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November 2015

KEYS TO RECOVERY — NEWSPAPER, INC. —



**Addiction
is Wearing
the Masks**

Recovery is Removing Them

**Compulsive Character
& Consequences**
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Perfectionism**
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About Us

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by Marcus Marshall

Hello everyone;

This partnership we have here at "Keys to Recovery" has been more rewarding and uplifting than I could have ever imagined. By adhering to the principals of the 12 Steps and spreading the message of hope and recovery to as many people as possible, I know beyond a shadow of a doubt that we are doing God's will on a daily basis. Just this month alone we have been able to witness some of the recovery soldiers that are on the front line daily, fighting a war against the destructive forces of addiction, throughout every neighborhood regardless of the economical advantages, or disadvantages.

We are all battling our own demons, no matter what the nature, we are part of a universal team linked by our commonalities, to be part of each other's realization of the need for growth and maturity, which at times are not visible to oneself. I have been blessed to have my eyes opened to all of the possibilities, to be able to become the best person that I can and truly should be. I want to thank the recovery community as a whole for helping me to find my purpose in life, which is to help spread the message of hope that recovery is possible from any and all addictions and disorders. By rendering our services to help those who are helpless and hopeless, as well as to all clinical professionals and those that work in the recovery field, we are hoping to make a difference.

This month being November many people focus on Gratitude. In that spirit - I am truly thankful for my sobriety today and for being part of a love driven force, which is "Keys to Recovery". We are blessed to be part of such a large group of individuals from all walks of life and professions, willing to be of service to complete strangers with no anterior motives, only to receive satisfaction for helping another human being, who is hurting and in need.

The beginning of last month started off with a "boom," we were able to go to L.I.C. (Lifestyle Intervention Conference) October 5th in Las Vegas, Nevada. Our newspapers were in all of the "swag" bags that were given out to all the registrants. It was our first time going to L.I.C. and the conference was informative and educational, we acquired new friendships and contacts from some incredible organizations. The experience was very rewarding and enjoyable, we gained a new perspective on the overall function of the "Recovery Machine," which is the underlining force that drives those who seek, to help others find sobriety.

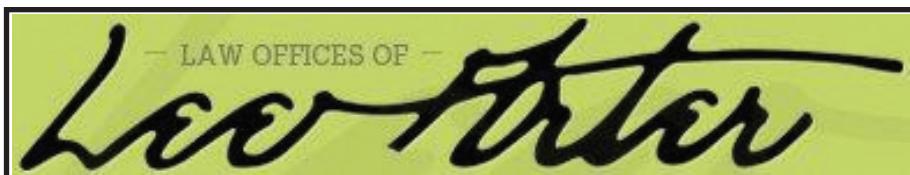
Having the opportunity to attend M.A.A.T. (Men's Association of Addiction Treatment) which is held on the third Wednesday of every month, has taught me in depth information that is applicable in my daily work with addicts in and out of facilities and those that are on the streets. I have been truly fortunate to be able to gain valuable insight from listening to the speakers ranging from: Addiction Therapist, Psychologist, Psychiatrist, Nutritionist, Doctors, Lawyers and other professionals that share their individual knowledge, who are working in the Recovery field.

We also had the opportunity to go to the W.A.A.T. (Women's Association of Addiction Treatment) Conference that was held on Oct. 23rd at the Olympic Collection Conference Center. Although W.A.A.T. is primarily geared toward women, men were allowed and encouraged to participate in the conferences. We heard from some incredible clinical professionals who spoke at the conference. The networking aspect of the conference was beneficial and rewarding in numerous ways.

Our recovery newspaper has saturated the recovery arena and now we are doing the same in mainstream America. We understand that the percentage of individuals with an addiction is relatively high, that's notwithstanding the disorders, which at times accompany the addictions. We have been very fortunate to have had our newspapers at many of the incredible networking events, fund raisers and other functions promoting Recovery awareness, such as Heroes in Recovery's 6K run-which was October 18th in Agoura Hills. Our days are dedicated to taking the knowledge that we obtain through numerous outlets, and joyfully extend it to all that are seeking resolution to whatever hinders them from becoming whole again.

My journey down this road of clarification of who and what I am in regards to being part of God's plan, has been to say the least, a very exhilarating and a welcomed revelation of how we could be an asset to friends, family and loved ones, and not the burden that some of us once were. I will forever be thankful for my deliverance from the active bondage of addiction. I don't see everything clearly now, but my vision is starting to see life on life's terms.

I am so thankful that I was reunited with Jeannie Rabb-Marshall, who is now my wife, best friend and business partner. She saw me after 33 years of separation and witnessed my addictions, she lovingly suggested that she could help guide me to the road of recovery through Alcoholics Anonymous, which I took to like a fish to water and I am truly blessed to have trudged this road of happy destiny, for over three and a half years now side by side with my beautiful wife. We are blessed to have Beth Stern as part of the dynamics, which helps make "Keys to Recovery" such a formidable presence in the recovery field.

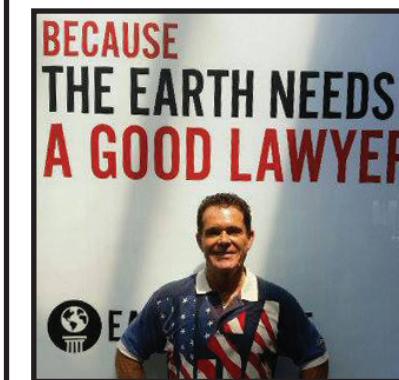


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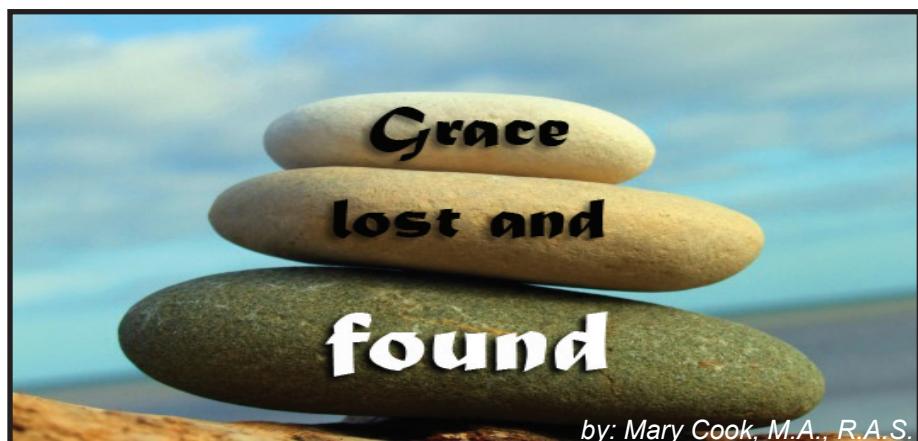


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by: Mary Cook, M.A., R.A.S.

COMPULSIVE CHARACTER & CONSEQUENCES

Compulsions concentrate our available energy in limited areas, and deplete and block energy that we require for overall health. They create imbalance, lack of harmony, and impede healthy development emotionally, mentally, physically and spiritually. Additionally, compulsions produce negative energy either due to their intrinsic nature, as with drug abuse, or due to the harmful consequences of their excessive repetition or use, as in sex or food addiction. The greater our compulsions, the more negative energy we have in our minds and bodies.

Persistent feelings of deprivation, emptiness, pain and negativity typically result from traumatic experiences, usually in childhood. Without healing, we carry these past experiences and our feelings and thoughts about them, into the present and create ongoing life scenarios from them. Compulsions attempt to bind anxiety and redirect our focus from something painful to something pleasurable. Because they are a temporary defensive distraction at best however, the pain we're attempting to avoid, remains, and we fail to mature in the areas affected by it. This is why compulsions have a dependent childlike character, and defy adult reasoning and common sense.

When we have no understanding or role models for addressing inner pain, we project our pain onto other people and outside experiences. Thus internal chaos, craziness and conflict are viewed externally instead of internally. This allows us to assign blame outwardly and create an illusion of health for ourselves. The greater negative focus we have on people and life, the more sickness and ignorance we are denying within. Additionally, we try to hide personal pain through excessive busyness. Whether our behavior, emotions or thoughts are overactive, we lose faith, serenity and trust in this way.

Because compulsions keep our dominant focus external, we pay insufficient attention to internal states except for those that reinforce the compulsions. Thus we lack understanding and problem solving skills for the areas where we most need them. Decisions and actions we take in response to trauma, arise from fear and lack of insight. They are meant to be re-evaluated at a time of greater wisdom, rather than accepted as an ongoing life style. Viewing both the problem and solution as external, means that our goal in life is to avoid or fight that which reminds us of inner pain, and seek to capture positive gratification of what we were denied.

And yet life is meant to redirect us back to the places needing healing, as well as forward to where we can evolve. Avoiding, fighting and coveting, are behaviors of resistance to life urging us to grow. Resistance keeps us in the problem, and the problem expands and intensifies. Because we lack tools to heal in childhood, we think pain is something we must avoid. But pain in life is inescapable, and therefore this produces a futile and frustrating goal. We are meant to experience negative emotions and realize that they are temporary, and be mindful of what they might teach us. Examining ourselves and our lives in response to pain, can lead us to greater humility, sensitivity, assertiveness, gratitude, understanding and integrity.

Compulsions deny or minimize conscious awareness of ourselves as spiritual beings. Our soul knows that we are whole. Compulsive cravings arise from fearing that we lack something internally or externally, to create or sustain satisfaction or fulfillment. We cannot find true peace and pleasure in projections. They are only temporary illusions that disable our evolution. It is only when we embrace ourselves fully, that we can experience the personal growth that leads to happiness and health. We must see our human faults and flaws and allow them to transform. We must see our soul and its wholeness and grace, and incorporate its' presence into our daily life. When we accept the mysteries of life and what we do not know, we create space inside of us for miracles.

