

September 2016

KEYS TO RECOVERY — **NEWSPAPER, INC.** —

**Why Everybody
Tries to Control
Everything,
And How We
Can Stop IT!**



written by: Steve Hauptman

Based on the book: *Monkey Traps:
Why Everybody Tries to Control Everything
and How we can Stop*

Ego & Soul
Page 4

**Realizing Your
Dreams**
Page 7

**Forgiveness vs
Reconciliation**
Page 10



**PURE RECOVERY
CALIFORNIA**

www.PureRecoveryCA.com

SPECIALIZING IN
PURE HOLISTIC, ORGANIC
& PERSONALIZED TREATMENT
FOR ADDICTION,
CHRONIC PAIN, BRAIN INJURY &
STATE OF THE ART BRAIN TREATMENT

All Levels of Care
IOP on the Marina

Recovery is just a phone call away

800.714.0340



The Joint Commission
Gold Seal of Approval



We Accept Most
Major Insurances

- Confidential Assessment
- Insurance Verification
- Financing Options

Kool Living RECOVERY CENTER

Your Needs Come First

Kool Living Recovery Center is a fully
Licensed Detox and Residential Treatment
Facility in Southern California

**NOW OPEN - Kool Recovery Intensive Out Patient Center
serving the Mission Viejo community,
26421 Crown Valley Parkway, Ste 200, Mission Viejo, California**

www.KoolRecovery.com

YOUR ROAD TO RECOVERY

Starts Here

866-921-8893

Contents

Editors Column	Page 3	Beth Dewey-Stern
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Marilyn L. Davis
Ask Dr. Nita	Page 6	Nita Vallens
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Wendy Adamson
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Randy Boyd
Quit to Win	Page 11	Catherine Lyon
Control	Page 12	Steve Hauptman
Book Reviews	Page 14	The Crew
Fit This in Your Recovery	Page 15	Sam Usher
Events	Page 16	
Healing The Family	Page 17	Dano Goldman
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	
Sober Scopes	Page 22	Marcus M

Contributors

Jeannie Rabb-Marshall - President & Cofounder
Marcus Marshall - Vice President & Cofounder
Beth Dewey-Stern - C.E.O. & Cofounder
Staff Photographer - Shalimar Cambria
Graphic Designers - J Rabb-Marshall
Outreach Directors - Peggy Salazar & Judy Gavin
Cover Photo: © Bizipix | Dreamstime.com

Editorial Contributors: • Beth Dewey-Stern • Mary Cook, M.A., R.A.S. • Marilyn L. Davis • Nita Vallens • Jenni Schaefer • Wendy Adamson • Rudy & Kelly Castro • Randy Boyd • Catherine Townsend-Lyon • Steve Hauptman • Marcus Marshall • Peggy Salazar • Sam Usher, LAADC, CEAP. • Dano Goldman, CADC-II, ICDAC.

About Us

Advertising Rates - page 19
Distribution Information - page 19

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

Sarah Marie House
UPSCALE
SAFE & SUPPORTIVE SOBER LIVINGS
Gender Specific - Men & Women
South Bay, California

CALL NOW **310.699.4750**

www.SarahMarieHouse.com

- blocks from Old Torrance
- easy access to the 405 & 110 freeways
- 15 minutes from the beach
- home situated on a 1/2 acre
- walking distance to AA clubhouse





Hi Everyone,

It feels like a lifetime since I last wrote the editor's column. Life has definitely been in session.

I am approaching another sober birthday and I always get a little squirrely right before that landmark. It's a time of reflection for me. This year has brought me many gifts, and many lessons, some easier than others, I must say. The biggest lesson for me is control (or lack of it).

The official definition of CONTROL

con-trol (kən-trōl/) noun: control

1. The power to influence or direct people's behavior or the course of events.

As a child growing up in an alcoholic home, life always felt out of control. Never knowing what I was going to walk into, or what was going to take place that evening. Then my own addiction kicked in, and I was soon trying to control my emotions and feelings, with drugs and alcohol, some uppers, downers, and if they made them, in betweeners..lol. Whatever I could take to get comfortable in my skin and surroundings. I was just trying to survive.

So in recovery, one of my biggest character defects has been the need for control (which I don't have, to begin with) over the big things, like romance, finance, and health issues. I become almost obsessive over it. Playing and replaying in my head how I can fix it. If it was just this one way, "the way I think it should be", I would be happy, more comfortable. I call it crazy making. This is self will run riot...for sure.

They discuss this in the Big Book. "An actor who wants to run the whole show", yup that's me! And what happens, the show doesn't come off very well and, I begin to think life doesn't treat me right! Control is also a result of being attached to a specific outcome, an outcome we are sure is best for us. As if we always know what is best for us. Right?!

I remember being told in early sobriety the difference between my will and God's will is, my will hurts. It's a struggle. One of my sponsors explained it's like rowing a boat. My will is, I am in a boat rowing against the stream, struggling the whole way up. God's will is, I am in my boat, row, row, row your boat gently down the stream, singing merrily, merrily life is but a dream.

In my recovery, every time I didn't get what I want or what I thought I needed, God put something better in it's place. That's one of the things time gives us in the program. The ability to look back and see how God was working in my life, when I thought everything was falling apart.

What have I learned this year? That I can't control everything. There is a saying "Relax, nothing is in your control" that sums it up. I am learning that all the stress and worrying is a worthless expense of energy and time.

In the end everything falls into place and works itself out, as if by magic (higher power) without me going insane trying to control it. How do I do this you ask? Surrender. Surrender is complete acceptance of what is and faith that all is well even without my input.

Surrender also means stop fighting. Stop fighting myself, the universe, and the natural flow of things. Stop resisting and pushing against reality. I do this by practicing the 3rd step. I live in God's will. Relinquishing control is as rewarding and as powerful as taking control. Consciously shifting into surrender.

"Life is a balance between what we can control and what we cannot. I am learning to live between effort and surrender." Danielle Orner

Until next time, Beth



Los Angeles Personal Injury Attorneys

At the Law Offices of Lee Arter, we have handled more than 11,000 cases and won over \$100 million for victims of negligence.

Our clients are individuals not large class action suits

- A law firm with a true record of success
- The Experience to handle the toughest cases
- Our lawyers have decades of experience
- Serving The Latin Community



We handle

- Motor Vehicle Accidents
- Premises Liability
- Construction Accidents
- Dog Bites
- Serious Injuries
- Claims against Government Entities
- Insurance Bad Faith

toll-free 800-799-9999

Five locations throughout California to serve you.

www.LawyerLee.com

TRUE INTENTIONS
Under New Management

Call Now **818.292.9800**
www.TrueIntentionsSoberLiving.com



TRUE INTENTIONS Sober Home provides a safe environment, free of alcohol & drugs.

Our Intentions are to assist each client in their journey of recovery, in the hope they will find their authentic self and discover their purpose in life. Sobriety is a gift that we wish all will experience.



Located in Tarzana, California

- On site Manager
- Heated Outdoor Pool
- 12-Step Meetings
- Work closely with IOP & Treatment Centers
- Pet Friendly
- Refuge Recovery
- Meditation Meetings
- Jacuzzis in some Suites
- Private & Semi-Private Rooms



Member in Good Standing of
the Sober Living Coalitions



PRIMARY PURPOSE HOMES

Substance-Free Homes since 2002

Affordable & Truly Substance Free

We encourage responsibility for your own recovery. Our guests must work, attend school, volunteer in the community, or be active in an outpatient program. We do random drug & alcohol testing. Our homes are clean and beautifully decorated. We require being active in a 12-Step Fellowship.



Because our Primary Purpose is to help you stay sober.



CALIFORNIA

Valley Glen
N. Hollywood
Van Nuys

TEXAS

Lewisville
Euless
Grapevine I & II
Arlington

www.PrimaryPurposeHomes.com

California

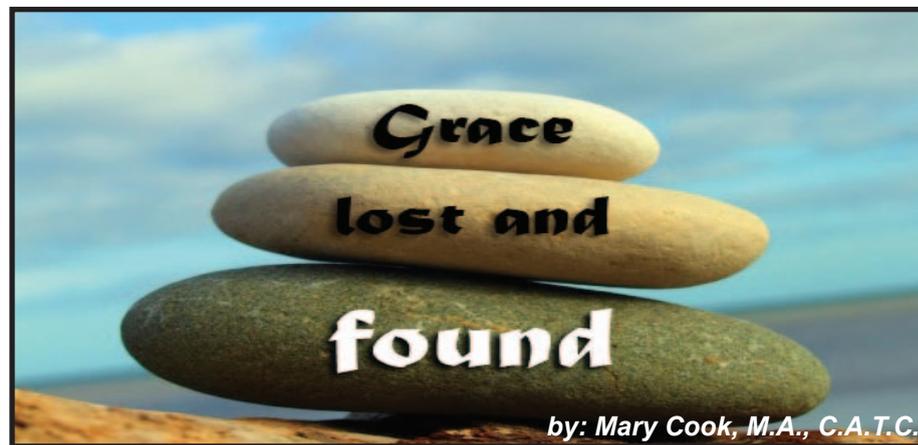
Texas

(818) 612-1439

(972) 821-9550

email: Marianne@primaryp.com

email: daniela@primaryp.com



by: Mary Cook, M.A., C.A.T.C.

EGO AND SOUL

The flowers' face turns easily and effortlessly to the sun, thereby receiving warmth, nourishment and strength. God sends love and light to all of us, saint and sociopath, wise and foolish, without discrimination. Just as there are barriers to the sun, which prevent plants from receiving its rays, we have obstacles in ourselves and in our lives, which disturb conscious awareness of God's gifts to us. Problems and pain arise when the flow of divine love is blocked. Significant interactions, especially in childhood, that fail to actively demonstrate spirituality, trigger self-doubt and unworthiness. Patterns internalized in early life tend to be repeated over time and varied situations. These reinforcing experiences can lead us further away from our heavenly heritage, and toward a search for fulfillment in areas that will ultimately betray us and leave us feeling empty.

We are tempted by what promises quick, easy "fixes" for pain, problems and lack of purpose. We are easily addicted to alcohol and other drugs, sugary, salty and fatty foods, compulsive shopping, sex and gambling, mania, money, numbing, power, prestige and violence. Our focus is on our five senses, our ego personality, and a society that disguises abuse, cruelty, dishonesty, greed and exploitation of the earth and its inhabitants, as progress, efficiency and ironically the improvement of mankind.

And yet, as human beings, we commonly devalue, exploit and waste what we acquire in abundance or never use. Perhaps to fully appreciate and demonstrate the highest love in this life, we must experience specific challenges, obstacles and even traumas, before reclaiming the treasure of divinity within us. Sufficient negative personal experience and significant pain is generally required before we re-consider who we are and how we are living. Habits and defenses that offer even the illusion of temporary comfort, are generally not abandoned without a long and difficult struggle. Given these factors, perhaps pain, problems, and the betrayal of all of the habits that we believed would help us, are needed to ultimately motivate us to align with our spiritual being.

We can ask ourselves in any moment of action, feeling, speech or thought, if we are coming from our ego or our soul. The answer is easy to discern. The ego's cravings are constant, while soul is in a state of grace and fulfillment. Ego attempts to conquer, and creates chaos, conflicts, confusion and division. Soul is profoundly peaceful, loving, understanding and wise. The ego uses anger and fear to amplify selfishness and willfulness. Soul uses gentleness, gratitude, humility and open-mindedness to enlarge its giving. Ego nurses pride to hide self-hate and dwells in self-pity to avoid accountability. Soul does not judge us and reminds us that errors are to be used as opportunities for learning, healing and growth. Ego blames, condemns and hates. Soul tells us that there is really nothing to defend or struggle against. We can learn from the consequences of our decisions and actions, what it is that promotes emotional, mental and physical well being. Negative energies take us further from our divine essence and positive energies bring us closer. We have free will to choose our path and change our path at any time. Ego uses the mind to give us worldly knowledge for this life. Soul uses the heart to help us understand higher truths, which give us the keys to Heaven.

