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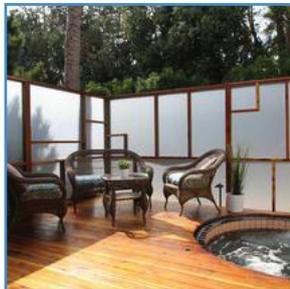
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January was the 7th anniversary of Jason Levin's death. For those of you who don't know him, Jason was my previous business partner and dear friend. We will be including Jason's earlier columns in the rotation of "editors" who write each month. Marcus Marshall, Beth Dewey-Stern and myself are the others in the rotation and we are honored to share this monthly column with Jason. You are missed my friend...xo Jeannie

Hello again everyone,

As most of us know, change is the bane of many of us in recovery. For myself it has been the biggest stumbling block on this journey of spiritual growth. How many times have we all feared a change, no matter how small, to our favorite routines? Well after thinking about this for a while and having to do some changing myself, I've found a part of the whole changing process that has been one of the greatest joys in recovery for me, is the constant discoveries about myself and the world around me. Some are fun and some aren't but altogether, this is part of the great experience. This is one of the many things I missed out on before coming into the rooms of recovery.

I can't tell how many times I used to sit around waiting for "when". "When I get this" or "When I go there" or "When this happens". All the time it was when, when, when. Funny thing though - when never came, I never went, and it never happened. This was my life before recovery. Always hoping and dreaming but never DOING anything, except of course, the things I wanted or knew how to do. Sure I had some good times, but the majority of times were tough and lonely. At the end of it all I had nothing and sat wondering "How did it end up like this?"

The sad truth was that I really hadn't done anything at all. I was content to stay in my small world and suffer needlessly. As time has gone on in my recovery I've come to understand that my fear was what was keeping me from doing the things I really wanted to in life. I spent so much time and energy trying to fit the world into my perception of how things should be that I never really did anything. Today though, things are different and because I've been shown through countless examples of people in recovery, I've been able to discover some things about myself and the world around me.

For me, the discoveries I've made have been about who I think I am as opposed to who I really am. This is a huge difference from who I used to be and it keeps getting better. I used to think about myself as an outsider, a rebel - you know, the tragic, romantic, solitary hero. I considered it to be my place in life - the lone wolf in the wilds of the world. This was who I thought I was and acted accordingly. Never get to close - I might bite! My war cry of "you just don't understand, you're not like me!", was the foundation of my miserable existence. Only after getting thoroughly beaten down by my various addictions was I able to open up and discover that none of that was true. I really like being a part of a group. There really are people like me who enjoy living and having a good life. I'll even go so far as to say...(wait for it)...I'm a people person!

But, I was only able to discover this by doing the thing I didn't want to do the most - change. Another good example is my work today. I remember too many mornings watching the world come to life for a new day while I was still a leftover from the day (or two) before. I would think to myself, "How can they do that? Get up and actually go to a job everyday, what a miserable life they must have selling their soul to the man", as I was on my way to find a sunny park bench to pass out on because I had chills from the pre-dawn air. Yeah, I'm sure you get the picture there. Once again I was judging something I knew nothing about from a place of complete ignorance. Today, however, I get it. I discovered that if you work, you get to have a life. In fact these days the only time I get pre-dawn chills is when I forget to turn my heater on at night. Not only that but I've discovered that I'm actually capable of being responsible. Heck, I even like it sometimes too.

I guess the point I'm trying to make is simple. Today because of the program that I have thanks to recovery, I'm able to do things in spite of my fear and in spite of myself. I still have times when I'm unsure and I still have times when all I can say is "I don't wanna!" It's in these times that I have to do what I don't want to and often think I can't - it's these times that the discoveries are their most potent and long lasting. My life today is such a far cry from how it used to be that I think it was all a bad dream - until I meet someone who shows me that it was all real - very real and if I don't continue to move forward I could easily end up back where I started or worse.

I think the greatest discovery I've made in recovery has been the awareness of my Higher Power. All too often I really thought I was alone in the world with no one and nothing. It's taken some time, but I've found that all along the way I've been cared for and protected by my Higher Power. Don't get me wrong, I've had some pretty bad trouble in my life, but the fact that I'm still here and doing the things I'm doing today have shown me that I'm truly never alone.

A co-worker in the office has a note on the wall that really sums it up for me: "**Leap and the net will appear.**" This is how my life works today.

Things I never would have thought were possible for me are now everyday occurrences and my world is growing or maybe it's me whose growing, I really can't tell sometimes. That my friends is a good thing.



See ya' next month - Jason L. - Publisher



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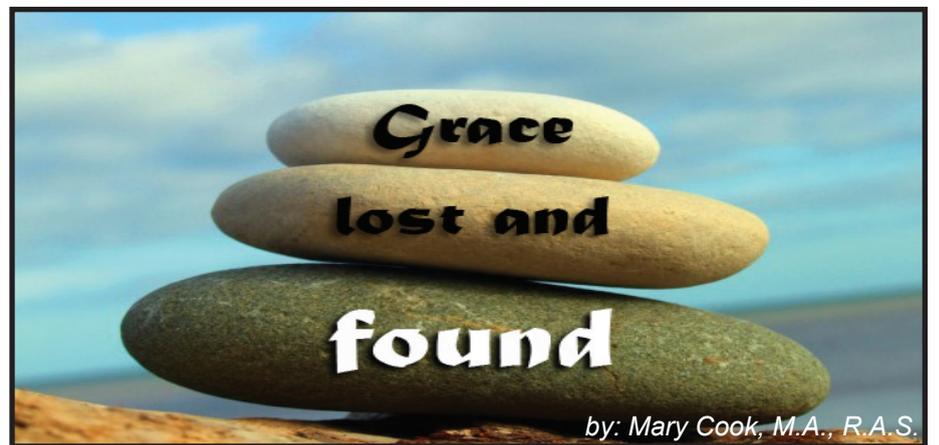


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GRACE FOUND

We are born of divine grace and promise. Life on earth however, rarely supports this. We feel flawed in response to mistreatment. We think we are not whole when our needs and wants are not met. We accept the model of life we hear about and see from others. We define who we are from how significant others wish us to be. We lose awareness of our unique greatness when our environment does not reflect this. We lose intrinsic value and purpose when our energies are needed for basic psychological and physical survival.

All the while we feel a yearning for something far greater than our personal experience. We search for it in our surroundings and find what is readily available. We try people, hobbies, food, drugs, sex, gambling, and so on. We receive temporary satisfaction and believe if we can only procure an endless supply, it will be sufficient. Somehow the more we receive, the more we need and the more deficient, lost and broken we feel. The inability to contain and understand this painful dynamic often breeds violence. Whether verbal or physical, it fails to satisfy as well. So we may try not feeling at all. And again, we experience only temporary relief. Sometimes at this point, death might seem attractive, if we believe that only it will relieve us of our pain.

We may however in this crisis, reach beyond what is familiar and enter treatment. If we didn't feel at rock bottom before treatment, treatment will eventually bring us to this state. For us to heal and grow, we must admit all that works against our health and happiness. People, places and things that formerly allowed us to feign security and esteem are exposed, for all illusions prevent growth.

We see how sickness arises from feelings buried alive. We see how destructive attacks on ourselves and others proceed from denial. We see how our attempts to reduce conflict and obtain our own version of safety and security, resulted in escalated threats and danger. We see how tiny our life is as a consequence of chronically contracting from pain. We see that controlling our lives causes us to lose awe and wonder, how imposing dominion over others costs us our freedom within. We see that petty reactivity and dressed up defensiveness betrays our true nature. We now understand that we were never flawed, deficient, inferior, lost, broken or alone. These were our responses to hurtful and traumatic actions and attitudes. They are not meant to define us and dictate our life.

Recovery affords us a new model of life and a new way of being. Our mind fights it for it is unfamiliar. We are afraid for it requires a conscious choice to be vulnerable. We must surrender all defenses and walk back through the pain inside us and in our life. We can only choose our highest path when we've heard and understood all parts of ourselves. We are here to listen, not just with our ears, but with our hearts fully open. We are here to act not from our mental patterns and habits alone, but from intuition and messages received through prayer and meditation. We are here to understand and evolve, not solely by following the given earthly framework, but by seeking our soul's purpose in life experiences. We discover there was nothing wrong with our yearning for something far greater than our personal experience. The problem was that we could not see it with our eyes because it is not material, but ethereal. It is the magnitude of our Higher Power's love for us. We rediscover it deep inside us, upon clearing away false beliefs and misguided actions.