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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by: Reverend Leo Booth

How Essential is a Higher Power or God?

I am delighted to be a regular contributor to Keys to Recovery Newspaper. It is undeniably true that the 12-Step program is essentially spiritual and from the earliest days of Alcoholics Anonymous it became clear that having too close an association with any one religion or denomination would be unwise. The emphasis, for the survival of the 12-Step program, was and is inclusivity. America, then and now, is multi-cultural, multi-religious, catholic with an exceptionally small "c"!

With this as the background to a spiritual fellowship that is seeking to carry a message to suffering alcoholics, why is there a need to mention a Higher Power or God? Well, the reason is obvious; the vast majority of people in the United States, and even more so at the time of Bill Wilson and Dr Bob, believed in God. Not only did they believe in God, but they thought that such a belief played an important part in their acceptance and recovery from alcoholism.

Let us step back for a moment; as a recovering alcoholic myself, I know that the disease of alcoholism affected not only my life, but the lives of everyone who was close to me; family and friends. It also, unlike influenza or diabetes, had a decidedly negative effect upon my attitude and behavior. What do I mean? Well, the analogy of Dr. Jekyll and Mr. Hyde came to mind. When an alcoholic is drinking their defects of character are emphasized; but more than this, there is usually a marked change towards the ugly.

You may remember that in the popular story of Dr. Jekyll and Mr. Hyde, written by Robert Louis Stevenson, Dr. Jekyll had to drink the potion that he had mixed. When he had done so and consumed it, he slowly changed into his alter ego. Where Dr. Jekyll was kind, polite and sophisticated...Mr. Hyde was crude, violent and positively animalistic.

At first Dr Jekyll thought that he could control Mr. Hyde, control the change he wanted to experience, but it soon became obvious that a tragic line had been crossed; Mr. Hyde was controlling Dr. Jekyll! Also, Dr. Jekyll was only vaguely aware of his actions and behavior in the form of Mr. Hyde; a gentle reference to what we call blackouts. In the end Mr. Hyde took over completely and Dr. Jekyll died. Reminding us that alcoholism is a chronic and fatal disease.

When I go to a 12-Step program I share and hear: (a) What it was like; (b) What happened; (c) And what it is like now. The specifics of what it was like can be truly scary. The lies and manipulations, mental, emotional and physical damage to spouse, parents, children and friends. Legal issues that occasionally lead to a prison term. Financial irresponsibility. Serious mental, physical and emotional illnesses. Attempted suicides. And a decimation of spiritual values. Trust me, alcoholism is not heartburn!

The result is a descent into guilt and shame. Feelings of hopelessness and helplessness. Regrets that consume us. A spiritual malady.

It is at this point that most alcoholics who believe in God seek to turn their lives in His direction. But not with rigid proselytizing or dogmatic pronouncements, rather it is gently suggested that the alcoholic...came to believe that a Power greater than ourselves could restore us to sanity.

The word God is not used immediately. Why? Because most alcoholics, although they might believe in God, were not overtly religious. Many had left the church. Some viewed themselves as sinners. Shame and guilt had destroyed any vestiges of self-worth.

The arrogant behavior of the alcoholic was introduced to the concept that there is a power greater than themselves...something other than self needs to be experienced. For many, in the early months, it is the fellowship.

Only then are we slowly introduced to a concept of God that is truly inclusive and comprehensive. Whatever your religious affiliation might be, Muslim, Jew, Christian, you are welcome, this is what is so very powerful in the rooms of alcoholics seeking recovery.

Alcoholics Anonymous does not push Jesus. It has never been denominational. Most members are not active (regularly) in churches or synagogues. Truly the atmosphere of most meetings is inclusively spiritual. And yes, they are conscious of members who are agnostic or atheist. Some people have been hurt in the name of God. Some members actually felt and heard that they were not accepted in their church community. Let's think about it, there were serious reasons, years ago and today, why the fellowship needed and needs to be anonymous!

My experience of a Higher Power or God that is spoken about in Twelve Step meetings is LOVE. Love in service: Love in the fellowship: Love in unity.

Leo Booth, a former Episcopal priest is today a Unity minister. He is also a recovering alcoholic. For more information about Leo Booth and his speaking engagements visit www.fatherleo.com or email him at fatherleo@fatherleo.com. You can also connect with him on facebook: Reverend Leo Booth.



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Ask Dr. Nita

by: Nita Vallens

Dear Dr Nita,

I'm in recovery for about 5 years and I live with my older sister and her husband and my two nieces (twins aged 11) whom I help care for when they're at work. It's getting more difficult for me to deal with my sister lashing out at me and frequently reminding me of my past mistakes. I love my family and I'm grateful to be there with no rent, allowing me time to get back on my feet and get an education. The question is how do I stay grounded in my recovery with all the put downs and negativity?

Jessica

Dear Jessica,

Your email is an example of the old saying, "Hurt people hurt people." I'm sorry that you have been enduring your sister's verbal abuse, and yes, it is abuse. Let's talk about some of the behaviors that hurt people use, and antidotes for them to help you empower yourself with tools and strategies. One common issue is that those who still feel "wounded" by a family member's behavior get "reminded or triggered" by circumstances, and statements that remind them of their pain and they retaliate by lashing out.

This is very common especially with couples and with siblings. Your sister's reaction may seem to you like an over reaction or inappropriate to the present situation, indicating she is dealing with past pain that is still present today. If you find that you cannot reason with her directly, it would be advisable for you to reach out for support.

Your main source of support may be your 12 step community. Also, your sponsor may direct you to work a step(s), or if you aren't able to talk with someone, do some journaling about what happened. Remember to forgive yourself if you have been triggered in return, knowing that with 5 years sober, you are doing the best you can to move forward and make progress, although sometimes the people around us take longer to accept us even though we have rehabilitated ourselves.

Another common occurrence is that hurt people feel and act as if they are "victims" and blame others for their circumstances, claiming unfairness in how they see a situation. Also, this "victim" consciousness may cause your sister to distrust you, expect the worst and respond with negativity to you. You need not feel you have to constantly prove yourself, sometimes time can be on your side in the sense that consistently showing up over time shows her who you really are today.

People may sometimes feel frustrated or depressed because they never had the tools to look at their own feelings, let alone express them. So, their inner pain seeps out as anger at those close to them, and they may not realize their effect on others, or even the extent of their own pain. They may also take things personally that are discussed, and not speak up about it. You might ask her to see a counselor with you to help you work through some of your pain, and see if this would help both of you to deal with issues that have caused conflict between the two of you. Sometimes a professional can help sort out the past from the present too.

And finally, your sister relies on you to help with her children, and yet continuously hurts and alienates you with her behaviors. It is important to set boundaries so that you aren't exposing yourself to the pain that this causes you. Please keep YOUR side of the street clean by working a good solid 12 step program, staying in the new character that you have created, using the 12 principles (honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, justice, perseverance, spirituality and service) as tools along with forgiveness.

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. Dr Nita is now providing two career assessments, the Strong Interest Inventory and the MBTI personality styles assessment. Call for information! 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)

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Food For Thought



by: Jenni Schaefer

REDEFINING RECOVERY

Getting beyond the behaviors of an eating disorder.

"How would you define recovery in one word?" Kelly asked.

"Free," I answered.

Kelly is a young woman struggling with an eating disorder. She was talking with me, because I am recovered from anorexia and bulimia. I have been there.

"Free" means a lot more than simply freedom from destructive behaviors with food. It means much more than just a life without bingeing, purging, and starving. That kind of a life is really not free at all.

"Free" also means independence from the unrelenting obsessions related to food and body image. It is a release from fear's daily control. It means freedom to live life to its fullest.

Recovery encompasses every facet of life. When someone truly recovers from an eating disorder or any addiction, they get much more than just "not bingeing," "not drinking," or "not using."

When I first began therapy for my eating disorder, I thought that my ultimate goal was to stop acting out with the negative behaviors surrounding food. I believed that my life would be magically transformed into something wonderful if I could just eat right. After years of hard work in recovery — and lots of stumbling — I did finally begin to "eat right." I could not have been more wrong about eating right.

I should say that we could not have been more wrong. Other people in my life thought that I was better when I began eating better. They said that I looked "healthy," and they were proud of me. I received lots of pats on the back, and ironically, I felt more destructive than ever. I looked healthy on the outside, but I was dying on the inside.

I had stopped using food, but not much else had changed in my life. In fact, without my eating disorder as a coping mechanism, I felt more lost and crazier than ever. I even started thinking about engaging in other addictive behaviors — ones that had never crossed my mind before.

I asked myself, "If I can't turn to food anymore, then what can I turn to?"

Switching addictions is not better. I almost switched. Thinking about food all of the time is not better. I thought about food twenty-four hours a day. Feeling constant despair, anger, and anxiety is not better. I felt all of these things. I was not better.

I could have easily been compared to a dry drunk. I had heard in 12-Step meetings that a dry drunk is someone who has stopped drinking, but who still demonstrates the same alcoholic behaviors and attitudes. I was still engaging in the same thought processes of my eating disorder. Similar to the dry drunk state, these thought patterns eventually led to relapses back into eating disordered behaviors — even more intensive and harmful. Although these behaviors seemed worse than ever, they no longer produced the same soothing, calming effect as previously.

I began to think, "Why did I fight so hard for this?"

