

April 2016

# KEYS TO RECOVERY — NEWSPAPER, INC. —

## Answering the Call



# The Principle of Service

By: Marilyn Davis

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by: Jason Levin

Last February was the 8th anniversary of Jason Levin's death. For those of you who don't know him, Jason was my previous business partner and dear friend. So it's no wonder he has been on my mind constantly. I know that he would be so very proud of what we have done with Keys to Recovery Newspaper. I want to make him a part of this month's issue to celebrate and honor his life, so I am rerunning one of his columns.

Hello everyone, I can't believe that it's already April of 2007! I'm not sure if anyone else has noticed, but in a flash, the year is a quarter gone! I must be having a good time because I never even noticed the time. I'd like to share something a little personal with you – this month I will be 40 years old. To some it's young and to some it's old – to me it's a little scary! I've never been this age before and being a "milestone" birthday it's made me take stock of my life, where it is and where it looks like it's going. The thing that keeps popping up is how much my life has changed since I found recovery. I have had some wonderful and not so wonderful experiences since I began this path, and if there has been a recurring lesson that I'd like to share about this month, it really would have to be about "contempt prior to investigation".

In the 2nd appendix to the Big Book of Alcoholics Anonymous (3rd Ed.) titled "Spiritual Experience", there is a quote by Herbert Spencer (A 19th Century Philosopher, he was the person who came up with the term "survival of the fittest", which is often mistakenly attributed to Charles Darwin – but that's a story for another time..) in which he states: "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation."

This is one of those profound truths that endures to this day and is, for me, a measuring stick of my recovery. For most of my life before I found recovery, I thought I was a pretty openminded person and had a lot of experiences to back up that claim. When I got here though, I was completely shut down – fear had driven me to a place where I couldn't do anything other than judge all those around me, and find reasons to keep the world at arms length. The pain of being alone in the world had made me insane, and I had no way out. At least that's what I thought. In my early recovery I sat in the room and judged everyone, because I was afraid to look at myself. I was ashamed at what I had become, and afraid of what I was going to find if I did look at myself. When I did a fourth step, I found out that I wasn't anything I thought I was. This was my first experience regarding the concept of contempt prior to investigation. I am who I am, NOT what I have done. What a relief!

This opened the door for me in recovery to really get into discovering life. Life on life's terms is one of those phrases that gets used a lot in the rooms. Even in my recovery though, I deal with life on my terms mostly out of fear. I can't tell you how many times I have and still do, keep

myself from doing things out of fear. Fear of failure, fear of emotional injury or physical injury, fear of success – you name it and there is a fear for it!

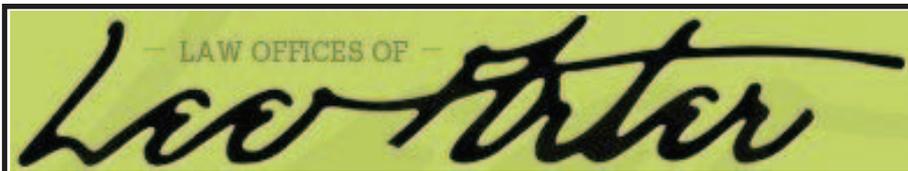
However, this is where we get to find the recovery in using the principle of contempt prior to investigation, to get past those fears.

It has been my experience that these things or people that I fear or dislike are things or people that I don't understand and by opening myself to see things as they are, not as I think they are, I am able to have adventures and friendships more amazing than I ever thought were possible. But this can only happen when I willingly participate in life. Another benefit of trying new things and meeting new people, is that as my world expands I get to learn about me. I get to find out what I like not just what I know.

Too often I've found myself caught in a rut in my life, because it was comfortable. In doing things that I knew with people I knew, it was safe. But there is little growth in that kind of a life. Nowadays, I try to do something new whenever I can. Again I'm not perfect in doing it, but I try and if something doesn't work out, at least I know that I tried and not just shrugged it off, because I was afraid.

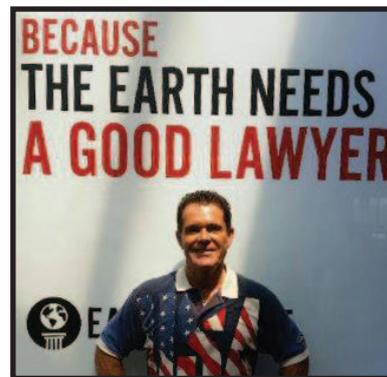
I think the greatest payoff in living this way has been the growth of my faith in my Higher Power and in the relationship that I have with that HP. There have been many times when I would tell myself – "I'm not capable of doing this" or "There is no way that this could work out", and as a result I would let opportunities pass me by. In going forward with life with the attitude of "Thy will not mine be done", I've been able to have miracles happen in my life. There have been so many priceless moments and enduring gifts that I really could write a book about. All of them are the result of going to or through a place I've never been with my HP as my guide and allowing myself to set aside what I thought I knew, in favor of what I could learn. As a former "know it all" this has been the greatest blessing – to find out that there is so much more out there to learn and enjoy, seeing with fresh eyes, an open mind and an open heart. Not bad for a guy who was alone and insane not so long ago. I could go on and on but, I have to get to work so, see you next month!

- Jason Levin –  
Publisher



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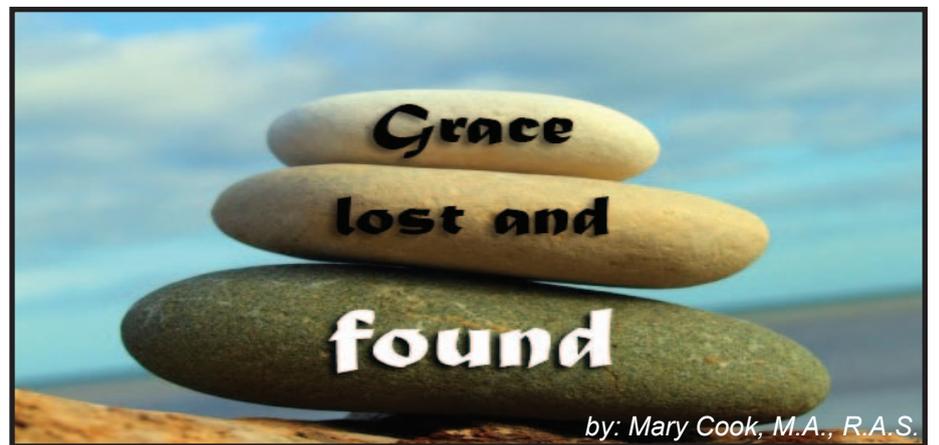
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## RESPONSES TO CHILDHOOD SEXUAL ABUSE

Children learn how to think about themselves, relationships and life through their role models and how they are treated. Children absorb the energies of their significant others and when they are not seen, heard, supported and understood for their own true character and personality, this sense of self is submerged beneath the energies from others.

Perpetrators of childhood sexual abuse perceive those they abuse as objects, dehumanizing and despiritualizing them in their mind. Thus early imprints for sexuality carry themes of violence, bondage and submission, and feelings of fear, rage, betrayal, confusion, hate and despair. Children experience profound issues with trust, control, vulnerability, self and body image.

When children experience trauma and there is no-one offering safety and healing, the mind creates defenses and coping mechanisms to help children survive the suffering. Some children experience a compulsion to act out sexually with the unconscious hope of eliciting help and overcoming pain and fear. Without therapeutic assistance, this can ultimately result in adolescent and adult promiscuity, prostitution or sex addiction.

Alternatively, children may become increasingly phobic. In an attempt to avoid trauma triggers, children may fear personal, emotional interaction with others or physical contact. It may be difficult for them to undress, bathe, see themselves in mirrors, and allow Doctors to examine them. They may have phobic responses to a variety of sensory cues: visions, sounds, tastes, smells and touch, as well as activities and objects, as a result of the mind's conscious and unconscious memories associated with trauma. They may exert excessive control in relationships and become angry and reject those who cannot be controlled.

Children and adolescents sometimes develop eating disorders in response to sexual trauma. The symptoms of anorexia and bulimia include extreme measures to control what enters and exits the body, which may reflect a traumatic consequence of past powerlessness over their body. The additional weight from compulsive overeating can indicate attempts to provide an extra buffer between self and others, and decrease unwanted sexual energy.

Distortions of body image and obsessions and compulsions about the body, can be another response to sexual abuse. When body building and self-defense practices become addictions, it may be an attempt to appear strong and intimidating to compensate for past helplessness. Some childhood sexual abuse survivors grow up to hate their body. This can lead to self-harm, self deprecation or constant strivings to change the appearance of their body, so as not to feel vulnerable or to hide a sense of shame.

Alcohol and other drug addictions can also be a response to childhood sexual abuse. Mind altering substances can provide the illusion of protection, gratification, power, euphoria, apathy or numbing. These illusions may allow abuse survivors to participate in relationships and sexual activity without undue stimulation of prior trauma. Thus relationships and sex can be more impersonal and defense mechanisms remain intact.

Dissociation is another response to childhood sexual abuse. Children being abused can experience a mental detachment from their immediate surroundings, experiences and sense of self. When dissociation is experienced chronically over time, it may lead to dissociative identity disorder, which means that multiple personalities have developed alongside the core identity, attempting to protect conscious awareness of trauma and its consequences.

Whatever the responses are to childhood sexual abuse, survivors deserve to heal and ultimately relinquish the power of trauma over themselves and their lives. The protective effectiveness of defenses and coping strategies diminishes over time and eventually backfires, reinforcing past trauma and attracting new trauma in overwhelming proportions.