We can use our daily experiences to become more mindful of our internal state and of what we are learning in our environment. Prayer, meditation and loving kindness can help us to integrate this life with our soul's purpose. The more we focus on that which keeps us aligned with God, and actively demonstrate spiritual principles, the more of Heaven we bring to earth. Being a positive example of a human being is not easy or effortless. Yet our evolution and flowering is worth the time and devotion. We must identify all of the ways in which we keep ourselves in shadows, and one by one, remove these obstacles to our enlightenment. The more darkness we surrender, the more we feel divine warmth, nourishment and strength flowing through us. An abundance of blessings awaits us as we increasingly open our hearts to the loving spirit of God within us and within everything around us.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 40 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com



- > Complete Sub-Acute Medical Detox Services
- > Medical, Holistic, Nutritional & Spiritual Components
- > An Exquisite & Private West LA Residence
- > Utilizing RN and EMT Level Clinical Support Teams
- > Most PPO Insurance Plans Accepted
- > NOT Just Another Detox - A Launching Pad Into Recovery!



(844) 46-REVIVE

(844) 467-3848

West Los Angeles, CA





SAME ROAD - WHERE ELSE CAN IT GO?

Most of us spend our lives travelling the same paths. We go about our daily lives taking the identical directions each time; then we lament when we get to the end of the road that we have often just gone round in a circle, ending up where we started wondering how it got so bad. But that's the cycle of addiction. Addiction is all about us; it is our needs, our wants, and our priorities. Addiction robs us of the opportunities to be a better person. Addiction makes us wonder how we got so lost so fast. Addiction is the never-ending circle, cycle or dead end.

Rather than be trapped in the loop of addiction, travel that road again and see what you missed on the first trip. In our recovery, we purposefully make a return trip on our familiar road, which gives us the opportunity to stop and acknowledge all the times that we bypassed something just to get on with using.

We have to stop long enough to ask ourselves, "What did we miss on the road in our haste to get high"? It is time to reflect on all the missed opportunities, the times we were too busy for our families, the times that we operated from character defects rather than spiritual principles.

Too often in early recovery, we assume that we will not have to travel that road again. We think we have left our troubles and problems behind us. There is some truth to this assumption. We are no longer using drugs and alcohol, yet we still have the wreckage of our past, strewn along the roadside. Also, there were other lessons along that highway that we failed to learn in our haste to use.

In recovery, we have an opportunity to see the needs, problems and troubles of others - what about the friend who could use our help with cleaning gutters, or the neighbor struggling to take groceries into the house. Could we help them?

We now have time to give our co-workers a shoulder to cry on, a kind word, or acknowledgement of a job well done. Could our family use more of our support in their recovery? We are not the only ones that need a recovery supportive meeting. Do we share what has worked for us with others? Not for the praise on our good advice, but for the payback to someone who helped us? Do we put money in the basket so that others may have a place to meet? Traveling that highway again, we begin to see that others are important. We stop long enough to see them, help them, and interact with our fellow travelers, and we begin to view these stops as part of our healing and spiritual growth.

Recovery is about considering the other person. Therefore, if we did not travel that road again, we would not have the opportunity to revisit all of those people that we took for granted, used, or harmed.

In addition to the summary quote, Anthony Kiedis wrote, "That's a spiritual lifestyle, being willing to admit that you don't know everything and that you were wrong about some things." If we reflect on our journey through life in our addiction, we realize that we created chaos, caused harm, and did damage. While we can create the illusion of leaving it all behind, without travelling that road again and repairing the damage, we cannot grow spiritually. But by acknowledging our wrongs, taking responsibility for our actions and then making amends, we repair the damage.

Most of us have strained relationships with family, friends, and employers. We lied to them, often stole from them, and for many of us, these relationships are damaged. When we make changes in our recovery and return to these individuals, we have the opportunity to interact with people on a different footing. We can now arrange to pay them back, start keeping promises, and quit manipulating them for self-serving gains. Therefore, we revisit these relationships in recovery and let them see the changes we have made in our lives.

When we face our fears and go to people to make amends, they often come away with a different perception of us, one based on our newest actions, not just our addiction and shortcomings. Making amends gives them and us an opportunity to have better memories of our interactions with them.

Travelling that road again, we see all the blessings and opportunities we missed in our use. We are fortunate that we have a second chance to travel that road again. When we revisit individuals with the purpose of making amends, we discover that many of them are still supportive of us, even though our actions angered them. Without making the trip again, we can create the illusion that we've moved forward in our lives. Many will still have guilt, remorse, and regrets. We know we missed something when we hurriedly traveled the road before. In recovery, we backtrack on the road to find those people that we owe an amends to, and we willingly and gratefully participate in the experience. We understand that travelling the road again will give us spiritual lessons.

I have been down that road in my addiction and retraced my journey in my recovery. Some people were no longer here to make amends to; they had died from their addictions. Others wanted nothing to do with me even in my recovery. Some have come around over time. Others I never could find. Take this opportunity today to look in the metaphorical rear view mirror. See that road you've travelled? What did you miss because of your addiction? Is there a person back there that you need to revisit? Thankfully, recovery allows you to travel that road twice.

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



POLARIS

TEEN CENTER

COMPREHENSIVE ADOLESCENT RESIDENTIAL TREATMENT CENTER



- Insurance accepted
- Primary Mental Health
- Customized Treatment Planning
- Integrated Family Programming
- Innovative Therapeutic Strategies
- Located in Encino, Los Angeles

www.polaristeen.com (818) 616-8650



A Better Way to a

Better Life

Sovereign Health Group provides innovative behavioral health treatment for patients and their families dealing with: mental health, addiction/dual diagnosis and eating disorders. Our individualized care includes cognitive remediation and gender-specific treatment for adolescents and adults as well as a recovery management program following discharge.

TREATMENT SERVICES

- Mental Health
- Substance Abuse
- Dual Diagnosis
- Eating Disorders
- Cognitive Remediation

National Treatment Locations • 24/7 Helpline
866.793.2298 • www.sovhealth.com

THE VILLA
ANGEL VILLA SOBER LIVING

Providing Quality Sober Living Homes Since 1997

Beautiful Encino Estate
 Structured Sober Living
 Luxury Accommodations
 with all the amenities.

12 Step Support Groups
 Alumni Program
 Pet Friendly
 24 Hour On Site Staff



Discreet addiction treatment
 and aftercare services. Direct
 connection to local treatment
 & recovery experts.



NOW IOP center in Sherman Oaks

Call Now 818-571-8946

www.AngelVillaSoberLiving.com

Ask Dr. Nita



by: Nita Vallens

Dear Dr. Nita,
 I'm afraid I'm failing in sobriety with all my fears and concerns about going to summer parties, and not being able to drink and eat like other people. I just don't know who I am in sobriety, and wonder if I'll get through - I have 2 1/2 years, and I'm just plain scared.

Angel

Dear Angel,

I'm so glad you wrote to talk about fear as it can be very debilitating, and stop us from doing the things we want to do. Let's look at when fear is useful and when it is not and how to learn the difference. Our brains are hardwired to keep us safe and I'm sure you have heard or read about the nervous system's response of fight, flight or freeze - the response we have when we are threatened by physical danger - our own protective mechanism within that takes over to protect us.

However, our uncomfortable feelings about a situation which isn't physically threatening may begin to cause a cascade of negative thoughts about a situation, which can trigger our own fear or anxiety. Thus, going on alert and triggering that same fight, flight or freeze response, our escalating thoughts trigger the body to take over. For example, fear of change, a sudden loud noise or disturbance, or news about someone's death or illness.

Then, the body's stress hormones, adrenalin and cortisol, begin their cascade through the body and we are off and running. But what if we stand still and face the situation, the thought or the fear itself and process what's going on? Then we can learn from it, and recognize this trigger in the future.

Fear makes us alert to danger; it even helps guide our decision-making process. But too much fear can be paralyzing in life and, in addiction recovery, can be a precursor to relapse. If we learn to use mindfulness techniques such as meditation and self-hypnosis (which I teach), this helps dissipate fear by keeping us in the moment. Fear is really fear of the future - which is not here yet.

Here are some common fears in recovery:

1) Fear of being and staying sober: sounds odd but your defenses of using drugs and alcohol are now replaced (hopefully) with tools to remain clean and sober.

Will you be able to sustain using the new tools? Let yourself feel the fear and stay in your rehab facility, 12 step group, or sober living. Stay engaged with your sponsor, and other people in recovery and don't hesitate to use outside resources such as therapy, counseling or another health care practitioner.

2) Fear of Failure or Fear of Success: if you don't achieve what you are trying to do - goals in life or in your sobriety per se, don't beat yourself up or get discouraged. If you tend to be a perfectionist or have trouble trying new things, be patient and loving with yourself. Many people say that relapse is part of the recovery process but there are also people who don't relapse. However, if you have relapsed, you can still recover - millions of people have done so!

When it comes to fear of success, many of us are working to get over low self worth, low self esteem and a habit of letting fear and doubt stop us in our tracks. Let yourself be okay with mistakes from the past knowing you are going forward with all of your new tools; the 12 steps, your new support network, journaling and meditating, to name a few.

Be with your fear and breathe through it without resisting it or trying to make it go away. Change your focus - let yourself be in the present moment. There are many tools for this - please call me and I will guide you to some!!

Warmest regards,
 Dr. Nita

Dr. Nita Vallens is a licensed psychotherapist (LMFT) in Sherman Oaks. For consultation and appointments call 818.783.6258. Career testing is also available, call for information. You can hear Dr. Nita on the radio on Tuesdays @ 1:00 PT on KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org (FREE podcasts on the Audio Archive link)

Sober Water - Mints - Candles - Meeting Coffee - Mugs - Greeting cards - Meeting Chips - Medallions - Medallion Holders - Plaques - T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Book covers - Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs

MY 12 STEP STORE.COM
 Recovery gifts InStyle!

WE SHIP TO THE WORLD!
 visit us online or in-store
 My 12 Step Store
 8730 SANTA MONICA BLVD
 WEST HOLLYWOOD CA 90069
 310 623 1702

got 12



by: Jenni Schaefer

IS THERE A GUITAR IN YOUR CLOSET? REALIZING YOUR DREAMS

I bought a guitar in high school. At the time, I was struggling with an eating disorder and its various underlying issues, including high anxiety and perfectionism. Needless to say, I did not learn how to play that instrument. Instead, I shoved the guitar into the back of my closet where it lived for almost twenty years.

Malnutrition prevented me from having the physical strength and energy to press the strings down on the guitar. And perfectionism told me that if you can't perform perfectly, don't do it at all. Since playing the guitar is fun, I also had trouble with that aspect of making music. In those days, I restricted fun (and life in general) in the same way that I limited my food intake.

Anxiety and related fears made me wonder, "Is playing the guitar even possible for me?" Unfortunately, I decided that it is easier not to try than to fail. What I know now is that life is all about doing the impossible. As toddlers, I am sure we all thought that walking upright on two legs just wasn't in the cards for us. It probably seemed too difficult. But none of us are still crawling around on all fours to get from one place to another. We did the impossible!

Is there a guitar in your closet? I am not talking about an actual instrument. I am referring to a deep desire, an unlivd dream, or maybe an uncovered passion. Like dusty guitars, our hopes and aspirations tend to get shoved into the back of closets.

Time and time again, eating disorders and addictions get in the way of these life goals. In order to heal and to get my life back, I first had to make recovery a priority. After years of sweat, hard work, and simultaneous letting go, I finally found freedom. Happily, I discovered that when you add recovery to a guitar, you get a guitar player!