Then I realized that I needed to keep fighting. My journey was not over. I had worked hard and learned a lot, but I needed to keep working. I needed to wrestle with my inner demons. I needed to connect with my higher power. Because recovery is not only physical, but it is also emotional, mental, and spiritual. It is about functioning in society and quality of life.

So I dove headfirst into therapy. I explored my spirituality. And I learned coping skills that helped me deal with life on life's terms in healthy ways. I practiced experiencing my emotions (instead of stuffing or starving them) and realized that feelings do pass in time. I combined self-compassion with genuine self-care to discover self-acceptance. I fell down lots on my journey to this acceptance, but I trusted my support team of friends, family members, and professionals to help me get back up each time. I trusted myself.

Recovery is about uncovering passions and learning to have fun. It is being able to sit still and live in one's body. Recovery is about seeking balance, having a voice, and letting go of perfection. It is letting go of the fear of judgment from others. And it is much more.

Recovery is more than a standardized textbook definition or some insurance company's criteria. It encompasses all areas of life and is personal to each individual.

Kelly asked me how I would define recovery in one word.

"Free," I answered. I am free.

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.



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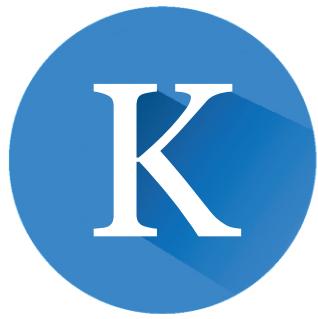
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by: Stacie Cox & Claudia Lineweaver

OVERCOMING PERFECTIONISM

In today's world, we hear the term "perfectionist" often. The term is sometimes paired with traits such as orderly, clean, tidy, meticulous, structured, determined, or driven. It is sometimes difficult to read the connotation. Is it healthy or unhealthy to be a perfectionist?

Isn't it a positive characteristic to be organized, motivated, and efficient? Isn't it natural for most people to want to improve in areas where there are deficiencies? Don't most people want to hide their flaws? How much is too much in regard to personal striving?

In general it is not negative to try to be the best we can be or to have the desire to be successful in life. Striving to be our personal best can be motivating and empowering and may lead to a life where values, goals, and behaviors are aligned. True perfectionism, however, can be extremely defeating, debilitating, and at times paralyzing.

In "Overcoming Perfectionism", author Ann Smith differentiates 3 different types of perfectionism: general, overt, and covert. General perfectionism describes common perfectionist tendencies such as placing excessive demands on oneself and obsessing over details of a task. General perfectionists have trouble letting go of something once it is complete, never feel like they are doing enough, and get defensive when corrected or criticized.

The second type of perfectionism is "overt perfectionism." These types of perfectionists often "wear" their perfectionism, and their perfectionism is highly noticeable. Some examples might be individuals who seem to rarely make mistakes, criticize or complain about how other people do things, prefer routine and structure, or are seen as uptight or neat by others. These individuals generally are identified as perfectionists by others.

The final and least obvious category of perfectionism is "covert perfectionism." Some examples might be engaging in procrastination and being self-critical or being unforgiving when a mistake is made. Covert perfectionists may avoid doing activities that they are not good at doing.

Covert perfectionists likely even appear laid-back and easy going. They are harder to detect by others, and they often dismiss that they could ever be a perfectionist. For example, an individual might say, "There is no way that I could be a perfectionist. You should see my house, what I ate yesterday, how long I waited to begin my paper." The perfectionism is real but covert, so it is often unidentified.

The drive for perfection often contributes to substance abuse. In Ann Dowsett Johnston's ground-breaking book, "Drink", she questions if alcohol is the modern woman's "steroid." Numerous stories are shared of women who are using alcohol to gear up for "round 2", once they get home from a day's work and then have to shift into caring for their families. Alcohol is used as a "boost" to soften moods or give stamina, as women aim to balance the many competing priorities in their lives.

Others are using alcohol to "fit in" and to be socially "perfect" by having the right drink and being perceived as "cool" in their personal and professional settings. Still others are using alcohol to self-medicate, turning off the "noise" and laundry list of items that they either need to get to or have not gotten to that day. Alcohol and other substances such as pain killers may "help" perfectionists "cope" with the unrealistic internal and external demands in their lives.

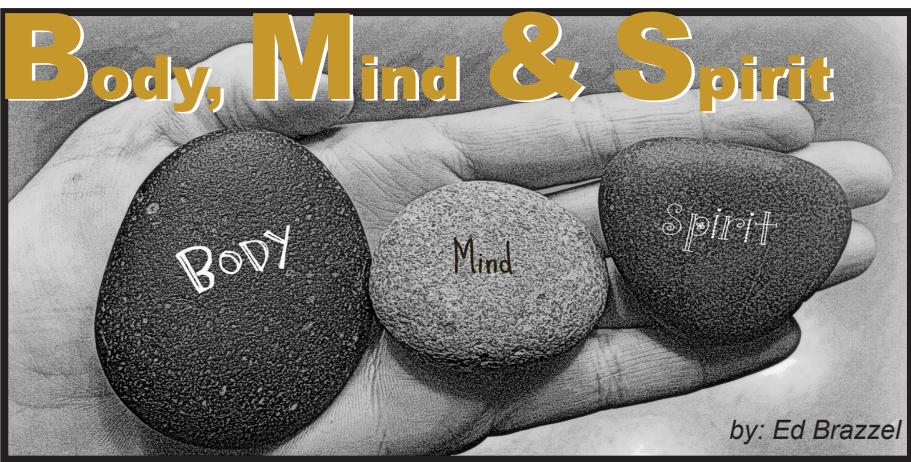
While perfectionism may lead to and exacerbate substance abuse issues, there is hope. The first step is to identify perfectionism and the ways in which it is playing out in our lives, even in less than obvious ways. We cannot change what we do not acknowledge.

Secondly, we can learn to understand and accept how perfectionism truly harms, versus helps our lives and recoveries from substance abuse. Next, concepts related to recovery from perfectionism must be explored, such as "after burn" or the "vulnerability hangover." These concepts relate to the uncomfortable feelings that often follow experimenting with more authentic, less "perfect" behaviors. Initially, it often feels threatening and like a mistake to be more authentic or genuine, but tolerating these uncomfortable feelings is possible and an important part of our growth and development.

Finally, we can and must begin to address feelings, behaviors, and thoughts that drive and perpetuate the patterns with perfectionism. In doing so, we can begin to recover and heal in these areas. Sometimes professional help and support is needed to help to uncover and replace these patterns with healthier coping behaviors and cognitions, as well as to address unresolved trauma and issues that are driving the perfectionism.

Stacie Cox is a licensed psychotherapist in California & New Mexico, a Licensed and Internationally Certified Advanced Alcohol and Drug Counselor, a Consultant, and Cofounder of Pie Therapy LA. With 20 years of experience, Stacie maintains a full time private psychotherapy, recovery coaching, and hypnotherapy practice in Santa Monica, and a part time practice in Santa Fe, New Mexico. She can be reached via email at: sccox.empowerment@me.com and website is www.staciecoxempowerment.com

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FEAR

For most families that have addiction in them, they suffer from fear. It is a constant reminder of what everyone has to deal with everyday, and I'm talking about the entire family unit.

Here is the definition of Fear:

an unpleasant emotion caused by the belief that something bad will happen to someone.

Synonyms: terror, fright, fearfulness, horror, alarm, panic, agitation, trepidation, dread, consternation, dismay, distress; anxiety, worry, angst, unease, uneasiness, apprehension, apprehensiveness, nervousness, nerves, perturbation, foreboding. **Informal:** the creeps, the shivers, the willies, the heebie-jeebies, jitteriness, twitchiness, butterflies (in the stomach).

The most important word: belief there is danger or perceive of the danger. Meaning that we think something bad is going to happen.

How we deal with these fears determines how our day turns out. A lot of people live in that fear, moment by moment and its a terrible existence.

Living in that moment can cause many, major issues, such as:

1. Weakens our immune system.
2. Causes ulcers.
3. Can impact the heart.
4. Can cause us to react in the wrong manner.
5. Fatigue, anxiety, depression, accelerated aging and even death.

What are our fears. There are a lot, but the ones that stick out the most are:

A. Getting sober: The mind is a powerful thing and can talk anyone into anything, especially when we're using and our mind is in an altered state. It says you don't need to be clean, you can do this yourself, what will everyone think, you might die if you stop, you're no good, you can't win so don't even try, if you get clean your just going to use again...the list of fears just build up until the fear gets so strong that getting clean no longer matters.

Many have to be forced into recovery, some will finally come to that place where the pain is too great and some will never get there.

B. Family members stepping back: Fear is pretty much the driving force for everything that family members do when they find out that a love one is using. For many, everything we do is based in fear. The fears that are felt are many: They will overdose, they will die or be left in a coma, they will be arrested, they will go back to jail, what will happen to the children, just to mention a few.

We must learn another way of living with this fear or at least not all the time, instead of clinging to them. It's really hard but there are methods to do this and some are easy.

I will say that the last thing that anyone wants is to be ridiculed, made fun of, or to have pity for them. Remember fear is a primal emotion and can cause other emotions such as anger when confronted.

Here are a few techniques:

1} Write the fear down, write why you're fearful and then reword your fear into a statement that doesn't have fear in it and has a positive twist. In some cases you'll realize that there is really no reason to have fear. A fear: My son will leave rehab!, Reword: My son is at rehab and he is working on himself. See the truth is your son hasn't left and he is still there so that really isn't a fear. Will he leave, maybe, but fear shouldn't be used until a action has occurred.

2} Gratitude. Whenever you feel fear switch it to gratitude. Instead of: My son will leave rehab!, say: I'm very grateful that my son has made it this far.

