

April 2017

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By: Marilyn L. Davis

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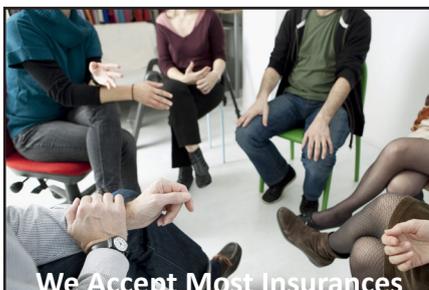
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Happy April. We want to thank you for taking the time to call, write, email, and Facebook us, and tell us what you think of our latest issues. I am so grateful for the feedback we get on the newspaper. Most of it is very positive and uplifting. When our readers tell us how grateful they are, for our publication, we are reminded of why we do this: **to carry the message of hope and recovery to as many people as possible.** I must admit it's easier to hear the good than the negative. Which got me thinking.

There was a time when I only heard and acknowledged the negative. If someone said something positive I would dismiss it, yet I would embrace the negative. Sound familiar?

It took work, a lot of work, to change this mindset, but change it did. I realized that God didn't save me, so I could sit around worrying about things that may never materialize. I prayed more and learned to trust, and rely on a power greater than myself. People came into my life, that showed me a different way of living, a different way of talking, a different way of thinking.

I have learned that I need to be happy where I am. I stopped waiting for the perfect job, and learned to be grateful for the job I had. I tried to apply this thinking to everything in my life. I realized, I can think myself into a good mood, just as easily as I can think myself into a bad mood.

There will always be something, that can steal our joy – IF WE LET IT. Things started to shift. Not all at once, but little by little. Mostly I learned to get out of myself, help others, and let God do a work in me. He was changing this selfish girl into a selfless woman. From my darkness and pain, I could help others find light and healing. My tests in life, became my testimonial. God turned this mess of a woman into a woman with a message.

Not every day is great, but I can find something great in every day. I am not perfect – but I am perfectly me. I am blessed beyond measure, and I remember to thank God each and every day for His mercy and grace. - *Jeannie Marshall, President & Cofounder*



Hello everyone, the month of March has been a very eventful and rewarding month, I celebrated my 57th birthday. I contemplated on how I use to spend my birthdays, which brought up some unnerving feelings. By the grace of God, I have been transformed from a solitary man of selfish motives, into a man, who the solution has been found. The pleasure of being part of such a positive force in the recovery arena, by extending a helping hand wherever we can as a newspaper, has inspired me to always try to see the best in every situation.

In celebration of our 3rd year of publication, we are going to have a free networking dinner and an award presentation, for "Outstanding Contributions to the Recovery Community" to both Roz and Richie Annenberg. The work that Roz and Richie has done for so many in the recovery community for decades, has been so freely given with such humility and grace. Besides being such dear friends for years, we have a unique admiration for their tireless efforts, in helping to dwarf the expansion of the horrendous effects that alcohol and drug addiction has on those addicted, their families, and in the communities globally.

I'm springing forward with my dedication to being a good representation of my Higher Power (God), to all that I encounter daily, our outward showing of compassion coupled with kindness, forgiveness and servitude, are attributes we can convey reflecting the goodness of God to those who are in need. Growth is a continual journey that has such rewards. Until next time, may you receive "Peace beyond understanding!"

Marcus Marshall, Vice President & Cofounder

Hi Guys! Well Spring has finally sprung. I know the following to be true, life is about constant patterns of change. Spring show us just that. It is the season of new growth and the signs of change are all around us. I am convinced that as human beings it is our natural destiny to grow, to succeed, to prosper, and to find happiness while we are here. But the first step in moving forward begins with letting go of the old way...and this is difficult. I have been a seeker most of my journey in recovery. As the Big Book says "God could and would if He were sought," So I seek.

This month I got hit with what we call "Life on Life's terms." It's making me question my faith. I have no problem in trusting my Higher Power with my alcoholism, but some of the other areas I am not so willing to give up so freely. The struggle is real, but in order to be comfortable in my skin. I have to surrender it all. I don't really know what that looks like but I am taking the action to get there. Step work, calling my sponsor, and trusting the process. To give you an example, last week we had a marketing meeting to sell an ad. What actually happened is three people in a room were talking about spirituality. I walked away from that meeting knowing that God is working in my life in every area. Thank you, Keys to Recovery for putting me in the right place at the right time to hear the message.

"I believe in process. I believe in four seasons. I believe that winter is tough, but spring's coming. I believe that there's a growing season.