It is vital for survivors to develop a safe therapeutic environment and support system. Emotionally corrective experiences of caring, compassion, identification, affirmation and understanding instill hope and courage. Disclosing trauma and its consequences accesses levels of feelings that need to be released. Making commitments to cease harming self and practicing recovery principles with others, stimulates awareness of the true self and positive feelings. Participating in a fellowship with humanitarian and positive spiritual values, brings a new sense of strength and faith. Assertiveness replaces passivity and aggression. Healthy boundaries replace fear. A true sense of self and self-esteem replaces a false self based in trauma and self-hate. Instead of disconnection there is a conscious connection with a loving God of one's own understanding, and a healthy commitment to authentic relationships with self and others. Instead of trauma dictating a disparaging identity and life, recovery reclaims the highest perception of possibilities.

[WWW.MARYCOOKMA.COM](http://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. [www.amazon.com](http://www.amazon.com).



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## WHAT IS THE LAW OF ATTRACTION?

Over the past 20 years there seems to have been a growing interest in what might loosely be called New Age or Metaphysics. It is the philosophy that has moved beyond any one religion and is wishing to celebrate the concept of divinity within the human being; it is taking the idea of 'the kingdom within us' to a new level, telling us that we have the power to create a better life, a better world.

I have personally been touched by this philosophy. Maybe 20 years ago I became aware of the Unity church when I was invited to speak at The Church of Today in Warren, Michigan. As a guest of the Reverend Jack Boland, I was immediately impressed by the positive readings, music, sermon and general atmosphere of the congregation. What was this spiritual ingredient that I was experiencing at this church? When I asked Rev Jack he said that God is wanting only the good for people. Success and prosperity were part of our divine inheritance. What we affirmed in our life we would surely create.

This was completely new to me. I was at the time an Episcopalian priest and I had been raised with teachings that spoke about sin, hell and original sin. I had been raised to believe that the Holy Spirit works through human beings, but the Unity Church was different, with an emphasis upon saying that wherever we are, God is, and all is well.

At this time, twenty years ago, I felt strongly attracted to this positive thinking and I began to integrate these teachings into my recovery from alcoholism. I remember reading Emmet Fox's Sermon on the Mount, feeling in a new and exciting way that God was on my side. I don't remember hearing anything that was specific about The Law of Attraction, but I began to consider on a deeper level, that being a 'child of God' was a powerful affirmation of who I was as a human being.

Today I am a Unity minister, and I have a strong belief in the concept of creating a better life, better world, by the intention I bring to every aspect of my life. I no longer feel that it is helpful to stress sin in a person's life, and I do not believe in Hell; rather do I think that we need to take responsibility for who we are and seek to create a heaven here on earth. This evolution of my Christian thinking requires that I interpret passages of scripture, and also allow myself to be open to new teachings and new insights that are being manifested in the world. When I say 'new', I'm aware that these Truths have been around from the beginning of time, but today I'm allowing myself to recognize them and integrate them into my spiritual path and personal recovery.

What then is The Law of Attraction? It is the belief that what we focus upon, we can create in our lives; it is developing the concept of intention to a new and dynamic level. Let me give you an example from recovery; if I want to develop success and prosperity in my life, then I need to focus on the belief that each day is providing me with opportunities to improve my life. The Law of Attraction is not simply affirming that because I want something then I will get it, rather is it saying that a focused intention on my part creates opportunities that will enable me to seize upon something and make it happen.

Co-creation is a word that I believe is closely associated with The Law of Attraction, because the emphasis now, and my partnering with God, is developing my recovery and creating success. I need to do something to create The Law of Attraction.

Affirming sobriety will never work until I stop drinking. And I need to know that I have the power to say 'no' to alcohol, and surround myself with other recovering people. The fact that I have this knowledge tells me that I have the power to bring good things into my life, and this is a necessary key ingredient to success.

For years there has been a disempowering 'religious codependency', that says that if God wants you to have something then He will get it to you. Ask God and you will receive. Well, yes, it is important to pray and give "voice" to what we might want to experience in our lives, but we need also actively co-create with God in making this happen.

My book "*Say Yes to Your Spirit*", which speaks to The Law of Attraction and describes, in practical terms, what co-creation could look like in each person's life is extremely positive. Now I obviously prayed about this book, indeed I visualized what the book might look like, but I also needed to write the book. An example of praying, but also moving my feet.

A criticism of the popular book "*The Secret*" was that it emphasized the need to tell the universe what we wanted, imagine what would make us happy in life, but it didn't stress enough the co-creative ingredient that made the dream a reality. If you remember, Jesus did not only pray that the 5,000 would be fed, he also took the fish and bread and encouraged the miracle of sharing. He knew that people couldn't eat prayers!

The Law of Attraction is not only knowing what we need to create a wonderful life, it is also using our individual talents to make it happen. As many of us know the Twelve Step program provides actual steps that need to be taken for sobriety to be experienced; otherwise all we have is talk!

Leo Booth, a former Episcopal priest is today a Unity minister. He is also a recovering alcoholic. Spiritual advisor for New Found Life - in Long Beach, California For more information about Leo Booth and his speaking engagements visit [www.fatherleo.com](http://www.fatherleo.com) or email him at [fatherleo@fatherleo.com](mailto:fatherleo@fatherleo.com). You can also connect with him on facebook: Leo Booth. Read more from Leo Booth [www.Amazon.com](http://www.Amazon.com)



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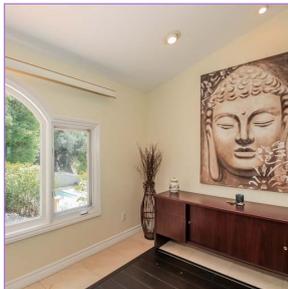
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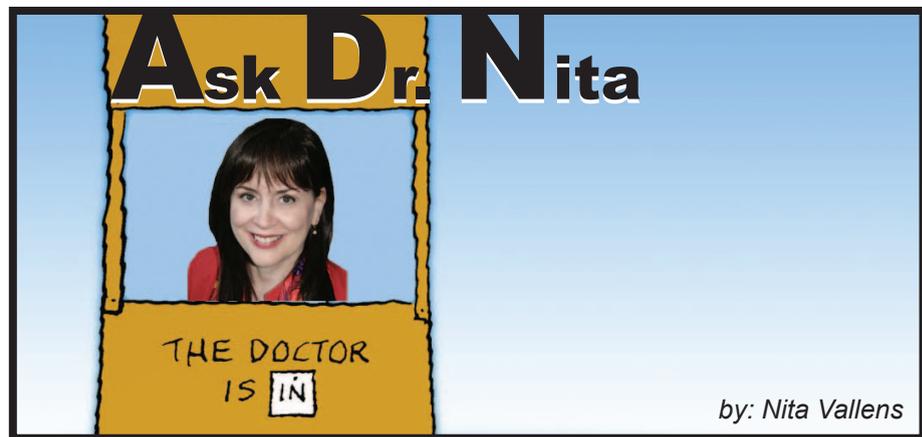
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by: Nita Vallens

Dear Dr. Nita,

*My feelings get hurt very easily and I'm realizing that it stifles me from living a peaceful life. Recently one of my associates had a party and informed me using an evite, which I never saw. My frustration is that no one called me to make sure I was coming. Wondering what I can do to curtail taking everything personally, and if my issue is covered in one of the steps? If so, which step do you suggest I review for clarification and hopefully some solace?*

Myra

Dear Myra,

I'm glad you wrote in because this is a very common issue! What you are experiencing is something that you can discuss with your sponsor. However, it would be a step 6 and 7 issue, involving removing defects of character and our shortcomings. I'm going to delve a little deeper into a few other things for you to contemplate because without discussing this with you there could be something else going on that goes beyond the steps.

Some people get their feelings hurt because they are highly sensitive, and there are a great many people who share this trait, and it's not a character defect but stylistically who you are in the world. Or, to say it another way, there is nothing wrong with you! It means you are passionate and engaged with the world.

If a person has been accused of being overly emotional or complex, it isn't anything to be ashamed of and sometimes it's not true. It's simply the other person's perspective because they are unable to experience a full range of emotions or in fact they're shut down and therefore they find it difficult to understand a sensitive person. This results in sensitive people feeling as if they are being judged or labeled as odd, dramatic or disturbed.

Now let's talk very specifically about taking things personally, whether you are highly sensitive or not, this can be a frustrating issue and it can be remedied. Remember that everyone has their own issues, and at times they inadvertently or even selfishly take things out on others. They might do so unintentionally.

Also, a person's behavior has nothing to do with us most of the time. Take road rage for example. How many times have we been cut off by drivers in a hurry or distracted? They don't know you or me, so why would we take it personally? But we often do, and find ourselves angry at a complete stranger, which makes no sense if you think about it.

**Here are some tips:**

1} Ask for what you want or need. In the case where you missed the party because you didn't see the invitation, simply ask your associate to give you a call about the next event.

2} Think about them for a minute - put yourself in that person's shoes and know that they are "having a bad moment", and you are not, so don't let your serenity be disturbed by them.

3} Understand that if you continue to take things personally, it's like giving your power to the other person, and you'll notice it may leave you feeling powerless as well as hurt.

4} Pause your knee jerk reaction by taking a deep breath, and asking yourself if this is really about you or the other person. It is as if you are slowing down the movie in your head, and stepping outside of it long enough to think before you react. Then, you have time to formulate a response instead of being reactive without thinking it through.

5} In closing, here is a quote I love by Don Miguel Ruiz, (author of The Four Agreements): "There is a huge amount of freedom that comes to you when you take nothing personally."

Dr. Nita

*Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks. Visit [DrNitaVallens.com](http://DrNitaVallens.com) or for consultation and appointments call 818.783.6258. Dr. Nita is now providing career assessments, 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](http://www.KPFK.org) (FREE podcasts on the Audio Archive Link)*



## A THIGH OF RELIEF

My thighs touch. When I stand up straight with my feet together, my thighs touch at the top. I used to hate not having any space between my thighs, but not anymore. Today I love it. I'm serious. Read on.