3} Talk to people in the same situation. Ask their advise but, don't use it to start your own pity party. It helps to hear what other people have to say about it. If you don't like some of the responses then take a moment and think why they might be saying it like that. If you can't figure out why, then ask nicely if they can explain a little more. Remember you're looking for solutions.

4} Find a distraction. Instead of holding up in the house just waiting for the shoe to fall. Many of us get to worrying so much that we are literally frozen in place. A distraction is a great tool and can quickly take your mind off of the doom. Go to a show, call a old friend you haven't spoke to in years, go to the local shelter or food bank and help out. Find something to busy your day so you have less time to dwell on the fear.

5} Find a good book. Doesn't matter what type, except that you like it and it keeps you glued to it. I suggest a motivational book. They are good reading and also pick up your spirits.

6} Letting go of the control. We want control and predictability, even though it's impossible to get. Where we don't have control, we experience fear. But, is it possible to ever have control? Even if you can swim doesn't mean you can't drown. (con't page 18)

7} Yoga exercises. It can do amazing things to both your body and mind. Here are the great benefits of yoga: You sleep better, you get a good workout without the impact, your mind is at rest because of the types of things you're doing. (con't)

Con't Page 18

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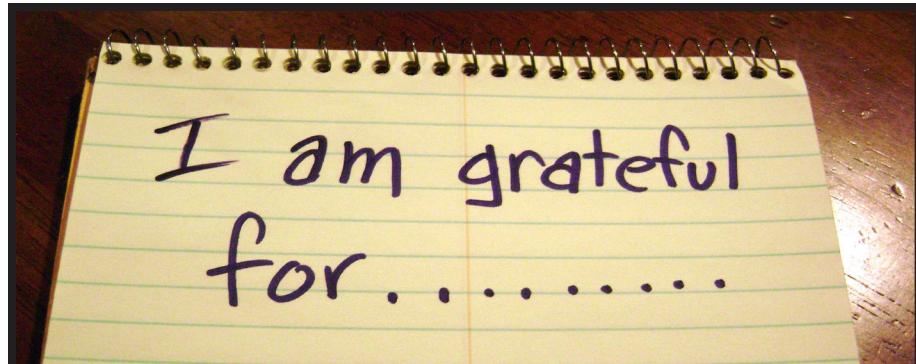
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Ken H: Grateful for the GREAT People in my Life!

Eileen G: I am very grateful for the AA program and all the friends I found there

Leslie F: I'll be 60 years in age soon. For that, I am grateful. And surprised! I was profoundly addicted to drugs at age 14 and fully expected to be dead by age 21. I'm kind of proud, reaching 60!

Mindy M: I am grateful for peace of mind, it's all I ever wanted.

Jeanne A: Happy that I got to survive for my life long enough to finally meet a group of people who taught me how to live it! I'm grateful I don't have to survive it anymore!

Jay W: I am grateful that humility & curiosity have conspired to steal my certainty, to provide the gift of uncertainty, from which softness, openness, humor & opportunity have flowed.

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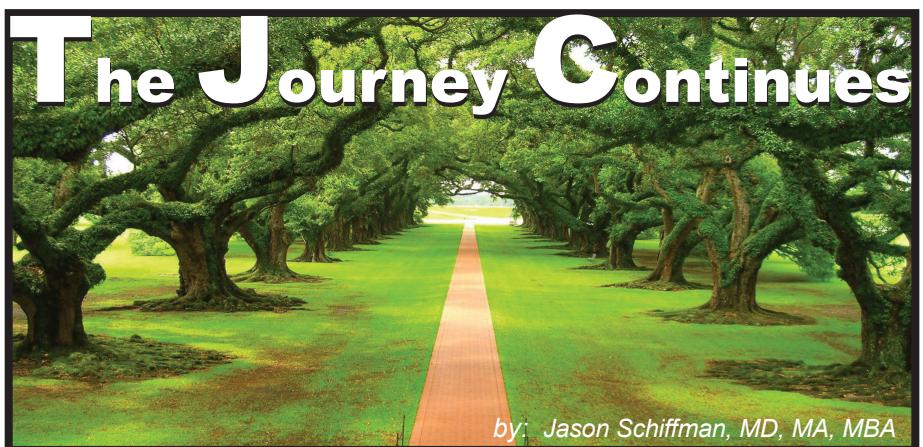
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by: Jason Schiffman, MD, MA, MBA

12-STEP AND PSYCHOTHERAPY

Psychotherapy and 12-step-based recovery have had a long and complicated relationship, that dates back to the early days of Alcoholics Anonymous (AA) when Bill Wilson, a co-founder of AA, corresponded with Carl Jung, one of the forefathers of psychotherapy. At that time, psychotherapy was not an effective treatment for alcoholism or other drug addiction, and so the advent of AA provided a treatment for what was otherwise an untreatable and often fatal illness. Given that context, it is understandable that members of AA and subsequently other 12-step programs would be wary of psychotherapy as a treatment for addiction. This orientation toward psychotherapy has not been helped by the fact that most people outside of the mental health care profession don't have a clear idea of what psychotherapy is, or how it's supposed to work. Fortunately, 12-step-based recovery and psychotherapy are not mutually exclusive approaches and in fact are often complementary counterparts in recovery. This article will provide a brief overview of what psychotherapy is, and how it can help in recovery from addiction as an adjunct to participation in 12-step-based programs.

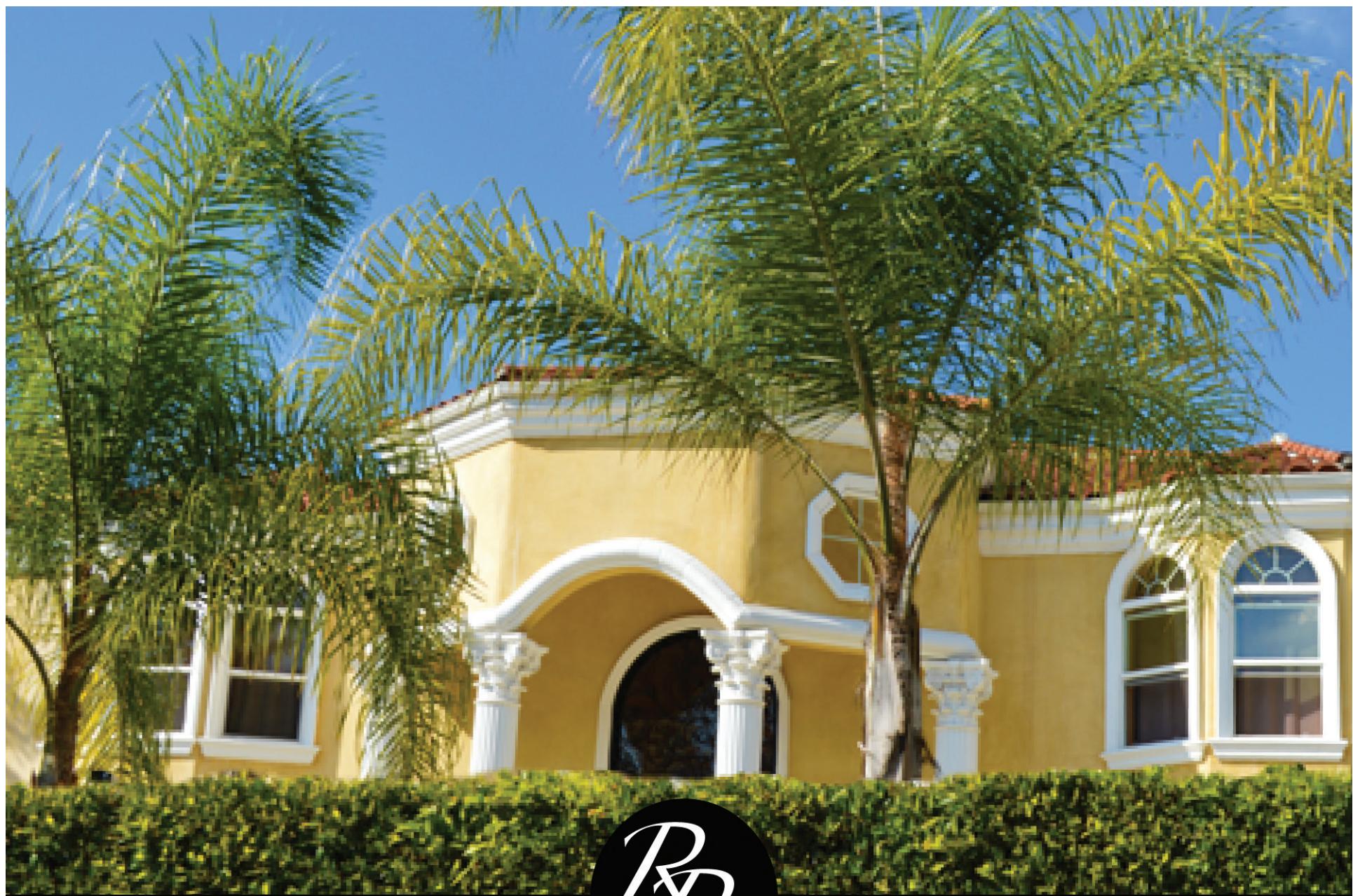
While detox and withdrawal can be horrific experiences, for most addicts the main difficulty in maintaining sobriety is the experience of what it feels like to exist in the world sober. In fact, experiencing life as intolerably painful while sober may be the distinguishing characteristic of those that develop addiction. Thus, in order to effectively treat addiction, the cause of this underlying pain must be identified and treated. 12-step-based recovery accomplishes this through the identification and removal of barriers to spirituality, and the expansion of the recovering addict's spiritual life. Psychotherapy has the same goal, but utilizes a different approach that focuses on identifying and changing the patterns of thinking and feeling, that underlie the pain.