Of course, playing my guitar took more than just recovering from my eating disorder. Recovery did give me a solid ground to do it though. Ultimately, I had to open that closet door. In the beginning, I simply set the guitar on a stand in my living room where it became a lovely piece of room décor for a year or so. This might not sound like much progress, but it was for me. Finally, I was acknowledging my passion. I was facing my fear and setting an intention.

Action came next - I held the guitar in my arms. I signed up for lessons. My instructor advised me to practice every day, and I immediately thought that I was too busy for that kind of daily routine. But she continued to say that all I had to do was strum at least one chord each day. Even if I only played for one minute a day, she said that I would reap benefits. I was surprised to discover that she was right. We can actually get a lot done in one minute. One minute a day adds up to six hours in a year. In my case, that equaled six more hours than I had been practicing the year before. Never forget the slogan: progress, not perfection.

We often believe "I am too old" for this or that. But are we? At age fifteen, I thought that I was already too old to learn how to play a new instrument. In my mind, I had deciphered that it would take ten years before I could play fluently.

The truth is that I learned a simple song during my first lesson. Even if it had taken ten years, by age twenty-five, I would have been playing all kinds of songs with ease. Instead, in my mid-twenties, my guitar simply had lots of dust on it. I recently met a ninety-year-old woman who just started taking piano lessons. A friend who never thought she could be a mom recently adopted a baby girl. Many of my colleagues switched gears and entered brand new careers after age fifty. We are never too old to dream.

One more hurdle to fulfilling our desires can be obsessive preparation. I started playing my guitar well before I had solidified a plan regarding what I was actually trying to accomplish as a musician. We frequently put off doing something, because we are "getting ready." While preparation is necessary, it can hinder us when it becomes an excuse for not taking real action. Sometimes, we do, in fact, have to "just do it" before we have everything mapped out. We can figure it out along the way.

Is there a guitar in your closet? Maybe you have an actual instrument that you want to learn how to play. Or maybe you want to get more connected spiritually, go back to school, or even write a book. Nothing changes if nothing changes.

So, start changing. You, too, will be playing a song in no time!

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 EatingRecovery.com/Jenni and JenniSchaefer.com.



NOW OPEN!

Resolve
RECOVERY

Growth, health and independence for women



Your addiction has cost you everything.
Your treatment shouldn't have to.
We're here for you every step of the way.

Call Now 888.705.9930

- Affordable, high quality and accredited program
- Services specially designed for women
- Detoxification and residential treatment
- Centrally located in the heart of Hollywood
- Most HMO and PPO insurance accepted. Payment options available.



resolvereccovery.org

Does someone you love suffer
with a drug or alcohol problem?

Call ParentTeam today.
(714) 352-5987

We understand and are here to help.

ParentTeam is a professional team of certified interventionists, sober coaches, and treatment specialists.

- Nationwide network of trusted facilities
- Urgency, compassion, confidential, and no cost
- A loving support network of parents helping parents and their families dealing with the crisis of substance abuse
- Empowering families & friends for 16 years

Let us help you
find the best treatment
option available.

Parent
Team

www.ParentTeam.com
info@ParentTeam.com

Miracles in Action Intensive Outpatient Treatment Center

We understand that you may need a support system.



We Accept Most Insurances

Our Doctors, Psychiatrists, Therapist and Counselors are trained to specialize in:

- Substance Abuse
- Anxiety Disorders
- Co-Dependency
- Eating Disorders
- Dual-Diagnosis
- PTSD and Trauma
- Bi-Polar

290 East Verdugo Ave. #105, Burbank, CA 91502

CALL TODAY for a Consultation **818-429-9103**

Miracles in Action Sober Living At It's Finest

We provide a smooth integration into a twelve step lifestyle. Miracles in Action is dedicated to helping you maintain your sobriety in a safe, comfortable and drug/alcohol free environment in beautiful Glendale, California. We provide food, transportation to 12 step meeting as well as many other sober events!



Members of the Los Angeles County Sober Living Coalition

www.MiraclesinAction.info

TELESIS RECOVERY HOUSE

SOBER LIVING is excited to announce that we are hosting a house warming barbecue and pool party for those interested in viewing our sober living home! Free Food • Music • Games • Swimming • Networking.
18612 Rocosco Place,
Tarzana, CA 91356



Saturday • 12 pm
Sept. 10th



For More Info Call
818.578.3983



www.TelesisRecoveryHouse.com

Freedom from Bondage

by: Wendy Adamson

THE BAND IS BACK TOGETHER

Early friendships can provide the core of what you will need later in adulthood, which is connection, a shared sense of history, and sometimes a relief that you actually survived those tumultuous teenage years. This indeed, is the case for Michelle Butler and Ai Kusuhara, who have been friends for over twenty-five years.

To understand the incredible bond these two women have, we'd have to go back to when Ai and Michelle were thirteen years old sitting across from each other in a history class in San Fernando Valley. It was 1991, a time when most girls their age were swooning over The New Kids on The Block. But when Ai dropped a music cassette on the floor in class and Michelle leaned over to pick it up, she couldn't believe that there was someone in the world, who liked the raw and angry sound of the band, Faith No More, as well.

"Do you like the song Zombie Eaters?" Michelle whispered, across the aisle.

"I love Zombie Eaters," Ai replied, with a smile.

That was pretty much it. Their friendship was sealed, and partly because no one else listened to weird, edgy rock at the uppity catholic school they were attending at the time.

"I found in Michelle, a friend who I could be my true self with," Ai said.

Ai, who had been wanting to learn how to play the drums ever since she was twelve years old, wasn't allowed to because they were too loud. Instead, her parents bought her an acoustic guitar and provided lessons as well. As Ai learned how to play the guitar she soon found herself writing her own songs. But Ai was way too shy and didn't have the courage to sing her songs out loud.

Shortly after, the two of them were hanging out, when Ai heard Michelle in an argument with her mom. Wow, she can really project her voice. Impressed, Ai asked if she'd consider being the lead singer in a band. Even though Michelle had never sung or performed before, without skipping a beat, she said yes and that's how their band, Chromosome Tea, came to be.

Suddenly, the two of them became absorbed in music as they wrote and played songs together. While Ai would come up with the chord progressions, Michelle took on the lyrics and melody. With a bass player and drummer in place, Chromosome Tea started booking gigs all over Los Angeles. They were known for their ability to deliver simple, infectious songs while their on-stage presence had immense appeal.

During this time, Michelle, who had been struggling with perfectionism, anxiety and family problems found relief through food and eventually drug use. While Ai, who had been holding it all together on the outside, was dealing with her own family struggles as well. Without the tools she needed to express how she really felt, Ai started cutting herself to relieve some of her internal pain.

The band was the only place where they were able to be themselves, and they both claim music saved their lives.

Their paths continued to intersect, as Ai and Michelle played music together through their college years, becoming roommates and working at a radio station together as well.

By her early twenties, Michelle's substance abuse escalated. Everyone around her became deeply concerned. One day Michelle called Ai, saying she needed her help. Ai, was there for Michelle through her early recovery and as a result, Ai found her own healing from cutting and depression as well.

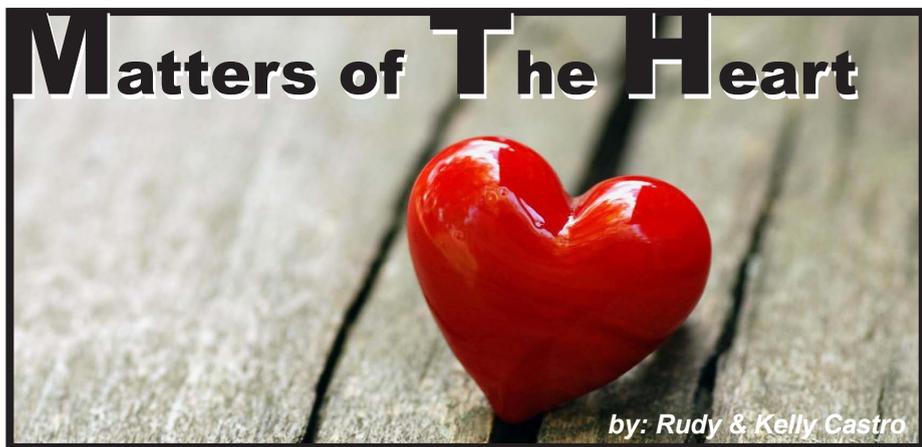
This is where the story takes a completely different turn. I'm thrilled to report, the band is back together, only this time they are singing a different song. After doing intense, emotional work on herself, Michelle returned to school to become a Psychologist and soon after that, Ai was back getting her masters in Psychology too.

Currently, Ai and Michelle work at a residential treatment program that helps adolescents who are struggling with mental health issues. But what qualifies them for the job, besides the education, is they have a deep well of experience and empathy of their own to share, and as a result the kids are able to relate.

After all is said and done, I think Michelle and Ai would agree, it was their friendship, as well as the music, that saved both their lives.

Wendy Adamson is a writer with articles published in *The Fix.com*, *Singular Magazine* and she is regular contributor for *The Huffington Post*. With over 22 years sober, Wendy currently works as an outreach coordinator at *Polaris Teen Center*, a treatment center for adolescents dealing with mental health issues. In her free time she assists her son with *Hav A Sole*, a non-profit that delivers shoes to homeless and at-risk youth.





GIVING UP OLD GROOVES

Welcome to September :) The month of back to school, normal routine, and re-acclimation. For families across the nation this is the season of getting back into the groove. Sounds comforting, doesn't it? Getting into the groove...However, getting into grooves may be costing us much more than we are aware of. They could in fact be costing our vitality, possibility, and joy.

For many of us in recovery, it will be important to address how impacted the nervous system has been. We have lived in a state of fight, flight, or freeze. We have recreated relationships, experiences, and ways of being that generate chaos. It could be very tempting to blame outside circumstances, or other people for this chaos. It could also be very tempting to look to others to solve this problem for us. Neither one of those positions will cause us to change, unless of course holding onto them creates enough suffering that we eventually become willing to do the work.

Let's talk about some of this work. We can give great acknowledgment to the 12 steps. These steps are practiced in over a hundred different 12-step communities. In our own recovery, we both are grateful members of four of these programs. On bad days, we feel self pity and think "This is so hard! Why didn't my parents work this stuff out? Why do I have to do all this work?" On good days we feel super empowered, and blessed to be such courageous warriors on this spiritual journey. We get to be the ones to go first, and the transformation we create produces a tremendous ripple effect. We are literally breaking the chains of inherited dysfunction. The 12 steps help build a solid foundation, which enables us to set forth on this extraordinary adventure.

Our core beliefs don't just magically appear in our lives. It usually is a process of generations of experiences, thoughts, and dynamics of family survival. These beliefs take time to uncover, discover, and discard like a spiritual diver into the abyss of your soul. One way to begin this journey is to examine our daily thoughts. You may be familiar with the saying "stinking thinking" or the "committee in my head". We like to hold personal responsibility to these thoughts. Many of them are special and unique to our own "family groove", the way in which our families can go into autopilot in thought and belief. That grooviness certainly gets passed on to us.

Some of these grooves we can be very grateful for. By all means, we want you to hold onto the ones that support you in your path of love and service. The ones we would love for you to consider giving up, are the ones that have been formed by fear. There are many great acronyms for fear, and two of our favorites are; False Evidence Appearing Real, and Future Events Already Ruined. We can, in fact, become addicted to the experience of getting high on our own biochemistry, especially if we have experienced trauma. Those of us in recovery typically have, and those experiences may alter the way we see reality. We have extraordinary imaginations, and they can work against us in effort to generate scary stories.

The bottom line is this, our nervous system is going to seek out environments, relationships, and situations that feel familiar, even if they are harmful. Our opportunity is to re-wire that entire system to feel safe, relaxed, and comfortable in peace. This requires work, and if it were easy everyone would be doing it. However, it is possible, and worth it. We get to re-create our lives in recovery one day at a time. If either one of us would have known the magic that we were going to experience on this path, we may not have been so resistant to the change.