When I was lost in my eating disorder, I would stand in front of my bathroom mirror each morning and night to make sure my thighs didn't touch. (I now understand that this is not the most productive way to spend my time.) Since I was at an unnaturally thin weight, they never came into contact, and I would let out a big sigh of relief.

After getting professional help, I gained some much-needed weight, but I was still too thin for my body type. (I struggled for years to maintain an unnaturally low weight, while simultaneously trying to be recovered. This doesn't work.) With the added weight, it took lots of strategic effort, but I could still position my legs in such a way that my thighs wouldn't meet. I would let out an even bigger sigh of relief. For me, this was a tool by which I falsely measured happiness, success, and self-worth.

Today no amount of strategizing prevents my thighs from touching. I'm at my body's "set point weight," which is more of a range than a specific number. I think of my set point as my ideal weight, my natural weight, and my healthy weight. It's where my body genetically wants to be and where it fights to be despite any efforts to go lower or higher. When I weighed lower than my set point, my body fought back by slowing my metabolism, and giving me intense cravings to binge on large amounts of food - both attempts to increase my weight.

Because I tried to control my weight for so long in destructive ways, it took a long time (even after I began eating well) for my weight to even out and get to where it is now. In the process, I actually weighed more than my set point for a short time. Finally, at my natural weight, my metabolism is normal, I am in touch with my hunger and fullness cues, and I don't get the urge to binge. I feel energetic, healthy, and happy!

I no longer try to achieve an unrealistically thin ideal for my body type. With my proportions, including the width of my hips, I cannot possibly have space between my thighs and be at a healthy weight - and I no longer care. Other people's bodies might be made differently. I have a friend whose legs are naturally spaced farther apart than mine, and her thighs have never touched, even at a healthy weight. Magazines tell us that we should all look the same even though we're not all made the same.

You might not believe this, but I would rather be at my set point weight than anything lower. Even if a genie popped out of a bottle and could make me weigh less and still be recovered (it would take that kind of magic), I would choose to weigh what I do today. I actually think my body looks best at this weight. I have curves! I like feeling like a woman. I like feeling strong and powerful. And I like being a good role model to others. I can't very well talk about positive body image if I'm maintaining an unhealthy weight myself.

I will admit that I wasn't always so gung ho about being this weight. In fact, I was once so distraught about it that I wrecked my car in a parking garage. (My gynecologist had accidentally told me my weight at an appointment, and I lost it.) I had to look at my thighs touching for more than a year before I could even accept it, much less like it, and much, much less love it. There was no magic pill, book, or therapeutic exercise that convinced me to love my body. A lot of things were helpful, but what helped most was just patience and giving myself time to adjust to my new body. I filled my life with other things that ultimately pushed out the negative body image thoughts slowly over time. I finally have a positive body image, and it gets better all the time.

For a long time, I tried to improve my body image before I would eat right and maintain a healthy weight. The hard truth is that you have to eat right and maintain a healthy weight before your body image can truly improve. This means there is a period when you are in your healthy body and feel horrible. But if you just stick with it - without manipulating your food or weight - the horrible feeling subsides, and you actually begin to love your new body. If you don't stick with it, Ed will inevitably take control and drag you down again. I discovered that I couldn't do a lot to speed up positive body image, but I could sure do a lot to slow it down. (For example, obsessing about the space between my thighs slowed it down. Restricting slowed it down. Trying to fit into clothes that were too small for me - you guessed it-slowed it down.)

Do you appreciate your body at a healthy weight or only at an unnatural size? Regardless of what number you see on the scale right now (whether you need to gain weight or not), my hope is that you will make your goal to maintain your natural weight and experience the freedom that comes with it.

When I look at my happy, healthy, touching thighs, I smile. And - you guessed it - I let out the biggest sigh of relief of them all.

*Excerpt from Goodbye Ed, Hello Me by Jenni Schaefer. Jenni Schaefer is a singer/songwriter, speaker, and author of Goodbye Ed, Hello Me and Almost Anorexic, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, Life Without Ed, has been released as a Tenth Anniversary Edition as well as audiobook. Jenni is a National Recovery Advocate of Eating Recovery Center's Family Institute. For more information, please visit EatingRecoveryCenter.com and JenniSchaefer.com.*



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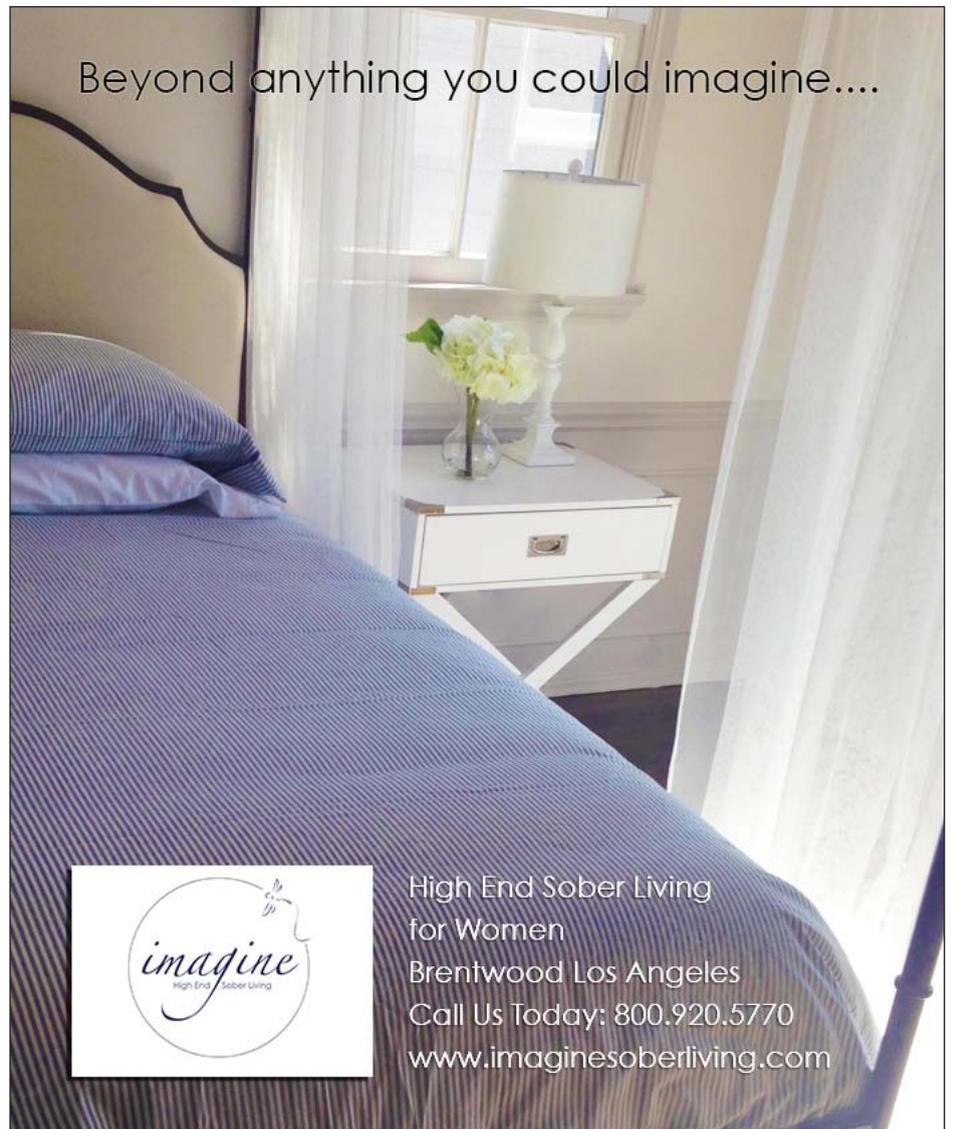


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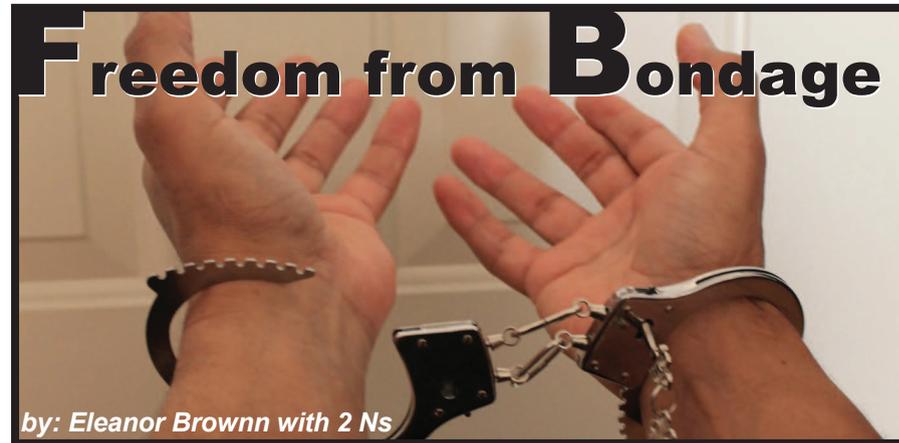
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by: Eleanor Brownn with 2 Ns

## LETTING GO OF CLUTTER

Clearing away "the wreckage of the past" takes many forms. Letting go of clutter is one of them. Clutter is not just physical stuff. It's old ideas, toxic relationships and bad habits. Clutter is anything that does not support your better self. Clutter can rob you of your peace of mind, make you sick and defeat your purpose before you even begin. Recovery is a journey and when you're taking a long trip, it's always better to travel light. You may have to let go of a few things along the way in order to stay on course.

There are three kinds of clutter: Physical clutter is the stuff you can see. Emotional clutter is the stuff that spins in your mind, the feelings that get in the way of your happiness. Spiritual clutter is self-destructive behavior you engage in to fill an emptiness inside, such as compulsive shopping or engaging in dysfunctional relationships.

