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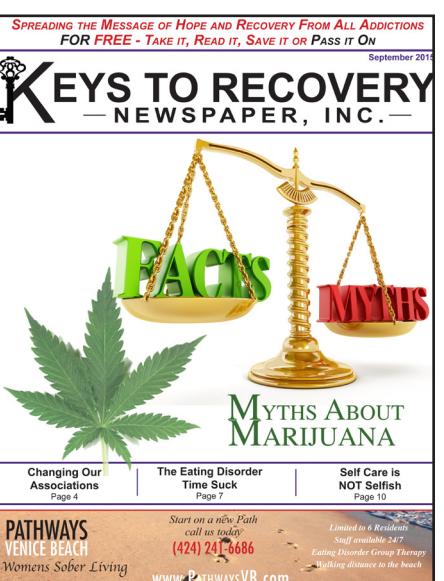
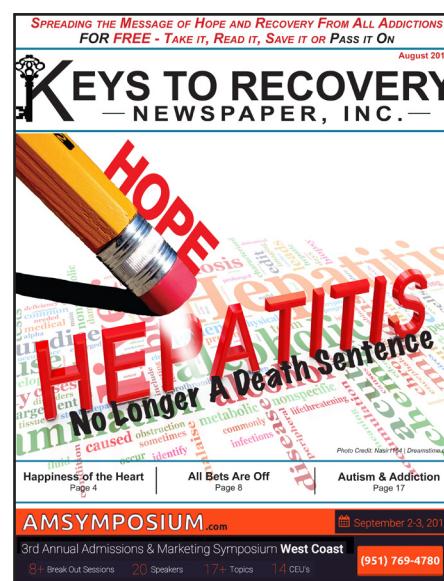
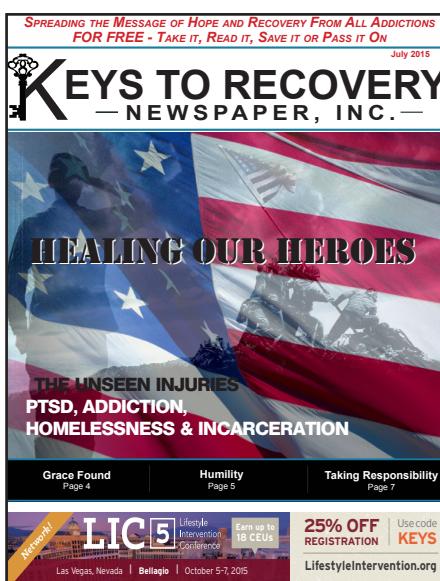
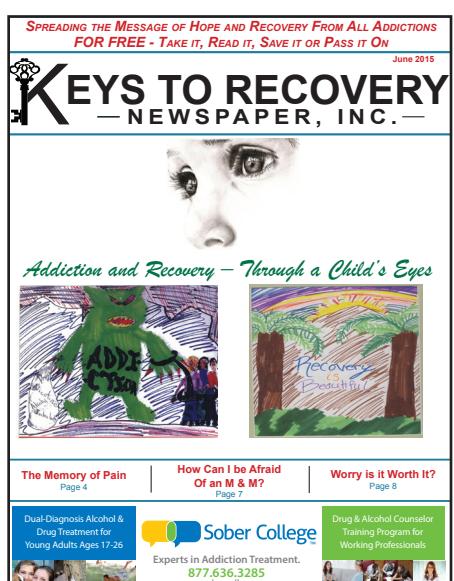
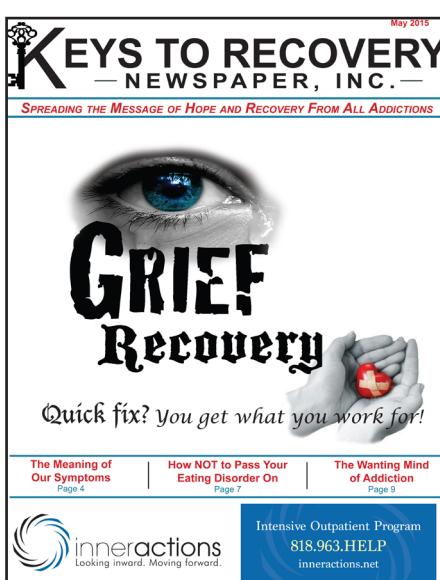
October 2015

KEYS TO RECOVERY — NEWSPAPER, INC.



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I Love How I Look
In a World That Doesn't
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Contributors

Jeannie Rabb-Marshall - President & Cofounder

Marcus Marshall - Vice President & Cofounder

Beth Dewey-Stern - C.E.O. & Cofounder

Staff Photographer - Shalimar Cambria

Graphic Designers - J Rabb-Marshall

Outreach Directors - Peggy Salazar & Judy Gavin

Editorial Contributors: • Jeannie Rabb-Marshall • Beth Dewey • Joe Engle • Kay B. • Nita Vallens • Jenni Schaefer • Susan Jackson, LMFT • Scott Stern • Marcia Ullett, MA • Mary Cook, M.A., R.A.S. • Mendi Baron, LCSW • Sam Usher • Debra Graff • Marcus Marshall

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Visit our website for more detailed information on Keys to Recovery Newspaper.



Jeannie Rabb-Marshall - President and Co-Founder: I thank God that we didn't listen to the people who told us "Print is dead". When we decided to start Keys to Recovery Newspaper our supporters were few and mostly blood relatives. But as our dream started turning into something real, we were blessed with some of the strongest supporters anyone could hope for. Thank you.

Here we are one year later and we have grown faster than any of us could have hoped for or imagined. I want to take my few paragraphs of this months "Editors Column" to thank a few "KEY" people.

Marcus Marshall, my husband and my rock, thank you for those late pre-press nights, and pre-dawn days, holding me up when coffee stopped working. Thank you for uplifting me in all ways and on all days. I love you Mr. Marshall.

Beth Dewey-Stern, our business partner and my best friend. Thank you for taking a leap of faith, believing in me and stretching your budget beyond anything humanly possible. Thank you for the endless hours of friendship and laughter.

My daughter Dominique LaFargue for all your encouragement, support and teaching me it's twitter not tweeter.

My mom Peggy Salazar for putting in countless unpaid hours my entire life. You have such a strong belief in me it's hard not to believe in myself. Your faith ignites mine. Thank you.

Marcus Marshall - Vice President and Co-Founder: I have learned so much in the last year helping to publish Keys to Recovery Newspaper. We truly appreciate everyone who has helped us in any way to get our information out, helping to educate our communities about all addictions and disorders. I personally have grown in knowledge as well as from an emotional stand point, my eyes have been opened to so many different aspects of addiction and the underlining disorders, which accompanies them at times.

God has blessed me with the opportunity to be of service to the countless individuals, we have reached and who have benefited from our newspaper. It's hard to believe that it's been a year already, time truly fly's when you love what you're doing. Keys to Recovery Newspaper helps the helpless, and brings solutions to all of them that are seeking a way out of the dilemma's, which plagues their psychological, emotional and physical wellbeing. Being part of the recovery arena has given me the opportunity to meet some incredible individuals at networking events, M.A.A.T (Men's Association of Addiction Treatment) and other recovery oriented gatherings.

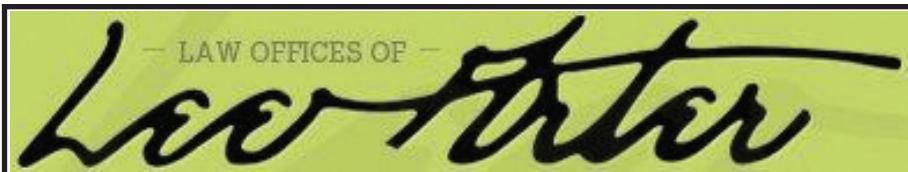


Beth Dewey-Stern - C.E.O. and Co-Founder: This past year has given me many blessings and lessons. It has taught me about faith, in ways beyond anything I thought imaginable. I've learned that when I let go of what doesn't serve me, I can allow better things to come into that place. Keys to Recovery Newspaper has given me a platform to share on issues that I feel strongly about. That I can go to work everyday knowing that I get to carry a message of hope.

I have also been able to become a part of an amazing group of people in the addiction and recovery field. It is a community that I have never experienced before. The love and support they give each other is unique. I have also met so many amazing people along the way. A quick thank you and shout out to my mom Judy Gavin who's selfless hours of driving and inspiring has helped to bring us where we are today.

It has been an honor and a privilege to be a part of Keys to Recovery Newspaper. "Grace carried me here and by grace I will carry on".

And Lastly From all of us at Keys to Recovery Newspaper: We want to thank everyone who reads this newspaper, because ultimately this "One is for You". Our writers who continue to bless us month after month with wisdom, grace and knowledge, without you we would have empty pages. To our advertisers - for trusting that we could do everything we said we could without you we would have no money to print issue after issue. To all the facilities that we deliver to without you there is no us. To our drivers, our families, our spouses and our friends - we are humbled by your support and your constant words of encouragement. Thank you, thank you, thank you.

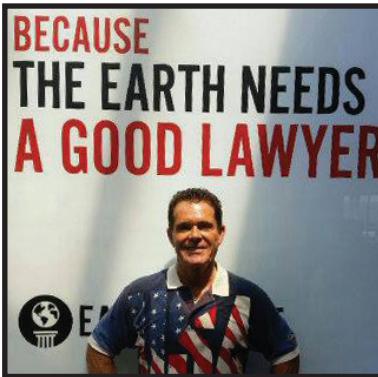


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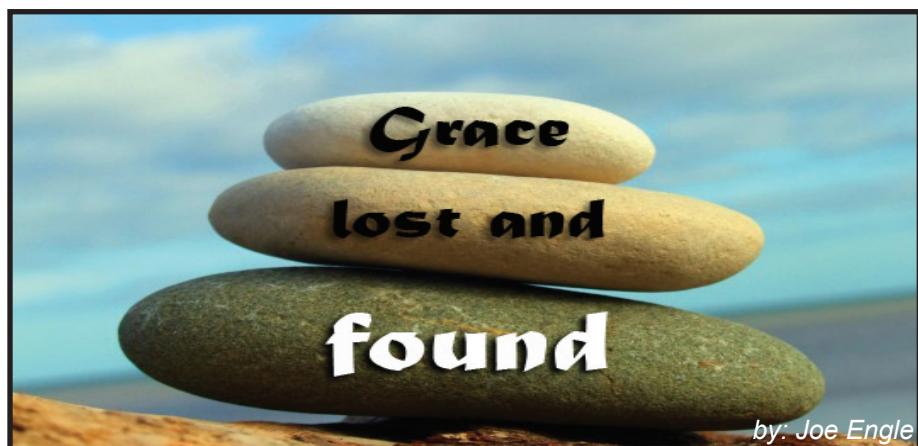
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by: Joe Engle

THERE IS NO HERO IN HEROIN

I am the founder of the Las Vegas Chapter of, "There Is No Hero In Heroin", LV (TINHH). We have been incorporated since June of 2013. The mission of TINHH is to raise awareness of the current epidemic of Heroin Addiction. My particular story starts way before June of 2013.