This week was a perfect example of how we got to practice these principles in our current affairs. Three months ago we set the intention to travel internationally. We booked our appointment, took our kids to get our passports. Manifestation was in motion. A month later, after a series of events we were invited for an opportunity to purchase a timeshare. During the pitch, we stayed open-minded despite our initial hesitation. We consciously looked for a spiritual opportunity, and as they asked us to take stock of our vacation history it became apparent to us that we had been greatly depriving ourselves of having fun, and creating joyful travel. In that moment, we committed to purchasing a timeshare for the purpose of intentional FUN. We were absolutely terrified, but felt deeply that it was about something much greater.

Following this, the momentum of manifestation continued. Within another 30 days, our family booked a commercial for Royal Caribbean Cruises. We were going to be paid to go on an all expense paid, international trip to the Eastern Caribbean! How amazing!

Con't Page 18

PAX HOUSE
Where Peace Begins

Pax is the Latin word for peace, referring to a time in history marked by absence of war. In recovery, we learn to stop fighting ourselves and others. We surrender in order to end the war of addiction.

PPO Insurance accepted - find out if your treatment is covered.

Health Net UnitedHealthcare VALUEOPTIONS Cigna aetna

626-398-3897 PaxHouse.org

...your alternative to relapse!

liferestyle™

a wellness* based addiction recovery program!

310.200.7254

Paul Huljich, Founder - 18 years, no relapse!

www.LifeReStyle.org
*organic meals & natural approach

1-855-975-HELP (4357)

A STEP IN THE RIGHT DIRECTION



ADDICTION TREATMENT
LUXURY TRANSITIONAL LIVING

MOST PPO INSURANCE ACCEPTED

WHAT WE TREAT:

Addiction
Alcohol Abuse
Drug Abuse
Dual Diagnosis
Bi-Polar
Depression
Eating Disorders
PTSD/Trauma
Co-Dependency

WHAT WE OFFER:

Biopsychosocial &
Psychiatric Assessments
Treatment Planning
Relapse Prevention
Drug & Alcohol Abuse
Education
Anger Management
Nutrition Education
Couples/Group/Family &
Individual Therapy

Discharge Planning &
Aftercare Referrals

Meetings & Support
Groups

Case Management

Life Skills & Sober
Coaching

*Pet Friendly Luxury
Transitional Living*

Call us today for a consultation:

1-855-975-HELP (4357)

www.AStepintheRightDirection.com

9535 Reseda Blvd, #300, Northridge, California 91324



by: Randy Boyd

FORGIVENESS vs RECONCILIATION

In my experience, one path to true happiness and freedom is forgiveness, which is why I love writing about it. I grew up hearing, Randy you just have to forgive, forget and move on. These words only made me cringe and sent me into a fit of rage.

Today, I will tell you that, in my opinion, considering the option of forgiveness toward whoever has harmed you offers a great opportunity. That being said, its important to understand that, in my view, even once you've decided to explore it, forgiveness is a process and takes time. How much time, you ask? That depends on the individual and the depth of harm that has been inflicted on that person.

Let me be clear, I believe forgiveness is for you, not the person who hurt you. I need to really stress this because this is the biggest misconception I have found around the idea of forgiveness. It is actually a selfish act, for your benefit only.

People often confuse forgiveness with reconciliation, as if they were the same thing. They aren't. Reconciliation is the final step in the forgiveness process, but it is the "cherry on top"—an extra bonus when and if it occurs.

The space for reconciliation opens up when two people acknowledge and are able to discuss the nature of the wrongs that were done, and to be accountable and to ask for forgiveness for any harm, or at least for an opportunity to make amends. Reconciliation is wonderful when it happens, but I've found that forgiveness is too important to my peace of mind for it to be dependent on whether or not the people who caused the harm are able to admit how they wronged me.

I have rarely heard of people who behave abusively, spontaneously going to their victims and asking for forgiveness. In most cases, they blame their victims, or flat out deny that any abuse ever took place.

To this day, my mother simultaneously denies that I was abused, while stating that I was the cause of that very abuse. One of the reasons I don't usually recommend confronting the people who harmed you is, that it is unlikely that they will be healthy enough to walk the recovery path with you. On the other hand, it is unfair for your recovery to be held back by their issues. Their illness has already stolen enough of your happiness. It's time you take it back. It takes two people to reconcile, but only one to forgive.

There was a period of time when I really struggled with the concept of forgiveness versus reconciliation. While my stepfather was and had been out of my life for over thirty years, therefore making it a bit easier to forgive him, my mother was another story. Yes, I had fully forgiven her, but she was still very toxic to me. At one point she even wrote a two-page letter telling me all the ways I allowed the abuse to continue, and how I was now abusing her. This letter sent me down the rabbit hole of shame for a period of three months. It was with a lot of work with my therapist and sponsor that I was able to climb out of it.

After spending several hours with my therapist and sponsor discussing possible solutions, I made the decision to cut her out of my life. Let me be real clear, this was not an easy decision, however it was the only solution for me. However, it left me questioning my forgiveness. If I had truly forgiven her, then why was I not allowing her in my life?

Then one night in church, a guest pastor, Papa Brock, was preaching about forgiveness. I remember it as if he were singling me out. "Hear me and understand me," he said. "Forgiveness does not mean that the person you forgive will ever be allowed in your life again. Forgiveness does not mean that you will ever have a relationship with that person again. That person hurt you, and hurt you deeply."

What a relief it was to hear those words. I had been struggling with that issue for years, but the struggle came to an end that night.

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, 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* (Available at Amazon.com). His blogs are featured regularly on the 1:6/Joyful Heart Foundation website. Contact Randy at (760) 702-5498, www.courageoushealers.org. or email: courageoushealers@gmail.com



C4 RECOVERY SOLUTIONS
CONFERCING

JOIN US AT THESE UPCOMING
C4 CONFERCING EVENTS

axis

Addiction eXecutives Industry Summit
NAPLES, FL // JANUARY 29 - FEBRUARY 1, 2017

wcsad

West Coast Symposium on Addictive Disorders
LA QUINTA, CA // JUNE 1-4, 2017

core

Clinical Overview of the Recovery Experience
AMELIA ISLAND, FL // JULY 16-19, 2017

ccsad

Cape Cod Symposium on Addictive Disorders
HYANNIS, MA // SEPTEMBER 14-17, 2017

www.C4conferencing.com





by: Catherine Townsend-Lyon

CONSEQUENCES, ACCOUNTABILITY & FREEDOM

I will never forget the day I was sitting in jail, on a cold piece of concrete bench feeling sick to my stomach. I was waiting to be booked and finger printed by our local police. I could not believe I was here. I could not believe my addicted thinking and poor choice got me here. The shame and embarrassment I will never forget."

That was me back in Sept 2006. I wanted to share a little about the damages and consequences many of us face when we were deep within our addictions, or like me, just have more recovery work to do. One of those can be losing your freedom due to jail, criminal records or doing jail or prison time. I had visited a friend's blog this morning, and he had just been released from prison five days ago. I have followed some of his journey on his recovery blog while he was there. And I can tell you; there is nothing worse than having your freedoms of life taken away from you.

See I know this first hand as I had this happen myself, just no prison time. In 2006 I made the poor choice to steal from someone due to financial problems of my own. This person filed charges, by which she had every right to do. I was arrested at my home, taken to jail, booked, and then released due to never having a criminal record. Talk about shame and embarrassment. It was the lowest point in my life besides my two failed suicide attempts. I was living in Oregon at the time, in a small community, so everyone, of course, read about it in our local newspaper.

I had spent over 20 years in the banking field, so I knew many people and business people in my town. So it was again pretty embarrassing to know they all may have read about my downfall, and seen my name in our local newspaper.

FREEDOM, ARE YOU HEARING ME? GET YOUR FREEDOM BACK!

Now my friend who just got out of prison was talking about how he was becoming addicted to his tech stuff. His cell phone, the internet and social media, and how much had changed just in the seven years that he was away in prison. I SO understood what my friend, fresh out of prison was feeling and going through. I'm addicted to the same, but I have chosen to be addicted to social media and the internet for two excellent reasons, and these reasons are blessings of my hard work in recovery and given from my higher power.

I use them for my recovery to help others and share hope in recovery, inform and educate others about gambling addiction, alcohol abuse, and more, as I blog my recovery journey. I also use it for my home business as a book promoter.

I chose to steal from someone while I cleaned her home. It is all in my book. I was arrested, charged, given two-years probation and loads of community service. I'm still paying my fees and the little balance left of my restitution today. So with having a criminal record, no one would hire me. So I had to think outside the box and figure a way to make money from home. I also suffer from severe depression and agoraphobia, so I don't work outside my home anymore. BAM! Book Promoting and authoring more recovery books came to me! Lol. Now I am not rich, but I have made enough to pay our rent some months, and that not only feels good/ but are blessings in recovery. It also raises your self-worth, your confidence and gives you freedom from addiction.

We need to learn while working our recovery to take ownership and accountability of the choices we had made. No matter how long it takes to work through them? It can be done; you will never feel that full sense of freedom from your past if you don't. And boy did I have a lot to process and overcome of my past starting as a hurt, traumatized little girl. That holds true for the other obstacles that come from just life trials and storms besides turning to addiction.

So back to my friend, I told him to change his priority of why he is using them. I use them to help others in recovery, go to online recovery meetings, and that is what helps me stay in recovery. Sharing my story, sharing my hope to others so they too can help others. Same with my book promotions. I enjoy helping other authors promote their books. And I work just as hard for them as I do when I help others in recovery.

I never dreamed how my life could take a decisive turn from the ugly damage and devastation of gambling addiction I battled. Never dreamed I'd be a published author in my lifetime, nor have freedom again. But when we are in addiction, we just don't see anything but the addiction. What a life legacy I get to leave behind for others who come to recovery after I'm gone. Awesome! Just don't give up on those dreams!

Catherine Townsend-Lyon is the author of the book "Addicted To Dimes, Confessions of a Liar and a Cheat." Available at Amazon.com. Catherine is a Columnist for "In Recovery Magazine's "The Author's Cafe" where she interviews and writes about author's and their books, films, and apps of recovery products. She has been featured in many articles about gambling addiction, most recent had been by "Columbia University" titled; Gambling with America's Health and interviewed for a new article out soon by "Time Magazine." Catherine lives in Arizona with her husband of 26 years and her three cats, Mr. Boots, Miss Princess, and Simon Peter. She is owner of Lyon Book & Social Media Promotions where she promotes authors of many genres.



PURE RECOVERY CALIFORNIA
www.PureRecoveryCA.com

SPECIALIZING IN PURE HOLISTIC,
ORGANIC & PERSONALIZED TREATMENT
FOR ADDICTION, CHRONIC PAIN,
BRAIN INJURY & STATE OF THE ART
BRAIN TREATMENT

All Levels of Care
IOP on the Marina
Recovery is just a phone call away
800.714.0340

We accept most PPO insurance plans and Out of State PPO Plans



SPRUCE HOUSE

www.SpruceHousePasadena.com

Pasadena
RECOVERY CENTER
Affiliated Sober Living for Men

LIVE LIFE ON PURPOSE!

*Spruce House is committed to providing
an Affordable, Home-like Environment,
filled with HOPE & Purpose for Men in Early Recovery*

Affordable Recovery Begins Here:

866-663-3030

- Safe and Sober Environment
- Live in manager
- 5 Bedrooms - 3 bathrooms
- Private rooms available
- Free Wi-Fi • Gourmet Kitchen
- Across the Street from Park
- Walking distance Pasadena Recovery Center



www.SpruceHousePasadena.com

Why Everybody Tries to Control Everything, And How We Can Stop IT!

written by: Steve Hauptman

Based on the book: *Monkey Traps:
Why Everybody Tries to Control Everything
and How we can Stop*



WANT TO TRAP A MONKEY? Try this:

- 1} Find a heavy bottle with a narrow neck.
- 2} Drop a banana into it.
- 3} Leave the bottle where a monkey can find it.
- 4} Wait.

