpenMind Training Institute in Santa Monica, a leading edge organization that offers personal and professional training programs in mind-body therapies, transformational leadership, and mindfulness. He is the author of the widely acclaimed book *Wise Mind, Open Mind, Finding Purpose and Meaning in Times of Crisis, Loss, and Change* (New Harbinger Publications, 2009), upon which this article is based as well as two meditation CDs. Ronald Alexander is a mind/body psychotherapist, international trainer, and the Executive. Alexander is a pioneer in the fields of Positive Psychology, Creativity Thinking, Eastern Wisdom Traditions and Mindfulness Training. He has been conducting professional and personal trainings in the USA, United Kingdom, Europe, Japan, Russia, Canada, Asia, and Australia since 1970. www.RonaldAlexander.com

KEYS TO RECOVERY NEWSPAPER, INC.

Advertising Rates

Ad Sizes

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		ea.	ea.	ea.	Full Page	10" width x 13" height
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3/4 Page	1,400	1,350	1,300	1,275	1/2 Page - Vertical	4.85" width x 12" 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.

Southern California COUNTY RESOURCE GUIDE

12 Step Recovery Info Line: Phone meeting info & recordings of recovery 951-262-3623, Lisa Moss 818-293-2222. 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.aas-cv.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

Adult Children/Codependents 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Drive, Sunland, CA. For info call Lisa Moss 818-293-2222 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 oth-

er 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) - (626) 338-9200

Legal Aid Foundation of LA (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.

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

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood Thursday 10:30am to 4:pm, (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 Saticoy 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:am to 1:pm - (818) 980-1657

Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:am 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:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294

Shepherd's Nest, Feeding the Homeless 9237 Crebs 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 Church) 5700 Rudnick Ave., Woodland Hills(818) 346-5554

MEALS SERVED

Call the Homeless Shelters as most have food programs. The Midnight Mission meals served 3 times a day 213-624-9258

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.

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 San Fernando Valley Rescue Mission: call (818) 785-4476

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
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave. Hollywood, CA 90027. (323) 461-3131. www.covenanthousecalifornia.org
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
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
Long Beach Rescue Mission (562) 591-1292
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

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
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

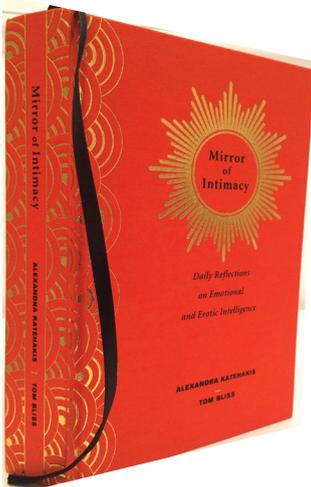
AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen. 1730 W Olympic Blvd., #300, LA
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

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.

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

“Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence: by Alexandra Katehakis and Tom Bliss published by Center for Healthy Sex.” WINS the 2015 AASECT BOOK OF THE YEAR AWARD!



We're so grateful to the American Association of Sexuality Educators, Counselors and Therapists (AASECT) for this prestigious honor. AASECT is the premier organization that certifies sexual health practitioners. The 47th Annual AASECT Conference takes place in Minneapolis from June 3-7. Alexandra Katehakis will attend the Awards Luncheon on June 6 to receive the Book of the Year award.



Alexandra Katehakis, Clinical Director

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9911 W. Pico Blvd., #700 Los Angeles, CA 90035



ARIES: March 21-April 20: People can be really irritating sometimes. You and your coworkers, professional colleagues, friends, children, sponsee's, sponsor and partners are all getting along just fine. There are others that are bickering and arguing about religion, politics, academia, cultural issues, addictions, and any number of other topics. Take it to your higher power, you are by nature smart, but you could feel as if you are surrounded by opinionated know-it-alls, refusing to listen to anything new that differs from their ideas of what is true. You are an excellent communicator, with your Sponsor's help you may be able to get your point across to these people.

TAURUS: April 21-May 21; When things are going badly, our minds can bring dysfunction, lies, secrets, mental health issues, into play. This month you are moving through your personal wealth and self-worth assessments, your higher power will bless this area of your life. However, clashes with each of them can cause a rift between your spiritual and social life. It could be something minor like you just cannot afford to splurge on social events. But it could also be something major like not attending 12 step meetings or a disagreement involving a sponsor, committee, association, friend, etc. The good news is this is a short-term issue and it should not cause long-term repercussions.

GEMINI: May 22-June 21; Last month, you spent a lot of time soul searching about your reputation and/or professional path and what you want it to be. This month you still have your thoughts creating haziness, delusion, dysfunction, secrets, and/or lies in your public life and professional goals. Your attempt to apply logic to this subject with the help from the big book and God's direction will bring more clarity. You need to come at it from a more spiritual approach, which accompanied with guidance from your Sponsor could bring a possible solution.