There are many different types of psychotherapy. Which type of therapy will be most effective for a particular individual, depends upon the several factors including symptoms (e.g. anxiety, depression), life history, personality, and setting. In California, the types of professionals who may be licensed to administer psychotherapy, are psychiatrists (medical doctors who may also prescribe medication), psychologists, clinical social workers, and marriage and family therapists. Three general categories of psychotherapy that tend to be effective for many addicts are; cognitive behavioral therapy, dialectical behavior therapy, and psychodynamic psychotherapy. These are each described below.

Cognitive Behavioral Therapy (CBT) is based on the idea that our thoughts, feelings, and behaviors influence one another and that recovery requires addressing all three simultaneously. Specifically, CBT emphasizes the fact that our feelings are determined by our thoughts, and that conditions such as addiction, depression, and anxiety involve distortions in our thinking. The feelings caused by this distorted thinking then lead to problematic behaviors that in the case of addiction, involve doing things we shouldn't be doing and in the case of anxiety and depression, involve avoiding things we should be doing. CBT works through identifying and replacing distorted thoughts, learning tools to help manage uncomfortable feelings, and creating action plans to consciously change problematic behavior. For example, if someone has social anxiety disorder, they might experience a tremendous amount of anxiety surrounding going to 12-step meetings and therefore avoid going. A CBT-based approach would involve identifying the distorted thoughts causing the feelings of anxiety, which in this case might be something like "Everytime I meet someone, I end up saying something stupid" or "No one at that meeting likes me." Next, more realistic alternative thoughts would be determined such as; "Like most people, sometimes I say something awkward while making small talk and this is normal", "I can't read minds and most people probably don't think what I've said in conversation is stupid", and "Some people at that meeting might not like me, but most probably either do like me or have no opinion about me." A CBT-based approach would also teach natural relaxation methods to help lessen the intensity of the anxious feelings. Finally, an action plan would be created to gradually increase participation in social activities. Well-respected CBT books include The Feeling Good Handbook, Mind Over Mood, and Mastery of Your Anxiety and Panic.

Dialectical Behavior Therapy (DBT) is a newer type of psychotherapy that has proven to be very effective for regulating intense negative feelings and the behaviors associated with them. It was originally created as a treatment for a condition called Borderline Personality Disorder, but is now being used in multiple other contexts;

Con't Page 18



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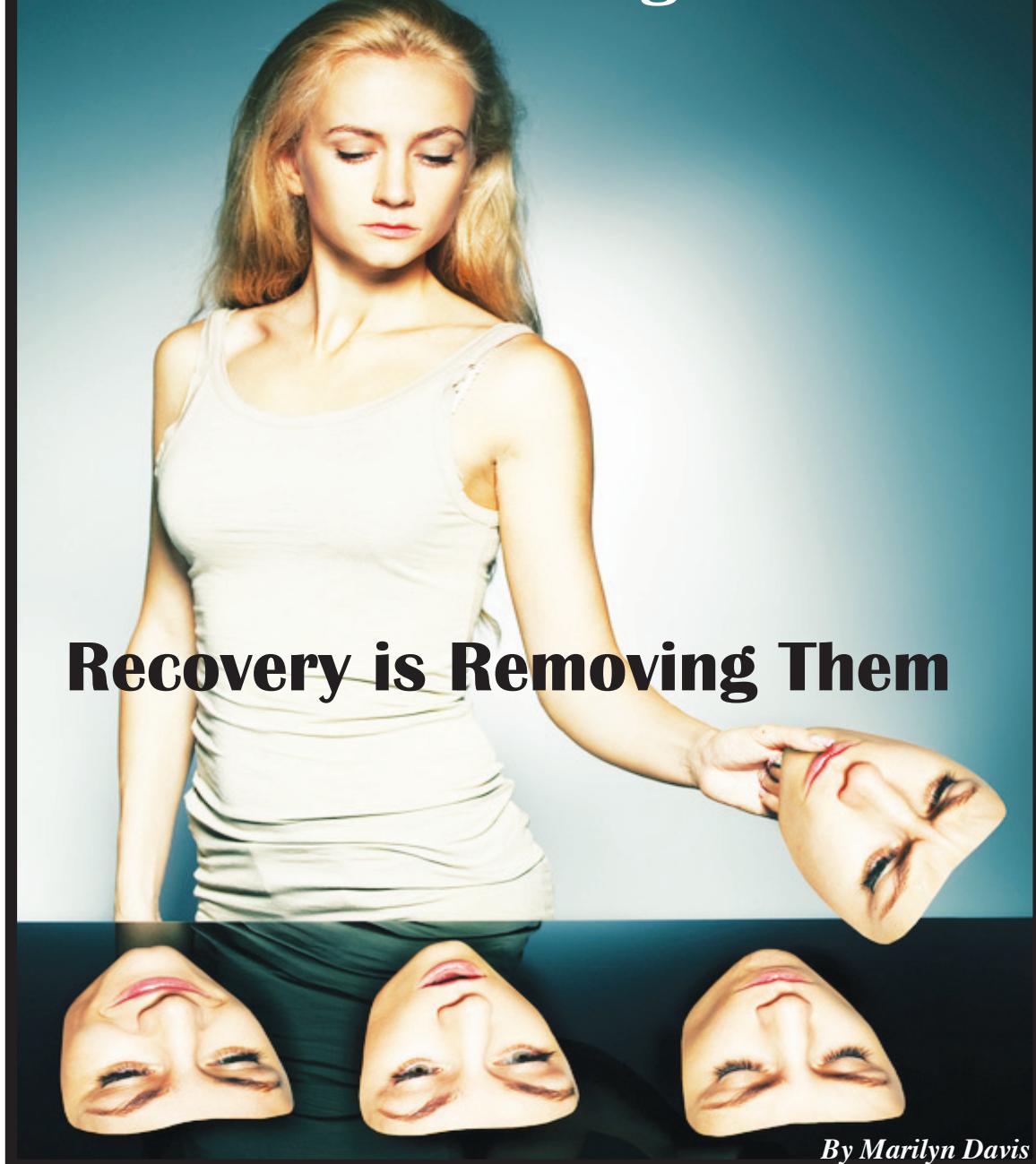
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Addiction is Wearing the Masks



Recovery is Removing Them

By Marilyn Davis

I'm Tired of Being an Impostor

- Addiction forces us to wear a false image.
- We smile when every fiber of our being is screaming in pain - physical, emotional and mental.
 - We posture as friendly when all we want to do is get our dope and leave; sometimes without even the cursory goodbye or thank you.
 - We pretend that we have it together when we take our children to school or football.
 - We show fake emotions because we are so embarrassed and frightened by our authentic ones.

Many of us were not just trapped in our addiction, we were set up from childhood to foster a false facade to the outside world. Unfortunately, some of us did not outgrow this role and carried it into our addiction.

Children take on roles or masks to survive in dysfunctional family systems. Unfortunately, in our addiction, we often maintain these roles because we have not recovered our authentic self. Following are the six basic roles:

1} Hero Child or the Good Child

This child makes good grades, participates in sports, gives the family a solid reputation within the community, receives praise for their performance, and is dedicated to making the family life function.

They assume many of the responsibilities of the parents and often are the surrogate parent to their siblings.

In their addiction, they are the one labeled the control freak. Thinking if they control external aspects of their lives, they don't have to acknowledge the inner turmoil.

2} The Caretaker

These children are in charge of the emotional well-being of the household. They comfort siblings and parents after arguments, soothing feelings between other family members, and become increasingly isolated in their own feelings of sadness that no one addresses.

They feel responsible for the family image and can often continue wearing the mask of sweet, kind and caring into their addiction, while harboring resentments.



"Nobody has ever taken a photograph of something they want to forget. We can build a wall of happy Kodak moments around ourselves, a wall of our Christmases, birthdays, baby showers and weddings, but we can never forget that celluloid film is see-through, that behind it, all the misery of real life waits for our wall to collapse someday."

— Rebecca McNutt

3} Scapegoat Child or the Problem Child

This role bears the brunt or blame for the problems within the family or the family's poor standing in the community. Oftentimes this child is an underachiever, prone to moodiness, angry outbursts, feelings of abandonment and low self-esteem.

Prompting some of their actions is often a feeling of less-than within the family and acted out as, "if you think I'm bad, I'll show you bad."

Problem children grow into problem adults. I do not think I have ever met an addict or alcoholic who would not qualify for the problem adult label. Yet, it's too easy to overlook the wounded person beneath when we're dealing with problem people.

4} The Clown

This role is the release on the pressure cooker family system. They are articulate, funny, willing to play the court jester to diffuse the tensions within the family.

In addiction, this role will do anything for a laugh, even when they are crying inside.



5} The Mastermind

This role schemes, makes note of the other family member's weaknesses and faults, and uses this information to get what they want. They have learned to manipulate situations to their advantage.

6} The Lost Child

This child has learned to steer clear by whatever means necessary of the chaos, tension, and inconsistencies within the family. This child has learned not to "make waves", seems self-sufficient even from an early age and is often the most neglected within the family structure.

When you can identify which role you played, you can take steps to remove this false identity in your recovery.

BE YOUR AUTHENTIC SELF IN RECOVERY

Everyone wears masks. They come in all different shapes and sizes. The only problem with trying one on is, does it fit?

How easily we fall into the trap that we don't have to be who we really are. How easily we convince ourselves that we need to cover up what we were born to be.