The monkey will do the rest. He'll come along, smell the banana, reach in to grab it. Then find he can't pull it out, because the bottleneck is too small. He can free himself easily. He just has to let go. But he really, really wants that banana. So he hangs on. He's still hanging on when you come to collect him. And that's how you trap a monkey.

WANT TO TRAP A HUMAN? Try this:

- 1} Place the human in an uncomfortable situation.
- 2} Wait.

The human will do the rest. He or she will try to reduce their discomfort by controlling the situation. The harder they work to reduce their discomfort, the more uncomfortable they'll get. The harder they try to escape their discomfort, the more trapped they'll feel. And that's how you trap a human.

This article is about control in general, and psychological monkeytraps in particular. A psychological monkeytrap is any situation that tempts us to hold on when we should let go — to control what either can't or shouldn't be controlled.

The world is filled with monkeytraps. As is the emotional life of every human being. I learned this from practicing psychotherapy.

Therapy also taught me four truths:

1. We are all addicted to control.
 2. This addiction causes most (maybe all) of our emotional problems.
 3. Behind this addiction lies our wish to control feelings.
 4. There are better ways to manage feelings than control.
- I call these the Four Laws of control.

CONTROL: *The ability to dictate reality.* That's how I define control. It's not a definition you'll find in any dictionary, and probably not how you define it. But it's essential to understanding everything that follows.

Dictate means rearrange or edit according to our preferences. *Reality* means, well, everything - everything outside us (people, places and things) and inside us (thoughts, feelings, behavior) too.

Defined this broadly, the wish for control stands behind just about everything we do consciously. Plus most of what we do unconsciously (feel, fantasize, worry, dream) as well.

We seek control in order to get reality to behave as we want it to. We seek control because we want to make the world adjust itself to us, instead of vice versa. We all want control in this sense. Not just want, either. We crave it.

Control is the mother of all motivations. Every human ever born has craved it and chased it. Because it's a craving that is literally built into us.

CONTROLLING: The urge to control is part of our hard wiring. Why?

- Because it is wired into us to
 - ~ seek pleasure and avoid pain,
 - ~ imagine a perfect life (one that meets all our needs and makes us perfectly happy), and then
 - ~ try to make those imaginings come true.

The word controlling covers all forms of this imagining and trying. Our trying may be large (building a skyscraper) or small (killing crabgrass), complex (winning a war) or simple (salting my soup). It may be important (curing cancer) or petty (trimming toenails), public (getting elected) or private (losing weight), essential (avoiding a car crash) or incidental (matching socks). I may inflict my trying on other people (get you to stop drinking, kiss me, wash the dishes, give me a raise) or on myself (raise my self-esteem, lose weight, hide my anger, learn French). All this involves seeking some form of control.

We're controlling nearly all of the time. We control automatically and unconsciously, waking and sleeping, out in the world and in the privacy of our thoughts. From birth until death. The only time we're not controlling is when we can relax, and do nothing, and trust that things will work out just fine anyway. How often can you do that?

ABOUT ADDICTS:

Addicts are people who can't handle feelings. Usually because they never learned to as kids. Usually because their parents never taught them. Usually because they couldn't, because their parents never taught them. (Usually. There are other paths to addiction, but this is the most common.)

Being unable to handle feelings is a problem, since feelings tend to keep coming up. So the kid of such parents naturally starts looking around for something to make the damn things go away.

Drugs, alcohol and food are obvious solutions. Though anything that alters your mood (work, shopping, sex, porn, tv, videogames, housecleaning, alphabetizing your spice rack) can be turned into an addiction. And even when they work, these solutions are temporary. Feelings always come back. So a person without some healthier way to handle them is forced to drink, drug, eat, work, or whatever they do to make the feelings go away again. And that's how addiction is born.

Some are more destructive than others. But in the end each addiction is the same. Because each has the same goal: *To give the addict control over emotional life.* And that's why, when I'm asked "What does control have to do with addiction?"

I reply, "Everything." Because finally every addiction is an addiction to control.

As a practical matter, every recovery from control addiction starts with three questions:

1. What am I trying to control here?
 2. Have I been able to control this before?
- And if the answer to question 2 is No:
3. What can I do instead?

These are essential questions to ask ourselves when stressed, because they remind us that (a) stress is what usually triggers our controlling, and (b) our controlling usually produces more stress.

Not always easy to answer, though.

Because each is a trick question.

- (1) What am I trying to control?

Control addicts answer this by looking outside themselves, at externals.

HOPE OF THE VALLEY

The Great Thanksgiving Banquet

RESCUE MISSION



On Wednesday, November 23rd, the day **BEFORE** Thanksgiving, **Hope of the Valley** will provide the largest Thanksgiving Meal in the Valley at our new **Help Center in Van Nuys**. Homeless individuals, and people in need, will be bused to the Center from all over the Valley to enjoy a gourmet Thanksgiving Meal with all the fixings. **NO ONE** will be turned away!

We need your help to make it happen!

We need 100 table sponsors to help offset the cost of feeding so many hungry people.

The cost to sponsor (1) table is \$300.

We need your help to make it happen Call NOW!

818.392.0020 • www.HopeOfTheValley.org

I want my spouse to stop criticizing me. I want more money in the bank. I want my son to pass Math.

But don't be tricked. Remember that what we really want to control is feelings. Your spouse's criticism hurts you; lack of money makes you feel insecure; your son's grades are embarrassing. So what you really want is to eliminate hurt, insecurity and embarrassment.

That's good news, since feelings tend to be easier to manage than externals.

(2) Have I been able to control this in the past?

Same trick here. Focus on feelings.

Say you tried to control your spouse's criticism by apologizing, appeasing, or retaliating. Did any of that leave you feeling less hurt or angry?

Say you tried to control your finances by working harder, worrying more, or nagging family members about their spending. Did any of that eliminate your insecurity?

Say you tried to control your son's grades by yelling, punishing, or standing over him while he did homework. Did any of that reduce your embarrassment? Or just create more tension and conflict?

If your honest answer to this second question is Yes, terrific. Problem solved. Keep doing what you're doing.

But if your answer is No, it's probably time for a less controlling solution.

(3) What can I do instead?

Here the trick is to remember the three alternatives to control.

I call them surrender, responsibility and intimacy.

Surrender is the ability to stop controlling what you can't control anyway. It grows out of believing that you can let go of control and things will still be okay. Often described with words like "detachment," "acceptance," and "faith," surrender is the spiritual alternative to control.

Responsibility is the ability to reply to a situation honestly and with self-awareness. It grows out of listening to your feelings (instead of hiding or editing them) and trusting that what they tell you is both friendly (not to be feared) and important (not to be ignored). Often described with words like "presence," "mindfulness" and "authenticity," responsibility is the emotional alternative to control.

Intimacy is the ability to be yourself with another person and allow them to do the same. It's actually a combination of the first two alternatives, since it requires that you both (a) abstain from controlling someone (surrender) and (b) share the truth about yourself (responsibility). Intimacy is the interpersonal alternative to control, and represents the high-water mark of emotional development, i.e., it's about as healthy as we human beings get.

By the way, I didn't invent these alternatives. I just noticed and named them. They're what all addicts who no longer want to be ruled by addiction - to control, or to anything else - must practice in recovery.

The goal of recovering from addiction to a substance like alcohol is called sobriety. As every recovering addict knows, sober means more than abstinence.

Sure, you stop using. But you also grow up. Growing beyond control addiction means experiencing a change in your point of view. "I once heard a sober alcoholic say that drinking never made him happy, but it made him feel like he was going to be happy in about fifteen minutes," writes Heather King.¹ A nice summary of addiction, that. It also points us towards a sober view of control.

Sober means learning to accept where you are and stop wishing for elsewhere. You stop fighting reality. You declare peace with What Is, right here, right now. And you stay receptive to what's going to happen next.

From this declared peace stems all the good things of life: self-acceptance, acceptance of others, realistic problem-solving, successful relationships, genuine love, gratitude, and the closest anyone ever comes to peace of mind.

But let's face it: recovery, like growing up, is hard work.

It takes practice, patience and courage, and most of us commit to it only when we're left no other choice.

Still, the rewards are worth noting. My own recovery work has left me more patient, less antsy. I do better in traffic jams and on long bank lines. I'm less apt to take things personally, or be irritated by people like slow waitresses or dumb politicians.

I'm quicker to catch myself when I do get impatient, pissy or defensive. At the same time I'm less scared to ask people for what I want, or tell them what I really think. I'm more direct with my clients. I make more money than I used to, because I stopped being afraid to raise my fees.

I also notice greater stamina, more tolerance for discomfort and stress. I can work longer and with more focus than I have in thirty years. But now, when I stop working, I stop working.

Well, no, not always. My wife stills sees me as workaholic, which must mean I still am. But I experience myself differently inside. I can see overworking as a problem now. And I'm able to detach long enough to visit the park with my grandson, eat tacos with my son, or watch Scandal with my wife.

Monkeymind no longer fills every nook and cranny in my head.

The thing I like most about needing less control, though, is how it's left me with a lower center of gravity. Things that once tipped me over into anxiety or rage no longer can. I tolerate delay better, and disappointment, and ambiguity, and the unexpected. And I can finally understand a passage in the Tao te ching that once puzzled me, and which I now find more calming than I can put into words:

Do you want to improve the world?

I don't think it can be done.

The world is sacred.

It can't be improved.

If you tamper with it, you'll ruin it.

If you treat it like an object, you'll lose it.

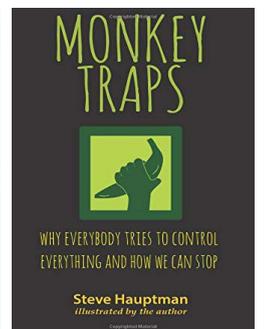
*There is a time for being ahead,
a time for being behind;
a time for being in motion,
a time for being at rest;
a time for being vigorous,
a time for being exhausted;
a time for being safe,
a time for being in danger.*

*The Master sees things as they are, without trying to control them.
She lets them go their own way, and resides at the center of the circle.²*

Steve Hauptman is a Gestalt-trained, Buddhist-flavored therapist who has practiced on Long Island for twenty years. A graduate of Adelphi University's School of Social Work, he trained at the Gestalt Center of Long Island, and specializes in a unique control-focused therapy that integrates elements of psychodynamic, Gestalt, cognitive-behavioral and family systems approaches. *Monkeytraps* is his first book, and also first in a series that will include *Monkeytraps for Adult Children*, *Monkeytraps for Couples*, *Monkeytraps for Parents*, *Monkeytraps for Therapists*, *Monkeytraps in Everyday Life* and *Monkeytraps in Cyberspace*. *Monkeytraps: Why Everybody Tries to Control Everything and How We can Stop* (Lioncrest, 2015) is available at Amazon.com.

¹ Heather King, *Parched: A memoir* (New York: Penguin, 2005), 141.

² Lao-tzu, *Tao te ching*, trans Stephen Mitchell, verse 29.



Earn CE Credits
while networking with
industry professionals.