We don't have to buy friendship or sex. We don't have to cheat, lie or deny. We don't have to put anything we cherish, including ourselves, in harm's way. We know that right actions and thinking lead us to friendship and love. We know the whole truth is the only thing that frees us from bondage. We know the difference between a healthy risk for spiritual growth and a plan for sabotage. We deserve to walk the path of spiritual greatness and let go of all that hampers our way. Our mind is an infant that accepts and adapts to life on earth. Our soul is an elder that knows we are here to transform earthly experiences into grace and promise, of our own free will and effort.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor with 39 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




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by: Kay B.

HUMILITY

“Humility is not thinking less of yourself, but thinking of yourself less.”

C.S. Lewis writes, in Mere Christianity, that pride is the “anti-God” state, the position in which the ego and the self is directly opposed to God. In the 12 & 12, we are told that without humility as the foundational principle, we would not stay sober at all, pg. 70. In order to live relatively peaceful and full lives we will need to practice and remain in a state of humility.

For most people, especially addicts, humility is a difficult place to remain. Humility comes from a Latin word humilitas, which may be translated as “humble”, but also as “grounded”, “from the earth”, or “low”. When we are able to posture ourselves in attitude and disposition when relating to others we become more apt to listen without integrating our opinions and rights.

Remembering that the disease of addiction is rooted in selfishness and self-centeredness, we need to practice humility as the foundational principle as we build our new lives. We want to practice yielding ourselves toward others rather than puffing up with pride to win an argument, or prove we are right, or to belittle or shame someone else. Just like when we yield while driving, we slow down to allow the right-of-way to oncoming traffic. We can also yield our intellects, opinions, and emotions on behalf of another.

Ego and pride will often pop up when we feel threatened in some way or when we feel the need to control through self-righteous anger or fear. Pride is the opposite of humility, as pride puffs up, it needs attention, needs to be recognized, needs to be right, first, better, and know more. Pride is self-satisfied. Humility lowers itself, keeps its mouth closed, doesn't argue, or become mean, impatient, it doesn't have to know everything, and even if it does, it doesn't have to boast about it!

Being grounded in humility gives us confidence. With the principle of humility we can take the good, bad, difficult and devastating because we do not need to prove anything and there is peace in just allowing things to be. We can rest in confident assurance that God knows and sees all things and is in divine control. Life and life-circumstances are not about us running everything, it is about trusting and relying on God and being of service to all people, especially those who are affected by addiction/alcoholism.

There's a Jewish saying which states, “Being of service to others is the greatest form of humility” and on page 71 in the Twelve & Twelve it says, “We lacked the perspective to see that character-building and spiritual values had to come first”. We begin to experience the reward of serving God and humanity keeping ourselves in right perspective, not less or greater than anyone else but as equal in the sight of God. Humility puts itself on an equal playing field as a worker among workers.

As long as we place ourselves in a position of power, we have no need for spiritual guidance or human affection. We basically shut ourselves off from anything divine and cheat ourselves out of true partnership when we are self-contained, selfish and egotistical. Even though most addicts/alcoholics are some of the most lonely people in the world, our pride will not admit that we are in need of human contact and divine presence. Pride will try to meet its own needs and handle life within its own strength, alienating others on many levels. Humility is vulnerable, open and peaceable.

Humility is a character asset, it is the inner nature of one's being, the inner attitude and posture of oneself in proper perspective. Evidence of “good character” shows in times of despondency, trials, and successes. The inner core of our makeup is expressed through our character which is always revealed sooner or later. This is one of the reasons why it is so important to clean house and get rid of the defects of character, the inner fibers of our old survival skills.

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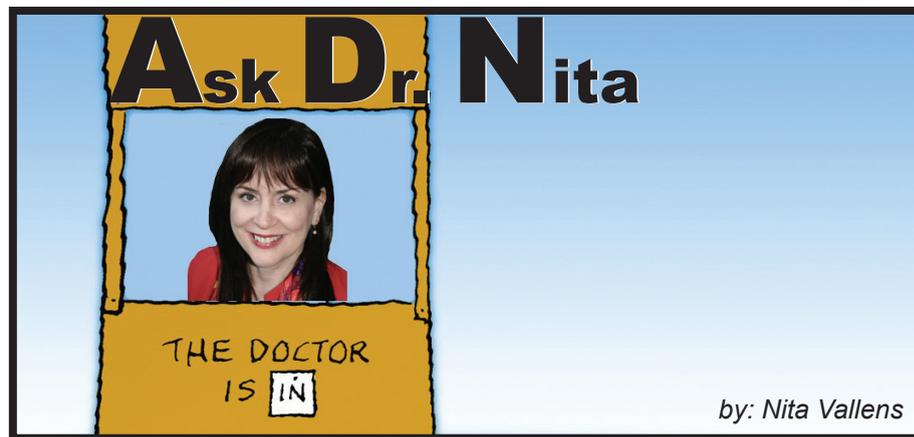
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by: Nita Vallens

Dear Dr. Nita:

I'm going to a big wedding soon and just the thought of all that alcohol and food puts me on edge and feeling antsy. Why after way over a decade of sobriety do I still have these feelings?

Jack D.

Dear Jack,

I'm glad that you're aware of feeling "on edge and antsy" and are willing to look at and discuss your feelings, so together let's explore a few things. For starters you may know that fear and anxiety are extremely common and a large part of the human experience.

Here's a question for you to ask yourself – "What if your fears of the future were based on things that happened in the past?" Although you might not recall the details many years later you may have gone to a wedding or similar event in the past where something occurred that made you feel uncomfortable, awkward or simply out of place and to this day it triggers bad feelings. Perhaps you developed an aversion to these sort of events and just the thought of it causes the discomfort to come up.

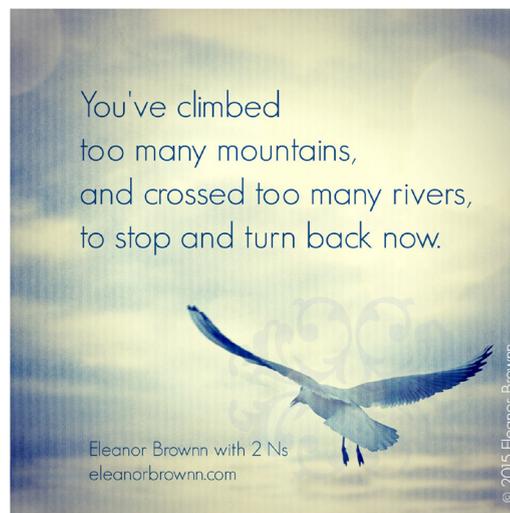
If these moments have caused you angst, and brought up feelings you didn't want to experience, no wonder you don't want to return to similar experiences. Sometimes we compartmentalize prior painful experiences only to find the good gets tossed out with the bad. Many of us know people who are so locked into their fear that they allow themselves to experience very little joy in life. It's very challenging to fence off thoughts about the likelihood of pain and risk without missing something or someone in need of your attention.

Ask yourself about the feelings beneath the fear or anxiety so you can begin to discover where it's coming from. Also, it helps to journal as a way to process your underlying feelings and to lessen the grip it has on you. Another idea is to become curious at the onset of your antsy feelings and simply act in spite of it with an interest in how something will actually occur. Then, maybe you can give yourself a break by going to the wedding with a fresh mindset and have some fun.

- Say the serenity prayer, and keep your curiosity and your sense of humor nearby
- Remember that 92% of fears are not real
- Recall the acronym for fear "False Evidence Appearing Real"

To feel fear and do the thing anyway is a useful habit worth cultivating. When we work the 12 steps in our various programs, we are living a spiritual life and adopting the point of view that we can learn from each situation, awaken and achieve peacefulness and wisdom.

In closing, I hope this quote by author Jack Canfield is inspiring "Everything you want is on the other side of fear."