"It's a tragedy that fear keeps us from our destiny. It's hell when the person you were created to be is covered up by some cheap imposter"

- Rachel Van Dyken, Toxic.

"In a futile attempt to erase our past, we deprive the community of our healing gift. If we conceal our wounds out of fear and shame, our inner darkness can neither be illuminated nor become a light for others."

- Brennan Manning, Abba's Child:

The Cry of the Heart for Intimate Belonging.

Sometimes discovering the authentic self in recovery is initially about finding all the character defects, and self-defeating behaviors within.

The process of finding our better selves involves removing the layers of messages, limited beliefs, and not being afraid to acknowledge that certain aspects of our personalities need a make-over in our recovery.

However, without this painstaking process, we will never get to our true self.

When I show you my dark side or reference my masks, it gives you permission to expose yours and perhaps grants you some hope that in examining yours and then sharing your process for healing, we all gain.

We are no longer trapped in our addiction and have to present a false front to others. In our recovery, we can allow our authentic self to emerge as it is no longer caught up in the web of addiction and deception.

Recovery gives us a new and fresh beginning; shouldn't it also give us the go-ahead to show our true face to people?

Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 27 years of abstinence-based recovery.



She is the author of Therapeutic Integrated Educational Recovery System and her blog is FromAddic2Advocate. In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system and communities.



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- Winston Churchill

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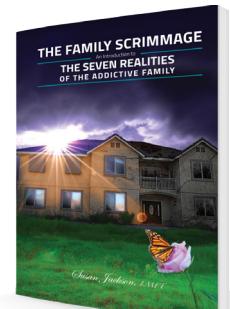


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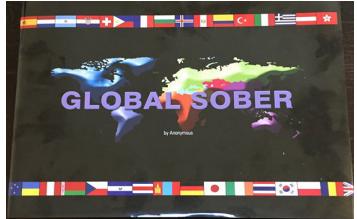
Book Reviews



The Family Scrimmage: An Introduction to The Seven Realities of the Addictive Family. Written by, Susan Jackson, LMFT. Published by His House New Creation. The Seven Realities of the Addictive Family, describes in detail how the family becomes as dependent on the addictive behaviors as the alcoholic and the addict. In her book, Susan Jackson has labeled and identified in detail the realities these families have suffered through living with addiction in their homes. Through understanding the "seven realities", treatment for the family can be more comprehensive and perhaps have a longer lasting impact. Susan Jackson introduces the concept of "profound coherence" which is complete exposure of the family "secrets", which are usually highly guarded by the family of the addict/alcoholic. With "profound coherence" there is the opportunity for healing and change within the family. I suggest this book to anyone who is dealing with the struggle and dysfunction of alcoholism and addiction. This book is available at www.sevenrealities.com. (Beth S.)



Global Sober: by Anonymous. 2010 - 2015: The First Coffee Table Book on AA. A global journey which leads to interesting people and places...All celebrating the foundation of AA. This book is the story of an AA traveler, who set out after the 2010 World Convention of AA in San Antonio, Texas, to visit AA meetings, conventions, tourist spots and out-of-the-way places in over 50 countries ending up in the USA for the 2015 World Convention of AA in Atlanta, Georgia.



I have this book on my coffee table in my home. When people come into my house - whether it be for a meeting or for a party - they go straight to this beautiful book and look through it for hours. With pictures from - California to Washington in Northern America; from Argentina to Peru in Central & South America; from Austria to Ukraine in Europe; from UAE to Turkey in the Middle and Near East, from Hong Kong to Taiwan in Asia; pictures from Australia, New Zealand, and South Africa - this is one of the most beautiful picture books I own. My heart longs to go to each and every AA meeting hall in this book and perhaps... I just might someday.

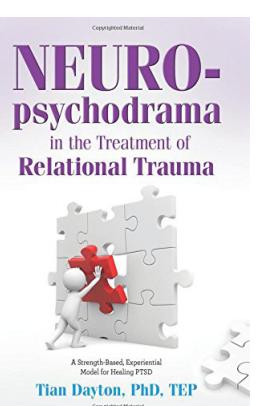
Might I add this book weighs an impressive 10 pounds, so as I am planning my future meetings around the world I am getting an upper body workout. Thank you Gary for this wonderful gift. Available at www.global-sober.com. (Jeannie R.)

Neuro-psychodrama in the Treatment of Relational Trauma: written by Tian Dayton, PhD, TEP Published by Health Communications, Inc.

Dr. Tian Dayton is an expert that is nationally recognized using action methods, treating psychological, emotional and trauma issues. As the developer of Relational Trauma Repair (RTR) Dr. Dayton's vision has helped countless clinical professionals help those who are suffering from health and social problems - especially addictions, mental health issues, and disrupted relationships.

With her expertise in trauma-informed care, she was able to create this extraordinary multi sensory model of treatment, which helps clinicians safely bring contained experiential work into their treatment centers, clinics or private practices. Dr. Dayton's work has exceeded contemporary frameworks for methods in assessing and utilizing contained and structured approaches, to help in healing all types of traumas.

The RTR model transcends previous applications for helping with all types of debilitating adversities, and by implementing the power of experiential therapy combined with developmental psychology. Dr. Dayton's RTR model has been extremely effective with helping to bring healing to those who are in groups that the clinical professional facilitates. This is a book that every professional in the Recovery arena should read, it is highly advanced step-by-step instructions of how to recreate potently dynamic activities, that when combined with other therapeutic modalities help to give resolution from an evidence-based approach. Available at www.amazon.com (Marcus M.)



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Matters of The Heart



by: Melody Anderson, LCSW

12-STEPS STRATEGIES TO MAKE LOVE LAST

"You'd better tell your sponsor about this, or I've had it" Jane sighed. Dave barked back, "We've been married for 9 years and I'm getting sick and tired of hearing you tell me about how I'm supposed to work my program."

Ah, yes. Marriage in the Land Of Recovery!

Every marriage has its challenges, but add the spice of recovering partners and that sweet marriage bed can turn into the canvas at a title fight in Vegas. Recovering couples must be forever vigilant against the two-headed monster of "Fear & Pride." Fortunately, the same 12 Steps, principles, sponsors, traditions, tools and fellowship that successfully kept each partner sober, can also heal their relationship when egos collide.

One of the most challenging issues for couples is the difference in lengths of sobriety, and levels of commitment to their personal programs. If your partner is not in a 12-Step program, I recommend they attend at least three Al-Anon meetings. Other issues unique for recovering couples include dealing with co-occurring disorders and prescribed medication use, process addictions such as computer gambling and work, impulse control and financial issues.

The most immediate resource for support is Recovering Couples Anonymous (RCA). The only requirement for membership in RCA is a desire to remain committed to each other, and consistently continue work in RCA. In Step 1, couples acknowledge they have a desire to heal their broken relationship, but surrender to the reality that they do not know how to fix it. Contact www.recovering-couples.org or call 1-877-663-2317 for information.

"Open Hearts: Renewing Relationships With Recovery, Romance and Reality," is also helpful. It was written by the founders of RCA with Patrick Carnes and contains pre-written contracts, self-evaluation forms and step work. Remember, "Suffering is optional!"

Couples should have the 12-Step tradition, "Principles Before Personalities," carved above the marriage bed. The Principle in RCA is commitment to the growth of the relationship, before the Personality of the individual partner. It is about "we-ness" not "me-ness" (not meanness!). Before discussing any issue, partners should ask themselves, "Does this thought, action or belief benefit the continuing spiritual growth of our relationship, or is it only there to satisfy my needs over those of my partner?"

Contracts help clarify relationship goals and actions. They define couple interactions on everything from household chores to child-rearing. It is essential couples use the eyes and wisdom of their Higher Power, spiritual advisors, sponsors and/or, therapists. Effective contracts set clear, doable consequences.

Research shows that damaged parental attachments are considered a major factor behind the development of substance dependence and co-dependency. Abusing substances and behaviors once filled that painful void by numbing feelings, providing an escape and creating a false sense of connectedness. Problems occur when couples demand their partner fill that void.

When demands are not met, partners can experience the same states of shame and abandonment they once knew in childhood. Partners put their parent's faces on the other, expecting the partner to treat them in the same painful way, falsely creating resentments - "the number one offender." We gird our loins for battle when there is no war." Steps 4-9 address this. Also, couples need to make sure they are not in HALT when having sensitive conversations; "...we pause when agitated or doubtful and ask for the right thought or action." Ask yourself, "How important is it?"

The Acceptance Prayer tells us we are responsible for how we respond to what is unacceptable to us. Couples learn that they do not have to like when, "he won't put the toilet seat down," or "she won't keep it up," but we can accept it as it is "at this moment." Partners can design a "time out" scenario that allows them to separate and cool down. They then give a time when they will return so the other experiences the "time out" as a sign of love and not rejection.

As couples become more invested in using the 12 Steps of RCA, Step 10 is very useful. I recommend this, begin with what worked today in the relationship, followed by statements of appreciation and then what would have been helpful. Step 10 also invites questions; "Does it need to be said, does it need to be said by me, and does it need to be said by me NOW?" Context is more important than Content, when communicating difficult information.

If the Context is kind, tolerant and loving, the Content is heard without fear and defensiveness. "Mean what you say, but don't say it mean."

Partners can share their Step 11 process in the morning and/or evening, by silently praying together, giving blessings to each other, sharing readings and "gratitudes" and practicing meditation techniques together.

By Step 12, RCA requires that couples practice the principles of kindness, tolerance, forgiveness and compassion in all their interactions with each other, and help other recovering couples find peace.