RECOVERY RESULTS 2016

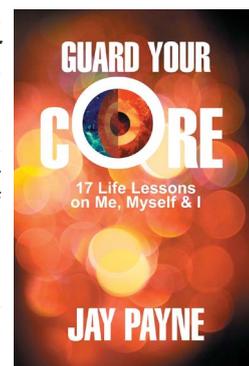
Emerging Trends for Long-Term Sobriety
November 29-30 | Dallas, TX | The Ritz-Carlton

To register and for more information,
visit FoundationsEvents.com



Book Reviews

Guard Your Core: 17 Life Lessons on Me, Myself & I. Written by Jay Payne. Published by Knowledge Power Books. Jay Payne is one of the pastors of Spirit and Life Ministries voted as the best church in the Los Angeles County, and he has served in different capacities of the clergy for over 25 years. Pastor Payne worked for years as a Director of Quality in the field of Quality Control and Quality Assurance, after graduating from Purdue University as a Certified Manager of Quality/Organizational Excellence. After reading this book I began to understand how my Core (how I live and manage my life) and my Personality type (Me, Myself and I) plays a vital role in my behavioral actions and reactions to my environment, and to my current and future relationships. Pastor Payne shows how quality control transcends from the structure in the work place into the very essence of who (personality) and what (core) we are. We are tri-beings in regards to; body, mind (soul), and spirit, as well as the conscious, subconscious and unconscious mind, that being, the concept of Me (enthusiastic, inquisitive and energetic), Myself (guarded, strong willed and slow but sure) and I (achievement focused, dominating and assertive), is truly the typical makeup of all of us as a whole. When we tap into our core and personality type, and honestly understand ourselves, we are then given the ability to identify personality types allowing us to acquire a true perspective, which empowers us to become successful in business, relationships and life in general. **FOUR STARS!** This is a must read for anyone who is seeking balance in their lives. Available at www.Amazon.com

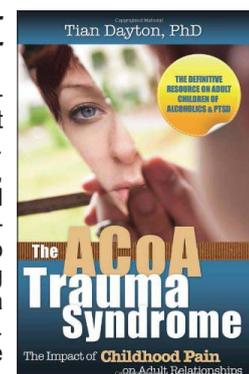


The ACoA TRAUMA SYNDROME: The Impact of Childhood Pain on Adult Relationships. Written by Tian Dayton, PhD. Published by Health Communication, Inc.

This book is a real tribute to Rabindranath Tagore's Statement, "When I stand before thee at the day's end, thou shalt see my scars and know that I had my wounds and my healing." While reviewing this book I felt that it would be a good read for, (1) Family and partners of war veterans. (2) ACoA's who feel unable to have compassion or real empathy for others; therefore they may now be ready to acknowledge they need help to release their buried hurt feelings. (3) For anyone truly wanting to understand and help those who suffer from ACoA Trauma Syndrome. (4) If you hear people say, "you must have PTSD". Don't get upset, take an honest look in to your past and maybe it is time for you to read this book.

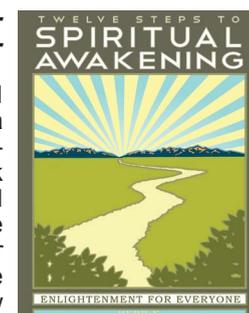
Tian Dayton makes us aware that PTSD is NOT just for Veterans of War. There are so many other types of WARS per say, that we live in throughout our entire life and this DOES affect not only our lives, but the lives of our loved ones because we find it so hard to trust anyone.

In Part IV, she, gives us many ways we can help heal ourselves, without spending hundreds of dollars for professional help, which so many cannot afford, so they stay broken. In part V she shows us how to put ourselves back together. Think about it, this book could be the exact one you need. Available at www.Amazon.com



TWELVE STEPS TO SPIRITUAL AWAKENING: ENLIGHTENMENT FOR EVERYONE. Written by Herb K. Published by Capizon Publishing.

First of all I was immediately drawn to this book when I picked it up and read "The purpose of his book is to describe a process of personal transformation leading to a spiritual awakening." I loved that! I am a spiritual seeker always trying to seek and find a greater connection with my higher power, since I started my journey in recovery. As Herb stated the promise of the twelve steps is a spiritual awakening, we change. Our old ideas are replaced with new ones. This is exactly what the book did for me. I love the exercises for each step and how they keep referencing from the Big Book of Alcoholics Anonymous. I also love how it goes into such detail on each step, really breaking each one down into purpose, instructions, process, experience, results and promise. What an experience it was!! Thank you Herb K. I will definitely be passing this on to my friends and sponsees. You totally delivered! Available at www.Amazon.com

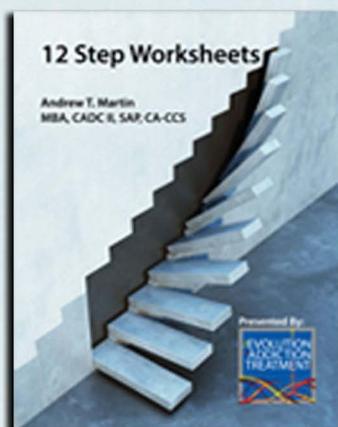


Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.

Download Your FREE
Copy Here

12 Step Worksheets

By Andrew T. Martin, MBA, CADC II, SAP, CA-CCS



February 2 - 5, 2017
Los Angeles, CA

The EVOLUTION
of ADDICTION
TREATMENT

www.TheEvolutionOfAddictionTreatment.com



WHAT A SPONSOR IS...AND IS NOT

During dinner with my Sponsor recently I complained about some of the inappropriate actions that current 12-Step Sponsors seem to be taking. I said: "A Sponsor's only job is to take them through the Steps." His response was: Where does it say that?"

Damn, I thought. Now I've got to get back into the Book. So I read "Working With Others". Then I read AA's pamphlet "Questions and Answers on Sponsorship"

I am willing to bet that most of our readers haven't read either one lately, if at all.

Giving Sponsees (they are called Pigeons on the East Coast and we used to call them Babies in California) reading and writing assignments makes good sense from a clinical recovery standpoint. However, the trend has become Sponsors giving marital or relationship advice, telling Sponsees what medications, if any, they are allowed to take, giving financial advice as well as restricting a host of other activities or demanding that they follow their directions.

My wife tells the story about a Sponsor who complained that a Sponsee seemed to refuse to follow her directions. My wife's response was: Then, stop giving her directions."

My most urgent concern is the matter of medication advice. First, most Sponsors have no medical training. Consequently, giving medical advice...practicing medicine...is not only unethical and probably illegal but can be extremely dangerous. Space does not permit me to recount the dozen, or so, horror stories that have resulted from that error in judgment that I have witnessed over the years. Let me just say, people have died. Others have decompensated mentally and many have frantically returned to drinking or using.

You might say that would have happened anyway. The reality is that the use of proper medication might have prevented those events.

How many Sponsors know what medications are addictive or non-addictive? One 12-Step group in town will not sponsor people who are taking anti-depressant medication.

AA issued another pamphlet years ago; "AA Members and Medication." Do those people read their own literature? You have to look no further than the Big Book to see AA's position on mental health problems and the need for "outside help."

My other concerns...or annoyances...stem from the tendency for Sponsors to control every aspect of a person's life. Where, for instance, in the Big Book does it say "don't get emotionally involved in the first year."? If you look at page 69 in the Book you will find very simple constructive suggestions on the matter of romance.

Looking at the issue of dating in early recovery, from a clinical standpoint, it seems to me that two things are probably true. 1) The newcomer has limited social skills. 2) The newcomer is lonely.

The 12-Step community is co-ed. We urge newcomers to get involved in the "fellowship." Learning to live in the normal society will be a trial and error journey.

My observation and personal experience is that dating is healthy as long as each person is involved in a highly structured recovery process; meetings, Sponsor, therapist if needed, and makes it clear that their recovery is their priority. I have several friends and clients who have long term relationships or marriages, without any relapses, as the result of following recovery suggestions.

By the way, if you happen to have a copy of the first draft of the Big Book you will note that they changed Chapter 5 from the use of the term "directions" to "suggestions." The exercise of that wisdom 80 years ago seems to have gotten lost along the way.

Here are just a few of the cautions for Sponsors out of the above mentioned pamphlet that you may find surprising:

Sponsor and Sponsee are equals. The Sponsor is just someone with more experience.

The Sponsor's task is to be available and helpful and to answer questions.

It is the AA program, not the Sponsor, on which the person depends.

The Sponsor does not take the person's inventory unless asked to do so.

The Sponsor explains the Steps. The Sponsor does not talk down to the Sponsee.

The Sponsor admits "I don't know" when that's the case and offers other resources.

The Sponsor does not impose personal views (e.g. religious) on the Sponsee.

The Sponsor does not become offended if the Sponsee goes to other AA members for advice or decides to change Sponsors.

The two Sponsors that I have out-lived and my current Sponsor have all followed those guidelines and, as a result, fostered a trusting relationship that lasted many years.

Returning to the matter of medication for those who may not know, here is a brief simple sample overview of what's risky and what's not:

Benzodiazepines: Klonopin, Xanax, Valium, etc.

Risky.

Barbiturates: Phenobarbital.

Risky

Con't Page 18

CHANDLER LODGE
-FOUNDATION-
Founded 1960

**FOR OVER 55 YEARS WE HAVE BEEN PROVIDING
SAFE 12-STEP BASED SOBER LIVING FOR MEN**

Chandler Lodge is a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous, we are committed to providing services through the 12 step program that has been successful for many years.

Chandler has proven to be one of the most effective Sober Livings available, literally thousands have benefited from our inhouse and outreach programs. We are not a lock down facility; we function as a recovery program of attraction.

Call us today! **818-766-4534**
Sober Living for Men

- 28 on-site AA Meetings weekly
- 12-Step Program Guidance
- Relapse Prevention with peer support
- Sobriety Monitoring & U.A. Testing
- Close to Buses • Gym • Cable TV
- Food • Internet • Laundry

www.ChandlerLodge.org • 818-766-4534

SM interventions

**Intervention is the
First Step to the
Road of Recovery**

Susan Mehta
Interventionist

Interventions for Substance & Alcohol Abuse

- Mental Health Disorders • Process Addictions •

**Susan Mehta has a Masters Degree and is
a Certified Intervention Specialist with
over 20 years clinical and field experience.**

Call Today **949.510.8537**

www.SMinterventions.com

Jasmine Skin Care

Put Your Best Face Forward + **Lash Studio**

*Dedicated
to helping
you erase the
wreckage of
your past.*

One Year Later

inside **Stiletto** 13235 Ventura Blvd.,
NAIL BAR Studio City, CA 91604

818.669.0333 • www.JazSkin.com

Email: sayhitojasmine@gmail.com



DRUG, ALCOHOL AND PROCESS ADDICTIONS GO HAND IN HAND.

LEARN HOW TREATMENT CAN TOO.

LIC 6

Lifestyle Intervention Conference

hosted by American Addiction Centers

IN PARTNERSHIP WITH  **NASW** NEVADA CHAPTER
National Association of Social Workers

OCTOBER 17 - 19, 2016 // LAS VEGAS, NV // BELLAGIO

VISIT LIFESTYLEINTERVENTION.ORG
OR CALL 800.508.1489



SEPTEMBER 2, 2016 FRIDAY: 32nd SOUTHBAY ROUNDUP, Sept. 2 – 4, 2016. Torrance Marriott 3635 Fashion Way Torrance, CA 90503. www.southbayroundup.org/home/index. (310) 354-7660.

SEPTEMBER 3, 2016: Saturday 4PM Big Book Workshop at Unit A. Inspired by Joe and Charlie. This is a 18 week workshop with handouts each week. Unit A,10642 Burbank Blvd. North Hollywood, CA. For Info Contact Lynetta K (818) 415-5362, lynnettaKelley@gmail.com.

SEPTEMBER 3, 2016: SATURDAY. SWACYPAA Event "Awol-A Way of Life" Mini Conference. Registration is @1:00 and Panel Speaker 2-9Pm Dance 10 Pm with DJ. 109 E. Wilshire Ave, Fullerton, CA. Contact Evan (714) 418-3891.

SEPTEMBER 3, 2016: Saturday: NEW meeting INTERVIEW WITH AN ALCOHOLIC starting on Saturday Nights in Sherman Oaks started July 9, 2016. Meeting starts at 7PM to 8:15PM. Bringing new energy to your Saturday Night! Try an AA meeting with a different meeting format: Leader interviews speaker, spontaneous, fun, and focused on RECOVERY. Sherman Oak East Valley A=Adult Center: 5056 Van Nuys Blvd, Los Angeles, CA.