Eleanor Brown with 2Ns
eleanorbrown.com

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Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks and can be reached via www.DrNitaVallens.com Her Inner Vision radio show can be heard at 1:00 pm on KPFK Los Angeles, 90.7 FM or stream at www.KPFK.org

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TAKING RESPONSIBILITY

Every action that we take plays a part in creating our present experience and sets the course for our future.

Our actions are determined by our thoughts. If we want to change our actions we must change our relationship to our thoughts. I hear from people everyday who speak of their eating disorders and addictions as "others." Such as "my eating disorder wants me to..." or "Ana and Mia say to do..."

This type of talk can be helpful in learning which thoughts are healthy and which are not, but I suggest we approach them with caution. When we create an alternate source for our eating disordered or addicted thoughts we shift responsibility away from ourselves and onto the mysterious "other" who has power over our minds and bodies.

When we do so we short change ourselves. We cheat ourselves out of the opportunity to truly look at our whole selves. When we look at ourselves in a holistic way we can begin to relate to ourselves on a deeper level.

When we shift the responsibility to the "other" but hold onto the guilt and shame we are setting ourselves up for a losing battle. And, we always hold onto the guilt and shame because somewhere deep inside we know that we are truly responsible for our actions - even those taken when in the depths of an eating disorder or addiction.

By claiming full responsibility we can begin to offer ourselves forgiveness, make amends when possible, and move forward.

When we acknowledge that all of our thoughts are coming from within our own minds we can start relating to them differently.

Meditation is one of the most amazing ways to create a new relationship with our thoughts. When we sit in meditation we are not trying to stop thinking. We are practicing allowing our thoughts to come without clinging onto them, reacting to them, or allowing them to spin our minds out of focus.

As we focus on our breath, our body, or our mantra we watch our thoughts come in and we watch them go out. We begin to see patterns and we may recognize certain thoughts as reminiscent in some way.

Perhaps some of our thoughts are so habitual that we forgot to notice that they simply aren't true anymore. Maybe some of our thoughts are echoes of things we heard from our parents, teachers, or friends that we took on for ourselves without question.

When we become more aware of our thoughts we are able to begin responding to them rather than reacting to them. We can take action knowingly. When we take action with intention we make better choices.

Eating disorders and addictions are not developed by choice, but it is a choice to recover. It is not easy, and often medical intervention is needed to get the mind and body healthy enough to really make a clear choice, but it is a choice that we make with each thought and resulting action.

I remember when I first became aware that I was responsible for my thoughts and my actions. It was such a relief. Taking on some "other" force seems daunting and largely impossible. It seemed like the goal was to ignore a ninja like enemy in my brain.

The more I tried to ignore it, the harder it became.

As they say, "what we resist persists."

When we stop trying to tune out and begin to truly tune in we become infinitely more powerful in our own selves, in recovery, in our relationships, and in all of life.

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: Judith Orloff, MD

DEALING WITH AN ANGER ADDICT

Anger addicts cope with conflict by accusing, attacking, humiliating, or criticizing. Unchecked they can be dangerous and controlling.

Anger can tyrannize relationships. One woman I treated had stopped having any male friends because she was afraid of her partner's unrelenting jealous anger. If she went to lunch, for instance, with a male colleague from work her partner would barrage her with cell phone messages during the meal. Initially, unable to set boundaries, she appeased him by giving in. My patient told me she didn't want to "create a war at home" by doing anything to provoke his wrath. Clearly, we had our work cut out for us in therapy. She didn't want to leave her partner but she needed to be strong enough to assert healthier limits in the relationship.

The common dynamic with anger addicts is that they use anger to cope with feeling inadequate, hurt, or threatened, whether the person acts out occasionally or not. Anger is one of the hardest emotions to control due to its evolutionary value of defending against danger. When you're confronted with anger, your body instinctively tightens, the opposite of a surrendered state. It goes into fight or flight mode. Adrenaline floods your system. Your heart pumps faster. Your jaw and muscles clench. Your blood vessels constrict. Your gut tenses. In this hyper-charged condition, you want to flee or attack.

Instead of running or retaliating, try my approach. First, take a breath to calm down. Tell yourself, "Do not respond with anger. That will just make things worse." If the person is being abusive excuse yourself from the situation. If you can't escape, say with a boss, try to stay centered, non-reactive, and not feed the anger. Later, when you can address the anger more fully, admit your unedited reactions to yourself or a supportive person. This prevents anger from building up. You can't start the process of surrendering anger until you've acknowledged the raw emotion.

When you're exposed to anger, here are some steps from my book on the power of surrender to calm your system and have a clear head. Without this you're trapped in reactive behavior which gets you nowhere at all.

How to Communicate with Anger Addicts

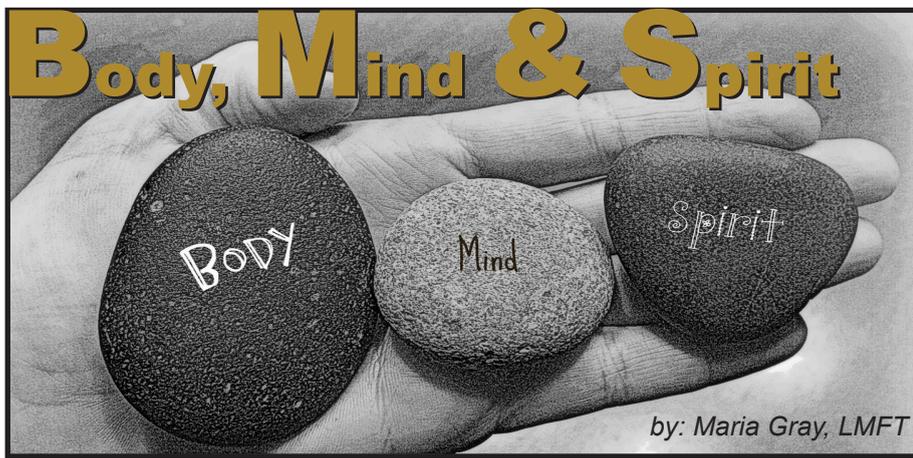
Step 1. Surrender Your Reactivity. Pause when agitated: Take a few slow breaths to relax your body. Count to ten. Don't react impulsively or engage the anger even though your buttons are pushed. Reacting just makes you weak. Though you may be tempted to lash out try not to give in to the impulse. Focus on your breath, not the angry person. You may still feel upset but you'll be calm and in charge at the same time!

Step 2. Practice Restraint of Tongue, Phone, and E-mail: Do not retaliate or respond at all until you are in a centered place. Otherwise you might communicate something you regret or can never take back.

Step 3. Blend, Relax, and Let Go: Resistance to pain or strong emotions intensifies them. In martial arts, you first take a breath to find your balance. Then you can transform the opponent's energy. Try staying as neutral and relaxed as possible with someone's anger instead of resisting it. At this stage, don't argue or defend yourself. Rather, try to let their anger flow right through you.

Step 4. Acknowledge their position: To disarm angry people, you must weaken their defensiveness. Otherwise, they'll dig in their heels and won't budge. Defensiveness stifles flow. Therefore, it's useful to acknowledge an anger addict's position, even if it offends you. From a centered place say, "I can see why you feel that way. We both have similar concerns. But I have a different way to approach the problem. Please hear me out." This keeps the flow of communication open and creates a tone for compromise.

Con't Page 18



INTERNET ADDICTION

I am fascinated by our constant need to be occupied or busy; I like to think of it as an overall addiction to busy with technology playing a predominant role. Brenee Brown calls it crazy-busy. If we are always busy, we don't have to feel the unpleasant feelings, or pleasant ones, that arise throughout the day - we numb out.

In my prior career, I felt compelled to check my email and phone before, during, and after work. After work, my home computer would chime, letting me know I had new messages. I would glance at the screen, intending to answer one or two messages and return to whatever I was doing; however, before I knew it, 30 minutes had passed. By acting this way, I was exhibiting at least one of the symptoms of Internet addiction: spending more time online than I had intended. Today I check email several times a day and no longer use auditory alerts on my computer.