I was a single father to four sons, two from my first marriage and two from my second. My first marriage ended before I got sober. For the record, I am an alcoholic and have been sober since May 27th 1994. I was 24 years old when my first son was born and was 26 years old when I got sober. It is an understatement to say my life was complicated the last few years of my drinking. At 24, I had two sons with two different women. While the intention was to raise my kids and be the best father I could, I was unable to follow through. Our marriage ended, but not before she was pregnant with my third son.

I came back to Las Vegas, and found that getting a job wasn't as easy as before. I was circling the drain. I had been staying with a friend, in a motel, not paying rent, unable to see any of my three young children, and broke. I had an older brother whom I looked up to, and saw that he was sober through a 12-step program. I knew he drank and used like me, that we had basically the same DNA; so if he could do it- then so could I! Getting sober with three young boys in 1994 was a balancing act. From working, being a weekend father, school volunteer, and a recovering alcoholic; to getting back into the mainstream of living.

As I look back, those were magical times; relearning how to live. The Program taught me to be accountable, to be of service and to honor my children. After three years of doing this, I got back together with my second oldest son's mother, she got pregnant and we decided to get married. After all, I had a good foundation in recovery, was again employable with a decent job; it was time to be a full time father and husband. Shortly after, my first wife (who is also an addict) had made a mistake which gave me full custody of Reese and Shane. With my new baby on the way, Dylan's mother and I did all the things that parents of small children do. I soon realized that was what I always wanted to be - A Father. We got them involved in sports, the Boys & Girls club, school, mini vacations, tap dance and karate lessons and on and on.

Life got very busy, and my 12-step program suffered. I did not drink, thankfully, but did find myself spiraling into an unmanageable life. Tempers were short, my wife starting resenting the two boys she did not give birth to, and our relationship suffered. Suffered to the point of divorce. Divorce: while the big boys were barely in middle school, and the baby, starting 1st grade.

I got a house, all four boys, and I spent the next 6 years living there. Again - magical times! However, I was the only bread winner which meant I had to work, a lot! I took whatever overtime I could get, to keep the power on, and provide for all my children. When I looked up, my kids were all but grown, at least physically. The two oldest developed a drinking problem and pill addiction right in front of me, and I never even knew how bad it was. Upon reflection, there was all the signs, trouble at school, run ins with the police, and violent outbursts at home. Classic. However, while I'm in it, I can't see it, and I'm not sure if I will ever not feel guilt about missing the signs.

In 2009, the two eldest graduated high school, I was somewhat free of the responsibility for them. At least that's what I told myself, I was tired of paying for wrecked cars, insurance, fines etc. I moved in with my girlfriend at the time, took my two minor children, and planned to have the two oldest go into the military and one back with his mother. Their drug use, much to my disbelief, escalated to heroin. I tried to mentor them and get them into sober living. Things fell apart. I started attending a 12-step support program for families, upon my oldest son Reese's move to Northern Nevada. His attempt to get clean actually seemed to be working. His addiction was by far the worse of the two. My relationship with my girlfriend failed. I had allowed my sons addiction to affect all areas of my life.

I moved into a new house, with my two minor children, went to visit Reese. He seemed great! He went up north with a back pack and a desire to get clean. It worked! He decided to move home to Vegas. He came home with a car and a girlfriend! Very charismatic, he was. The plan was for him to move home for a couple of days, then his girlfriend would join him when he got an apartment. The morning of July 21st, 2011, I went to work at 5:00 am. I knew Reese would be alone, as his girlfriend had gone back north to gather some belongings. I texted at 9:00 am; no answer, again at 11:00 am; no answer. Lastly at 1:30 pm, I texted "coming home soon, see you then". Still no answer. I pulled up to my house and saw his car parked out front. My heart soared! "Maybe his phone wasn't working, At least he's home", I walked into my home that afternoon and instantly knew, something very bad had happened. I walked up stairs, saw my 19 year old "boy/man" laying on his bed, he was only in his underwear, his color was grey - all over, and he wasn't breathing. Oh no, ohhhh, nooooo... OH NO! NO, NO, NO. I ran to him and called 911. It was too late. He was dead from an heroin overdose.

After that it is a blur, cops, paramedics, family and friends flooded into my world. My son had been clean for seven months, and picked up "one more time".

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Sunlight of the Spirit

by: Kay B.

FORGIVING YOURSELF

Forgiveness of self is one of the most important decisions and actions that we can do for ourselves and others. We have heard it said in meetings that when we are ready to work the 9th Step we should place ourselves at the bottom of the list (formed in step 8). We are told to do that because of the selfishness of addiction where we have been self-centered, self-obsessed most of our lives. The problem with that idea is that in most cases, it creates a barrier of self-condemnation.

Yes, we have been completely self-absorbed in our addictions, but now we are in the place of healing through recovery and applying Step 9 to all areas of our life. If we do not forgive ourselves we cannot fully forgive others. We cannot "love our neighbors as ourselves" if we do not forgive, love or accept ourselves. We cannot love ourselves if we are filled with self-condemnation and guilt?

Self-condemnation is an act of accusing oneself, of imputing self-blame, to find oneself guilty of judgment. It's a disapproval and unfavorable outlook toward self. When we are hyper-critical with ourselves we become hyper-critical with others and find faults with most everything and everyone.

The person that must be at the top of the amends list is YOU. Forgiving yourself is one of the most loving things that you can do. Yes, only God can ultimately forgive, but let's not argue semantics, forgiving of oneself is really receiving and accepting the grace that is given through a loving God. The results or consequences that come from unforgiveness range from mental and emotional disorders to physical sickness. The guilt and shame that we hold on to creates barriers to true relations with God and others.

When we are self-condemned we punish ourselves for our past failures and mistakes. In a sense we are inflicting ourselves with repressed hurt and anger. Those repressed emotions will eventually have to be released either onto others, lashing out, or into ourselves, causing depression and internal disorders such as confusion, disassociation, shame, and grief. The way that we feel about ourselves will always leak out.

Shame can create a barrier through over-resiliency, control, and over-achievement, or victimization and weakness through lack of commitment, fears, and dependencies. Self-condemnation often leads to repeating the same actions that caused the shame to begin with, such as pornography, gambling or eating disorders, to name a few.

A definition of forgiveness is; to send away, depart, or release from. Forgiveness is the key to freedom. We need to let ourselves off of the hook for the past, for all of the wrong-doings, mistakes and failures. If we are truly sorry for what we have done, and are willing to live clean and honest lives with a new set of standards and moral values, we will begin to experience the freedom and blessings that come with life built on higher principles. How do we forgive ourselves?

First, there is acceptance, not only of our faults, mistakes, short-comings and downfalls, but also of our humanness. We all make mistakes and sometimes create catastrophes which is part of life, an act of being human, imperfect and irregular! When we look at the exact nature of our wrongs, we look at the character, behaviors and patterns of how we have lived our lives up to this point.

Second, if we are truly sorry and are sincere about living life differently, we "hum-bly ask God to remove" all the things that have kept us in bondage, have supported our failures, and have kept us in destructive patterns. We ask for forgiveness with all sincerity and commit not to repeat patterns to the best of our ability.

Third, we must accept and receive the loving kindness and tender mercies of grace. This is a divine gift from God freely given as we ask. We let ourselves off of the hook by releasing the emotional connections of the offenses done. We allow God to remove the things that are no longer necessary for our new life. We may have to repeat this daily or sometimes moment by moment. We may have to remind ourselves that once we completely surrender everything to God, it is gone. It is no longer our responsibility to worry about it because we trust in the power of our loving God to do with it as He desires. In a sense it is turning our will and life over to the care of God in a deeper way.

Remember when you are hypercritical, judgmental, and controlling of yourself or others, there may be residual unforgiveness somewhere. Check to see if you need to let yourself off of the hook. Remember bringing up past experiences are necessary only if it helps someone else through a difficult time, otherwise, let the past be the past at last. We must pray for ourselves like we would for others with a sense of urgency, faith, and hope.

Pray that God would bless you, prosper you, and free you. Pray that you will be able to extend the same love and compassion to others as freely and graciously as you have received. Remember, "Those who have been forgiven much, love much".

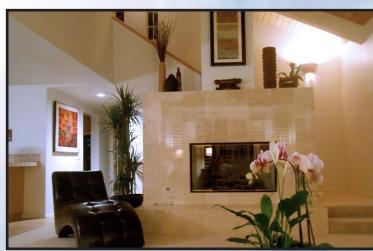
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Ask Dr. Nita



THE DOCTOR
IS IN

by: Nita Vallens

Dear Dr. Nita,

I cannot shake the sadness of losing a cousin and dear friend who went out drinking and after an accident had complications and died at the hospital. We were very close and in my meetings, after the mention of it one time, I got no support for talking about it. I don't want her to be forgotten.

Thanks, Allison

Dear Allison,

I'm so sorry you lost your cousin and dear friend. You are in a process of grieving, and need time, space and support for yourself, and to honor your feelings as time progresses.

Grief is the inevitable process we experience as the result of a loss of a person, usually by death. During this process we may experience many emotions, such as sadness, confusion, fear, guilt, hopelessness and so much more. These feelings will vary in intensity according to the nature of the relationship, and ways in which we process our feelings.

As for the lack of support you are experiencing, the recovery community is designed to be a place of refuge, growth, and connection without judgment. Do you feel like you had specific expectations and someone at the meetings you attend should have said or done something? I ask this question because at times, unmet expectations lead to frustration, dissatisfaction and misplaced anger. I'd like you to consider:

1} Getting in touch with what it is that you expect from others and ask yourself, "am I being reasonable?"

2} If you haven't asked a person such as your sponsor or someone at your meetings for assistance, how will they know you need help?

3} Keep a daily journal and write down how you feel. There are many studies that have been conducted about the benefits of journaling and researchers have discovered that 15–20 minutes on three to five occasions was enough to help people deal with events in their lives that have been emotional, traumatic, stressful and even those dealing with severe illnesses like cancer were helped.

4} If you are not finding support right now on this issue in your regular meeting(s), try different meetings for a while, and reach out to individuals you feel comfortable with and trust.