You know it's better to minimize clutter, but you still find yourself drowning in it because half of the time you don't even recognize it, until it's too late and your head is underwater! So how do you recognize when something is clutter? And how do you decide whether or not to get rid of something? That's the hard part. Here are three questions to ask yourself, whether that "something" is physical clutter, emotional clutter, or spiritual clutter:

1. Is this bringing me closer to my goal or taking me farther away from it? If you're working on achieving goals, focus is important. Something that distracts you from your purpose is not serving your better self, no matter how good it might make you feel temporarily. You've probably got a number of items, relationships and activities that are keeping you "busy," but are they meaningful? Think quality, not quantity. Think long term, not short term. If it's delaying your progress or taking you in the wrong direction, let it go.

2. Is this a reflection of who I am today? Are you living in a museum? And I don't just mean with your physical stuff. Change is constant. You're not the same person you were even 5 seconds ago. Look around you. Is this a reflection of who you are today, or is it a collection of remnants from the past? And what about old hurts and resentments? Holding onto those, too? It may be time for a thorough housecleaning. Life is too short to live in the past. Living in the now is life's greatest adventure. If it's not a part of what makes you who you are today, get rid of it.

3. What would I do if I had faith? This is the ultimate question. So often we hold onto things out of fear. So put some emotional distance between yourself and the item, and ask yourself: If I had faith, real faith, would I keep this or let it go? Either you would keep it because it's necessary and important, or you would let it go because you would have faith that you'd be taken care of without it. For instance, you might trust that the information in that stack of magazines will be available in another form when you actually need it. Or you might get a better networking opportunity if you clear that event off of your over-crowded calendar. On the other hand, that precious photo is something you would keep. Or that friend who's always there for you is a treasured relationship you'd hold on tight to. When you ask yourself "What would I do if I had faith?", the answer is usually pretty clear.

No one lives a clutter-free life, but eliminate as much clutter as you can, and make the most of your journey. Most important, remember: It's all temporary.

Eleanor Brownn, MA, CPG, is a behavioral gerontologist and artist whose heart-centered collages coupled with words of encouragement inspire millions of people around the world. [eleanorbrownn.com](http://eleanorbrownn.com)

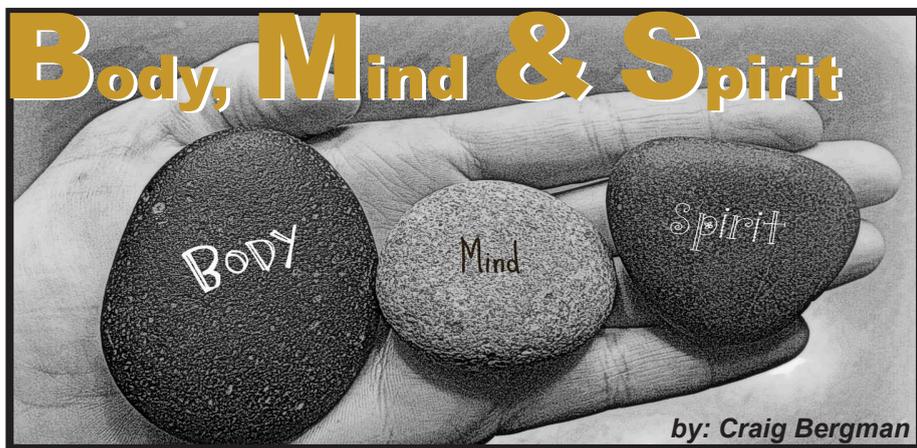
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Clutter is not just physical stuff. It's old ideas, toxic relationships and bad habits. Clutter is anything that does not support your better self.

Eleanor Brownn with 2 Ns





## HEALING THE MIND

Our bodies usually heal rapidly from an illness, injury, or wound. Yet our minds and hearts often suffer for years with debilitating addictions and distress. Why is it so hard for our minds and hearts to heal? One simple key to healing them can be just a short story away.

Therapy and drugs are a relatively recent phenomenon. So how did our ancestors deal with trauma for the past 200,000 years? How did they get by without therapy, EMDR, equine therapy, and the SSRI family of antidepressants?

Perhaps the answer is just a short story away.

No one can deny our ancestors experienced severe mental and emotional pain. Children died frequently – and suddenly – at young ages. Friends and family were lost to battles with tribes and wild animals. Plagues and natural disasters were commonplace. Near-death experiences were a daily occurrence.

Somehow they survived. Yet only recently does it seem that humanity can't process trauma. Suicide is the third leading cause of death among 15-24 year olds. 23.5 million Americans are addicted to drugs and alcohol. 350 million people worldwide suffer from depression.

What happened?

I propose there is an innate healing mechanism that allows people to process trauma in a way that is fundamental. In its simplest form, this mechanism is telling one's story.

There's something about writing emotional and historical information, and then getting up and telling it in front of others that helps clients feel better. There's something about being heard and responded to without being judged, labeled or analyzed that has a really healing effect.

Patricia Haman, the noted primary therapist working in spiritual growth therapy, says we process trauma through stories.

"We're all storytellers. Things happen to us, and those things sometimes make us hurt, or feel bad. Sometimes they make us feel good. We create our own life stories. Some of these stories are important positive stories. Some are negative. Either way, we have to be involved with knowing that we are creating our stories.

The better we become at telling our stories – and the more we do it - the more we work them all the way through. A lot of good therapy today is working with that kind of narrative, and getting people to take a story that is negative – say someone has a story of being molested, which is quite frequent and common for a lot of people who have addictions - this person learns to create a story describing their experiences.

The more they tell it, the more relaxed they get in their body with the telling. And the more they accept this story as a part of their history.

So the idea is that the more we do that, the more we integrate that, the more we become empowered around our stories, then the more we can realize that we don't have to act out in negative ways. We can go to something positive."

In my creative writing groups, I teach clients how to become storytellers. I model for them ways to tell the narrative of their lives in a creative way, and to envision other possibilities in their stories and take it to new places.

But equally important is, I get them up and sharing in front of their peers. I encourage them to be physical, to step out of their chair, and into a leadership position in front of the room. They are able to integrate that they themselves are doing something positive and constructive.

And people are listening! That's an important part of it, too. That's something so fundamental to recovery, getting up in the center and sharing their stories.

As Patricia Haman says, "then the traumatic event is really integrated. It's really understandable. It's something I can live with. I don't have to keep running. I don't have to relapse. I don't have to use drugs to keep trying to get out of life. I can step into life. And I can tell stories that help me do that."

A lot of cultures don't have therapy. They have villages. They have more connectedness. People are always telling their story. They are walking, doing things, cooking, visiting, and all the while telling their stories. In doing that, they are processing. They are integrating. They're moving through and beyond what has constituted a trauma for them.

But we live in a culture that doesn't have those kinds of environments. People are isolated. Our culture is in pain. We have a phenomenal rate of addiction, death, and a generation of kids growing up distorted.

We need to implement more creative writing and storytelling programs in our schools. We have to teach our youth to take responsibility for what has happened - and is happening - to them. It allows painful experiences to travel across the brain and get handed off to the left side of the brain for processing.

As people integrate painful information, they become more positive in their narratives. It's not something you have to force. They just naturally begin to feel better.

*Craig Bergman is a poet who leads therapeutic creative writing groups. He currently teaches at Sea Change Recovery and the Hills. He is also the Founder of the youth writing program, Word Up Kids. Read more about Craig's views on writing and recovery at [www.wordupkids.com](http://www.wordupkids.com)*

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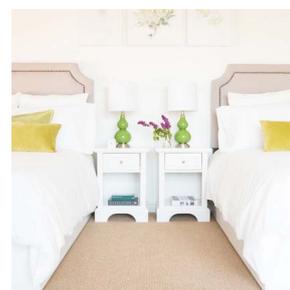
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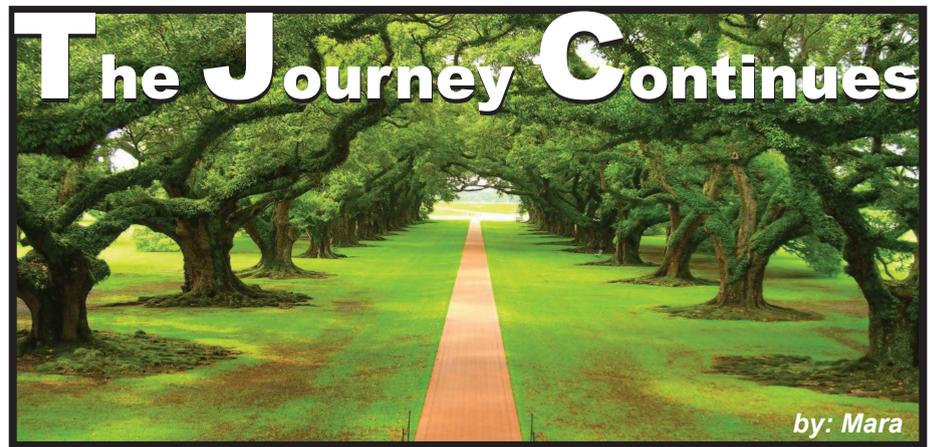
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by: Mara

## ARE YOU AGING LIKE A FINE WHINE?

**How to Stop Obsessing About Your Age:** I don't know what it is recently but I've been noticing that everyone around me seems to be obsessed about their age and I'm getting really sick of it! We as a culture are way too concentrated on youth and staying young.

I have a friend who is 29 and is panicked about turning 30 and not being married. I have another friend who is 39 who actually said to me, "I'm not going to freak out about my age until I hit 45." What?! I work with someone who is 35 who goes on and on about how old he is and is already preparing for his retirement. My father has been planning his funeral since I was 8. He says on his birthday every year, "this is the year you will have to box me up."