There will be times when each partner will stray from the path of what is best for the couple. The recovery process is defined as progress not perfection. Partners will make mistakes, can be selfish and self-centered and hurt the one they love. Steps 8 and 9 are always the map back to healing.

Recovering Couple-Ships are already blessed with the knowledge that the 12-Steps successfully solved their substance abuse problems. Partners can rely on these same strategies, if they work them, to bring success to their relationships. Recovery tools will move recovering couples through times of distress and darkness, into a greater intimacy "far beyond their imagination."

Melody J. Anderson, LCSW IShe has a private practices in Westwood, CA & Manhattan, NY. She graduated from The Ackerman Family Institute in Manhattan and specializes in treating couples & families. As a licensed Reverend in California, Ms. Anderson presides over wedding ceremonies and provides pre-marital counseling to recovering couples. www.counselingbymelody.com (310) 285-9410.

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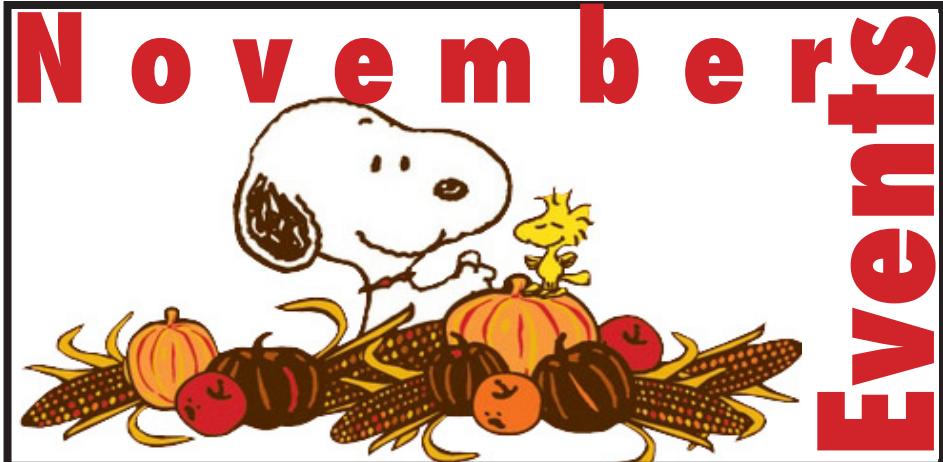
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Events

NOVEMBER 14TH 2015 - Saturday 8pm Radford Hall - Comedy Show. Still only \$5, Radford Hall: 13627-1/2 Victory Blvd, Van Nuys, California 91401.

NOVEMBER 14TH 2015 - Saturday 11am-8:30pm SFVYP44 Presents Super Bowl Flag Football. November 14 11am-8:30pm, registration 11, tournament 11:30. Tournament Cost for Team \$55, Cost for Individual \$8. Food \$5 all day. Meeting at sundown around 7pm. 5125 Tujunga ave. North Hollywood. Call Amanda (818) 984-9322.

NOVEMBER 21ST, 2015 - Saturday, Meeting 8pm at the Windsor Club followed by a Clean & Sober Haunted DANCE Party: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. Location 123 West Windsor Rd, Glendale California 91204 (818) 242-1350.

NOVEMBER 25TH 2015 WEDNESDAY, "UNIT A" Alcathon". Starting Wed., 11/25/2015 at 6pm. Over Thanksgiving day 9:30pm. Meetings, Fellowship, Food, 50/50 Raffle UNIT "A" located at 10641 Burbank Blvd., North Hollywood California 818-505-1905

NOVEMBER 26TH, 2015 RADFORD HALL "You are not Alone! - Thursday, Spend Thanksgiving with us and enjoy a wonderful Thanksgiving Dinner at NOON, followed by the Annual Gratitude meeting. Meeting Starts at 1pm RADFORD HALL 13627-1/2 Victory Blvd, Van Nuys, California 91401.

NOVEMBER 26TH, 2015 Foothills H&I will host a free Thanksgiving Dinner. Dinner at 1pm followed by open speaker meeting at 3pm. La Crescenta United Methodist Church 2700 Montrose Ave in Montrose. Open for everyone to attend.

NOVEMBER 28TH, 2015 - Saturday, 4 PM The Healing Power of Laughter SOBER COMEDY EXPLOSION: 80th AA Anniversary Event! The Healing Power of Laughter. Saturday, November 28, 2015 4 PM, at the Beautiful Crest Theater in Westwood, California. Get tickets on line now or at your meetings. www.HealingPowerofLaughter.org. Want to be of service and help? Call (310) 245-8989. Have fun and be a part of History!!

UPCOMING EVENTS:

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>

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



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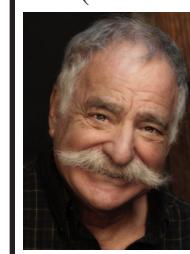
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There's Always Room at His Table

In September of 1985, when I was 24, my folks decided to get divorced. I was taught that to be a good son, I needed to be supportive and loving to each parent and to my siblings. But nobody was talking to anybody.

If you were nice to one parent, the other one would get mad at you. So when October came, I thought, What's going to happen at Thanksgiving? And I just did not like the thought of being home alone—or anywhere alone—on Thanksgiving.

Thanksgiving is not about gifts or fireworks or hoopla. It's a meal around a table where you give thanks for the blessings you have, and you really can't do that by yourself and have much fun.

I decided to put an ad in the local paper: If people thought they would find themselves alone, they could give me a call, and I would make a Thanksgiving dinner. That first year, a few people came, and they had a good time. I was nervous about making a mess out of the food and disappointing people. But the food was OK, and I didn't burn anything.

"What I do now is transform the hall at my local church to look as close to home as I can get it. I have a fake fireplace. I have Norman Rockwell's famous Thanksgiving picture framed. And the way I test my success or failure is how long they stay," says Scott M.

He's held the dinner every year since. Last Thanksgiving, 84 people showed up, and he has plans to cook for 80 people next month. This year things have been more difficult because six of his regular guests have died in the past few months. Also, the health inspector required him to get a permit to serve food this Thanksgiving. But of the 65 reservations he has in hand, at least 20 of them have joined him for the meal before. No one is turned away.

"Sometimes they're new to town; sometimes they're recently divorced or widowed. I've had people who were new to the country and didn't speak any English, but they enjoyed my Thanksgiving dinner. I've had poor people, people who come from AA, old people. Also, not counted within that number: I always feed the police. The firefighters and EMTs are in buildings with kitchens and can have their own Thanksgiving dinner among themselves, but the police officers are in their cars, driving around town on call."

Two years ago, a woman with Parkinson's disease came, and she was not good on her feet. She had been in a nursing home for seven years and had never been out. Somebody told her about the dinner, and she hired an ambulance to bring her, at \$200 plus mileage. She had a great time, and she cried when the ambulance returned to get her. She didn't want to go home.

Last year, I had a family show up two hours late," he says. "He had lost his job and they had heard about the dinner and wanted something to eat. And, some of these people might not have anything, but they always find something that they can be grateful for."

Most of the people who come don't know who I am. They know that there's some skinny guy in the kitchen, but they don't know my name. I think the theme of my life, and everything I do, could be summed up with the name of an old hymn called "Brighten the Corner Where You Are." I hope my legacy will be that I came into the world, I brightened the corner, and then I quietly left the world unnoticed." Scott M.

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Con't from Page 9



by: Ed Brazzel

FEAR con't

8} Breathing. Some people have eliminated their fear simply by changing the way they breathe. The connection between the mind and the body centers on breathing properly. The first moment you realize that you are short of breath, it is best to pause where you are, place one hand on your belly & begin to mindfully inhale and exhale. Relax the body by laying down, sitting, or taking some kind of a comfortable position that begins to release muscle tension. Inhale through the nose then exhale through the mouth. Take longer to exhale than to inhale. Slow down your breathing by slowing down the mind or fear based stimulation. Practice until it becomes your natural breathing pattern.

9} Give it to God and let it go. Many people say this to others without really thinking about it. It is probably the most liberating way of getting rid of fear and the hardest to do. We as humans want to control everything, but letting go means I will trust in something else bigger than me. Saying the saying will not free you, thinking won't either. The only true way you can do this is the simple word: Believe! First we must believe that our greater power (God for Me) will take over when we let go. As children bring their broken toys with tears for us to mend, I brought my broken dreams to God because He was my friend. But then, instead of leaving Him in peace to work alone, I hung around and tried to help, with ways that were my own. At last, I snatched them back and cried, "How can You be so slow?" "My child," He said, "What could I do? You never did let go."

10} Take Action. It's time to take a hold of fear and take a step through the unknown door. I say unknown door, but most of the time we know what's on the other side and we just don't want to deal with it.

As we step out more and more we teach ourselves without even knowing that we are stronger than we think. Fear starts to dwindle down to something manageable. In most cases when we face our fear, we realize that it wasn't all that bad after all.

Ed Brazell has a family facebook site called Addiction Really. He runs a non-profit to help people into treatment. Ed is also a member of NCADD and is in the process of opening "Courage to Change Recovery Center". He started this journey after his son had a problem with opiates. It has become his passion to help those who don't have a voice after seeing what drugs do to a family.

Con't from Page 10



by: Jason Schiffman

12-STEP AND PSYCHOTHERAPY, Con't

including treatment of addiction. DBT employs a concept called "wise mind", which is a balance between our rational mind and our emotional mind. It also teaches a set of skills that when practiced consistently help to reduce the intensity of uncomfortable feelings, and avoid resorting to dysfunctional coping mechanisms such as drug use or violence towards others or oneself.