This is a good time to stay in close touch with your sponsor, or get one right away if you don't already have one. If you knew some of the people who were close to your cousin, another way to honor her is by reaching out to them as it might comfort them and you to share experiences and stories.

One of the ironies of living clean and sober, is there are still painful events that happen in life that no 12 step program can insulate us from experiencing.

In recent years, there's been a great deal of research about grief. A completely new perspective can be found in: *The Truth About Grief: The Myth of its Five Stages and the New Science of Loss* by journalist Ruth Davis Konigsberg. She points out that according to research, "Loss is forever, but acute grief is not, a distinction that frequently gets blurred." Another common myth is that negative emotions are the only way to cope with the loss of a loved one. In fact, according to the latest research, positive emotions play a pivotal role in helping people deal with loss.

Konigsberg also talks about resilience in her book and emphasizes that as a whole, research has shown that we're pretty resilient people who can overcome loss. And she cites several studies that acute grief symptoms subside by six months. Although a small percentage of people do experience complicated grief and may need to seek treatment.

Don't avoid reaching out to your support system. In doing so, let them know what you need. You may want advice or just someone who'll listen while you vent. If you aren't clear in your communication they may not know what they can do to support you.

In closing, the memories of your cousin will always be with you to savor and to share. Allow yourself time to walk through this at a pace that feels comfortable for you. And if you start feeling stuck, I encourage you to seek counseling during this time with a therapist specializing in grief recovery. Please let me know if I can assist you in any way.

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks for more info visit DrNitaVallens.com or for consultation and appointments call 818.783.6258. Her radio show, Inner Vision, is on Tuesdays @ 1:00 PT on KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org (FREE podcasts on the Audio Archive Link)

Food For Thought



by: Jenni Schaefer

I LOVE HOW I LOOK – IN A WORLD THAT DOESN'T

I love my body.

When I say this, I frequently hear lots of clapping and even cheers. I give talks across the country about my personal recovery from an eating disorder, and people in the audience are often fed up (no pun intended) with assaults against women's bodies. It is not often that we actually hear someone say, "I love my body."

Samantha Brick recently attempted such a thing and did not receive applause for it. Of course, her self-proclamation of being beautiful was tagged with her belief that women hate her for it. I don't think women hate me because I love my body.

Like Samantha, I do think I'm beautiful. I also know that women don't hate me for that. In fact, I am told that they respect me for it. But I would argue that Samantha and I have different definitions of beauty.

When I say "beautiful," I don't mean society's picture-perfect face and body. I mean beautifully strong, healthy, and happy. In fact, after getting a massage a couple of weeks ago, my masseuse enthusiastically reported, "Your body is very happy!"

My body is happy even though I have cellulite on my legs and still get frequent pimples on my chin. It is happy despite the fact that I will never have chiseled calves or rock hard abs. My personal definition of beauty no longer includes these things. After being tortured for years by an incessant voice in my head saying, "You aren't good enough," I finally stopped listening.

Won't you join me? Whether you have an eating disorder or not, it is likely that you have negative body image thoughts. For me, true beauty confidence only came when I found it within myself. I used to ask others for constant approval, posing questions like, "Do I look fat in this?"

No matter how people answered that question, their words were never enough to make me feel okay about myself. If approval from others isn't enough, why are more and more people turning to the Internet these days asking questions like "Am I pretty?" and "Am I ugly?" Responding Internet users, of course, posts an onslaught of comments from positive to just plain mean. Either way, my guess is that these answers don't make anyone feel better.

Today's media culture has us convinced that beauty is a narrow thing that requires outside approval. It doesn't. Instead, let's ask ourselves, "Am I pretty"? And let's change our definition of "pretty" to what really matters. Maybe a pretty person is one who is authentic, self-respecting, and kind to others.

Even if we don't ask for criticism directly, I realize that we often get it -- from a friend's offhand comment to a boyfriend telling us we'd look great if we just lost a few pounds. (Side note: Dump that guy.)

On a large scale, Ashley Judd recently spoke out against this kind of outward assault when the media called her "puffy" among other things. I was once called puffy, too, but it was during the process of recovering from anorexia and bulimia. On my way to health, my body went through all kinds of weird phases. One was a puffy stage that ultimately pointed toward a full recovery. Let's all hope we go through that kind of "puffy"!

This week, responding to Vogue's announcement that it will not feature models "who appear to have an eating disorder," Tyra Banks also spoke out about the importance of rejecting external critiques of our bodies. She revealed that when she "started getting curvy" in her early 20s, her agency supplied her mom with a list of designers who didn't want to work with her anymore. Instead of starving herself, she "strategized about how to turn my curves into a curveball," a decision she believes led her to the top of her field. Instead of changing herself for everyone else, she owned her looks. I'm no supermodel, but making that decision myself was one of the most important and empowering of my life.

Today, like everyone else, I receive feedback about my body that I don't ask for. Knowing that I've recovered from anorexia, some people will say that I am still too thin, while others on the same day, might think that I have let myself go and swung too far the other direction on the scale. Both of these perspectives come from insecurities within the individuals saying or thinking those things. I don't have to believe them, so I don't.

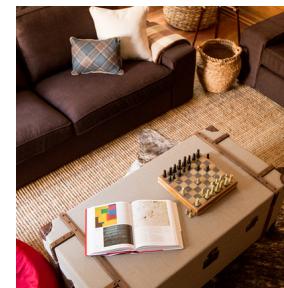
I have learned to stop engaging the negative body image muscle. When I used to work that muscle out constantly, it got bigger and more powerful. But, like any muscle, when I stopped engaging, it atrophied.

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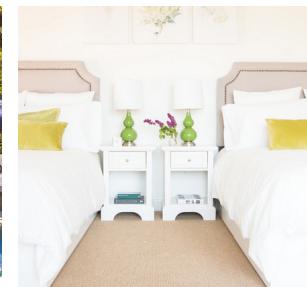
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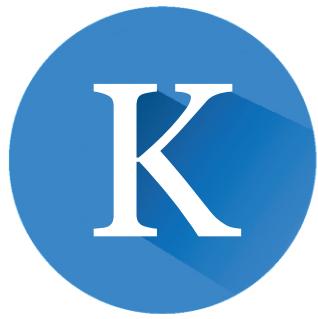
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by: Susan Jackson, LMFT

THE HIDDEN REALITIES OF THE ADDICTIVE FAMILY

Anyone who has grown up in an addictive family environment has experienced several realities specific to addiction. For example, living with the unpredictable and constant mood swings among family members. These are just two of the many realities that exist within the addictive family. Some of these realities are obvious and can be resolved through therapy, working the steps and even through self-help workbooks. However, there are the not-so-obvious realities that have been experienced, yet remain unresolved because they are so deeply hidden in the vast depths of the subconscious.

After working with many addictive families for over twenty five years, I have identified those deeply hidden realities, which in many ways are similar to the obvious realities. It is those similarities between the obvious realities and not-so-obvious realities, that the hidden realities are easily missed and left unresolved. Hidden realities can cause a constant re-experience of the painful devastation, which was caused by addiction. Often family members are unaware that those deeper realities prevail. This includes the addict, codependent and ACA. For many recovering addicts and alcoholics, those hidden realities can be a trigger to chronic relapse. For the non-substance-abusing family members, the realities may provoke depression, anxiety, obsessive compulsive behaviors and stress illnesses.

I have identified seven realities and defined their meaning and purpose. **The first** of these realities is Pathos, a Greek word for emotional suffering. Enduring the unpredictability and mood swings of the addict/alcoholic creates a constant turmoil of emotional suffering, unique to the addictive family. This is an intense frightening form of suffering. The word pathos captures the tragic experience of growing up addicted to the addicted family's pain.

The 2nd reality: is Abstruse Secrets: the secret's painful secret. The word abstruse literally means to be hidden, not recognized, and unaware that it exists. For the addictive family, secrets have secrets completely hidden from the bearer of the secret. Abstruse secrets fuel the irrational, and sometimes bizarre behaviors that cannot be identified, because they are so hidden. Through sobriety and other recovering friends and family, the abstruse can be revealed and resolved through focused listening at meetings and most importantly family treatment with other addictive families.

The 3rd reality, is Synchronized Pathos, which suggests that pathos, the unique type of emotional suffering in the addictive family is experienced by each family member, together and at the same time in a synchronized way.

The 4th reality, I have termed the Grave Incongruence. Family addiction annihilates the cognitive, emotional and spiritual parts of self, causing severe incoherence among those most important essences of a healthy, spiritual individual. Leaving this reality unresolved can and often does lead to behaviors which baffle families, the law, medical professionals, and the individual themselves.

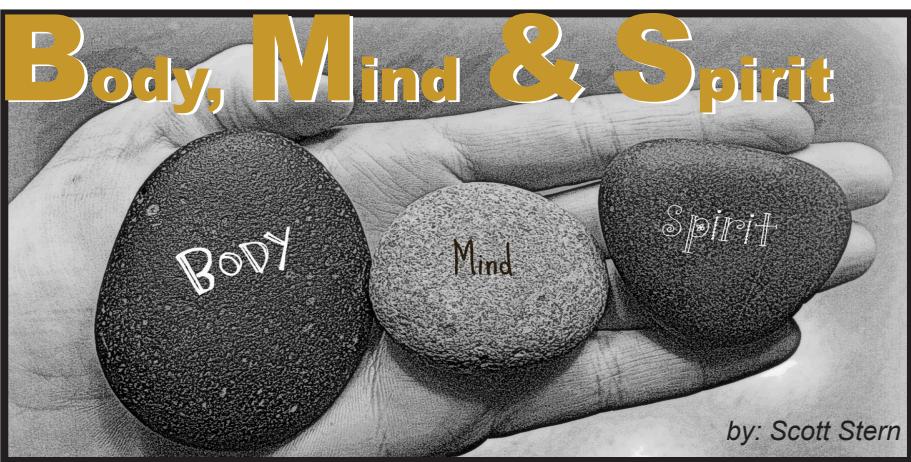
The 5th reality, the cause of deep sorrow and the scariest of all is the Wrath Experience. Wrath seeks revenge and vengeance. Eventually, when the first four realities remain hidden and unresolved, tragedy often happens. The Wrath Experience is the combination of all the realities in their most intense state. Wrath is usually the biggest trigger to relapse. Wrath is all the resentments bulging to excess, ready to devour the individual. It is the rage raging at the rage with often devastating results. These five realities comprise **the 6th reality**, what I have termed; The Family Scrimmage. Scrimmage literally means "a rough and vigorous struggle, which can lead to a bloody battle" an accurate definition of the addictive family.