We spend billions annually on beauty treatments, diets, plastic surgery, new cars, new clothes, etc. Why are we so focused on the outside and so completely uninterested on what's going on inside ourselves?

I'll tell you why, it's because we are programmed that way since birth. Society tells us that we are unattractive, useless or without value when we hit a certain age (especially women). Society also tells us what age we need to graduate college, get married, have kids, retire, etc. We're all on different paths and major life events will happen at varying times for all of us.

I believe that our lives are like that ride at Disneyland called Autotopia. On that ride you're in a little car and the car just rides on a track. You can turn the wheel left, right or in circles and it will just go forward on the track that it's on.

That is the metaphor for our lives. No matter how hard you try to make your life turn left, right, backwards or repaint it, the car will go the way it is destined to go. So, it is time to stop focusing on our age and just be grateful for every day we do have above ground.

### **Here are some ways to help you stop obsessing about your age:**

1) Live in the Present - "Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life." Eckhart Tolle. If you're living in the past then you're in regret. If you are living in the future then you are in worry and fear. Focus on the here and now. The present is precious and the only time that actually exists.

2) Acceptance - Acceptance is the answer to all of life's problems. We can find no peace or serenity until we accept that we are the age we are and love ourselves no matter what number that is.

3) Gratitude - Gratitude is going to be on all of my lists. Why are we constantly looking at what we don't have or focusing on the negative? We should be focusing on abundance rather than lack. Be grateful for your age because with that age comes experience, strength and hope.

4) Get Out of yourself - If you're obsessing about your age then you are thinking waaaayyyy too much about yourself. Go help someone less fortunate who would love to have your quality problems.

5) Don't comment or create a story about what you're going through. - Suffering occurs when we tell ourselves stories and allow negative thoughts to ravage our heads. Just let things be as they are and love life as it is. Stop creating a story about your age and what it means to be the age you currently are. Write a new positive story.

6) Don't be afraid of death - "The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time." Mark Twain. You can't live your life in fear of dying, that is just a fear of living fully.

7) Live a life of purpose - Make a difference in people's lives, have integrity with everything you do and follow your passion. If you're living a life of purpose and enjoying it, then you will be too happy to obsess about your age.

By Mara, Visit my blog: <http://selfworthdiet.com/>. Read *The Self Worth Diet - Featured Non-Fiction Book on Wattpad* <https://www.wattpad.com/myworks/57065207-the-self-worth-diet-recipes-memoir-self-help>.

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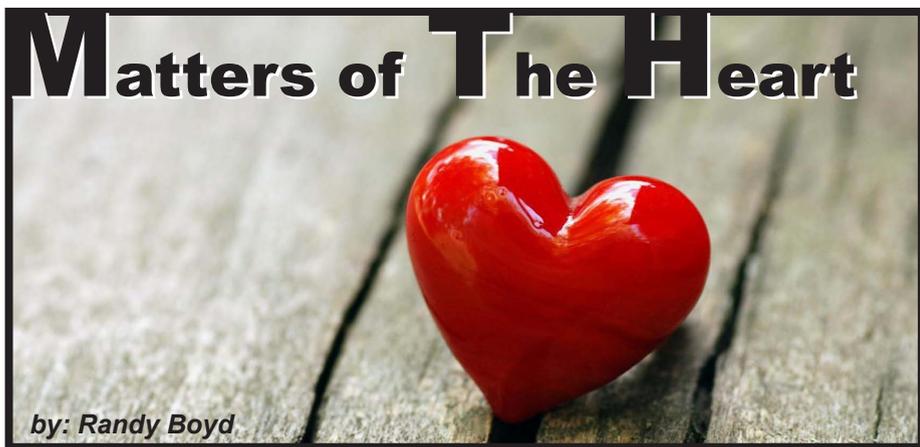
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### APPROVAL SEEKING

It is possible that seeking approval is the single most common, and possibly the most painful addiction ever created by mankind. It can be more devastating than heroin, more addictive than cocaine, and more ubiquitous than food. If this sounds too dramatic, consider the following:

- Wanting to end the feeling of not being loved or accepted by others, often is at the heart of addictions, depressions and desperate actions.
- Reflecting on your own life, notice when you have said "yes" when you meant "no," in order to earn the approval of someone else.

There is no reason to feel bad about seeking approval. Everyone does it. However, the degree to which approval-seeking is harmful, can be directly proportional to the extent to which we need someone else's love, or approval in order to feel okay. In my own case, the more I wanted to be loved and approved of, the more toxic the approval seeking was for me.

Children raised in healthy loving homes tend to have high self-esteem. In terms of seeking approval, this means that they are able to self-validate. However, this is not to say they do not need approval from others in order to feel good about themselves. They just need it to a lesser degree than children who have lower self-esteem.

Survivors of sexual abuse who have not gotten help to deal with the consequences, tend to have very low self-esteem. I certainly did, which can create a powerful addiction to the approval of other people. Since I was incapable of loving myself, I needed other people to do it for me.

Because many abused children lose their sense of self, they tend to seek external validation, and may even become dependent on it as a surrogate sense of self. Seeking approval from others can be incredibly painful. By needing other people to approve of us, we are sending ourselves the message that our opinion is not good enough. Constant approval-seeking sends ourselves the message that other people's opinions about us are more important than our own. It reinforces the horrible belief that we need to suppress our own desires, personality and needs in order to win approval from others.

Because I did not get any validation or approval of any kind from my mother and stepfather, I started seeking that validation and approval wherever I could find it, and I found it with those that were drinking and drugging. Unfortunately, this is what led to the beginning of a 33-year run of alcohol and drug abuse, which in no way helped with my self-esteem.

Because I so desperately needed the approval and validation of who I was as a person, for a time, I sacrificed all my morals and ethics. I knew that drinking and drugging was wrong. I just didn't care anymore. For the next 30-plus-years, I sacrificed my morals and ethics countless times to fit in with others. I would change who I was, and how I acted based on whom I was with and what I was doing — I had become a chameleon.

Five years into my recovery I was faced with my toughest challenge. This challenge would test my need for approval in a way I had never imagined. I had spent 21-years building a very large and successful construction company. When the economy crashed in 2008 I was fortunate enough to have had two-years worth of work on the books. As I watched multiple companies' fall around me and several people I knew commit suicide as a result of financial ruin, I managed to keep my business stable and liquid. However in 2011 things would take a turn for the worst.

I had always been a competitive bidder, being the number one or two bidder and often times getting last look. However, between 2008 and 2011 I was no longer getting jobs from some of my loyal contacts, it seemed that my numbers were no longer competitive. No matter how much I shaved off my bottom line, I was always getting beat by thirty, forty, and even fifty percent. People were getting desperate and literally giving their work away. Being financially okay and the business being liquid it was time to make a decision.

I was no longer willing to sacrifice my morals and ethics to get work and essentially make others happy by caving into their demands. After spending literally a month in my office, exhausting all my resources, and talking to countless business men I trusted about my options, my wife and I made the decision to close the business we had put so much blood, sweat, and tears into. I was walking away from my biggest accomplishment in my life and little did I know how much my identity was tied to that business.

The next year was the hardest year of my life. I had achieved a level of success I never thought possible. I had eighty employees who loved working for me and I was well known in the community.

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# Answering the Call



## The Principle of Service

By: Marilyn Davis

“I believe there’s a calling for all of us. I know that every human being has value and purpose. The real work of our lives is to become aware. And awakened. To answer the call.” - Oprah Winfrey

In my early recovery, I realized that I would have to learn from others. That concept wasn’t foreign; I’d been a student and learned from teachers, a child and learned from my parents, and a junkie who learned the most effective ways to get high. That ability to learn was inherent; within me to use.

I also realized that those who took the time to offer suggestions and directions were doing so because they answered the call.

**Why Sponsorship and Accountability Partners Suit Up:** Jobs are what pays our bills, and we should make every effort to earn our salaries with our best efforts and use our abilities wisely. Callings don’t usually pay but are some of the most rewarding jobs we can do.

The role of a sponsor or accountability partner can sometimes feel like a job with a demanding, inconsiderate, and needy boss. Early recovery is such a roller coaster time for a new person. They’re up one minute and plummet the next. Many situations are labeled a crisis, and they want an immediate answer to solving the problem.

In early recovery, people still continue to make poor choices and often do not listen to the advice and experiences shared by their sponsors and accountability partners.

Sponsors and accountability partners work with new people because they remember, relate and know that working with someone new reinforces and reminds them of just how bad addiction still is.

Service to others is the intent of the 12th Step. Bill W. states it quite succinctly: “Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principle aim and the main reason for our existence.”

These established relationships are between two people who chose each other, and the blessings on both sides are numerous. But just as important are the other ways that we answer the call.

**Be Available:** Many people in early recovery don’t have either a car or even if they do, many don’t have a license or insurance, so they can’t drive themselves to a meeting.

My daughter was in that predicament when she was arrested for her 3rd DUI. Thankfully, she was allowed to go to a residential facility in Virginia, where getting support and going to meetings wasn’t a problem.

We were able to get her sentence postponed and they let her move to Georgia, where her sister and I were in recovery. Then I had to make a decision about moving. I rented a cabin on 250 acres in the mountains of Georgia; peaceful, serene and about eight uphill miles from the nearest meeting.

Walking was out of the question and even when she suggested that she bring a bicycle, I knew better. She was in okay shape, but no Tour-de-France candidate. I decided to move back to Gainesville, found a house about three blocks from our club house and a mile from the mall where she worked. But those rainy nights in Georgia are real.

I was appreciative of people who not only took her to meetings, but invited her out for coffee. She started blossoming and recently celebrated 14 years. I know it was because of others; not me or her sister. Not because we weren’t available, but sometimes families in recovery struggle the most in trying to help a loved one.