Dr. Kimberly Young is a pioneer in the field of Internet Addiction. She conducted the first study on Internet addiction in 1996. Her study showed that, subjects met the same criteria as individuals who were classified as pathological gamblers. Gambling occurs in an environment where there is intermittent reinforcement; there is a pleasurable charge that occurs intermittently. This is known as variable reinforcement schedule. Similarly, a variable reinforcement schedule exists when we use the Internet. Dr. Young talks about the pleasure people receive when clicking and finding content on the internet, viewing a text on the phone, reaching a high score in a challenging game, finding pornography, searching for content on Facebook, etc. The variety and intermittent timing of these hits is what makes the Internet so addictive.

Internet addiction is difficult to define. David Greenfield (1999) uses a number of terms including: Internet addiction disorder, pathological Internet use, digital media compulsion, and virtual addiction. Digital media compulsion encompasses a wide array of devices such as smart phones, laptops, MP3 players, and portable games. Dr. Young developed the first screening measure for diagnosing Internet Addiction, the Internet Addiction Diagnostic Questionnaire (IADQ). The IADQ consists of the eight questions listed below.

1. Do you feel preoccupied with the Internet, (think about previous online activity or anticipate the next online session)?
2. Do you feel the need to use the Internet with increasing amounts of time in order to achieve satisfaction?
3. Have you repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?
4. Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?
5. Do you stay online longer than originally intended?
6. Have you jeopardized or risked the loss of a significant relationship, job, or educational or career opportunity because of the Internet?
7. Have you lied to family members, therapists, or others to conceal the extent of involvement with the Internet?
8. Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)?

If you answered yes to four or five of the questions, you may want to examine your Internet and technology usage. I have decided I would like a little more space between me and my technology. I don't want to slip into my old ways. I have renewed my commitment to refrain from checking emails or texts in the car. In addition, I am making an attempt to limit how often I check my phone during the day.

Maria Gray, LMFT, NMP is a licensed Marriage and Family Therapist in private practice in West Los Angeles; specializing in trauma and addiction. For more information see www.mariagray.net/ or call 310-319-6500. Maria is currently enrolled in Dr. Young's Internet Addiction certification program.

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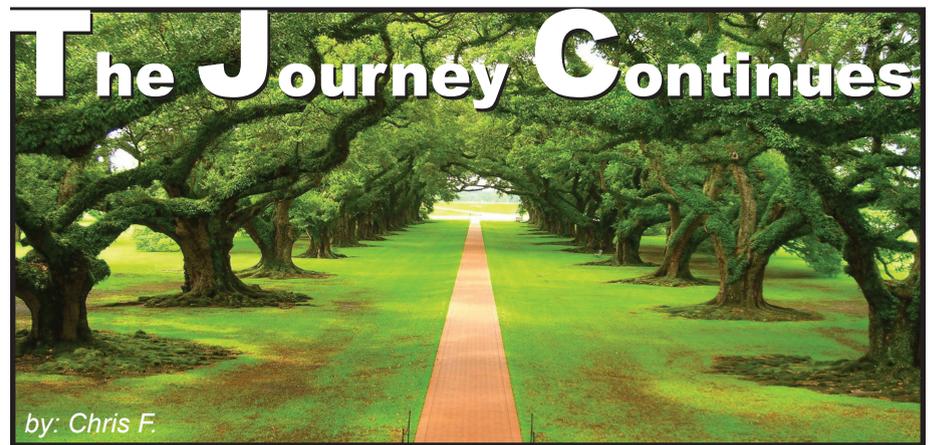
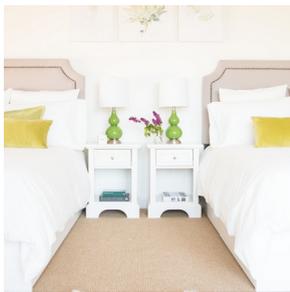
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by: Chris F.

MY INNERMOST SELF MR. HYDE OR DR. JEKYLL?

"We learned that we had to fully concede to our innermost selves that we were alcoholic". In the book, Alcoholics Anonymous, it states that this is the first step in recovery.

How I learned to concede was a long and tedious process of repeated attempts to regain some form of control and direction in my daily life, while enduring continued failures, and repeated disappointments to myself and those around me. The least likely place that I could not understand was the space inside of me that felt the doubt, despair and loneliness, the emptiness and fear that was present all of the time. I failed to recognize this as the greatest element of my existence. I was in denial that, it truly was the inside of me that was causing me to reach out and grasp at anything that would quell my needs and desires. Desires, needs, and wants which were never fulfilled.

Some of literature that I read refers to us having a soul-sickness. Lost, alone, abandoned, cold, afraid, scared, guilty, wrong, broken, and ashamed; these words are well known and deeply felt by most drug addicts and chronic alcoholics.

Finding authentic love and compassion, having some form of direction in life, believing that I have a purpose, being contented with meaning and fulfillment, success, courage, and a sense of belonging, these were the attributes that I would continually and persistently reach for, but would never ever seem to find.

Every time, and I mean, each and every time that I drank alcohol and did drugs, it was my attempt to fill the elusive space within me that was barren, void and incomplete. Even at age 11 something inside of me felt broken and torn. The turmoil inside of me had always been there, deep down, even as a young child, years before I had taken a drink or drug. My brokenness was indescribable and insidious. I never could explain how I felt or what was wrong. I just knew that something did not feel right. It felt like a need, a hunger that would never be satisfied. I had to have it, more, more, more, more, and more. Endlessly wanting whatever and desiring more. I was willing to pay any price and suffer any consequence for more, more of any substance or drink that would quiet the storm in my soul.

As soon as I had just one sip, toke, puff or hit, as soon as I knew I was going to change, I would feel comforted and safe. During the first flush of intoxication, I felt fulfilled and complete. The part of me that seemed to be missing would all of a sudden appear and take hold. A book that I read defines this as, "The real Dr. Jekyll and Mr. Hyde".

Then the effect of the drug or drink would take over and lead me to oblivion and peace. Or so I thought! This false sensation of being complete offset the uneasiness of my reality. I turned my life and my will over to the care and control of the substance, the magic potion. It gave me such great visions and dreams of life, whole and happy!!! It became the most glorious wonder of my creation. The magnificent sensation would only last but a moment, but it was enough to stop the madness in my soul. Then the monster would appear and demand more, now, pay any price, do anything, commit any offence, I must have more!

My problems were not so much as what happened to me when I would drink or drug, but more so when I was not drinking and not using. Life would overwhelm me and situations would pile up on me, slowly bring my frustration, fear and anxiety to an uncontrollable boil. My problems and capacity to manage them became unattainable and insurmountable. The unreal pressure seemed to grow stronger, always erupting into a slow obsessive thought. I needed peace, ease and comfort and the only relief I could find, or trust, was the instant release of the first hit, the first drink, the first whatever! The thought would always be present that it would be ok for me to drink or use, it did not matter about the time or the place, the circumstance or outcome that my addiction would always produce without fail.

It was my Inner- most being that had suffered for so long and it is there where the Solution was to be found. For I believe that deep down within all of us is that space, which is the spot at which recovery begins. Conceding to this was the first step in my recovery. I no longer doubted that a life without drugs and alcohol was possible. Some of us believe it to be the piece of us that the Creator designed us to have. The Eternal Conscience – The God Spot - or our True Innermost Self.

Today I have the peace ease and comfort that I so longed for through drinking and drugging. There is a great sense of purpose, meaning and a direction that I can pursue, of which I never believed to be possible. I have a new freedom and a new happiness. It has been referenced by some to be a miracle of healing. I would tend to think of it as my transformation from a living death to a grateful and humbled life.