Psychodynamic Psychotherapy, involves consistent longer-term work with a therapist that attempts to identify and heal underlying emotional injuries that continue to influence present thoughts, feeling, and behaviors. While CBT and DBT tend to concern themselves with here-and-now experiences, psychodynamic psychotherapy seeks to find the origin and continuing cause of the problem. There are multiple theories for how psychodynamic psychotherapy works and an exploration of these is beyond the scope of this article, but there is general agreement that its efficacy depends on the development of insight (understanding oneself), the real-time processing of emotions in therapy, and a trusting relationship with the therapist. My personal opinion is that psychodynamic psychotherapy works by modifying our sense of self, and thus changes the way it feels to exist in the world. Our sense of self develops during childhood and adolescence through our experiences with the adults who raised us, and our peers at that time. These people act as mirrors that we look into to see who we are. Are we a good person or a bad person? Do we deserve to be treated with respect? Are we loveable? Will people eventually abandon us? Is it OK to have needs and to try to get them met? The answers we get to these questions depend on the experiences we have with our parents, other significant adults around us, and our peers. No one has only positive experiences in these childhood relationships, but having sufficiently negative experiences during that time can result in developing into an adult, with a sense of self that is rooted in feelings of shame. Having a shame-based sense of self can make life intolerably painful and is thus a set-up for addiction, anxiety, and depression. Both 12-step work and psychotherapy can help change this condition and making use of both can help create a lasting recovery.

Jason Schiffman, MD, MA, MBA is the founder and director of the UCLA Dual Diagnosis Program (310) 983-3598 and The Camden Center (844) 422-6336.



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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 are distributing our recovery newspaper to:

- 12 Step Alano Clubs
 - 12 Step Meeting Halls / Central Offices
 - Churches
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 - Coffee Shops
 - Correctional Facilities
 - Counseling Office & Services
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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
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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.alaeteen.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.foodaddictesanonymou.org - World services (772) 878-9657. Food Addicts in Recovery Anonymous (FA) - www.fooddaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805. Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500. Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700. Love Addicts Anonymous (LAA) www.Loveaddicts.org. MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP. Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779. Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189. Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194. Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962. Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822. Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422. Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188. National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and oth-

er alcohol/drug related services). www.ncadd.org - (800) 622-2255. National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414. International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801. Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org. Overeaters Anonymous - www.oa.org - World Services 505-891-2664. Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499. Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652. Pills Anonymous (PA) www.pillsanonymous.com. Rageaholics Anonymous - www.rageaholicsanonymous.org. Recovering Couples Anon. www.Recovering-Couples.org - 781-794-1456. RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. 512-267-4707. Secular Organization For Sobriety (323) 666-4295. Sex Addicts Anonymous (SAA) <https://saa-recovery.org> - (800) 477-8191. Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881. Sexaholics Anonymous (SA) - www.sa.org (866) 424-8777. Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845. Sexual Compulsive Anonymous www.sca-recovery.org 1-800 / 977-HEAL. Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565. S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141. SHARE - www.shareselfhelp.org - (310) 846-5270. Survivors of Incest Anonymous (SIA) (410) -893-3322. www.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

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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
Fervent Heart LLC 626-319-7479
Family Promise of Santa Clarita Valley (661) 251-2867
Family Rescue Center (818) 884-7587
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

FOOD AND FINANCIAL ASSISTANCE

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

INFORMATION & REFERRAL SERVICES

Free Drug Testing Kit: www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214
24 Hour DayCare, Referrals and Crisis Intervention Services 310 669-5933 or 310 427-4022
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com
The Sober Living Network referral service (800) 799-2084.
Sober Living Network (310) 396-5270.
The San Diego Sober Living Homes Association: (858) 483-5866.
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143
CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.

CCPG California Council on Problem Gambling www.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

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

Scorpio: Oct. 24 thru Nov. 22; You are ready to spend time with your loved ones and you want to do some holiday shopping to show them how much you care, but your budget is unable to handle it. You are clever and you know meditating to find a solution with the help of your Higher Power on ways to say, "I love you" can be done without breaking the bank.

Sagittarius: Nov. 23 thru Dec. 21; You enjoy expanding your spiritual life, which becomes part of your "me time". Your spiritual life and your "me time" activities begins merging. You are going to need to be careful this month and try not to over spend. You can have fun fellowshiping at 12 steps meetings, and not having to worry about your wallet in the process. You should also be reading the Big Book and when necessary, talk things over with your Sponsor when conducting financial transactions.

Capricorn: Dec. 22 thru Jan. 20; You are occasionally ticked off at your professional path, leadership style, and/or your boss. You are also occasionally irritated at someone or something in your home life. So, when you have to choose between career and home, your loyalties are pretty evenly split. Throughout the process, you have a lot of positive energy helping you to pray, meditate, and/or reflect on both of these topics and to find a way to remain harmonious and emotionally stable, while working towards resolving the various issues that arise.

Aquarius: Jan. 21 thru Feb. 18; Your playtime and social activities are beginning to cause you financial problems. You could also find that business dealings involving friends and professional associations without God's guidance, might become costly. You are incredibly creative and persuasive, so people love hanging out with you, but don't spend money on these things at this time. You also need to be extremely cautious when conducting any type of financial activities online.

Pisces: Feb. 19 thru March 20; You are open-minded, adventurous, and willing to learn about things from other people's points of view. You are enjoying socializing within various religious, political, academic, and/or cultural organizations. You and your partner have opportunities to grow stronger in your spiritual lives, which in turn, helps you both to be better role models and to be more effective in your Sponsorship.

Aries: March 21 thru April 20; You are succeeding at your financial and professional goals. Your coworkers and authority figures are now happy with the work you have been doing in recent weeks. Before you asked your Higher Power for His guidance, you were being overly opinionated and stubborn, and not listening when they tried to present their views in a diplomatic manner. But now you hear them and you speak nicely about whatever it is that they're presenting.

Taurus: April 21 thru May 21; Your romantic, social, & business partners are taking center stage this month. You are able to have fun, work on various legal & financial deals, and you are no longer having any problems between the two of you. You are also looking at how to bring more romantic and financial stability into your life and this month you have some creative brainstorming to help you with that. Keep your love life and finances in balance. You will acquire new friends at some meetings.

Gemini: May 22 thru June 21; You and your partner are in agreement when it comes to both your spiritual lives, your 12 step meetings, and having fun, but you disagree about some household issues. By taking it to your higher power, you both resolve the different viewpoints with understanding, and are looking forward to doing all of the holiday preparations together. You both are really motivated to clean and organize and get things ready for decorating, you are both thankful for the season.

Cancer: June 22 thru July 22; There is some drama at work concerning your daily commute, organizational aspects, miscommunications, and/or technical difficulties. You might find it is easier getting to more 12 step meetings this month. It is easier than usual to get your own house in order. You might just be doing a lot of spiritual clean up in preparation for the holidays. You could be working from home and making good progress towards your professional goals. Either way, you are feeling very productive and spiritually healthy.

Leo: July 23 thru August 23; Over the last two months, you were having some financial choices to make, and one of them involved budgeting in a way that did not allow you to splurge on your loved ones, holiday shopping, play time activities, etc. This month, things change and you are able to do some bargain hunting and find some sales. Towards the end of the month you are also looking at some fun holiday celebrations, and getting closer to God.

Virgo: August 24 thru Sept. 22; Someone or something in your private life has been causing you and at times your partner to become angry and/or stressed out. The good news is that you have some excellent resources: your higher power, sponsor, and 12 step meetings that you can use to calm the situation, and you have an opportunity to actually ensure that there is more financial, romantic, and/or trust related security, within your home and private life.

Libra: Sept. 23 thru Oct. 23; There are times this month when possibly you or your partner are upset about something or someone in your private life. It could simply be stress and disagreements about how to handle the upcoming holiday season, or maybe something bigger is working itself out. You should not have to worry about any major changes in this area of your life, just ask for God's help. It might seem unattainable, but you will start to see things setup and work towards achieving your financial goals this month.

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

Mary Cook

Addiction Specialist Counselor



M.A Psychology, R.A.S.

**Author of:
*Grace Lost and Found***

38 years of experience

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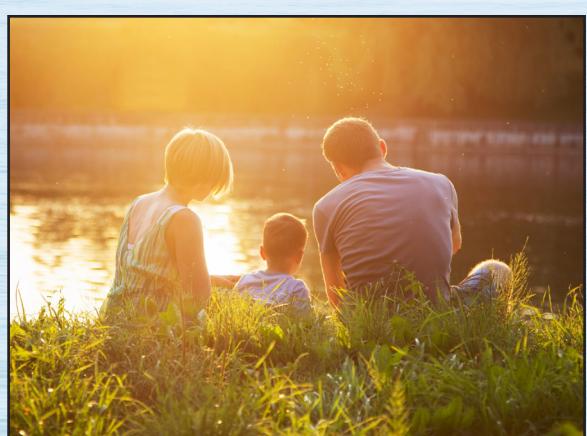
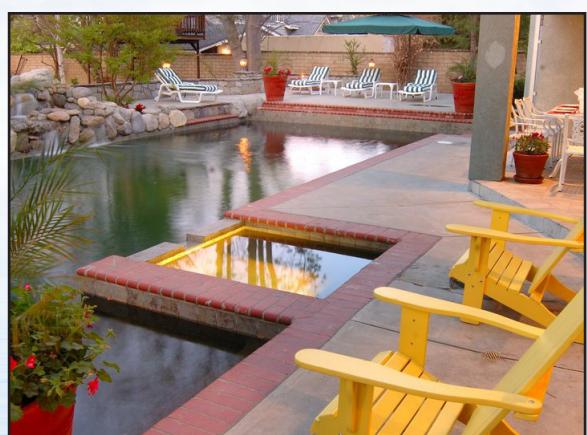
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