Indirect help is better than direction suggestions - let them see your changes, not try to offer suggestions. (That’s a topic for another article.)

Also, people don’t just need rides to meetings and coffee. Many of us neglected our health and dental issues in our addiction and needed a check-up. Volunteer to take someone to the doctor or dentist. They may have fears about test results or fears about getting medications that would trigger a relapse. Going with them as support is just another way to provide service to another.

**What it Means to be of Service to Others in Recovery:** If we are carrying the message, that’s great. But what of those who can’t hear the message because they can’t make a meeting even if we give them a ride? Single parents struggle with this all the time. They have an infant, or more than one child who isn’t old enough to sit in a meeting and there’s no child care.

My home group started night-care about fifteen years ago. We have our meetings at a church, so there’s a room with crayons, coloring books and toys. And most children like to color and play with new toys. We ask for volunteers for 15-minute shifts so that single parents can get a meeting.

We are one of the few to offer this, but I know how much this means. All of my grandchildren were born after their mothers were in recovery. We are fortunate, all of these grandchildren played in this room while their parents got the message.

My oldest granddaughter is now a sophomore in college in Virginia, and called asking if this would help get people to her monthly Alanon meeting. She doesn’t have a substance abuse problem, but she finds value in supportive changes, so she found hers in another fellowship.

I, of course, encouraged her to offer this. She is now making the calls, setting up a room, and excited that single parents can participate.

My home group still practices an old fellowship practice. We have an "eating-meeting" once a month. Might be a southern thing, but it brings people together over food, conversation and shows a newcomer that we are a fun-loving group. The group buys the meats, and we all bring whatever we want. And believe me, there's some old-fashioned Georgia cookin' at these meetings.

**Be a Phone Call Away:** I can't think of too many people who don't have a phone. But it's not just for conversations anymore. There's apps for recovery and meetings online even if someone doesn't have a computer.

Service work might mean that you share your number with a newcomer and then give them some information about apps and online meetings.

**Starbucks Baristas Aren't the Only Coffee Makers:** Many people don't have a permanent home for their meetings. They meet in a room where they have to set it up. The men's recovery home where I work meets in a church basement, and they go 30 minutes early to set it up. They have done this for over ten years.

But as one graduate of the program said at his nine-year celebration, "Setting up was the least I could do considering all the valuable information I was going to get."

Service work is about valuing your meeting enough to help set it up. So, volunteer to make the coffee or set out the literature, chair a meeting, or if you're comfortable, lead the discussion.

**Become a greeter.** I remember walking into my first meeting after I left treatment, scared, lonely and sure that all of those people were different, wouldn't like me or couldn't help me. A kind woman got up when I opened the door, asked me if this was my first meeting, and then introduced me to five other women.

One of them asked if I'd like coffee, pointed to the rest room, and then turned me over to another while she got my coffee. I was just thankful to be sitting down and tried to blend in. Each woman gave me her phone number. I didn't use them for over a week, but each meeting I attended, the women would ask me if I still had their number.

When I finally got the courage to call, my greeter asked me to come early to the meeting so we could get to know one another. She also turned greeting over to me for the following month. That gave me something to do, helped me feel a part of, and I know that it helped someone else just as it helped me.

She also gave me a twenty-year medallion, which belonged to one of the people who started the first meetings in Gainesville. The chip was to encourage us to get that many years ourselves, and to have something to hold onto if we were nervous when we were greeting. I'm like all the others before me, I probably rubbed some of the embossed letters down, but I kept it for my month then handed it off to the next greeter.

We felt included when we were the greeter, even if we just had a few days or months in recovery, and that was a true gift from others. Did we know they were carrying the message, that we all matter? No, we just finally felt a part of something good.

What Are You Doing Today to Be of Service? There are so many ways that we can be of service to others. The rewards for this service come back to us ten-fold. So, I'd challenge you today.

*"If God gives you something you can do, why in God's name wouldn't you do it?" - Stephen King*

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 FromAddict2Advocate. 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. [www.twodropsofinkat.wordpress.com](http://www.twodropsofinkat.wordpress.com)



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# Book Reviews

**Healing the Man Within: Hope For Victims of Childhood Sexual Abuse** by Randy Boyd. Published by Courageous Healers Publishing.

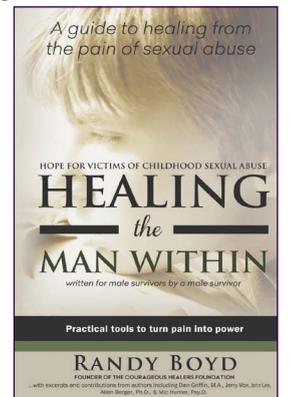
I met Randy Boyd at "It Happens to Boys" Creative Change Conferences, in Long Beach, California in March of this year. I had the privilege of hearing him speak at that conference. Once I heard he had a book I knew I had to read it.

The title talks about "Healing the Man" but I believe this can help anyone who has been abused or is involved with someone who has suffered sexual abuse.

Randy is as honest and warm in person as he is in his writings. He tells HIS story of his experience, which is one of the bravest things a person can do. Also one of the most healing things a person can do (as Randy explains in this book). His book explains the effects and pain of childhood sexual abuse.

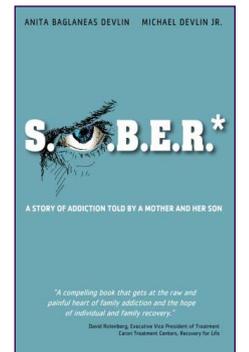
He then goes on to talk about his road of recovery. He gives us HOPE that if he could do it we can do it.

Some of my favorite people made contributions, from Jerry Moe, Dan Griffin, Dr. Allen Berger, John Lee and Dr. Mic Hunter. A MUST READ! Again I recommend it for everyone male and female. Available at [www.Amazon.com](http://www.Amazon.com)



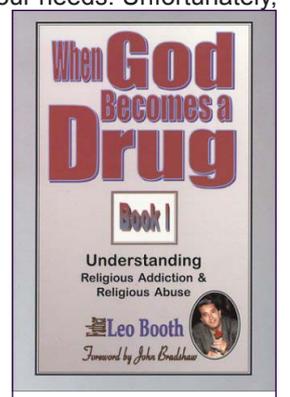
**S.O.B.E.R.\* : A story of addiction told by a Mother and her Son.** Written by Anita Baglaneas and Michael Devlin Jr.

This book gets to the core of the disease of addiction and how it affects the entire family and all must participate. I am all too familiar with this dynamic. My Mother and Myself are both in recovery and I lost my brother to this disease. Anita gives us a deep and personal insight from the Mother's view of the devastating effects of dealing with a child and their addiction. We then get to see the addict's perspective through Mike's struggle with drugs and his own recovery process from addiction. The combination of the two makes this book brilliant. I couldn't put it down. But through their own individual journey's into recovery, this book and the rawness that it portrays, offers us hope. Recovery from addiction can heal and put back together families that were never thought possible. If you or anyone you know that is affected, this is a must read. Thank you Anita and Mike for sharing your journey. Book available on Amazon



**When God Becomes a Drug:** Written by Father Leo Booth, specializing in recovery treatment programs. Published by SCP Limited. We are empowered with the attributes of God, which equips us to accomplish most of our needs. Unfortunately,

some individuals become totally dependent on expecting God to take care of matters that they can achieve on their own. They become addicted to relaying on God as a psychological/spiritual obsession, rather than a loving father who wants to have a relationship with them filled with support and inspiration. Having a healthy perspective of religion enlightens us to love ourselves and everyone with no condemnation, ever being aware of God's unmerited love towards us. As one of the innovators of the Adult Children of Alcoholics migration, Claudia Black's coined slogan "don't talk, don't trust, and don't feel" are the beliefs by which dysfunctional children are raised on. In a comparable way for the children of religious addicts, those suffering from religious abuse were taught not to think for themselves, doubt, question information or authorities, as well. This is an unhealthy belief system, which in turn can allow them to be victimized or abused. Father Leo explains in detail how one can break the addiction of religion and discover their own creativity, which brings them closer to a healthy co-creatorship with God.



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## BOUNDARIES

There were no boundaries in my home growing up. My alcoholic mother felt entitled to invade the boundaries of any family member. As a result, none of us understood that we had a right to our own personal space. This included physical space as well as mental and emotional space – safety from having to disclose more than was comfortable.

From a very young age, I learned that if an adult asked a question, I was obligated to answer it – honestly and completely. It didn't matter how intrusive the question was, nor how personal (especially if I didn't know the person well). I carried that "rule" into my adulthood. Because it was that way in my home, I believed that's what all people were supposed to do.

Once I started my own recovery journey, I began to find out that the "rules" in my home growing up were not all proper or appropriate. When my first Al-Anon sponsor discussed with me about writing a Fourth Step ("Made a searching and fearless moral inventory of ourselves"), a childhood memory came flashing before my eyes. I told my sponsor I could not write such an inventory. When she asked me why, I shared with her that one day my mother spoke to me about a relationship I had been in, and she "regurgitated" word-for-word details of that relationship that I secretly wrote about in my diary. I knew mom must have gone into my bedroom, opened up my top desk drawer, searched in my desk, and found the diary, and read it. Somehow, though, as I said those words out loud to my sponsor, I became willing to write my 4th Step. I realized mom was not there and would not be reading my inventory. My mother reading my diary was an invasion of my privacy with a total disregard for my personal boundaries.

I have seen evidence of my own disregard of my boundaries as an adult. Even in early recovery, anyone who asked me a question was entitled to an answer. I even gave out information before a question was ever asked. I figured you were entitled to know all there was to know about me, so you could make an "informed decision" as to whether you wanted to be my friend.

I now know that friendships are supposed to develop slowly; I am not required to tell you my whole life's story in the first thirty minutes of our meeting. I respect myself more today and dole out personal information about myself a little at a time. This has borne out, lately in a new friendship that is developing.