Growing up in an addictive family is often rough and creates a vigorous ongoing struggle. Sadly, that rough and vigorous struggle can lead to a bloody battle. The results from the struggle impacts each and every family member in numerous ways.

The goal then, is to resolve these realities and start creating a life of accurate healthy realities. This will take time and commitment. This is done by revealing the abstruse, resolving the pathos, reviving congruency, decreasing and eliminating the wrath, changing the addictive family scrimmage by implementing a whole new game. **The 7th reality**, is Profound Coherence is the way to accomplish this change. The secrets secret is identified and exposed. Coherence means everything fits and works together. When profound coherence is accomplished the goal is successful.

The hidden, not-so-obvious realities that exist during and after addiction, can be identified and resolved by an individual or the whole family. When a decision to resolve those not-so-obvious realities with a commitment to change is achieved, healing happens. This does require at least one family member to be willing to work with a therapist or counselor, who is knowledgeable of these realities and is dedicated to the process of healing. It does work! I have seen many families heal together, experiencing joyous, happy and free lives. Lives free of addiction, resentments and fear. This is one of the great gifts recovery gives to us each day. Let peace and acceptance be your reality.

Susan Jackson, LMFT is the Clinical Director at His House/New Creation sjackson@hishousernewcreation.com



by: Scott Stern

THE PROCESS OF EMPOWERMENT

What is Personal Empowerment? Personal empowerment is a process in which we gain the knowledge, skill-sets and attitude needed to cope with the changing world and circumstances. It is a process of transforming powerlessness and increasing individuals' control over their lives.

Empowerment is a multi-dimensional, social process of increasing the capacity of individuals or groups, to make choices and to transform those choices into desired actions and outcomes. This process creates the power to use these choices in his or her own life, community and society, with individuals acting on issues that they define as important.

The individual is never blamed for his or her problems, but is responsible for generating a solution.

The process of empowerment, is a process which enables individuals to gain power, authority and influence over themselves, institutions or society. Empowerment is the totality of the following capabilities:

- Having decision-making power of one's own,
- Having access to information and resources to make proper decisions,
- Having a range of options from which you can make choices,
- Ability to exercise assertiveness in collective decision making,
- Having positive thinking regarding the ability to enable change,
- Ability to learn skills for improving personal or group power,
- Involvement in the self-initiated growth process and subsequent changes,
- Increasing positive self-image and overcoming stigma,
- Increasing the ability to identify and follow one's personal morality.

In short, empowerment is the process that allows one to gain the knowledge, skill-sets and attitude needed to cope with the changing world and the circumstances in which one lives.

What are the Stages of Empowerment? **Pre-contemplation:** In this initial stage, individuals may be outwardly unaware of their problems or be in denial. Either way, they definitely do not want to appear broken or damaged. As a general rule, "Pre-contemplators" often wish other people would change, as in: "How can I get my superior to quit bothering me about my poor people skills? That's just who I am." or "Things will change during the next quarter when I get through this especially tough assignment."

Contemplation: Contemplators are aware that they face problems and are seriously thinking about grappling with these problems, sometime within the next six months.

Preparation: Individuals and organizations at this stage intend to take action within the next month. These individuals have taken personal responsibility for causing or contributing the need for change. In addition, these individuals have set a personalized measurable goal - a change that is under one's own control, rather than dependent on someone else's behavior.

Action: In this stage, individuals and organizations are taking concrete steps to change their behavior, experiences, or environment, in order to overcome their problems. Because action often brings up feelings of guilt, failure, coercion, and yearning to resume old familiar behaviors, individuals and organizations typically need a lot of support during this period. A sobering statistic: at any given time, only 10-15 percent of individuals or organizations in the process of change are engaged in the action stage.

Maintenance: During this stage, individuals and organizations work to consolidate their gains and prevent relapse. It is important that individuals and organizations remember that all merger experiences are different. Assuming a one-size-fits-all approach will not work! Instead, assess the group as individuals, to determine their stage of change.

Go slowly. Anticipate backsliding. While the term "stages of change" suggests that change marches forward in a step-by-step, linear fashion, it actually occurs in a spiral pattern, meaning change comes in both forward and backward movement. This is normal and to be expected.

Empowering Psychotherapy provides clients with the skills to achieve goals through awareness, discovery, responsible choices and self-determination.

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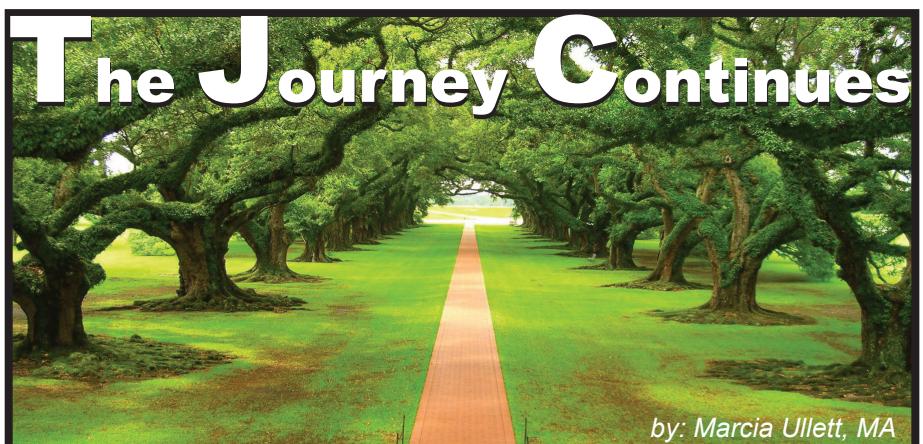


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by: Marcia Ullett, MA

EMOTIONAL INTIMACY

Emotional intimacy is a close personal and loving relationship with another person. This kind of intimacy can be shared with friends, family members, children, and lovers.

We can build intimacy with another person around shared likes and experiences. For example, I have a friend, and we both adore dark chocolate. We're always trying the new and exotic chocolate bars we find. What we're doing is connecting through our senses. The truth is that over the years we've built a close emotional bond this way. And now we're extending it to our love of other foods. We're sharing more about our lives and our feelings. It's a strong and intimate connection that I treasure.

Other bases for intimate connections are parenting, working out, love of books, and our religion or spirituality. All these intimate connections are food for the soul and lead to a sense of well-being and physical health. As humans, we're social animals and need to connect with one another to experience optimum health.

True intimacy requires vulnerability—the willingness to share one's authentic self with another person. This alone is a courageous act of faith, because it includes not only the parts of ourselves we're most proud of, but also our most embarrassing moments, our fears and feelings of inadequacy, our wonderful qualities, the shadow sides of our souls, as well as our hopes and dreams.

This being said, why, then, is it so difficult to manage intimate relationships? It makes perfect sense when we consider how vulnerable we need to be with our intimate companions. Vulnerability is scary. It implies the risk of committing, of being all-in. We can be afraid to expose our real selves to someone whose opinion matters deeply to us. What if we were criticized, laughed at, or seen as undesirable because we showed someone we care about our truly authentic self? Though these are the people that it's most difficult to reveal our inner truths to, the irony is that these are the very people we need most to be that open with. And being that committed emotionally brings up fear—of abandonment, of not being good enough, of losing what we care about. We're afraid that if we show all of ourselves to another person, he or she may judge us.

Shame stands in the way of true vulnerability. When we're ashamed of any part of ourselves, it's very difficult to muster up the willingness to show up and let ourselves be seen. The thing about shame is that it thrives only in the dark. If we talk about our shame and bring it into the light, it will dissipate. Shame thrives largely because it causes us to feel alone. Share it, and it cannot prosper.

Deep intimacy requires a level of straightforwardness and openness we may not be used to. This degree of vulnerability can feel uncomfortable and produce anxiety. The good news is that, with practice, these feelings tend to decline and even fade away over time.

This brings us back to ourselves—to our relationships with ourselves. Obviously, we need to find a way to be comfortable with who we really are, before we can even dream of showing this inner self to someone else without the barriers of fear getting in the way. If we want to develop more emotional intimacy with someone, we need to become familiar with how we truly feel. It could be worth the risk.

We can begin by stepping away from the hectic world, finding a quiet place and just sitting with ourselves. At first we might notice that it's hard to switch off the mind's chattering and get quiet within. However, if we find a way to meditate that works for us, and we do it regularly, we can begin to find amazing answers within and the sense of inner peace that can lead to an enhanced sense of self, and an easier path to sharing ourselves with another.

Another way of getting to know ourselves better is to keep a daily feelings journal. Writing in it without judgment will inevitably lead us to some helpful discoveries.

We might begin to see connections that have eluded us before. We might begin to see the ways in which we exhibit our fears of getting really close to someone else. Then we can decide how we want to make changes in our behaviors and act as if, in order to be able to tolerate more intimacy.

Intimacy is by no means an easy road to travel. It takes work and the realization that there will be rough patches here and there. This awareness is crucial to being able to withstand the discomfort that comes with these difficult moments. Intimate relationships provide us with character building insights about ourselves.

In our closest relationships, we seek to feel wholly accepted, respected, worthy, and even admired in the eyes of our friend. We would like our relationship to be a comfortable place for us when we're weary. Having this sense of support with another is a truly special connection—worthy of nurturing throughout a lifetime.

Marcia Ullett, MA, Licensed Marriage & Family Therapist, Certified Professional Coach, Author of *Your Best Life Yet: A Journey of Purpose and Passion*, marcia@marciaullett.com, (310) 600-5091.