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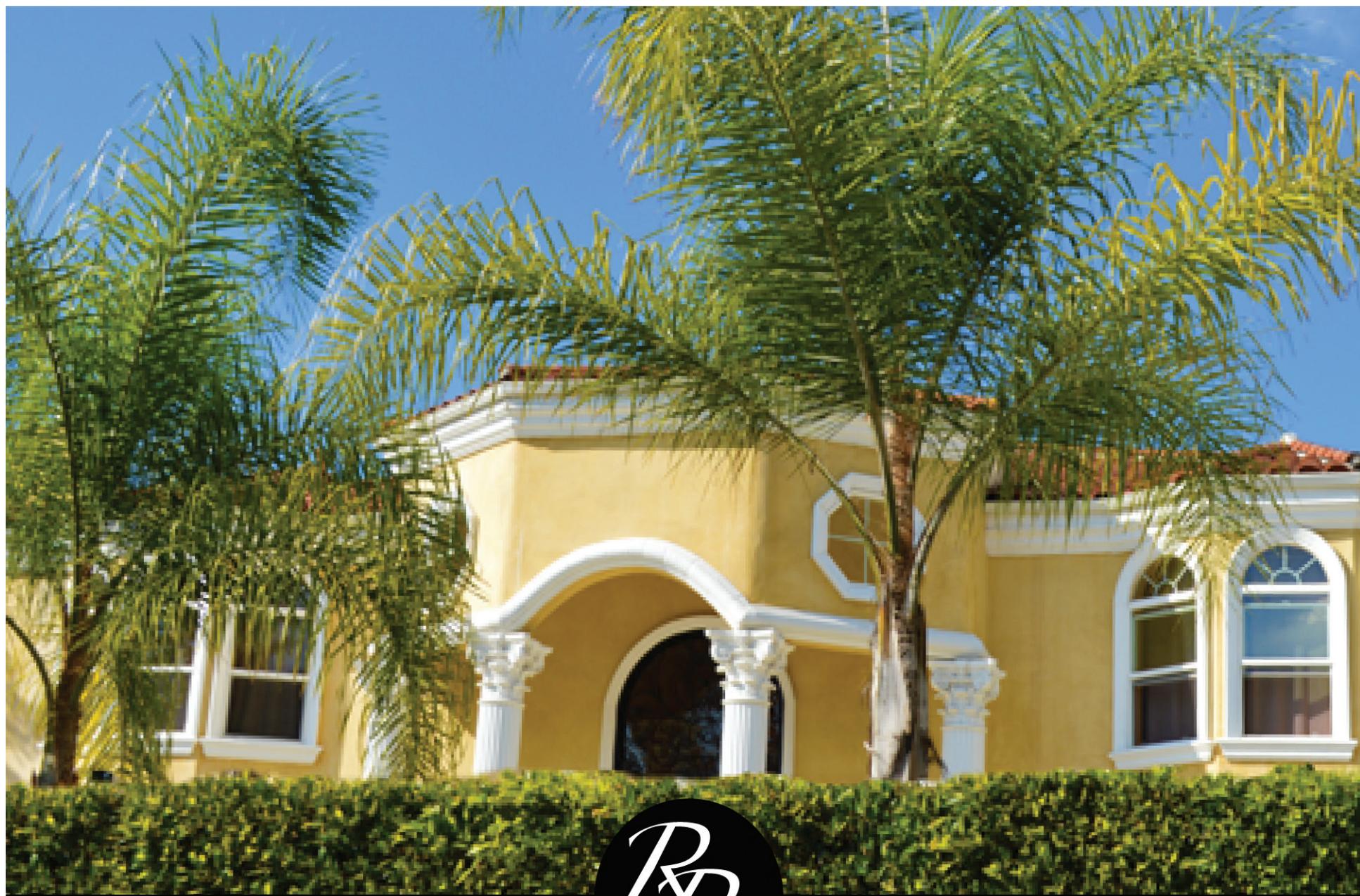


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HEALING OUR HEROES

THE UNSEEN INJURIES PTSD, ADDICTION, HOMELESSNESS & INCARCERATION

HERO: a person who is admired for great or brave acts or fine qualities.

VETERAN: someone who fought or served in a war as a soldier, sailor, etc.

WARRIOR: a person who fights in battles and is known for having courage and skill.

Some say Hero, some say Warrior and others say Veteran – no matter what words you choose to describe the men and women who put their lives on the line everyday for our country we dedicate this issue to them all.

While preparing for this article, back in March, we reached out to various “experts” and individuals to help us prepare for this issue. No one got back to us and no one was willing to go “on record”. The more I learned the more I knew we had to address this issue. So forgive me in advance for any mistakes I might have made willing writing this article.

Please understand we are not claiming to be experts or advocates – nor are we blaming, supporting or opposing any particular study or procedures. We saw a problem, and although this newspaper extends what we realize, is a very small gesture – we are doing what we can. We know we are merely scratching the surface.

We also read about some breakthroughs that offered hope and recovery and wanted to share that with our readers as well.

Here are some heartbreaking statistics:

More than 200,000 Veterans are behind bars, almost half for drug-related offenses.

Approximately 58,000 (veterans) are estimated to be homeless on any given night.

An average of 22 military veterans commit suicide every day in this country.

This generation of veterans joins the larger population of Vietnam-era veterans who have struggled with many of these same issues for decades. In 2004, more than 140,000 U.S. veterans were locked up in state and federal prisons, with tens of thousands more in county jails. Research shows that the single greatest predictive factor for the incarceration of veterans is substance abuse. Experts predict the number of veterans being locked up will increase as more veterans return home unless urgent policy changes are adopted.

With hundreds of thousands of U.S. soldiers currently deployed in wars - the United States faces more challenges in providing care for our returning veterans. Roughly 30% of veterans from Iraq and Afghanistan report symptoms of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, depression, mental illness or other cognitive disabilities. Left untreated, these medical conditions often contribute to substance abuse and addiction, fatal overdose, homelessness and suicide, as well as violations of the law, particularly nonviolent drug offenses. One in six returning veterans from Iraq and Afghanistan suffers from a substance abuse disorder; since 2004, the number of veterans treated for mental illness and substance abuse has increased 38 percent, and 81 percent of arrested veterans had a substance abuse problem.

During wartime, doctors and medics need to treat troops for pain, and often use prescription opiates to solve that problem. Americans in the military are prescribed narcotic painkillers three times as often as civilians. This year, the Department of Veterans Affairs is treating about 650,000 veterans by giving them opiates. And that can end up creating a new problem for patients with pain: **Addiction**. Abuse of prescription drugs is higher among troops than civilians, and the rate soared throughout the wars in Iraq and Afghanistan.

Both the Pentagon and the VA fear this drug use contributes to suicide and homelessness among the men and women who have served in the military.

THERE IS HOPE

The highly successful “alternative sentencing” used in many courts across the U.S. for dealing with substance abuse among civilians is reflected in the “Veterans Treatment Court”. Veterans Treatment Court is one of the military’s best strategies for redeeming Vets suffering Post Traumatic Stress Disorder and Depression, who come into conflict with the law and the Courts.

The first Veterans Treatment Court in the country was established in 2008 by Judge Robert Russell in Buffalo, N.Y. The goal was to divert veterans charged with felony or misdemeanor nonviolent criminal offenses to a *specialized criminal court that emphasizes treatment, recovery and rehabilitation guided by veteran health care professionals, veteran peer mentors and mental health professionals who specialize in dealing with the co-occurring disorders* of posttraumatic stress disorder (PTSD), traumatic brain injury (TBI), other illnesses and injuries and pain which complicate the problems in substance abuse and addiction, incarceration, homelessness and suicide.

Since 2008, the number of Veterans Treatment Courts has grown to 130. Melissa Fitzgerald, senior director of Justice for Vets, said the specialized courts “have gained national prominence as the most innovative solution for veterans entering the criminal justice system. Veterans Treatment Courts stand between the veteran and a felony conviction, incarceration, or worse, ensuring that when returning service members are arrested because of a substance abuse and/or mental health disorder, they receive the structure, treatment and mentoring they need to get their lives back on track.”

Veterans Treatment Courts provide a whole new method of offering such a wide variety of treatment services for the individual that as of now they are reporting a 98% success rate.

This, as with most, is not a perfect system as the Veterans Treatment Courts doesn't take men and women on active duty, "because there's no point giving them all these services and then letting them go back to deployment."

Do not be discouraged my cousin who is on active duty told me "There are resources everywhere for our service members; Corpsman, Medics, Doctors, Chaplains, social workers and therapist. Many people who suffer don't even realize that they have PTSD and simply chalk it up to "this and that". Additionally many people are simply afraid to go and see many of their resources (Medics, Corpsman, Doctors and Chaplains) because the members believe/think/feel that there is some negative stigma about saying they need help. Chaplains are a great resource for people of faith, but some may hesitate because the local Chaplain may not be of the same Faith.