In the very beginning of this friendship, he and I spent quite a bit of time asking each other questions about the other. (I'm not sure I ever began a friendship this way.) Sometimes, the questions got a bit too personal for my comfort – usually dealing with my own history – and I would refuse to answer. I found that the friendship didn't end because I chose not to answer some of his questions. (As time has gone by, I have been able to give answers to some of those questions I did not wish to answer in the beginning. So my boundaries in this relationship are changing!) I'm choosing to share with him a little at a time and not all at once. What I see happening as a result is that we are both developing a mutual respect and trust for each other, and the other's boundaries. I believe this is the stuff of which good solid friendships are built.

I am also developing different boundaries in other friendships. With people in recovery, I choose to share one way. For the first time, I am learning how to have friendships with people not in recovery. I get to define where my boundaries are in both types of relationships. (All relationships aren't cut from the same cookie cutter!) Today, if someone asks me a question or wishes to engage me in conversation, on a topic I don't wish to discuss, I have learned how to say "I'm not comfortable talking about that" or "I don't wish to discuss that right now."

All my decisions about my boundaries are making me a healthier (and more pliable) person, so friendships can develop as they will with no controls put on them, by me or the other people involved. (Let God direct my friendships that they may be based in love!) As a result, I feel more confident in my new relationships, respecting my own boundaries, as well as the boundaries of my new friends.

Michal joined a 12 step support group in 1989, when she discovered that she had been affected by someone else's drinking. She is an author in both the recovery and legal venues; articles in both of these venues have been published. She is passionate about her recovery, and shares articles about her own experiences with the recovery and legal communities. If you wish to contact her, she can be reached at: [serenity.michal@sbcglobal.net](mailto:serenity.michal@sbcglobal.net).



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**FRIDAY-SUNDAY, APRIL 8-10, 2106:** ITALYPAA – Italian Young People AA Convention, April 8 @ 3:00 pm - April 10 @ 12:30 pm, Hotel Da Vinci, Via Senigallia, 6 Milan, Milan 31030 Italy. www.italypaa.it

**FRIDAY-SUNDAY, APRIL 8-10, 2106:** 53rd Vermont State A.A. Convention, Manchester, Vermont. www.aavt.org

**FRIDAY-SUNDAY, APRIL 8-10, 2106:** Fellowship of the Spirit South, A.A. Convention, Lafayette, Louisiana, www.fotssouth.com

**FRIDAY-SUNDAY, APRIL 15-17, 2106:** Sunlight of the Spirit Weekend, A.A. Convention, Fairmont, Minnesota. Email: sotsweekend@gmail.com. www.aaminneapolis.org

**SATURDAY, APRIL 16TH, 2016:** @ Windsor Club Clean & Sober DANCE Party: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 SUGGESTED DONATION. - 123 West Windsor Rd, Glendale California 91204 -- 818-242-1350

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# Fit This In Your Recovery

by: Boris Schaak

## EMOTIONAL NUTRITION

Everything in the body is a chemical reaction. If you don't eat "right" you cannot produce the right amount of "happy hormones". Without the right amount of happy hormones, you will always be in an emotional "down"!

So what are "happy hormones"? Happy hormones typically refer to endorphins, dopamine, serotonin, and oxytocin. These are some of our neurotransmitters and not actually hormones, but for the sake of understanding, we are not going to get too technical or scientific.

The 12-Step literature talks about when we are distressed to grab a piece of chocolate. This is based on an instinctive process: when we are children, getting candy is related to "a happy moment." Even though it is kind of a "bad thing", the brain relates to it as a good thing by releasing endorphins that signal "happiness." The sugar in the chocolate that's processed in the body can chemically help get one through a distressful time. The real problem stems from when we feel the need for that chocolate over and over again. When we don't support the body with proper nutrition to recover from stress on the system like a workout, or a recovering addict recovering from addiction "chemically", the brain will then ask for simple carbohydrates like sugars.

This is why you have a lot of people in recovery who have gained weight, and suffered the emotional down that results from "eating" their feelings.

Addictive substances are like junk food and are the psychological equivalent of drugs and alcohol. They provide a short-term bit of pleasure that mask long-term negative effects on the body. They fill a need: if you're emotional, junk food will "mask" that pain. But when you "sober up", your need for emotional nutrition – is still there.

One way to do this is to turn people on to moderate-to-easy physical exercise fitness program, and healthy eating habits to support the recovery process physically and mentally. But you don't jump from using drugs or alcohol to training for CrossFit. Instead, a moderate exercise routine, which allows the addict to actually reconnect with his or her body in a spiritually healthy manner, and watch over time how this will rebuild confidence in a non-ego self-esteem way.

Getting a recovering addict on a schedule of exercise and nutrition, where they can see changes, and more importantly feel these changes, gets them to understand the positive connection between eating right and feeling good – the basis for emotional nutrition. You have to maintain a balanced program of nutrition for the brain. We don't let the addict take this as the sole approach to addiction recovery, because they would just become addicted to the positive feedback of physical change. Physical fitness is an inside job and for the addict, it has to be based on a spiritual foundation.

Like the chocolate scenario we just discussed, we are now looking to create a positive reinforcement of good eating habits. The solution to nutritional recovery, of body and mind to function properly, is to create a regimen for the addict. Food just doesn't jump out of your refrigerator and prepare itself; you have to learn what foods to shop for, you have to prepare the meal with the right proportion of nutritional value – all that takes a lot of contrary action to the bad eating habits of the past. Tie that into a reasonable amount of exercise, add the main ingredients of passion and consistency, and you will soon enjoy the results of becoming a healthy and sober fit individual.

**Emotional Stability:** To recover physically from addiction requires nutritional stability. Eating too little or eating foods with the wrong nutritional value will produce a negative chemical reaction in the body, leading to nutritional, as well as, emotional instability. Say, for example, that you are really depressed or sad. When that occurs you might want to skip meals or eat something that you typically wouldn't, like ice cream or pizza. At some point that unhealthy eating will affect you emotionally.

Simple carbohydrates cause a chemical reaction in the body that will provide a "sugar high," a burst of energy lasting a short period of time that eventually leads to a crash.

Con't Page 18

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## Con't from Page 11



by: Randy Boyd

The best thing of all was that I proved my mother and stepfather wrong, I was not an idiot that would amount to nothing. I had no idea how much I had tied my identity to my business. Approval seeking had become a covert means of validating my importance and I was totally unaware of it. Suddenly there I was, standing naked in front of the whole world with nothing externally left to validate me. Now what? All that was left was to learn to love myself.

I can honestly say that after working on my self for the past several years, I no longer need others approval to survive. I have learned how to love myself and do what makes me happy, even if others do not approve. Do I still want the approval of others? Absolutely. I believe it is an innate desire of human beings. However, I no longer need that approval in order to feel comfortable in my own skin.

*Randy Boyd is a licensed California Alcohol and Drug Counselor (CADC-1), the founder of the Courageous Healers Foundation, a certified Life Coach – Change Your Life Story Now - and an associate of "It Happens to Boys." He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how it is possible to heal from those effects. Randy is also the author of the new ground breaking book addressing the emotional, physical, sexual, and spiritual abuse of boys entitled Healing the Man Within – A guide to healing from the pain of sexual abuse. His blogs are featured regularly on the 1:6/Joyful Heart Foundation website. Randy is available to speak at your facilities or events.*



## Con't from Page 17



by: Boris Schaak

Especially for somebody in early recovery who is already on the edge of an emotional down, due to not having a solid nutritional base and then having a sugar high followed by a sugar crash, this could be the very thing that pushes them emotionally over the edge. A person with a nutritionally unbalanced system will get stressed out much easier, panic, or may want to leave their program simply because they didn't eat properly that day. How crazy is that?

Finding the right balance of nutrients for each individual is vital if they are to recover from the damage caused by addiction. There are general guidelines which will help everybody to get on track. To be successful with this process is to consistently stick to a food schedule where you eat on time, more or less at the same time, and where you know the nutritional value of the food you are eating. The body simply requires a nutritional profile depending on age, height, weight, and on your activity level. Your emotional well-being depends on your nutritional program, just as much as, your spiritual program.

*Boris Schaak: As a Professional Trainer and Sober Coach, my fitness approach integrates the elements of physical fitness and nutrition within the scope of recovery and sobriety. This is TOTAL integration- the convergence of mental, spiritual and physical fitness! Seeing the transformation and growth in my clients; physically, emotionally and spiritually, is my passion and mission in life! I'm glad to share it with You." email: [Boris@SoberFitness.com](mailto:Boris@SoberFitness.com) Or Facebook under SOBERFITNESS.*

The Cost for classified ads is \$40 for 25 words or less, .50 for each additional word. You can email, mail or call your ad into us.

CLASSIFIED AD HEADING : \_\_\_\_\_

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Email To: [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com) or call us at (818) 386-8400

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



### Advertising Rates

### Ad Sizes

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
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1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
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Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
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Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

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

### Materials & Deadlines

### Terms and Conditions

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

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

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

[www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

If you would like to receive Keys to Recovery Newspaper FREE of charge at your facility you can go online and fill out the "Distribution" form or e-mail your information to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com) or call us at (818) 386-8400.

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

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

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

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

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

For more information visit [www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 17 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 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
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Livings
- Transitional Housing
- Therapist Office
- Related Conventions
- Recovery Industry Networking Events & many more locations each and every month.

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

# Vital Services Resource Guide

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

## **Southern California COUNTY RESOURCE GUIDE**

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

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

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

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

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

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

Al-Anon Family Groups www.al-anon.alateen.org (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 Dr, Sunland, CA. For info call Lisa Moss (818) 293-2222.

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

Anaheim Alano 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. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous (866) 402-6685.