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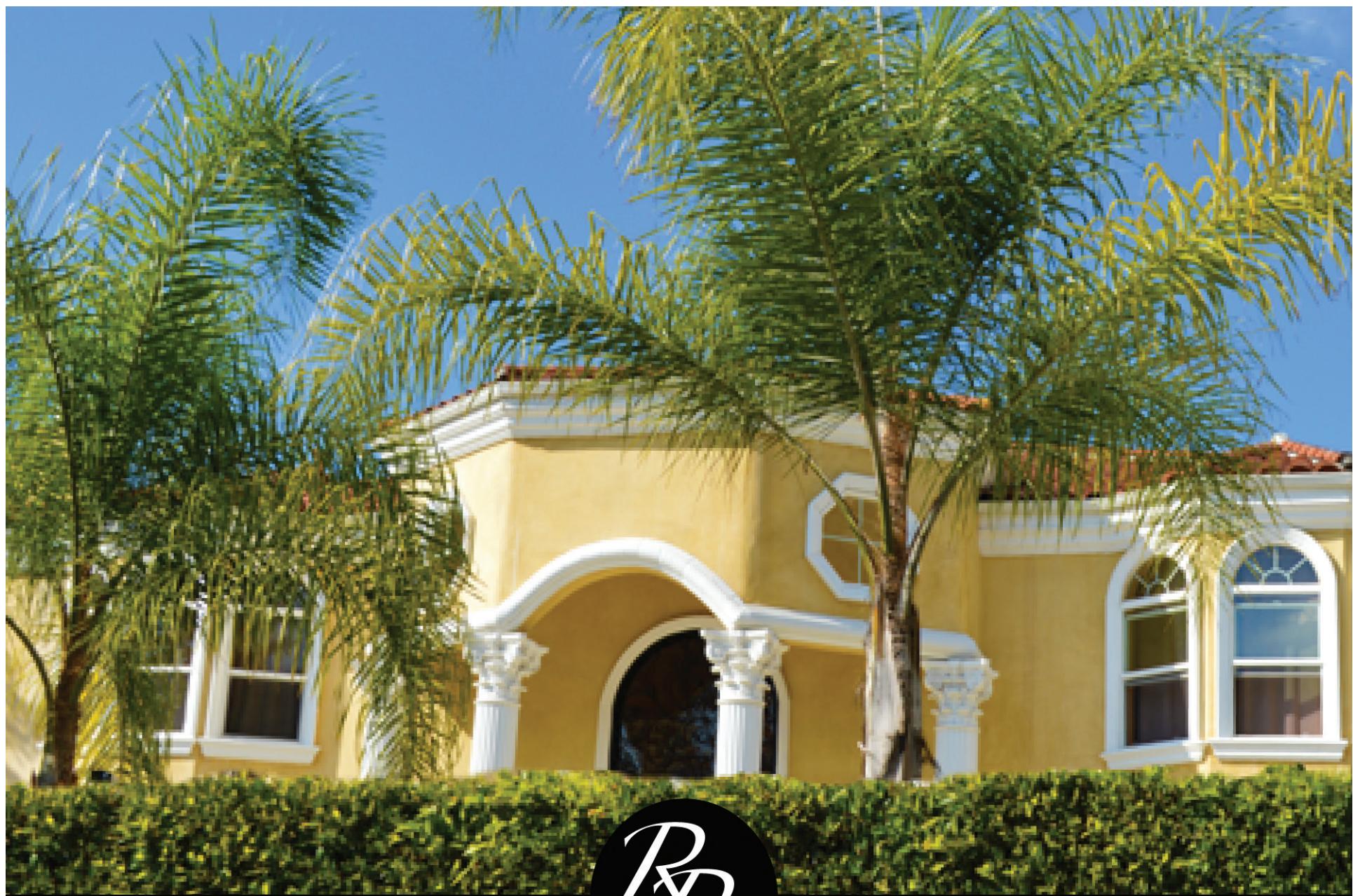


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Wounded Warriors in Recovery



By Mary Cook, M.A., R.A.S.

Addicts enter recovery as wounded warriors with unhealed traumas and deprivations, and swords and shields that they hope will protect them from further suffering. But the war is inside; between the defenses and dysfunction in the mind, and the heart pleading for mercy and grace, between the poisons in the body, and the spirit longing for peace and joy.

When we are not consciously aware of the truth and fullness of our being and the depth of possibilities in life, we live with a sense of deficiency, deep loss and anxiety. When we add addictions to this, we are caught in the crossfire of fear. We fear losing what we have and not having what we want. The tyranny of mind and the hopelessness of fear keep us in constant cravings and chaos. Life is perceived as a battlefield, and chemically altered states as a necessary protection. Slowly we become aware however, that defenses, distractions and drugs no longer protect us, but rather keep us enslaved in an empty, miserable life with escalating problems.

We enter recovery because we are wounded; from others, from ourselves and from life. We hope there is an easy painless fix, but that's the old delusion that repeatedly failed. The promises of recovery lie in changing our perceptions about everything, and entering an entirely new landscape of life. And the fear of letting go of all that we identify as ourselves and our lives is terrifying. And the fear of facing all the wounds that we sustained and perpetrated, is overwhelming. And the depth of the unknown truth, and absolute mystery of the next moment is incomprehensible. And the experience of being helpless, exposed and vulnerable stimulates all past trauma and pain.

Yet recovery offers a warm welcome into a fellowship where we are safe and surrounded by a state of grace, much greater than the war and fear

within us. Everyone has value here and everyone has something to give. We see that hope arises from helping others and peace arises from practicing patience. Healing is offered in exchange for swords. Courage is offered in exchange for shields. The pain of our defects and destructiveness now motivates us to serve the greater good in life.

Recovery is not a race or a competition, but it is a resurrection of painful feelings, thoughts and memories, in order to heal them. Facing and accepting the depth of our pain, prompts us to accept the healthy support that we need in this new landscape of lessons and blessings. We discover internal strength and resources for transforming defenses into positive character traits. We learn and practice acceptance, generosity, honesty, integrity, open-mindedness, respect and willingness. We know that we can no longer afford arrogance, complacency, deception, drama, perfectionism, pettiness, or self-centered willfulness.

We accept responsibility for the healthy care and harmony of our bodies, minds, hearts and spirits. We become adept at transforming problems into solutions, and pain into compassionate acceptance and healing. We develop authentic deep relationships with our true self, with each other, with life and with our Higher Power. We are healed by our surrender of selfishness and united by our shared humility.

There is no further need for a sword or a shield. We live asking how we might best respond to each unfolding moment from the healthiest, most positive state. We see that when we falter or fall, support is present, insight is gained and new strengths develop. We trust in our Higher Power more than our human mind to lead us into the greatest good. And as the battle ceases, we are free to grow into all that we were created to be.

In recovery we learn how foolish it is to allow the past to dictate our present and future, when the nature of life is to evolve. We learn how foolish it is to believe the habits of the mind as truth, when new exploration and investigation continually disprove old theories. We learn how foolish it is to crave certainty and control over the grace and majesty of new learning, and abilities and mystery and miracles. We learn how foolish it is to fill ourselves up with self importance, and miss the wonderment and preciousness of life all around us. We learn how foolish it is to seek fulfillment in personal gratification when gratitude, generosity and reverence for life hold our highest happiness and fulfillment. And we learn how incredibly foolish it is to believe that we are wiser than the planet that sustains us and the God that created us.

We see how we are not separate from life, but interwoven into the whole fabric of life. Each moment holds magnificent possibilities of learning, of letting go, of growing, and of being. We begin to feel our connection to the Source of pure goodness and mercy, and align our mind, heart, body and spirit to this truth. The greater vision is not war, but compassionate cooperation. The greater vision is not fear, but faith that we all can generously and joyfully contribute to the highest good for all of life.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor in private practice, 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 Amazon.com, etc.





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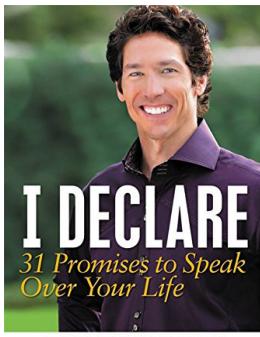
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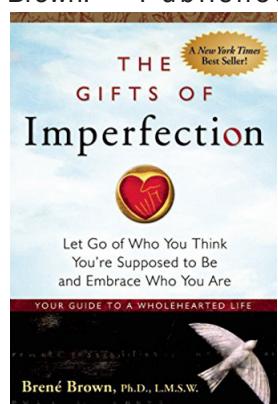
Joel Osteen is the senior pastor of Lakewood Church in Houston, Texas. Listed by several sources as America's largest and fastest-growing congregation, Lakewood Church has approximately 45,000 adult attendees every week. Millions more watch Joel's messages as they are broadcast on national and international television networks. He resides in Houston with his wife, Victoria, and their children. You can visit his website at www.joelosteen.com to get this book or go to www.Amazon.com



The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are: Written by Brene Brown. Published by Hazelden.

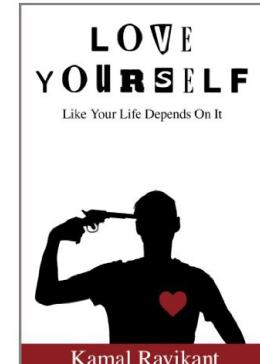
Brene Brown, a leading expert on shame, authenticity, and belonging, shares ten guideposts on the power of Wholehearted living a way of engaging with the world from a place of worthiness.

Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, "No matter what gets done and how much is left undone, I am enough." Available at www.Amazon.com



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by: Mendi Baron, LCSW

CYBERBULLYING

"You should die," "Why don't you go kill yourself," "Why are you still alive?" "You're ugly," "Drink bleach and die," "Can u die please?" "You haven't killed yourself yet." "Go jump off of a building."

These are only some of the harassing and hateful texts that 12 year-old Rebecca Ann Sedwick continuously received on her cellphone from several middle school classmates, who bullied her, for nearly one year. On September 9, 2013, Rebecca jumped to her death from a platform at an abandoned cement factory, instead of going to school.

While the cause of Rebecca's suicide cannot be attributed to any one or all those "mean girls" who tormented her online and through text messages, the case, which made national headlines, continues to illustrate how teens today are using the Internet and cell phones to send relentless, hateful electronic messages known as cyberbullying.

Cyberbullying is defined as, someone who is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another person using the Internet, interactive and digital technologies, or mobile phones. Cyberbullying is a very real problem among teens. In fact, nearly 43 percent of teens admit to having been bullied online and 1 in 4 say they have experienced it more than once.

It's incomprehensible that anyone, let alone young people, could send such hateful messages, as the girls who tormented Rebecca Ann Sedwick did. However, these dangerous hateful messages are all too real and becoming more commonplace. Teens have access to newer, lesser-known social applications like Ask.fm and Kik, which are not only free, but can be used anonymously or by creating a fictitious identification, allowing teens to spew hateful comments behind a veil of anonymity.

Most parents of teens are familiar with social networking sites like Facebook, Twitter, and Instagram. Some parents have even heard of Snapchat, where teens can send a photo, video, or comment that disappears almost as quickly as it's sent. However, there are many other apps at your teens' disposal that put the ability to victimize—or be victimized, literally into the palm of their hand. If you're scratching your head when you hear or read about Burnbook, Voxer, Kik, YikYak, Tinder, Tumblr, Ask.fm, Poke, Vine, Whisper, Secret, or ShotsofMe, then it's time to educate yourself and read up on the trendy new social media apps teens are using. These are the latest apps tweens and teens are flocking to these days. Many of the above-listed apps are being used for cyberbullying. Anonymous cyberbullying is a rising trend on the Internet, as teens are increasingly turning to pseudonymity to abuse others, so that the targeted victim may or may not know who is harassing them. When it comes to online safety, only being your teen's "Friend" on Facebook is like letting them drive a car with a seatbelt, but no working brakes. You need to be more than just familiar with all your teen's social media apps.