The military family life counselors (MFLCs) are certified social workers and therapist (non-uniform wearing civilians) who have some of the strictest confidentiality. A great website is Militaryonesource.mil which has all kinds of useful information. One great thing about the website is that the members who are looking for help have the anonymity of the web or phone. Members can use it to talk with someone over the phone and/or are able to see a therapist/counselor who is not affiliated with the military, again giving members an avenue to help while trying to prevent the stigma of someone knowing that you asked for help."

Some men and women on active duty hesitate to reach out before the problem (PTSD, substance abuse, depression, etc.) escalates to the level of court involvement, homelessness or worse, because they fear it will go on their permanent record possibly ending their service careers. Also Veterans who are convicted of criminal offenses, particularly drug felonies, or those who have drug use histories, face a wide range of punitive policies that limit their access to social services necessary for their reentry to civilian life.

"If we are going to break the cycle between incarceration and homelessness, we will have to raise our level of collaboration and leverage all our assets to address these factors, which seem so pervasive when dealing with troubled Veterans—depression, insomnia, substance use, pain and failed relationships."

We can all do something no matter how insignificant we feel it might be. Perhaps a donation to places such as www.woundedwarriorproject.org, or volunteer at your local Veterans Hospital.

My friends volunteer at P.A.T.H (People Assisting the Homeless) which is a local shelter that work with the homeless including Veterans. They serve and eat dinner once a month with the residents. This particular location recently changed to serving Veterans only, so now they have the honor of serving those who once served us.

Starting with our September issue Keys to Recovery will have a column dedicated to Recovering Veterans. If you want to contribute an article - on PTSD, Substance Abuse, TBI, Depression, Homelessness, etc.. - or know someone who does please submit it for consideration.

We tend to think we have to do something huge to make a difference, but sometimes it's when we do something small we are making a huge difference to one person. Perhaps you can include these "Hurting Heroes" in your prayers.

And lastly I want to acknowledge my family members Richard Traxler, John Traxler and Frank Dominguez, who all retired with OVER 20 years of service in the U.S. Navy; Samuel Traxler and Robert Traxler who served in the U.S. Navy; Frankie Dominguez who is currently serving in the U.S. Navy; and my brother Donald Akers who served in the U.S. Marine Corp.

Resources for Active Duty Military and Veterans:

MilitaryOneSource: www.militaryonesource.mil

U.S. Department of Veterans Affairs: www.va.gov

Vet Centers: www2.va.gov/directory/guide/vetcenter_fish.asp

Understanding PTSD Booklet: www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf

National Center for PTSD: www.ptsd.va.gov/public/index.asp

VA's PTSD Program Locator: www2.va.gov/directory/guide/ptsd_fish.asp

Trauma Treatment www.DelAmoTreatment.com

Veterans Crisis Line 1-800-273-8255 – Press 1

References & websites used for this article were

www.drugpolicy.org ; Washington Post (on-line); Issues and Truth.

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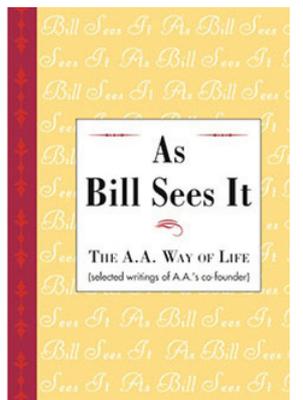
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Book Reviews

As Bill Sees It: The A.A. Way of Life: (selected writings of A.A.'s co-Founders), Published by Alcoholics Anonymous World Services, Inc. New York: This volume includes several hundred excerpts from A.A. literature, touching nearly every aspect of A.A.'s way of life. It is felt that this material may become an aid to individual meditation and a stimulant to group discussion, and may well lead to a still wider reading of all A.A. literature. You have probably seen it at a fellow A.A.'s house.

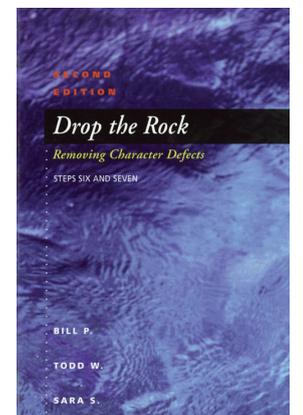
This collection of Bill's writings is a daily source of comfort and inspiration to many. Available on www.Amazon.com or www.aa.org



Drop the Rock, Removing Character Defects - Steps Six and Seven, Second Edition: Published by Hazelden. This book is based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery.

Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the very least, block further progress. The second edition features additional stories and a reference section which contains the 7th Step Prayer "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding." among other AA favorites.

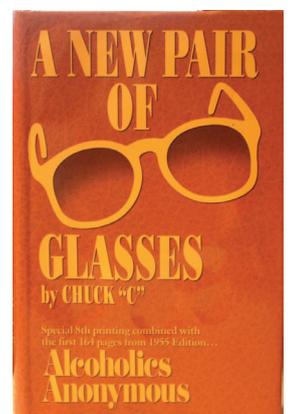
Available on www.Amazon.com and www.hazelden.org.



A New Pair of Glasses: Published by Chuck C. was one of the early leaders of AA in Southern California. There are spiritual truths here that transcend any of the more commonly used AA literature. What is amazing is that it was not really planned as a book at all - it's a transcription of a series of talks Chuck made at a men's retreat.

A new Pair of Glasses looks into the spiritual solution offered through the 12 Steps of Alcoholics Anonymous. It's delivery is both wise and has just the right gravity balanced with humor to make it an essential bedside read for AA's. Chuck C. suggests from his experience how we practice these principles in all our affairs. A 12 Step call at work, at play, in AA its the same thing. Chuck C. gives his wisdom (which came from learning, and living) away for free and for fun.

Chuck C. loves recovery, loves life (same thing !) and if you want to enjoy your life, help drunks, give love and of yourself away for free and for fun - enjoy the wisdom of A New Pair of Glasses and the freedom the book gives you back. Some of these quotes you have heard at meetings and might recognize them. You may not agree with everything Chuck C. says but even so its one beautiful book.



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July

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!

July 11th, Saturday, Oasis Women's Recovery Home is having a comedy night fundraising event to help keep our house open. It is three hours of adult comedy from 7-10pm on Saturday July 11th located on our facility grounds at 13832 Polk street Sylmar, CA 91342 Pre tickets are \$10 or \$15 at the gate night of the show. We will have raffles and our snack bar will be stocked with our famous nachos, sodas, coffee, cakes and other treats. Come out in support of women in recovery and have a great time doing it.

July 18th, Saturday, Windsor Club Clean & 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

UPCOMING

August 14 - 16, 2015 - 11th Annual Mountain AA Conference with AI-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 22nd 2015 - Dinner • DJ Dance Fundraiser - 6:30pm to 10:30pm Hope Lutheran Church 1041 East Foothill Blvd., Glendora CA - \$22 covers everything • or \$7 for dance only, 64th SOCAL AA Convention AI-Anon Fundraiser: Dinner • DJ Dance • Raffles • Auction • Proceeds help fund AI-Anon programs and speakers at the 2015 Southern California AA Convention Oct. 2-4th in Rancho Mirage, CA for more info call Karen (714) 403-7737.

August 27th to 30th, 2015 - 31st Annual South Bay Family Roundup - AA Conference with AI-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 3rd to September 6th: Labor Day Weekend 40th Annual Great Outdoor Beaver Meeting in Beaver, Utah. In 1975 a group of alcoholics stopped over in a friendly town on their way to the International Convention in Denver. They found the people so accommodating and the natural beauty so inviting they have been returning year after year. Join us for speakers, fun and games, wonderful fellowship. www.thegreatoutdoorbeavermeeting.com

September 4th to 6th, 2015 - Southern California Regional Convention N.A. At the Anaheim Marriott 700 West Convention Way Anaheim, California 92802. Register at <http://todayna.org/convreg/shop>.