SEPTEMBER 10, 2016 Saturday - Osais Comedy Show Fundraiser, Some of the Best and Funniest Comedians ever! from 7pm. till 10pm. 13832 Polk Street, Sylmar, CA 91342 owrc@yahoo.com Phone: (818) 362-0986.

SEPTEMBER 9-11 2016: Friday- Sunday. 38th Annual Ventura County AA Convention. "I've Never Had It So Good" With Al-Anon and Ala-teen Participation. Westlake Hyatt Resort 880 S. Westlake Blvd. Westlake Village, CA 91361 Register online @ www.VCAAC.org.

SEPTEMBER 17, 2016: Saturdays Happy Campers Lake Piru 3rd Saturday of every month thru Oct. \$5 at gate. Speaker Meetings at 8pm and Festivities start at 5pm. Bring own food. 4780 Piru Canyon Rd. Filmore, CA 93040 Contact (310) 804-3081. Come early for food, fun, and fellowship.

SEPTEMBER 17, 2016: 3RD Saturday of each Month. Sober Dance at the World Famous Windsor Club. The Party gets jumping after the 8pm AA Meeting. 9:45pm. \$7 suggested donation. 123 West Windsor Road, Glendale CA 91204.

SEPTEMBER 23-25, 2016: Friday-Sunday. 65th Southern Ca. AA Convention. "Surrender to Win" Town and Country Resort 500 Hotel Circle North San Diego, CA 91208 Info: Minda (626) 364-6307.

SEPTEMBER 24, 2016 SATURDAY: Foothills H&I Bingo Night. Foothill Congregation Church, 1200 Foothill Blvd. in La Canada, CA. Doors open 6:30pm Bingo at 7pm. Food, Fun, Fellowship! Proceeds benefit Literature Fund. All CASH prizes. 50/50 Raffle too! Dave L. (818) 572-5086.

SEPTEMBER 30-OCTOBER 2, 2016: Friday-Sunday. 42nd Annual Woman to Woman San Diego Conference for Recovering Alcoholic Women, 1710 West Mission Bay Dr. San Diego, CA. Email- Womantowomansandiego@gmail.com Contact Pat L. (414) 904-4428.

SEPTEMBER 30-OCTOBER 2, 2016: Friday-Monday. SBYPAA Presents 2nd Annual Indian Summer Campout .Rancho Alegre 2680 CA-154, Santa Barbara, Ca. 93105 Questions call Thomas (805) 886-1376.

UPCOMING

OCTOBER 15, 2016: Take your sponsor to breakfast. 8am to 10am Breakfast, Speaker meeting 10:30am Tickets \$15 for 1 \$25 for two. For the benefit of San Fernando Valley Central Office. Disabled American Veterans Hall, 6543 Corbin Ave., Woodland Hills, CA. 91367.

OCTOBER 15, 2016: 3RD Saturday of each Month. Sober Dance at the World Famous Windsor Club. The Party gets jumping after the 8pm AA Meeting. 9:45pm. \$7 suggested donation. 123 West Windsor Road, Glendale CA 91204.

OCTOBER 22, 2016: Saturday Windsor Club Fall Bingo Blitz. AA Meetings at 6pm and at 8pm. 123 West Windsor Road, Glendale CA 91204. (818) 242-1350, Dinner 6pm Game 7pm.

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



SURRENDER OR SURRENDERED?

*"There is only one thing that I dread: not to be worthy of my sufferings."
- Fyodor Dostoevsky*

What brings people to fully embrace the recovery path is frequently described as an act of surrender. I, however, pose the argument that real addicts hardly ever surrender themselves. Circumstances surrender them. They find recovery at the end of a chain of suffering.

At 17, the world was my oyster with infinite possibilities for success as an athlete and student. By the time I was 19, I'd suffered multiple heroin overdoses and had been arrested and charged with trafficking. Childhood friends were serving life sentences and some of my using buddies were dead. Clearly I needed to surrender myself to a path of recovery. Despite my tragic reality making a decision to surrender was something that I was completely incapable of.

Some addicts fall into a class where the most sincere desire to stop using is of absolutely no avail. Others still suffer from the insidious insanity of addiction where they cannot make up their minds to stop using despite the necessity. One harsh aspect of extreme addiction is that addicts can't make up their minds to stop on their own. If they do finally make such genuine resolutions to themselves or to others, inevitably their minds force them back to addiction, and all their sincerity is trampled by what seems like an overwhelming force.

Maybe the addict can't escape the allure of the high, or can't bring into memory with sufficient force the suffering that always follows substance use. A time and a place inevitably come when the real addict has no defense. How then do severe addicts surrender if the theory is correct that they are incapable of making that surrender? The fact is, they don't. It's impossible. They can, however, become surrendered. One could say that a fugitive surrenders when police surround him with drawn pistols. A more accurate description would be that the fugitive becomes surrendered. No choice.

After three separate state prison commitments, suffering that cannot be articulated with words, and the absolute certainty that I would never have the ability to walk away from my addiction, I became surrendered. In the past I'd even turned down an opportunity for rehab, telling the San Quentin parole board that I thought treatment was a waste of effort. I opted instead for the maximum sentence. I was certain that I could not stop. Years later, when I finally proceeded down the rehab path, no one was talking me into surrender, no one was begging me to surrender. Addiction had in fact surrendered me.

There are certain necessary sufferings that people must endure if they are to take action to overcome addiction. In fact, being saved from that pain can easily rob a person of becoming surrendered by circumstances. As a recovered addict and as an addiction professional, time and again I've seen family members deprive their loved ones of this suffering. Always with another chance, another high-end treatment, a new car after 90 days in recovery, a handsome spending allowance while in treatment, a paid for apartment in Beverly Hills or the like. Many of these addicts subsequently suffered the repercussions with yet another relapse, and some paid with their lives. Perhaps these fates could be avoided if addicts were not shielded from the sufferings that result from addiction. While it must seem understandably terrifying for families to allow their loved ones to become homeless, to go hungry, to not have a cell phone etc., these are the very experiences that are frequently necessary for addicts to pursue recovery with the desperation of drowning men.

Will we become worthy of the suffering that addiction provides and turn it into a motivation to travel down a new path? Or will we, as Dostoevsky fears, become unworthy? If the addict is shielded from such suffering then there may be nothing to ignite the fire for change! As people connected to suffering addicts we must consider our methods to help those we want to heal. Are we in fact healing, or are we enabling addicts to remain in their addiction by robbing them of the necessary suffering, to become surrendered into a true state of willingness to change?

Dano Goldman, CADC-II, ICADC, is a founder and owner/operator of Alchemy House Sober Living in the Hollywood Hills, of California www.alchemyhousesoberliving.com



#LNR 580311

Sam S. Usher
LAADC, CADC II, CEAP

ADDICTIONS CONSULTANTS
FOR
INDIVIDUALS • PROGRAMS
AND EMPLOYERS

(818) 988-4183

Cell (818) 321-8637
email: samusher@aol.com

5724 Stansbury Ave, Sherman Oaks, CA 91401

For all your Recovery Gift Needs **MIRACLES** carries special medallions, meeting chips, books, cards, gifts, apparel, jewelry & more!
Conveniently located in the ♥ of the South Bay



Grand Opening

www.MiraclesRecoveryGifts.com

3537 Torrance Blvd. #24 | (310) 316-0278
Torrance, California 90503

That Piano Lady Music Studio

- Private Lessons • Salon Performances
- Parties • Corporate Events
- Fund Raisers
- Weddings • Receptions & more...

818.319.2252

www.thatpianolady.com

HAPPY CAMPERS
LAKE PIRU

Speaker Meeting
starts at 8pm
come early for fellowship food and fun

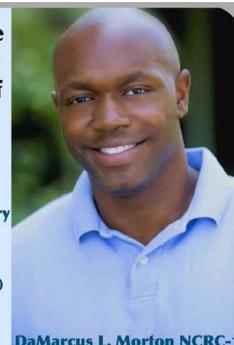
3rd Sat. of every month
March thru October

5 \$ at gate

- high success rate
- reasonable rates
- multiple years of experience

Without a Recovery Coach 3 out of 4 people relapse in the first year. With a Recovery Coach 3 out of 4 STAY in recovery. (statistic based on a pilot study on Recovery Coaching done by (Hazelden))

747.777.3596



DaMarcus L. Morton NCRC-1

Top Recovery Coaching
www.DaMarcusMorton.com

Classified Ads

HELP WANTED

RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITIONS: Resident Technicians (part-time & full-time), SA Counselors (part-time & full-time) and Weekend Chef (part-time). Please send resumes and cover letters to jobs@ridgeviewranchca.org

WANT A JOB IN RECOVERY? SHARE! IS HIRING. To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: jobs@shareselfhelp.org. See more info at www.shareselfhelp.org. Under Programs/Jobs.

SOBER LIVINGS

12STEP SOBER LIVING.ORG: Sunland Area, men's, shared rooms, \$140 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! www.12stepsoberliving.org. Joel & Lisa Moss (818) 293-2222.

ANGEL VILLA SOBER LIVING: Providing Quality Sober Living Homes Since 1997, Private & Semi-Private Rooms, Structured Sober Living, Executive Guest House, Luxury Accommodations with all the amenities, 12 Step Support Groups, Alumni Program, Family Counseling, 24 Hour On Site Staff Pet Friendly, Gym Access, Direct connection to local treatment & recovery experts, Transportation Coordination, Minutes from the heart of Encino Commons. (818) 571-8946, www.AngelVillaSoberLiving.com

MIRACLES IN ACTION SOBER LIVING: Sober Living at it's finest. We provide food and transportation to 12-step meetings. Located in Glendale, California. (818) 429-9130, www.MiraclesinAction.com

PRIMARY PURPOSE SOBER LIVING HOMES IN THE SAN FERNANDO VALLEY: Are conveniently located. Our women's home (Valley Glen) is next to the Orange Line station and Valley College. Our men's home in No. Hollywood is near Cri-Help and the Van Nuys home is close to the Civic Center. Being an active participant in a 12-step program is required. We care about your Recovery! Call Marianne (818) 612-1439 or marianne@primaryp.com.

PROSPEROUS ROSE SOBER LIVING HOUSE LLC: Prosperous Rose Sober Living For Men: Structured sober living house. For men in Lakeview Terrace minutes from Hansen Dam. Residence includes laundry facility, gym, wifi, cable t.v. and nice spacious rooms. We offer transportation for grocery shopping and to 12-step meetings. Mellow house with a solid support network. Rent is \$600 per month which can be paid weekly or monthly. Move in today. Call Suzy for Info 818-660-8070.

THE SOBER LIVING NETWORK: Supporting, protecting and expanding quality recovery housing since 1995. The BEST sober living homes in Southern California are Network Certified. Find quality homes at www.soberhousing.net or call (800) 799-2084

SARAH MARIE HOUSE: Upscale, Safe & Supportive Sober Livings. Gender specific, Men & Women. Blocks from Old Torrance. Easy access to the 405 & 110 freeways. 15 minutes from the beach. Home situated on a 1/2 acre. Walking distance to AA clubhouse. Member of: The Sober Living Network, LA County Sober Living Coalition, Certified by CAARR & CCAPP, call now (310) 699-4750. www.SarahMarieHouse.com

TRUE INTENTIONS Sober Home Located in Tarzana, California, provides a safe environment, free of alcohol & drugs. On site Manager, Heated Outdoor Pool, 12-Step Meetings, Work closely with IOP & Treatment Centers, Pet Friendly, Refuge Recovery Meditation Meetings, Gym Membership, Jacuzzi in some Suites, Private & Semi-Private Rooms. Sobriety is a gift that we wish all will experience. (818) 288-6075 www.TrueIntentionsSoberLiving.com

SERVICES

A&T YOU CAN DO IT Sobriety coaching services. Cultivating the POWER of sober HEALTHY LIFESTYLE & POSITIVE THINKING, individual and group coaching, sober companionship, sober escorts WE TRUST IN YOU! For appointments call 626-623-8674. vaughntanya57@yahoo.com

CALL 1 (844) 264-8916 to find the best drug rehab near you: Quick Placement. Insurance Accepted Or Private Pay. No Medicaid, No Medicare. Call 24/7

READY FOR TREATMENT? Suffering from addiction or alcoholism? Seeking treatment? We can help with little to no cost to you! Several beautiful properties throughout SoCal. ****MOST PPO INSURANCE ACCEPTED**** Call (310) 270-1758.