*And I think that you realize that in life, you grow. You get better." - Steve Southerland
Till next time, Beth Dewey-Stern, C.E.O. & Cofounder*



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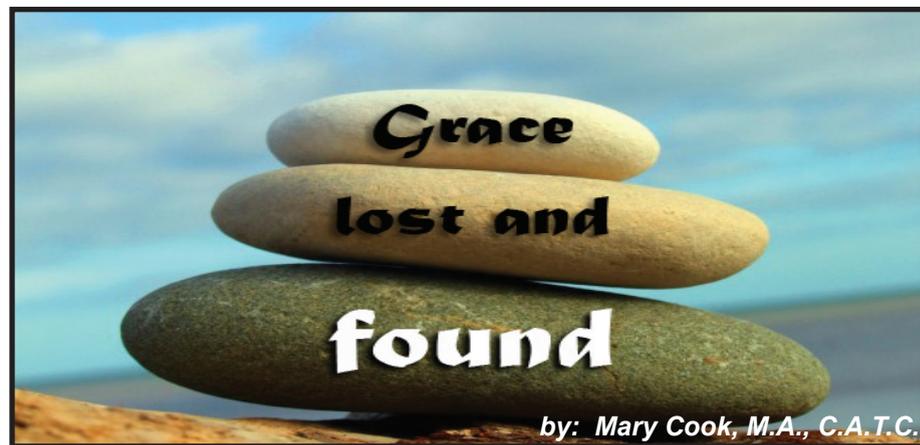
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by: Mary Cook, M.A., C.A.T.C.

LIFE OUTSIDE THE BOX

Addiction is the dark kingdom of illusion. It encloses us in our trauma and pain and adds delusions of power, peace, protection and paradise. Escalating problems result from the disease of addiction, and its' delusions diminish and backfire over time, causing more trauma and pain. We're constantly craving and chasing fixes for problems. We live in denial of the problem and the solution, and wonder why we're miserable and barely alive. Our only hope is if painful reality begins to break through the little box, we call our life.

Even when pain bleeds through all of our attempts to numb it, we hang onto the box looking for a band-aid to repair it. Coming out of denial, our problems seem to expand and intensify, while our sense of self and life seems to constrict and dissolve. Instead of a band-aid, recovery offers us a lifetime solution that we practice one day at a time.

We start peeking outside the box and notice surprises. Recovery looks safe and friendly, has a sense of humor and hope, is warm hearted and direct, generous and non-judging, and even fun sometimes. But we're still scared because our habits tell us to fear anything new. We see people in recovery coming out of their boxes, and we know we can't live in the wreckage of our box much longer, so we are curious about these surprises. And if we allow our curiosity to grow, we will become courageous.

Courage allows us to relax our mind and be open to new ways of thinking, relax our hearts and open to compassionate caring, relax our bodies and open to healthy caretaking, relax our spirits and open to higher love. Recovery teaches us to practice actions contrary to our unhealthy habits. When selfishness is prompted, we give to someone else in need. When self-pity is prompted, we count our blessings. When self-harm is prompted, we ask our recovery companions and the God of our understanding for assistance.

Our recovery friends see through our box, and help us to understand why we thought this was the best we could do in life. They show us how our box was constructed, what reinforces it, and how it initially helped us to manage unbearable pain and confusion. They talk about their boxes and how they outgrew them. We look at our box differently now and compare it to life outside the box. Increasingly, we explore the world outside the box and wonder who we really are, and what life really means.

In asking these questions, we are prompted to cultivate deep, authentic relationships. We challenge our old ideas of relationships, which were built upon trauma, stress, pain, and their corresponding defense mechanisms. Our recovery friendships help us to heal the ways in which we were wounded, and the ways in which we wounded ourselves and others. We recognize that our box was created out of fear, and out of our attempt to protect ourselves from further fear, and we recognize how this has backfired. For the box keeps us immersed in past problems and fraudulent convictions, and separates us from solutions and healing. Developing emotionally corrective relationships with our God, ourselves, and others, allows us to find strength and support deep within us.

Life inside the box is stagnant, toxic and oppressed, and addiction progresses in its' design to destroy us completely. Living outside the box means that we see ourselves connected to all of life on earth, and all that helps us in the spiritual realm. It means that we nurture loving kindness, compassion, respect and appreciation for the great diversity of life. It means that we learn and grow through every circumstance, so as to discover the depth of our authentic being, and to fulfill our spirit in service to others. We can let go of the box and past pain because it served its' purpose. It becomes the compost in our journey in the kingdom of higher truth and unity.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has over 40 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com



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GRACE THROUGH SURRENDER

We tend to think of grace as being gentle, something blessing us effortlessly, in a beautiful moment of spiritual sanctity. There is that type of grace; however, the kind of grace that saves us, that lifts us from the crushing weight of our addiction of our DOC, and also our addiction to the illusion of power & control is not tender, but fierce. Fierce grace rips the illusion of control from our grasp, and we are faced with the ugly reality of our disease. Without the illusion we fall hard to our bottom with such force and pain, that it shatters the ego and allows us the choice to rebuild ourselves with the program of recovery.