Knowing "cyber lingo," as well as which app does what, will keep you in tune to how teens are communicating with each other. From a teen's perspective today, texting is the equivalent of talking. They don't speak face to face - they text, even when they are sitting next to each other.

Start the conversation...Ask your teen which apps he or she is using and how they work? It's not possible to join every site or app and monitor your teen's every move online, nor should you. It's more important that you build trust, start the conversation, and keep it ongoing. There will always be some new platform that your teen will find and you won't know about, yet. Rather than being a "helicopter" parent and hovering or completely barring your teen from downloading social media apps all together, start a conversation about "common sense" social media etiquette, safety, and cyberbullying.

CYBER-ETIQUETTE OR DIGITAL CITIZENSHIP: Parents consistently reinforce being a good citizen, having proper manners, and etiquette, like saying, "please," and "thank you" and of course, the Golden Rule -- "Do unto others as you would have them do unto you." However, how many parents and/or teachers talk to teens about how to use good manners when leaving a comment on a blog post? The rules are the same; we call it "cyber-etiquette" or "digital citizenship." Helping teens be smart, safe, respectful citizens online should be part of every child's education both at home and in school. Some parents like to say, "If you wouldn't be proud to share it with grandma, then don't share it online." The number one rule for online behavior is, "If you wouldn't say it or use those words in person, then don't put it online. Teaching proper social media behavior empowers teens to make a difference and end online negativity. Instead of allowing them to wrap themselves in the cloak of anonymity, let's teach our teens to use social media in a positive way.

CYBERBULLYING: It's almost impossible to prevent cyberbullying altogether, but what you can do is educate your teen and minimize the chances that they will be a victim of cyberbullying or harass someone else online. Teens can use smartphones and computers to harass other teens by sending malicious text messages, uploading embarrassing photos, or videos on websites, taking over someone's social media profile, or creating a new profile. First, educate yourself about cyberbullying. Next, get to know how your teen uses his/her computer and smartphone. Find out what are they doing online when not working on homework? Then, start the conversation about cyberbullying and its various incarnations. And finally, teach your teen what information they can share with others online and what they can't, such as telephone numbers, addresses, their full name, and school. Remind them that they should never send any information they don't want the general public to see. It is important to acknowledge that nothing on the Internet or sent in a text is truly private.

Mendi Baron, LCSW, is the founder and CEO of Evolve Treatment Centers, a treatment Center for teens struggling with mental health and addiction issues, based in Southern California. A passionate advocate for teens in the field of mental health and addiction, Mendi is a go-to expert to start the conversation on critical issues that impact teens and their families. For more information go to HYPERLINK "<http://www.evolutreatment.com>" or email Mendi at Mendi@evolutreatment.com.



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by: Sam Usher, LAADC, ICADC, CADC II, CEAP

7 STEPS TO RELAPSE

A few years ago a therapist friend of mine, George DeVors, wrote a book called "White Knuckles and Wishful Thinking." In the opening paragraph of the Introduction he wrote the following:

Two recurring alcoholic experiences are the focus of this book. First, the specific thoughts at the moment of actual relapse, seemingly endless variation of either "one won't hurt" or "forget it."

I had been a fan of Terry Gorski for a few years and thought his 37 Relapse Warning Signs to be a scholarly and considered a piece of analysis of the cunning emotional process involved in building up to the moment of relapse.

But George cut to the chase.

The very thing that had to precede any relapse was the thought "Forget it! ."

I've discussed this with a lot of addicts since the idea came to my attention. Almost all agree. They tell me that, all other ideas aside, this was the last thing they said or thought before they picked up.

Working in treatment I had used Gorski's stuff to help clients better understand their relapse process. The more studious folks loved it, but many others got lost in the intellectual process. I needed to find something that got the critical points across to the addict in treatment in a concise and simple manner.

So I took some time to consider what could be the abbreviated version of the process that led one to utter the trigger phrase that would tip them over the edge. I came up with Seven Steps to Relapse that I have shared with many experienced relapsers in recent years.

They say it makes sense to them, so here they are. These are in reverse order so that you have to work back from the actual moment of relapse to see how the process works in the mind of the addict.

First, the actual relapse. The addict picks up.

Just prior to that physical act one has to utter "Forget it!" Might be a thought not verbalized, but it is a rock-solid analysis of what is and what must now happen.

Most of the people I have presented this to agree that the elapsed time between the two events can be somewhere between one hour and one minute!

Leading up to that critical jumping off point is a conclusion that requires careful consideration. So the step that precedes "Forget it" is Rationalization & Justification.

One has to find a way to make it okay, logical and productive to say "Forget it" and drink or use at the first opportunity.

This period of reflection can take days, weeks or months. The longer the period of sobriety has been the more time it will take to make this vital decision okay.

Once the decision is made, however, it only requires exposure to the opportunity to say those magic words and go out.

Most people don't go into a period of deep critical thinking without some consideration for doing so. In this case Contemplation usually precedes Rationalization & Justification by a few days or weeks. The addict knows what the agenda is at this point.

He or she knows that drinking or using again is a possibility, but can only happen if it makes sense. So they will contemplate going into the process that makes it OK.

This kind of thinking cannot hold up under scurrility or the light of day. This is a process that demands the absence of any outside influence. Therefore, it is necessary to Isolate; to block out the durm and strang of recovery. No sponsor contact , no meetings (or very few) and no interaction with someone who might disturb the process or intuit that he or she is up to something.

So one has to Disconnect... from whatever form of recovery support has been present.

When I talk to psychiatric patients about this they agree that it is at this point where they stop taking their medication, cancel appointments with doctors, etc.

But why, oh why, do people disconnect? I think the point of no return in this process may be the isolation, but the beginning of the downhill run is the disconnection from wherever worked in the past.

Why disconnect? Resentment. Resentment of the recovery process. Resentment of the amount of time and energy recovery requires. Resentment of people in the fellowship. Resentment of sponsors who does not tell them what they want to hear. Resentment of therapists who are pulling the cover off their defenses. Resentment of the process that engenders humility, such as making amends. Resentment of people, places and things that are not, or do not, conform to what the person wants or expects.

They invented another term for resentment in 80's. They called it codependency.

The late, Senator Everett Dirksen once said that he could not define pornography, bet he knew it when he saw it. Al-Anon didn't have a definition for codependency, but they knew it when they saw it and they knew what to do about it.

Codependency is one reason for resentment that drives people to disconnect from their recovery. The other reason is Complacency. This happens with people who have several years in recovery. You may have heard about people with 20 years sober, going out. It happens all to often.

We can become complacent about our recovery and slowly begin to resent the need to continue to work with newcomers or go to meetings where the same people tell the same stories, over and over. We, of course, are missing the point. And I know you know what "The point is...."

Complacency/Codependency leads to Resentment that leads to Disconnection that leads to Isolation that leads to Contemplation (of possible return to drinking/using) leading to Rationalization/Justification leading to what now has become a logical and "sane" decision ... so... Forget it!

It is also very significant that George's reference to "Wishful Thinking" surfaces boldly during the Contemplation stage. Wishful thinking is a termite that eats at the addict's brain quietly in early recovery, but it becomes a tiger out of the cage during Contemplation. George and I have talked at length about this and he has a new book due out this year that focuses entirely on....wishful thinking.

I haven't discussed this with Gorski, but I'll bet he agrees.

Sam Usher, LAADC, CADC II, CEAP is the Founder and CEO of Addictions Consultants and Employee Assistance in Sherman Oaks, CA. (818) 988-4183 email: samusher@aol.com.



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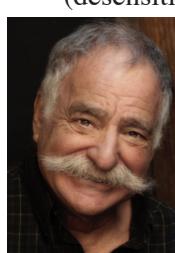
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OCTOBER 3RD, 2015, SATURDAY: Foothills H&I Bingo Night. Starts at 7pm. Doors open 6:30. Tickets \$20. Cash prizes. La Canada Congregational Church 1200 Foothill Blvd. La Canada, California. Proceeds benefit literature fund. Food, Fun, Fellowship.

OCTOBER 16TH, 17TH & 18TH 2015: Santa Clarita Valley Convention of A.A. "It Works, It Really Does". Marathon Meetings, Speakers, banquets and so much more. Being held at the Embassy Suites Valencia, 28508 Westinghouse Place, Valencia, CA 91355 or for more information Or pre-register online at www.scvaa-convention.org – SORRY NO REFUNDS Please mail completed form and make check payable to: SCV Convention of A.A., P.O. Box 801296, Santa Clarita California 91380-1296.

OCTOBER 17TH 2015 SATURDAY, Windsor Club Clean & Sober Haunted DANCE Party: 10pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91204. 818-242-1350.

OCTOBER 17TH 2015 SATURDAY, "Take Your Sponsor to Breakfast" \$10 per person. For the benefit of San Fernando Valley Central Office. Being held at the "Disabled American Veterans Hall" 6543 Corbin Ave., Woodland Hills California 91367. Breakfast from 8am to 10am, Speaker meeting starts at 10:30am.

OCTOBER 17TH 2015 SATURDAY, "UNIT A 34th Anniversary Celebration". Meetings, Fellowship and Food, 7am to 8pm. 4:30pm Potluck dinner. 10641 Burbank Blvd., North Hollywood California 818-505-1905

OCTOBER 18TH 2015 - 8am Heroes In Recovery 6k Run & Walk October 18th 2015 8am. Paramount Ranch, 2903 Cornell Road, Agoura Hills, California 91301. Register at <http://heroesinrecovery.com/heroes6k/malibu-ca/>

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!

February 5-7, 2016 2016 Philippines AA National Convention DUMAGUETE HOSTS PHILIPPINES AA NAT'L CONVENTION 34th Annual 2016 Philippines National Convention of Alcoholics Anonymous, in Dumaguete City, Philippines. The 2016 Philippines AA National Convention's theme is "Just for Today". AA members and guests from around the world will celebrate A.A.'s 34th Anniversary in The Philippines. 2016's convention program includes big meetings held Friday and Saturday night. A banquet Saturday night. And meetings held Sunday morning. Convention Venue Details Bethel Guest House, Rizal Boulevard, Dumaguete City, Philippines Tel. No. (035)225-2000 (035) 422-8000 Fax(035) 422-8003 Mobile (+63) 917-3201484 Email : info@bethelguesthouse.com Website: <http://www.bethelguesthouse.com>

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Matters of The Heart

by: Debra Graff

ROMANCE AND RECOVERY

Whether you're new to the dating world or have been involved in a committed relationship for eons, the same principles of romance in recovery apply.