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

Send us your upcoming SOBER or recovery related events. We will list it for fun and for free. Email events to: info@KeystoRecoveryNewspaper.com

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REVOLUTION IN RECOVERY & STRESS CONTROL

We all know the importance of exercise for general well being. It has been scientifically proven that physical fitness helps in the prevention of diseases, and is even helpful in fighting depression. However, nowhere in the official guidelines for recovery, is there a mention of the importance exercise may play in the field of recovery!

Regardless, recovery centers and individuals are naturally beginning to incorporate certain types of exercises in their recovery action plan.

However, two critical factors are generally overlooked when selecting an exercise modality to support the recovery process:

1. The role of proper postural alignment: For the efficient distribution of life energy within the body; To stabilize mood behavior and fight against depression; The prevention and rehabilitation of injury

2. The importance of physically strengthening the nervous system; For emotional stability; To enable the individual in recovery to make healthy decisions while under stress

These are crucial factors that affect mood behavior, general well-being and physical health and will dramatically influence, not only the recovery success rate but also one's quality of life in general.

What needs to be understood is the information received in a therapy session is intellectual data. In order for the information received to take hold, one needs to be grounded physically as to maintain emotional stability under stress and be able to apply the tools provided by the therapist.

The body is a self-healing organism and the nervous system is responsible for it's healing.

So lets just take a moment and explore the role of the nervous system in the recovery process.

Our nervous system controls the function of every cell, tissue and organ in our body and coordinates them together as to enable our body to work in perfect harmony. True health means that our body is functioning at a hundred per cent capacity, and this does not necessarily represent how we feel. A person could have cancer or heart disease and feel great, but obviously be in very poor health.

It is important to make the connection that health, mental and physical, including sobriety, is controlled by our nervous system. Therefore, in order to have true health, the nervous system must be able to control and coordinate the function of every cell, tissue and organ without interference.

The brain and spinal cord are connected to every cell an organ via our spinal nervous system.

In simple terms, if the electrical box in your house is too small, you will probably find the lights flickering on and off when you run too many appliances at the same time. You may even blow a fuse because the circuit is on overload. In order to accommodate the load, you will need to upgrade or even completely rewire your electrical system.

It is the same with the nervous system; if put on overload, it will not be able to handle the stress in your life. The nervous system is the control and communication system of the body. Its job is to send and receive messages. The nervous system controls all our thoughts and movements, via the spinal column.

That is why we must learn to protect and strengthen our nervous system and concern ourselves with proper postural alignment in order to clear the neuromuscular pathways to the brain.

Some of the methods known to calm the nervous system are walking in nature, hugging a tree, breathing, meditating even yoga. These are helpful tools but only address the issue partially.

More and more research is now pointing to the superior benefits of strength training for the prevention of diseases, but also to stabilize multiple mood behavior conditions, as it releases massive doses of endorphins in the body. When done specifically, strength training is not only beneficial to ground a person emotionally by strengthening the nervous system, but it can also correct postural alignment and muscular imbalances.

However, It is important to mention that not every strength-training system is created equal and necessarily produce the results above mentioned. Some modalities, such as cross-fit and insanity routines for example could be seriously counter productive by putting unnecessary stress on the nervous system, joints, tendons and ligaments, and potentially create long term injuries.

A metaphor would be the story of the three little pigs. The first pig built his house with straw, the second used sticks, the third one was smarter and even though it required more patience and work, he built his house with bricks. When the big bad wolf came, and huffed and puffed, he blew down both houses made of straw and sticks, only the house made of bricks held up.

And so it is with the human body. As depicted in the three little pigs' tale, unless you have prepared yourself ahead of time, when the unexpected challenges of life happen, you will not be able to sustain the weather.

When choosing an exercise program, keep in mind all the wonderful benefits strength training offers, and do your due diligence in choosing an intelligent workout plan that supports the foundational principles here mentioned.

Written by Batista Gremaud Author of *"How to lose weight and look good with strength training"* Coming to a book store near you *"Stronger than Medicine"*
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When we humbly ask God to remove our defects we are asking for a fresh start and a new foundation to establish beautiful qualities and watch them grow into the fullness that God has designed. Pride cannot do that, as it doesn't even believe that it has any defects. False humility will believe that it is wretched – almost all of the time... There is a difference in humility and martyrdom also. Humility knows its strength and is gentle, martyrs suffer from self-proclaimed victimization and refuse to get down off of the cross (so to speak). Humility will move forward where false-humility will stay in bad situations to “show or prove that they are understanding, loving, forgiving, etc.” True humility does not bring attention to itself but encourages others to succeed and stand in the light.

True humility has its ultimate resource in God. We do not have to hide when life gets tough nor retaliate when we feel threatened. As we continue to work the steps of recovery, we see that we truly needed to have an overhaul in our character development. It is not fun to have our egos crushed, our pride smashed or our perspectives reoriented, but that is what is necessary to grow and remain in recovery. We hear all of the time from experienced people, how most addicts will not let go until the pain gets real bad, till the pain of holding on becomes greater than that of letting go. True humility begins to let go quicker, is able to receive guidance and is willing to follow direction. We must work the steps of recovery consistently and with the same determination that we had when we first came into the program.

To continue to grow in humility, here are some ways that Mother Teresa has shared in *The Joy of Loving*, “To speak as little as possible of one’s self, to accept contradictions and correction cheerfully, to pass over the mistakes of others, to accept insults and injuries, to accept being slighted, forgotten and disliked, to be kind and gentle even under provocation and to choose always the hardest” (not the easier softer way). There is nothing easy about living a humble life, but it is in the end, the most gentle and greatest choice.

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Step 5. Set Limits: Now, state your case. Request a small, do-able change that can meet your need. Then clarify how it will benefit the relationship. Tone is crucial. For instance, calmly but firmly say to an in-law who’s yelling at you, “I love you but I shut down when you raise your voice. Let’s work this out when we can hear each other better.” Then you can discuss a solution. If people persist in dumping toxic anger, you must limit contact, define clear consequences such as “I can’t see you if you keep criticizing me,” or let the relationship go. You can also use “selective listening” and not take in all the details of an outburst. Focus on something uplifting instead.

Step 6. Empathize: Ask yourself, “What pain or inadequacy is making this person so angry? Then take some quiet moments to intuit where the person’s heart is hurting or closed. This doesn’t excuse bad behavior but it will allow you to find compassion for the suffering behind it, even if you choose not to be around the person. Then it’s easier to surrender resentments so they don’t eat at you.

Gathering your power before you respond to anger takes awareness and restraint. Admittedly, it’s hard to surrender the need to be right in favor of love and compromise. It’s hard not to attack back when you feel attacked. But, little by little, surrendering these reflexive instincts is a more compassionate, evolved way to get your needs met and keep relationships viable if and when it’s possible.

Judith Orloff MD is author of the national bestseller “The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life”, upon which this article is based. Dr. Orloff is a psychiatrist, intuitive healer, and New York Times bestselling author who synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. An Assistant Clinical Professor of Psychiatry at UCLA, she passionately believes that the future of medicine involves integrating all this wisdom to achieve emotional freedom and total wellness. For more inspiration visit www.drjudithorloff.com.

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MIRACLE TERRACE: Sober Living for Men, Women & Couples in Los Angeles The foundation of our mission is the application of spiritual tools and technology, as well as the 12 Step philosophy into our lives, one day at a time, Pet friendly, Near all 12 Step Meetings, Private and semi-

private rooms, Insurance accepted at affiliated Out Patient Programs (310) 402-7388. www.MiracleTerrace.com

PATHWAYS VENICE BEACH, Women's Sober Living. Our beautiful and tranquil residential setting provides a safe and supportive environment for those seeking to continue a clean and sober lifestyle and develop long term recovery skills for substance mis-use as well as eating disorders. We strive to live our daily lives with structure, balance, grace and a sense of purpose. Spacious Home Limited to 6 Residents, Staff available 24/7, Small Pets upon approval, Transportation Available, All food provided, Walking distance to gyms restaurants and shops, Just steps to Sand Surf and the Boardwalk, Secure parking available. Based on choice accommodations, rates range from \$3,500 to \$5,500 monthly. www.PathwaysVB.com, (424) 241-6686.