Many people imagine that hitting rock bottom is a one-time only event. The hard fact is that we continue to hit it over and over again. I am not referring to behavioral or chemical relapses bringing us down, although they can. I am talking about the rock bottom we hit when we realize and come face-to-face with our own powerlessness. It happens over and over, because our grasping at control happens over and over again. We begin to believe that we are doing the work of recovery, rather than continually deepening our awareness that we are being graced with it. As long as we imagine that we have the power to return to sanity under our own power, manage our program by ourselves, and keep sober without any help, we will keep swimming against the current and will eventually drown. It is only by letting go completely, that we discover the current of spirituality that will carry us, where we need to go.

We tend to forget that our higher power is doing for us what we could never do by ourselves. As soon as we forget that, we jeopardize our recovery. That is why we need to go to meetings, and work with others long after our addictive behaviors have ceased. We go to meetings to hear stories of powerlessness and fierce grace. We must continually remind ourselves of the constant struggle between ego and grace. Many of my friends with some clean time under their belts, say that working with a newcomer recharges their own recovery, and reminds them of how they used to be. That is Grace in action, the type that can only occur in the space between people who share a common problem that are looking for a common solution together.

True, we are never cured, but it is not about the cure. It is about living sanely with the insanity of addiction. Once we come to accept this, and agree to our powerlessness, and the fact that we must work the steps continuously, we free ourselves from the 3 P's: Perfectionism, Procrastination and Paralysis. Many of us are perfectionists, and will not begin a task if we think we might not perform it perfectly, or we have a chance to fail. This leads us to put off for tomorrow what we should be doing today; procrastinating and using excuses like "the timing is not right," "I am just not ready for that," "I'll have time to address that later," "I can't deal with that right now", and so on.

We keep putting it off, putting it off, and the next thing we know, it is months later and we have been without action, paralyzed by our indecision. We don't realize that all we need to do to start, is to just start taking one step at a time. Everything else will follow, gradually and simply, if we just begin. This is a simple program but it isn't easy. We cannot take the principles we learn, and thereby possess them as if we were taking a class or reading a book. We need to live them. We can only get this program by participating with others, who are also on the journey. Gradually we absorb it into every fiber of our being. This takes time and dedication.

The honesty required is sometimes frightening and painful. Anyone who remains faithful to this program has great courage, and deserves deep respect. But we don't have to wait long to begin receiving the rewards. New freedoms, good feelings, and friendships quickly develop, and we are promised in this program to continue growing, and to receive more benefits throughout our lives.

To put it in perspective, ask yourself:

What rewards have come from my courage and struggle?

Do I see the need in my life for this program? Do I think I can get sober, and get better? What's been holding me back? Have I experienced fierce grace? Am I trying to connect with a higher power daily? Am I willing to start working practice, not perfection?

Ben C. Wilson is a Recovery Advocate, writer, lecturer and educator. He has been in recovery since 5.21.07. He currently works at Talbott Recovery in Atlanta, GA, mostly with the Adult and Young Adult Male patient population, and as the Alumni services liaison. He writes recovery awareness and education articles for both the Talbott Recovery Newsletter, and the Talbott Alumni Newsletter. Ben is also involved with supporting the students and staff of the Center for Young Adult Addiction and Recovery at Kennesaw State University. He can be reached at (678) 251-3114 or email ben.wilson@uhs.inc.com. www.soberwarrior.wordpress.com



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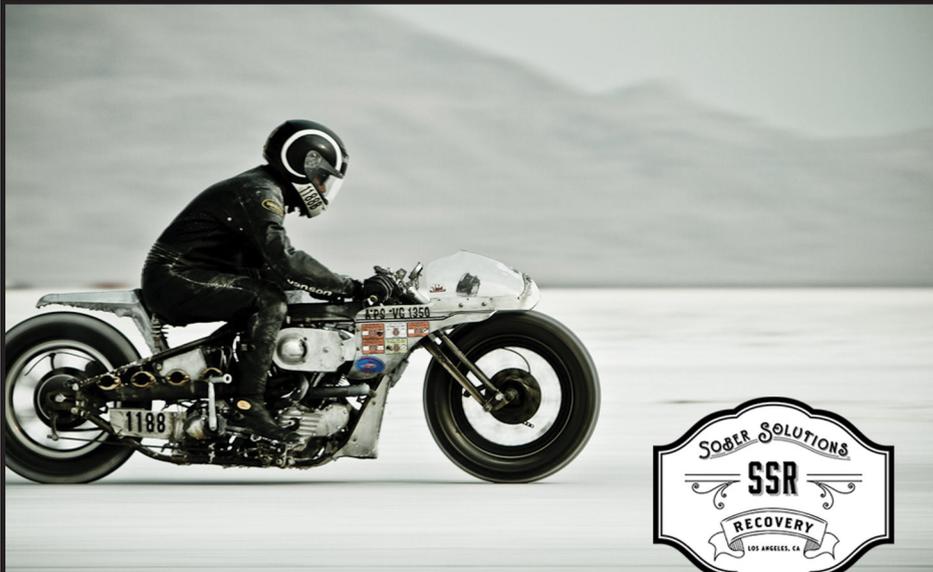