CANCER: June 22-July 22, Your partner or rival is finally done complaining about your reputation, boss, leadership style, and/or professional path. But now you are beginning to get upset about these things because you're not depending on the peace from God. Mostly, you are just sick and tired of know-it-alls telling you how to think and feel about political, spiritual, cultural, legal, academic, and/or media related topics. You are also beginning to tire of the bureaucracy and dramas at work. You can feel the need for a spiritual getaway vacation to help anchor your sobriety.

LEO: July 23-August 23, Last month, you were feeling really extroverted, social, open-minded, and you excelled as a team player by doing God's will. This month, you still want to do and be those things, but people in your social circles are sucking the joy out of your life. They are making it very difficult for you to have any fun, to spend time with your loved ones, and/or for you to experience a little "me time" with your favorite hobbies. They are also creating some financial or romantic trust issues and you should definitely have your guard up within these areas. Things may not be what they seem, talk it over with your sponsor to help find the solution.

VIRGO: August 24-Sept. 22, You are quite focused on your professional life this month, but your partner or a rival is not too happy about it. Because of your sponsor's involvement, when they're absent when you need them, or they are acting dishonestly, dysfunctional, gullible, secretive, and/or in some way bringing more bureaucracy into the dynamic than what is necessary, you turn it over to your higher power to bring you inner peace. Do God's will even if they're trying to smear your good name or simply trying to embarrass you, stay strong you are doing a great job, so just stay honest and ethical, continue applying the 12 step principals and things should turn out in your favor.

LIBRA: Sept. 23-Oct. 23; Issues involving language barriers, employee bigotry, long-distance communications or shipping, work related travel, mandates from the legal department, ineffective training classes,

and/or a lack of formal education causing a drop in productivity levels for you and your coworkers. This is a short-term dynamic and soon you will be able to move past it with the help of the 12 steps. You might also find that a boss, high profile client, or some other authority figure is paying attention to how well you maneuver your way through these issues and is seeing that you are a valuable and productive member of the team. Next month, you will have even more opportunities to earn the respect and admiration of your colleagues when applying God's will instead of your own.

SCORPIO: Oct. 24-Nov. 22; You and your loved one could be dealing with trust issues, or differing physical and mental needs. Problems with your joint finances when given to your higher power, helps the two of you not to get stressed out and able to really enjoy yourselves. If you work in a happiness industry (music, theatre, fine dining, vacations, luxury sales, pet stores, etc.), you could find that revenues are low or you are having a hard time collecting your fair share of the profits. The good news is that you are doing really well at work and your boss and coworkers are appreciative of the spirituality and enthusiasm that you are bringing into the work environment day after day.

SAGITTARIUS: Nov. 23-Dec. 21; Your partner or a competitor is really making your life stressful at this time. They are angry and argumentative towards you, but more so towards someone or something in your home or private life. You come to agree with them, but that does not make it any less stressful. The two of you when the 12 steps are applied, have opportunities to diplomatically agree on issues, and you two are getting along fine. Next month, will be much better. You will have plenty of opportunities to kiss and make up or to at least have some fun together. Rest your cares on your higher power.

CAPRICORN: Dec. 22- Jan. 20; You are working a lot and trying to meet deadlines, but there have been a lot of issues creating delays and drama at work. As you battle these issues and try to get things done and try to get along with your coworkers, one of your partners or rivals is beginning to complain and nag about how something or someone at home is irritating them. They think you should be the one to fix it or they think it is your fault. There probably is not much you can do to resolve any of this, but a solution can possible be found with the help of your sponsor. Try to keep from becoming self-willed and closed-minded while trying to implement your sponsors ideas, even if you think you're correct as to what ought to happen next.

AQUARIUS: Jan. 21-Feb. 18; Like most people, you love to have a good time. But this month, your financial goals are clashing with your love life, parenting, hobbies, vacations, playtime activities, wish to splurge, and/or your desire to purchase luxury items. You need to be frugal and find ways to say, "I love you" and ways to entertain yourself without blowing your budget. The good news is that you are beginning to find it a bit easier to succeed at your financial and professional goals when asking for guidance from God, so you won't acquire financial damage created by splurging. You should have more financial stability in early July.

Pisces: Feb.19-March 20; You have had some time to evaluate your housing situation, roommates, private life, retirement plans, and/or relationship with your parents. You have decided that certain things needed to be healed, fixed, cleaned up, reorganized, etc. With the wisdom of the big book you are able to make a lot of progress in these areas, but they do not come easily and effortlessly. You have to put some serious effort into it. You end up ready to enjoy some playtime but find that once again, your financial goals clash with what you are trying to do when you hold on to old ideas. It is not easy to stay focused on one's financial goals when there is so much fun to be had, but you have your sobriety and house in order, so things are not as bad as it might seem.

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