SOBRIETY CENTRAL is a men's 12-step sober living. 2-beautiful homes to choose from in the heart of the San Fernando Valley, 24 Hour live-in management, Random drug & alcohol testing, Assistance with extended care & outpatient services, house meetings, Patio w/BBQ & smoking area, Workout area, Safe street in a quiet neighborhood, Easy access to major freeways, Bus stops & Metro stations nearby, Wide screen TV with movie channels. WiFi / House computer, Cell phones and laptops welcome, 2 & 3 man rooms, Weekly & monthly rates available. Call today & Move-In Tonight (818) 326-6499. www.sobrietycentral-soberliving.net

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Terms and Conditions

All ads are due and payable upon acceptance of ad prior to publication unless otherwise authorized. The publisher assumes no liability if for any reason it becomes necessary to omit an ad. The publisher assumes no liability if for any reason we are unable to print an issue of the newspaper. It is the advertisers responsibility to proof ads, we will do everything we can to help but the publisher assumes no liability for any errors in ad. All advertising is subject to publisher's approval. The publisher reserves the right to reject advertising that we feel is not in keeping with our standards. The publisher does not assume responsibility for the contents of advertisements and all representatives or warrants made in such advertising are those of the advertiser and not the publisher. Publisher is not liable to advertiser for any misprints in advertising.

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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 Satocoy 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.HepCTaskForceLA.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

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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, 6930 De Celis Pl., #35, Lake Balboa CA 91406

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CANCER: June 22 through July 22: You are upset about your reputation, leadership style, professional progress, level of achievement, or a boss, father, or authority figure is arguing with you, even though, you are still doing well professionally and finding ways to benefit financially from your efforts. You also have some opportunities to vacation, read the Big Book, and/or dabble in hobbies. Paying for those playtime activities is a little stressful, but when applying the principals of the 12 steps you are still able to have a good time.

LEO: July 23 through August 23: Throughout most of the month, you are in a battle between facts and feelings, the rules and compassion, dogma and spirituality, etc. When you turn it over to your Higher Power, you are given a new attitude with a clearer spiritual understanding regarding these topics. Talk to your Sponsor so you could explore them without the stress and the drama of disagreeing with others. Work towards bringing more emotional and spiritual peace of mind into your life, which will make you feel better about your place in the world.

VIRGO: August 24 through Sept. 22: Throughout the majority of this month, you are dealing with romantic or financial trust issues involving friends, teams, AA clubs, committees, and/or an Internet entity. You need to meditate and ask God for direction before making any kind of romantic or financial commitments regarding the various social and professional groups in your life. However, you also have a lovely energy promoting the idea that you should be socializing and that you could negotiate some very lucrative business contracts with these same people.

LIBRA: Sept. 23 through Oct. 23: A partner or a rival is unhappy with your reputation, leadership style, and/or professional path. But you have some excellent dynamics encouraging you to work on your financial and professional goals, so it may literally and figuratively pay to focus on your career. The good news is that with help from your Higher Power, the two of you can join forces and work together on social, technological, and networking oriented activities. This would be a good time to balance out your work commitments with 12 step meetings and Sponsorship.

SCORPIO: Oct. 24 through Nov. 22: You will probably end up feeling as if you are surrounded by individuals who know it all, you are probably correct in your assessment. Bigotry, lack of education, religious and political arguments, and/or shipping and travel related challenges will drive you bonkers at work and will have a terrible effect on your spirituality. The good news is that you are able to rise above it. You are open-minded and willing to speak with your Sponsor, so that you could share your knowledge, and take a leadership role in getting everyone back on track.

SAGITTARIUS: Nov. 23 through Dec. 21: Financial issues involving vacations, hobbies, creative projects, luxuries, playtime activities, pets, children, and/or lovers are likely. It is also possible that lovers are dealing with infidelity, differing sexual needs, or romantic trust issues. This is a good time for you to seek guidance from God so that you can help settle legal disputes, get to know people in your 12 step groups, and/or for getting involved in political, cultural, religious, and/or media activities. Careers in these industries could also work out nicely for you.

CAPRICORN: Dec. 22 through Jan. 20: During the first half of the month, one of your partners or one of your rivals is making your life very stressful. They are ticked off at you personally and they are unhappy about someone or something in your home or private life. During the second half of the month by applying the principals of the steps, you are able to talk things out, socialize together, and you are able to work towards bringing more romantic and financial security into your home life. The month ends in a much better place than it begins.

AQUARIUS: Jan. 21 through Feb. 18: There is a lot of drama going on at work this month. At first, everything is chaotic and causing drops in morale and productivity levels. Then you implement the principals, and the fresh start from your Higher Power gives you a new attitude, and then things begin to fall into place for everyone involved. You are able to earn the respect and admiration of your peers as a result. People in positions of power are aware of your clever problem solving abilities and they are glad to have you on the team.

PISCES: Feb. 19 through March 20: It seems as if most of this year, your finances have been doing great so long as you are working and not spending anything on social or unnecessary items. Towards the end of this month, that finally eases up so that you can focus on character defects to help strengthen your sobriety. Your coworkers will probably complain and do a terrible job of filling your shoes while you are gone, but that just means that you are a vital member of the team.

ARIES: March 21 through April 20: During the first half of the month, you are ticked off about something or someone in your home or private life. You are also dealing with a tug-of-war between your home life and professional goals. Then during the second half of the month, you are able to start working towards bringing more spiritual and financial security into your home or private life. You switch your attention back towards attending 12 step meetings, romance, playtime, vacations, and other lovely ways of entertaining yourself.

TAURUS: April 21 through May 21: Relatives, neighbors, or someone else within your local community is causing you all kinds of emotional, spiritual, and/or bureaucratic grief. They could be extremely dysfunctional or they're accusing you of being the problem. Either way, you are annoyed and it seems like everyone is upset about something. And yet, when you and your partner apply the steps, you are able to smooth over all kinds of issues concerning those same troublesome people that are in your community. Meditation brings you and your partner peace of mind.

GEMINI: May 22 through June 21: You are dealing with a lot of financial challenges this month. You could simply be having a hard time deciding between commissions and salaries. All finances involving Internet activities need to be handled especially carefully as they are prone to scams at this time. Fortunately, the second half of the month offers you plenty of opportunities to work towards achieving your financial and professional goals. Working with your Sponsor and going through the Big Book brings what you need to surface.

The SoberScopes are for entertainment purposes only - enjoy and remember RULE 62!

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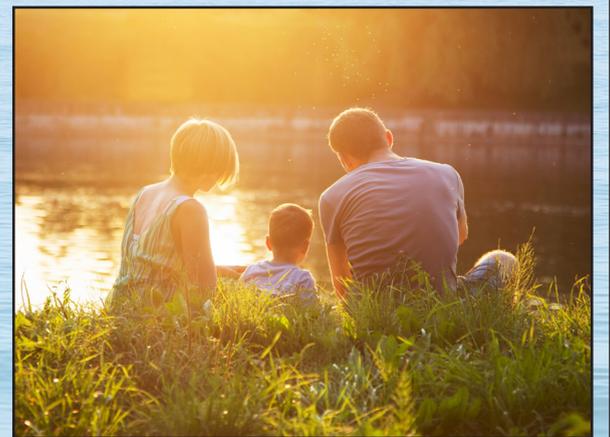
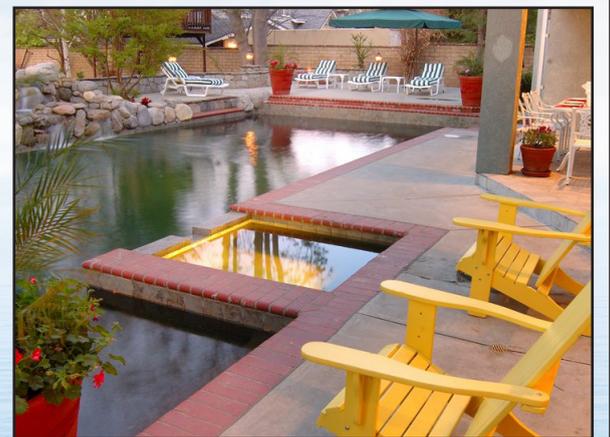
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