Love exists in the present, which means discarding past regrets and remorse as well as future anxieties and apprehension. True affection is only attained and experienced in the NOW! This entails ignoring the sabotaging messages in your mind and listening to your heart.

How on earth do we turn off those destructive voices? One of the initial remedies I recommend is reprogramming your brain to filter out negativity. This begins by flooding your spirit with positive affirmations that will eventually drown out the defeatist committee.

I like to start with a simple slogan: "I'm loveable and valuable just because I'm me and something I appreciate about myself is that I'm _____." (fill in the blank with a physical, emotional, or creative attribute) Repeat this many times every day.

Create a list of assets and post it on your bathroom mirror or refrigerator door, e.g. "I'm a great _____. " Record your voice speaking them with sincerity and gusto and play it in your car while driving to and fro.

Transformation doesn't begin on the exterior with a new hairstyle, wardrobe, physique, makeup, career, salary, car, house. Those outer characteristics won't help you attract your soul mate. It's an inside job which must take place on a higher level, similar to the William James type of spiritual experience.

Love is letting go of fear, expectations, judgements, pre-conceived notions, blame, and resentment.

Love is living in acceptance, forgiveness, gratitude, honesty, openmindedness, and willingness.

Do any of these concepts sound familiar? Have you considered working the steps on your intimate liaisons?

In order to have healthy interpersonal relationships, you must first admit your romantic hookups have been unmanageable and that God could and would restore you to sanity in this area.

Do you take hostages? Do you stay too long in a union because you're afraid to be alone? Do you choose partners for all the wrong reasons? Do you avoid real closeness and commitment? Are you ruled mainly by sexual pursuits? Are you a love addict? Are you overly possessive and/or jealous?

Is your picker damaged beyond repair? My favorite rule to follow for those of us in recovery is: If your heart goes pitter patter across a crowded room, turn around immediately and run in the opposite direction.

Do all your hookups end in a similar scenario with only the names and faces changed? Do you indulge in repetitive behaviors over and over expecting different results? Do you walk down the same street even though you keep falling in the gutter each time or do you take a different path?

Are you constantly berating your main squeeze, pointing out his/her defects? Do you take responsibility for your part even if it's 1% and theirs is 99%? Have you cleaned your own house so that God can expel the obsession and you can freely find the perfect paramour?

Do you recognize the fact that what bothers you most about your guy/gal is the exact thing you need to work on in yourself? We're all mirrors and reflect off each other. When one finger is pointed at your mate, the other three are back at you.

Do you know how to fight fair without demeaning, name calling, back stabbing? Are you in touch with your anger so that you schedule it by appointment rather than raging in the thick of it? Do you wait until calmer minds prevail or do you have to fix and solve everything, unable to handle discomfort or not being in control?

Do you always have to win? Do you keep score and play the game of one upmanship? Or are you humble and secure enough to say "I'm sorry," or "You're right?"

Here's the piece de resistance and the best revelation of all: God's in charge. Only God could and would if He were sought.

If you're supposed to be together, no matter what you say or don't say or do or don't do, you will be together.

If you're not supposed to be together, no matter what you say or don't say or do or don't do, you won't be together.

Which means you can finally breathe a sigh of relief because you no longer have to try to fit a square in a circle or make an apple out of an orange.

You can be exactly who you are and loved just the way you are.

Love means when you're with someone, you're in touch with the most beautiful capable parts of yourself. In other words, you bring out the best in each other.

There are no magic answers but there is a simple solution. Continue working your program diligently and the promises will come true for you. Your romantic connections will grow and evolve on a much deeper level than you'd ever imagine.

You will support your intended in becoming his/her finest, the creme de la creme, instead of leaning on each other and attempting to change and/or fix them. Your match will shine and radiate the light within you.

You can sit back, relax, enjoy the journey, celebrate your presents(presence), giving and receiving the abundance of love you've been yearning to share with the world!

If you're reading this, you're on your way to magnetizing your ideal companion. Kudos!!

Debra Graff is a Dating/Relationship Coach, Single's Columnist, Late Night Talk Radio Podcast Host, Former Mediator/Family Law Attorney. You can reach her at mnmm2226@aol.com or 818-753-8898 for private phone/home consultations.



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Mary Cook

Addiction Specialist Counselor



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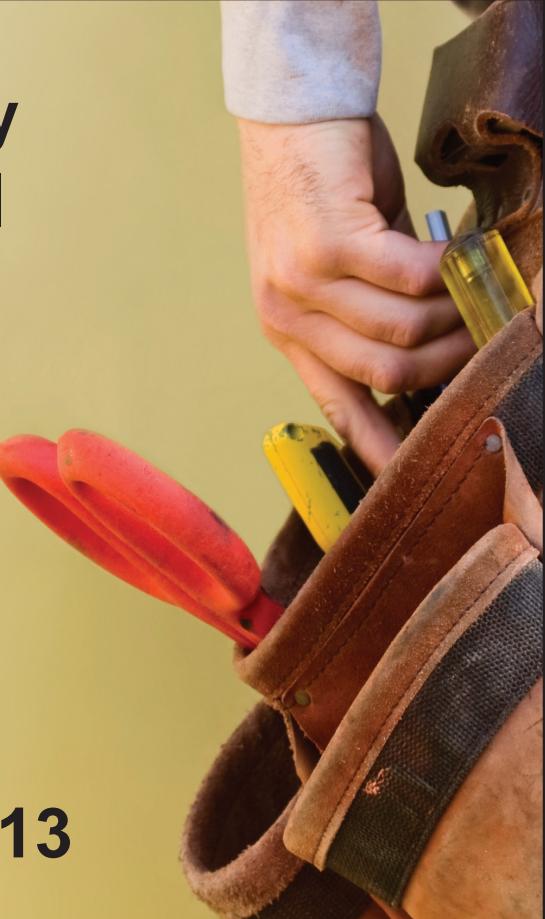
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Con't from Page 4



by: Joe Engle

I have heard that sometimes that happens, the body can not take as much heroin as when they were previously addicted. They haven't the tolerance. There is some comfort, as I believe he did not suffer, and will no longer suffer the tragedies that often happen in life. At other times, these feelings are dwarfed by the overcoming waves of grief, of loss, a rip off. There will be no weddings, babies, accomplishments, hope and love that can and do happen in life. To the living, of which he no longer is. I am sad.

After a period of mourning, I reached out on FaceBook, of all places, and encountered a ground swell of an anti-heroin movements. One in particular, There is No Hero in Heroin. A mother, in Tucson, Arizona, had written a book about her addict son, had the book published, and started a small non profit. She asked if I were willing to start a Las Vegas chapter. Of course I did. Anything to keep moving, and to try and help those still suffering, addicts and families alike. I assembled four other parents who had been associated with addicted children. We sat in my kitchen and talked about hope and help. But what was the help to look like? We had some direction from the parent foundation, we needed to be incorporated, and file with the IRS. We started off having community garage sales, sat at local farmers markets - right next to vendors selling micro greens with our "No Heroin" banner waving proudly. Sometimes parents walked on by, but others asked us what we were all about. We explained our mission "To raise the curtain on the heroin epidemic, to raise funds to help offset the high cost of rehab, and to hold our public officials accountable for enforcing the laws." We speak bluntly, no hiding from the fact that our children suffer from addiction. I've found many don't seek help because the stigma associated with addiction. I want people to know that recovery is possible, people can and do get well. But not if they remain silent.

In the past 2 years, TINHII has held community events, fund-raisers, had many news stories in local news channels/media, has been instrumental in helping pass State Senate Bill 459 (which helped in the distribution of Nacan and the Good Samaritan Law); all while keeping to the main focus to provide scholarships to sober living environment for over 12 individuals. This is all done on a 100% volunteer basis. We have no paid members. We all have full time jobs.

There is a huge hole in the way we deal with addiction. Way too many people who want recovery and treatment can not get it. This needs to stop. We believe that there needs to be an overhaul on this particular health crisis, it's not a criminal endeavor. Those are a few of our hopes, until something drastically changes, we will keep on doing what we've started. "Think globally, yet live locally" is a motto for now.

The Mission of the There is No Hero in Heroin foundation is to promote awareness, educate the public and encourage those struggling with addiction and those who love them. We are dedicated to raising the curtain on the epidemic of drug addiction in our schools, the scarcity of rehabilitation programs, and the need for quality federally and state funded rehab programs and hold drug courts and law enforcement more accountable. There is no hero in heroin, only those who overcome. For more info visit www.tinhhilasvegas.info or www.facebook.com/TINHILasVegas

Food For Thought



by: Jenni Schaefer

CON'T FROM PAGE 7

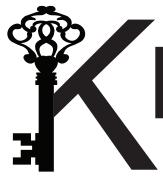
During my public talks, I actually encourage people to stop engaging their negative body image muscle and to start changing the conversation. Stop talking bad about our bodies. When a friend says, "My butt looks big in these jeans," don't jump right in with how bad your hair looks today. Have you noticed how women bond around this kind of negative body talk? Instead, maybe say something seemingly shocking like, "Hmmm ... I look beautiful today," and encourage your friend to find it within herself to say the same. It might require changing your definition of beauty. No, I am not saying to settle for less or to lower your standards. This is really about setting your own standards.

Why should fashion magazines (possibly excluding Vogue, if it fulfills its promise) get to tell us – real women – what we are supposed to look like? With photoshopping, the models in those magazines don't even look like themselves. Supermodel Cindy Crawford once said, "Even I don't wake up looking like Cindy Crawford." If she doesn't even look like herself, we can't possibly.

Why chase after society's unattainable and ever-changing beauty ideal? After all, it is just that, ever-changing. Trying to live within this flawed system might actually be considered settling. Make a choice today to love your body. It will love you back.

This article first appeared on Jenni's Huffington Post blog: <http://www.huffingtonpost.com/jenni-schaefer>. Chair of the Ambassadors Council for the National Eating Disorders Association, Jenni Schaefer is a leading motivational writer and speaker. Her books include Almost Anorexic; Goodbye Ed, Hello Me; and Life Without Ed, which has recently been released in audio as well as a tenth anniversary edition. Learn more about Jenni's work, including her inspirational music, at JenniSchaefer.com. Connect with her at Facebook.com/LifeWithoutEd or on Twitter at @JenniSchaefer.





KEYS TO RECOVERY NEWSPAPER, INC.

Advertising Rates

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover Banner	\$1,500 (one time only)			
	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			

Additional Charges for
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)

Ad Sizes

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
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1/3 Page - Horiz.	10" width x 4" height
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1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38"height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Advertising Materials: The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

Advertising Deadlines: Keys to Recovery Newspaper, Inc. will hit the streets on the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

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.

www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 13 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 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 / Central Offices
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Living's
- Transitional Housing

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 e-mail your information to: info@KeystoRecoveryNewspaper.com or call us at 818.386.8400.