You can email, or mail your classified ads to us. Please, no later than the 15th of the month prior to the month of publication. Call us to confirm receipt of your ad.

Fit This in Your Recovery

CON'T FROM PAGE 17

Amphetamines: Adderall, Ritalin.	Risky.
Opioids: Vicodin, Norco	Risky
Antidepressants: Paxil, Effexor, Prozac, Zoloft	Not Risky
Anti-anxiety: Neurontin, Buspar, Trazadone.	Not Risky
Mood Stabilizers: Serequel, Lamicalat, Lithium, Depakote	Not Risky

Even those that present some risk such as Suboxone have some benefit in short term use. Every case is different. The ultimate authority is the physician. We can be helpful in guiding our newcomers to physicians who have specialized training in addiction. They now get good information in medical school and many have an American Medical Assn. Board Specialty in addiction medicine, and our members of the American Society of Addiction Medicine. We could all do well to borrow the medical professions Hippocratic Oath: "First, do no harm."

Sam Usher, LAADC, CEAP, is the CEO of Addictions Consultants in Sherman Oaks, California. You can email him at: samusher@aol.com or call him at (818) 988-4183 (818) 321-8637.



Matters of The Heart

CON'T FROM PAGE 9

And, because our systems are not wired to comfortably experience this level of joy, a part of each one of us wanted to tear it all down. This is the self-sabotage, that any of us on the spiritual path of expansion, will come up against.

Awareness is key. Knowing, that this is what's happening, creates some space for us to do it differently. Doing it differently, for us, looks like being honest about what is happening, rather than straying distracting fights with one another. Communicating about our fears, and the discomfort around growth. Being vulnerable, compassionate, kind, and loving toward ourselves and one another. The most important piece of this transformation for us has been the power of prayer. There's that saying "the couple that prays together, stays together," and this has proven to be so. In hard moments it may be the last thing we want to do, however, it brings us back together in mind, body, and with the oneness of the Universe. In this place we realign with the magic, and divinity that is everywhere, through connection and gratitude.

Love only, Rudy and Kelly Castro

Conscious Partnership Coaching. Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, The Villa



Treatment Center, PAX House, and Inneractions. Together they have created partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. - Consciouspartnershipcoaching@gmail.com



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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

Email To: 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

KEYS TO RECOVERY — NEWSPAPER, INC. —

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
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
<u>Additional Charges for</u>				
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
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

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

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 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

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 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
- Bail Bonds
- 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
- Recovery Conventions & Conferences, 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.

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. LA 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.

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.com/Jenni.

ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

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

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

Food Addicts in Recovery Anonymous: (FA) www.foodaddicts.org (781) 932-6300

Families Anonymous: www.familiesanonymous.org (800) 736-9805.

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

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

Love Addicts Anonymous: (LAA) www.Loveaddicts.org

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: 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: SFV www.ncadd-sfv.org (818) 997-0414.

International Obsessive Compulsive Disorder Foundation: (OCD) www.ocfdoundation.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: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

Secular Organization For Sobriety: (323) 666-4295.

Sex Addicts Anonymous: (SAA) www.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) 210-814.

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: FREE12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org

Workaholics Anonymous: www.workaholics-anonymous.org (510) 273-9253.

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.

Bienvendidos 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 LA 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.

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: (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 .



MARY COOK

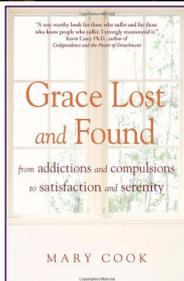
ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.

40 Years of Experience

310-517-0825

Available for counseling in my office in San Pedro, California or by telephone.



AUTHOR OF: Grace Lost & Found
Available on Amazon.com

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



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

Virgo: August 24 to Sept. 22: You are dealing with some personal problems this month. Fortunately, by following the 12 Steps spiritual beliefs and spending time working the steps with your Sponsor these can be resolved. Attend meetings that you would like to go to and engage in. During your daily challenges, manage to have a positive attitude focusing on fun in the process.

Libra: Sept. 23 to Oct. 23: You are still dealing with some challenges with a healthy balance spiritually and physically. You and a partner or rival are beginning to battle more than you like. Fortunately, when you allow God to intervene and help smooth things over, your home life truly benefits from all of the positive energy, and it becomes a lovely oasis for emotional and spiritual rejuvenation.

Scorpio: Oct. 24 to Nov. 22: You are in a great place financially and professionally, your communication skills are naturally good, but this month they are exceptionally good. You could be very persuasive when working with 12 Step groups. Focus on your playtime activities, your love life, and possibly your parenting efforts. You will need to work harder to maintain a sense of balance between the needs of all of these various people and your, "me time."

Sagittarius: Nov. 23 to Dec. 21: You are enjoying working towards achieving your financial and professional goals. You feel blessed things are going your way towards achieving your financial and professional goals. Sometimes home and private life seems to clash with what you are trying to do, your beginning to evaluate the spiritual application towards your character flaws, and considering the changes, or improvements that are needed.

Capricorn: Dec. 22 to Jan. 20: You might want to plan your vacation for this month, you could find this is a deeply meaningful and emotionally invigorating time for you to be exploring and expanding your horizons. If you do not actually physically leave for some new journey, you could find that you are in the mood to academically dive into studying the 12 Steps, which can really open your mind and help you to understand the Big Book in a new way.

Aquarius: Jan. 21 to Feb. 18: You and your partner are given another chance for enjoying romantic, and financial projects together. You are also beginning to focus more on financial and romantic commitments that you make. You are happy keeping your commitments to your Higher Power, also your enjoying some excellent financial opportunities that are beginning to surface as a result of your excellent people skills.

Pisces: Feb. 19 to March 20: You and a partner or rival agree to a fresh start, this ongoing battle between the two of you will end when given to God. The two of you seem to get along great when you are in social settings, but not so well when it is just the two of you. In the meantime, you have some lovely opportunities to become closer and regain that precious intimacy. The principals of the 12 Steps can help you appreciate the qualities of your partner or rival.

Aries: March 21 to April 20: You are a smart, productive, and creative problem solver at work. You are a natural leader and people like following you. Your romantic partner feels that you're too focused on your professional goals. The two of you are able to come to some kind of an agreement when turning it over to your Higher Power, and you two find balance between your love of climbing the Ladder of Success and the love you have for each other.

Taurus: April 21 to May 21: Your social obligations are clashing with your personal happiness and playtime activities. You feel torn between the two. You are also beginning to focus more on your career. Nothing is so overwhelming that you can't handle, when properly applying the teachings of the 12 steps. Despite the challenges, you are more open-minded and joyful at heart than usual and it helps you to come up with creative solutions.

Gemini: May 22 to June 21: Home is where the heart is, but your home is undergoing some drama. At times it's hard to bring financial and romantic security into your private life, and maintain a sense of peace and harmony at home. Speak with your Sponsor to help find ways to keep things from getting completely out of hand. The good news is that the positive loving and financial aspects will outlast all of the rest. So, keep your focus in that direction.

Cancer: June 22 to July 22: Something or someone at home is beginning to annoy one of your partners or is fueling an adversary's fire. It is not a major big deal yet, but keep an eye on it. The two of you are able to communicate, negotiate, and compromise when reflecting on steps, principals and the guidance from your Higher Power this month. So utilize this to prevent any major upheavals or reoccurring issues concerning political, cultural, or legal matter.

Leo: July 23 to August 23: Your finances are taking center stage this month. On the one hand, you are experiencing some really lucky financial and work connections making it easier than normal to earn a decent living. On the other hand, you are questioning your budgets and you might be tightening your belt to prepare for future holiday shopping. Trust in God your Sponsor and the wisdom of the 12 steps to help you make the right decisions in all of your affairs.

Toll Free 1-866-545-0655



On Site Residential & Business Repairs •
PC Repair & Upgrades • Backup & Data Recovery • Virus & Spyware
Removal • Wireless Networking • Laptops & Desktops

Where A Computer Technician Answers The Phone
24-Hours A Day, 7 Days A Week



**Psychotherapist &
Hypnotherapist**
Dr. Nita Vallens, Lic# MFC25909

818.783.6258

www.DrNitaVallens.com

Enjoy a better life today by

- Living each moment to the fullest
- With less stress and more peace and joy
- Creating relationships that are fulfilling

I will work with you to

- Rebuild self esteem and integrity
- Be accountable and responsible
- Learn new life skills
- Release underlying issues that hold you back

Free yourself from the past and create a passionate and fulfilling life!

call Dr. Nita Vallens **818.783.6258**

*Beyond Exceptional Treatment
This is our promise to you.*



Your Recovery Begins with...

HARMONY
— P L A C E —

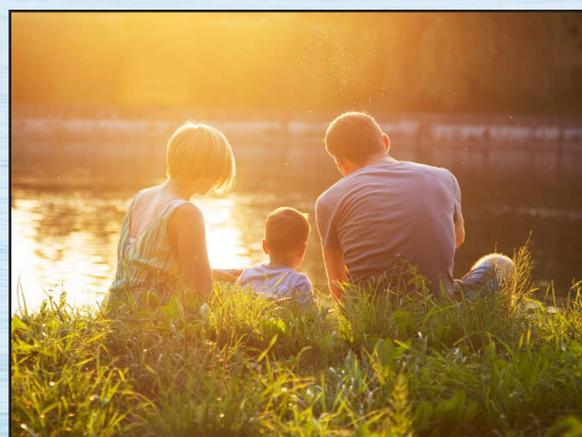
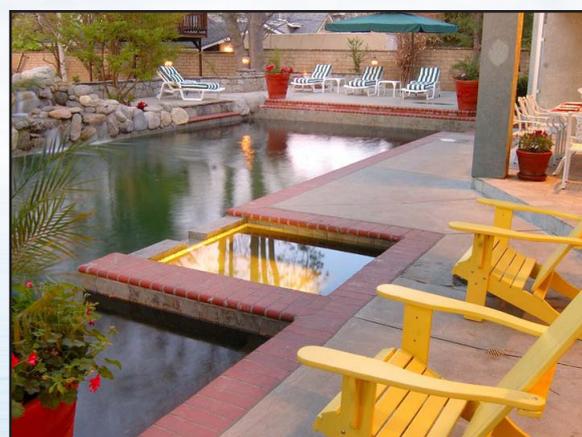
Call Now 855-995-0808

Recovery is just a phone call away

**Harmony Place Detox & Residential
Addiction Treatment of Southern California**

- One on One Therapy
- Family Therapy
- Neuroengineering
- Equine Therapy
- Cross Training
- Group Therapy
- Brain Recovery
- Gourmet Cuisine
- Yoga
- Massage

Located in Woodland Hills, California
A short distance from the ocean!



We accept most insurance
www.harmonyplace.com



HARMONY
— P L A C E —
855-995-0808



MUSICARES®

Taking care of music people...

...with our Healthy Essentials programs,
including addiction recovery assistance,
dental and medical clinics, hearing screenings,
vocal workshops, and more.

MusiCares East Region
1.877.303.6962

MusiCares South Region
1.877.626.2748

MusiCares West Region and
MusiCares MAP Fund®
1.800.687.4227

We're coming to a city near you.
Visit www.musicares.org
for more information.



For breaking news and exclusive content,
please "like" **MusiCares** on Facebook and
follow **@MusiCares** on Instagram and Twitter