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

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

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

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

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

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

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

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

**NEW:** DefiningME™ free resources www.definingme.com

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

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

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

Love Addicts Anonymous (LAA) www.Loveaddicts.org

**Laughing Yoga Recovery**, for Stress reduction and wellness, breathe, love, laugh and be happy, (760) 832-9992.

MADD Mother Against Drunk Drivers, www.madd.org - (877)MADD.HELP

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

Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles (310) 494.0189

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

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

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

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

Nar-Anon Family Groups - www.nar-anon.org/naranon

(800) 477-6291 or (310) 534-8188

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

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

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

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

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

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

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

Pills Anonymous ( PA) www.pillsanonymous.com

Rageaholics Anonymous - www.rageaholicsanonymous.org

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

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

Secular Organization For Sobriety (323) 666-4295.

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

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

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

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

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

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

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

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

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

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 (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

Hope of the Valley (Mission Hills) Recuperative Care Shelter (818) 392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free www.nami.org (818) 994-6747

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 we have listed as most have food programs.

The Midnight Mission meals served 3 times a day (213) 624-9258.

Hope of The Valley (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. 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

# Vital Services Resource Guide

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

## FOOD BANKS

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247  
SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682  
West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101  
West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554

## HOUSING & HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (310) 631-1600  
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](http://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](http://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 - (818) 392-0020 • [www.hopeofthevalley.org](http://www.hopeofthevalley.org) December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776  
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 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  
Los Angeles Family Housing (818) 982-3895  
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](http://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 (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 & 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](http://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](http://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](http://www.cadasb.org)  
CCBCDC: California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org) (562) 927-5143  
CAARR California Association of Addiction Recovery Resources (916) 338-9460, [www.caarr.org](http://www.caarr.org)

CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.  
CCPG California Council on Problem Gambling [www.cal-problemgambling.org](http://www.cal-problemgambling.org) (800) 522-4700.  
CENTER FOR LIVING AND LEARNING - employment and supportive services Job Search Preparation Program (818) 781-1073. 14549 Archwood Street #221, Van Nuys. [www.center4living.lle.org](http://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](http://www.elawe.org)

## SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, [www.jasonfoundation.com](http://www.jasonfoundation.com), (888) 881-2323  
National Suicide Prevention Lifeline (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 (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](http://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 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](http://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](http://HepCHope.com): [www.hepchope.com](http://www.hepchope.com) Hotline (844) 443-7246  
[On-Line Resources for Hep C](http://On-Line Resources for Hep C): [www.hepcsource.com](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://www.hepctreatmentlosangeles.com)

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Contact person: \_\_\_\_\_  
What you would like us to print in the resource guide: \_\_\_\_\_  
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Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



# MARY COOK

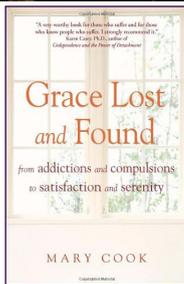
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**ARIES:** March 22 - April 20: Now that you've recovered from all the confusion and irritations plopped on your plate Last Month, you can relax and start to deal with yourself again. If you are finding that others around you are hard to deal with and unreasonable, then more than likely the problem is yourself. Often you project inner turmoil onto the world around you. With help from your higher power, you'll be able to look inside and see what is wrong. Mediating daily will help you to stay focused & accomplish your goals.

**TAURUS:** April 21-May 21: While you are known for their patience, you don't do well with the unknown-which is where you stand right now in those areas. If you are dealing with a work related issue, have some more patience, what you are looking for hasn't arrived just yet. You will get what you need and more if you can grasp the concept of acceptance. If this is a health related issue, take it to God and if a doctor is required, please follow their advice, don't binge or give up on treatment. Sometimes it takes a while for our bodies to heal.

**GEMINI:** May 22 to June 21: At times we are irritable and short tempered, having to deal with the fruits of that behavior is a must for the recovery process. One of our life's lessons is patience. Be patient with those around us, some people may still be nursing grudges from our past attitudes, I'm sorry, I apologize" should be quickly added into our vocabulary lest the hurts we have caused affect our relationships. Take care of the wreckage of your past, take advice of someone well versed in handling that, such as your sponsor and heed it.

**CANCER:** June 22 to July 23: While some alone time is needed don't use it for brooding or isolating - take the pen to paper and figure out what you need in order to live effectively. Hang out with positive people-Sponsors, 12 step members-, avoid others who reflect your own sense of depression. When possible, be of service. Nothing jolts you out of your own stuff like helping someone else. You are generally well liked, but sometimes you can't feel it, but when you actively care about others it opens your own channels. Reach out to new comers before leaving your meeting.

**LEO:** July 24-August 21: Some but not all of the mysteries surrounding a love relationship will be cleared up this month. Try not to be judgmental in regards to this, unless you've been the perfect saint in all of your affairs. Admit your faults, because then you'll be able to continue moving forward in your relationship. This is a time for greater understanding and compassion on both sides, handle it properly and everyone wins. Before you take any decisive action run it by a trusted friend, sponsor someone who won't co-sign your baloney, to see if you are out of line.

**VIRGO:** August 22-Sept. 21: Take a deep breath, find joy in the small things and reach out. The close knit of friends give you support, the area of work keeps you busy as does the area of fun and children. You can receive much comfort in the distraction of music and movies. Spend more time in prayer and meditation, watch comedies and laugh, listen to music that inspires you to relax. In spite of your limited time and finances, you can still find enjoyment in the simple things, so seek it out as much as possible. Life is about balance, may you find it now.

**LIBRA:** Sept. 22-Oct.23: Did you know that Libra rules partnerships? An out of balanced Libra is either very selfish or too selfless in relationships. If you fall into one of those 2 categories, the question to ask is who is getting it all-you or them, it is time to take a look at your relationships. Reconnect with your recovery community, ask God for solutions that you're seeking. Your energy has been lagging lately because of all the demands on your time, make reasonable plans so that work, play and rest have equal time. Life is too short for burn out.

**SCORPIO:** Oct. 24-Nov. 21: You folks are not good with dealing with the mundane issues of day to day living, you much prefer action and intensity. Obviously if you don't deal with the mundane, things fall apart and if you only deal with the mundane, Scorpions can develop a paralyzing depression. There is a little known monk like aspect to your sign. You have a regenerative power few of us possess, if you can only find the means to harness it. Don't expect happiness to come from outside of self, a more lasting joy is found inside. Start first by accepting who and where you are at this time and being grateful for it.

**SAGITTARIUS:** Nov. 22-Dec. 21: You need the freedom to be and choose or else you'll find you are constantly struggling for air. This month, should be a bit freer than this past year. You have more free time and space that allows you to explore and will make for a happier you and better times for the people you care for. Some physical exercise involving stretching and extending the limbs will help in relieving the tensions you've garnered by "holding it all in" this winter. As you get more relaxed, so do your situations, apply more meditation and prayer in your daily routine.

**CAPRICORN:** Dec. 22-Jan. 20: You understand rules, "this is how it should be" and "this is how one should act" is your mottos. You need to take into account that not everyone agrees with a black and white set of rules and that grey areas, especially in human relationships, are also valid. Rather than feeling hurt when someone breaks your sense of order, try to see the situation from their perspective-if you don't know what that is, ask them. Seek guidance from God to help you understand where they are coming from. By doing this, you'll get yourself out of a lot of mental jams because what you may have assumed to be true more than likely isn't.

**AQUARIUS:** Jan. 21-Feb. 19: The coming year will bring spiritual progress, expect to experience success in all of your endeavors. Your existing responsibilities limits your freedom, until the principals are applied. Friction with spouse is not ruled out in case he/she is averse to change. This could be a challenging time for your relationship, but patient and receptive to advice from your Sponsor as a lot of good may come out of it.

**PISCES:** Feb. 20-March 21: Straighten out your relationships this year, and give priority to your emotional well-being and stability. Once this has been handled well, other challenges in life can be handled with greater proficiency. Work pressures may intensify as the year progresses and it may affect the quality of interactions with loved ones. Some events may occur that disturb your equilibrium at work. The ideal way to deal with such issues is to ask your higher power to help you find the answers.

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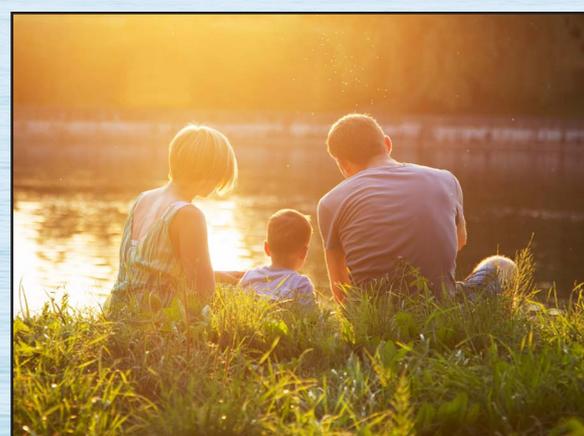
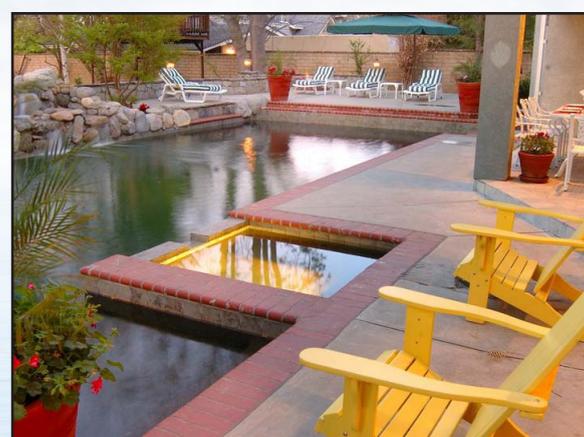
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