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 501(c)3 non-profit entity.

Our main objective is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible and to offer resources that may provide treatment and support. We do that by printing a traditional type newspaper as well as having an online presence. Our newspaper is filled with columns from today's top experts in the recovery field.

Keys to Recovery Newspaper, Inc. is educating our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

We are NOT affiliated with AA, NA, Al-anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We strive to operate Keys to Recovery Newspaper, Inc. using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

For more information visit
www.KeysToRecoveryNewspaper.com

From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!

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.aascv.org> (661) 250-9922. Al-Anon Family Groups www.al-anon.alateen.org 1-888-425-2666. Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122. Al-Anon/Alateen Spanish, LA County, (562) 948-2190. A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831. 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.cosarecovery.org - (866) 899-2672. (HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484. Crystal Meth-Anonymous (CMA) (855) 638-4373. Debtors Anonymous www.SoCalDA.org 310-822-7250. Emotional Anonymous - www.emotionsanonymous.org - World Services (651) 647-9712. Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657. Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805. Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500. Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700. Love Addicts Anonymous (LAA) www.Loveaddicts.org. MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP. Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779. Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189. Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194. Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962. Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822. Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422. Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188. National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other

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.slaalosangeles.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.siawso.org

TEEN LINE: 800-TLC-TEEN (in CA) 310-855-HOPE, Teens helping teens. www.teenlineonline.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

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

MEALS SERVED

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

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

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

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.

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

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 (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
U.S. 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

(800) 54-CADCA.
CCPG California Council on Problem Gambling www.calproblemgambling.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 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.
HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
HepCHope: www.hepchope.com Hotline (844) 443-7246
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.heptreatmentlosangeles.com

Keys to Recovery Newspaper, Inc. publishes "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, 6930 De Celis Pl., #35, Lake Balboa CA 91406



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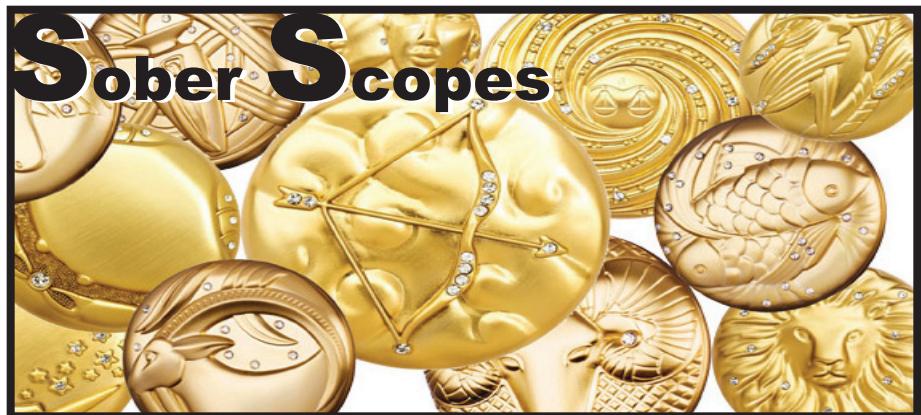
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LACo Sober Living Coalition Board Member; San Fernando Valley Co-Chair; Member Women's Association of Addiction Treatment; Former Board Member Prototypes Treatment Center; Juris Doctorate Degree from UCLA; Member California Bar Association



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

LIBRA: Sept. 23-Oct. 22: This is the time to improve upon your spiritual side and start using it in your own life. You have been given knowledge through the Big Book and you have uncovered things that help manage your life. Reflection is in your daily routine now, and it helps you to deal with those character flaws, which means, time for some step work. Call your sponsor more regularly and get into the Big Book. Action is what's needed right now.

SCORPIO: Oct. 23-Nov. 21: By detoxing the mind and body, the personal transformation on your spiritual path will give deep insights to change negative perceptions you have in various aspects of your life. Finances in general are good. Give your Higher Power more of your time and go to more 12 step meetings if possible. If you haven't done so yet, learning meditation techniques will be especially helpful to you.

SAGITTARIUS: Nov. 23-Dec. 21 Even though you haven't had much going on this month, you will have more than enough to do in the following months to come. By applying the Big Book, meditation, 12 step meetings and the wisdom of your sponsor, could possibly bring prosperity and abundance into your life. When we have a healthy spirit, our overall health will be in balance and our productivity will be at its highest point.

CAPRICORN: Dec. 22-Jan. 19: Many projects are started, although maybe not all of them will be completed. Your health is basically neglected, applying spiritual application of the 12 step principals can help you balance your health, it reminds you how valuable it is when the mind, body and the spirit is in harmony, which can make you feel complete. Wherever your mind set is, get to a meeting and experience something new!

AQUARIUS: Jan. 20-Feb. 18: When you pace yourself, and carefully view this journey in sobriety as lifelong, burn out is avoidable. Look at who you were, who you are now and how much more along you'll be, when the journeys complete. Listen to those who have been where you're at, these individuals such as Sponsors, and "old timers" just to name a few, can give you years of combined wisdom, which could add great value to your life.

PISCES: Feb. 19-March 20: You are trying to resolve an inner turmoil from the past, take it to your Higher Power for a solution, or speak with your Sponsor. If indeed it's a past transgression/regret then maybe it's time to write out that 4th step, or re-write one to help relieve the guilt or shame that you may have missed the first time. You and your Higher Power are bigger than any secret, remember your past is behind you. Leave it there.

ARIES: March 21-April 19: There will be difficult times coming up in the months ahead, most of the difficulty isn't necessarily the problems themselves, but could actually be the way they're handled. Positive viewpoints are key, therefore; keep a positive attitude in every situation, and focus on working on a solution. The 12 steps of AA, your friends, along with your Higher Power and Sponsors' guidance, could help find the solution.

TAURUS: April 20-May 20: You may feel more anxious than normal this month, not just because of your upcoming birthday, but possible it's due to something you feel is left undone. Everything usually in times comes to the surface, and given the right set of circumstances, the reason why your feeling anxious will be revealed and a solution found. Relax by meditating and appreciate what you have, remember God has a plan for you!

GEMINI: May 21-June 20: Some struggles we have our derived from within ourselves. By discovering our potential through the years, experience being the best teacher, shows us that leaning on others and asking advice is not a weakness. Our Sponsors are here to help us learn and in turn, to be able reach out and be of service to others who are suffering from addictions and disorders. The goals and accomplishments you have set, are just around the corner.

CANCER: June 21-July 22: Keep in mind that you have all of your needs supplied, and even if you might not have had all of your wants taken care of, be thankful. You have been pretty crabby lately and aggressively negative in your approach towards problems that has arisen. Keep your mind focused on your goals to be more attentive towards your Higher Powers guidance, and the spiritual growth you're acquiring.

LEO: July 23-August 22: You are a winner when you release your hold on the things that you can't change, but by putting your trust in the principals of the 12 steps accompanied with your Sponsors guidance, your walk with God will become easier and your heart will truly speak for you when you allow it. Go to a meeting you haven't been to and introduce yourself to someone new. Also, old friends from the program can help lift your spirit.

VIRGO: August 23-Sept. 22: This month may bring unwarranted pressure on you or your family, don't over think the situation, ask your God to help you get back in touch with nature and what you truly love. Put more emphasis on balancing your own self-worth. Over thinking rarely helps anything! Take a breather, find a meeting outside your area and meet new people. Maybe there is an amends waiting for action, and you have the ability to handle it. Stop thinking about it, and just get it done. The weight lifted will be well worth it.

4TH Annual WAAT Conference 2015

SPEAKER LINE-UP

Keynote Speaker:

Carolyn Coker Ross, MD, MPH

Neurobiology of Attachment:
Integrative Therapies for Eating
Disorders and Substance Disorders

Trauma-informed Experimental
Methods of Engagement Using

Psychodrama
Nancy Bailey Ph.D.

Positive Psychology Meets
Addiction Recovery
Maria Gray MFT

Somatic Experiencing Applications
in the Treatment of Addiction
Susan Richter MFT, SEP & Sean
Baker MFT, SEP



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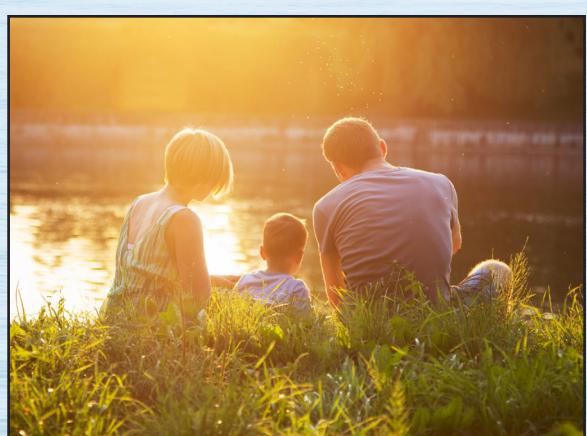
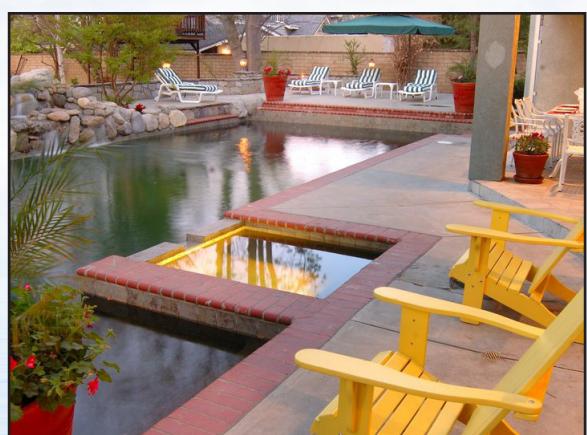
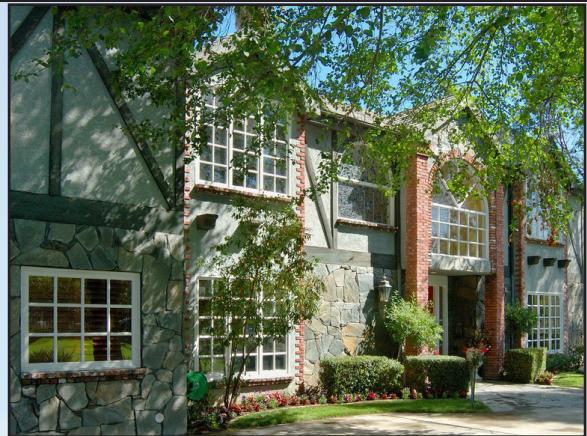
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