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Ask Dr. Nita



THE DOCTOR IS IN

by: Nita Vallens

Dear Dr Nita, I am thrown off for weeks after the time changes, and I don't know why it's so annoying when I'm clean and sober - aren't things supposed to be easier now?
Jack

Jack, thank you for writing. This is actually a really good question and addresses change, and how we adjust to changes over which we have no control, and our attitude toward life in general. Do we meet change with dread and irritation, or can we learn to be more flexible? Part of this issue is our perspective. Do we see the glass half empty or half full? Some people might think that the promise of a fresh new season is upon us, and look forward to planning for fun things to come like Easter and other celebrations of Spring.

Sometimes, it is not like that for people in recovery from addictions, as you might feel triggered by past memories of this season especially if you're new in recovery. Change can be challenging at any point and time, but particularly if this is a time of year that does not have happy memories for you.

Time change to daylight savings is one of those changes that can throw you off, but you can plan for it ahead of time. Here are some questions to address:

Do you need extra rest, or do you have spring cleaning to do?

Are there people you are still thinking about from the last couple of months whom you'd like to spend time with, but didn't yet reach out?

Do you feel pressured to attend family gatherings, or participate in activities that feel too upsetting at this time?

How is your self care in general? As the days seem longer and the weather warms up, you may be tempted to schedule more for yourself, and you don't realize you have over booked yourself. Can you say, "no" or "I'll think about it."

Those longer days and freedom from the chilly weather can be a welcome change, or not if you are someone who doesn't like the heat! Do you feel tired or thrown off your rhythm from the time change? Recovering people need to go the extra mile in self care. Any changes that happened to you before getting clean or sober from this time of year, can hold unpleasant reminders.

A positive attitude and a willingness to move on and embrace change, can help us to see the season shifts as an opportunity to start anew, fresh and create new memories and begin new activities.

You may have anxious or depressed moods coming up, and begin to over work or be too stressed out. Here are some ideas for upping that self care: Start a new hobby or begin to do activities that you previously enjoyed, but haven't done for awhile, think about what gave you joy in child hood or previous years, and resurrect those joyful things to do, and arrange to see people from your sober or clean community. Plan activities that don't involve drugs or alcohol, and reach out to your sponsor or close friends for support.

If you are really new in your recovery, you are not doomed to failure and you will be successful, but do acknowledge your challenges and risks, and prepare for them. Your previous coping style of escape through alcohol or drugs, has now been replaced with new tools to create the life you want, manage your feelings and emotions, and notice what you have is the "RIDs"; (feelings of Restlessness, Irritability, and Discontent). Notice you may need to take steps to protect your sobriety, if you feel very triggered by these changes. As each season passes and you get experienced at taking better care of yourself, it will get easier.

Remember, that in the latest decade or two, the advances in neuroscience have shown us that mindfulness techniques, prayer and meditation specifically, help a great deal with stress containment and management. Also, we have the opportunity to create new and better habits - new neuro pathways or networks.

If you have a supportive family, ask them for assistance, seek help from a mental health professional, and let me say again, reach out to your AA or NA sponsor, and 12 step program associates or friends, and attend more meetings. I cannot emphasize enough the power of support, as too much isolation is one of the most relapse triggers. This is very important in times of stress, and you can make it through!

I believe in you! Dr Nita

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



HALT, ED, AND PTSD

POST TRAUMATIC SOLUTIONS AND DECISIONS

If you've read my books, you know that I have a thing for acronyms. In eating disorder recovery, I named my illness "E.D.," or simply Ed.

In 12-step meetings to break free from Ed, I learned other helpful acronyms, like my favorite, HALT. HALT stands for Hungry, Angry, Lonely, and Tired. My support team encouraged me to fix any of these situations before I made an important decision. In other words, I was encouraged to slow down, to halt.

Then, many years later, in PTSD recovery, another acronym came to life: Post Traumatic Solutions and Decisions.

You might know that PTSD actually stands for Post Traumatic Stress Disorder. Well, this acronym had gained so much control over my life that I knew I needed to take it back, take the power out of it—spin PTSD into standing for something positive. The key part of my new PTSD acronym proved to be the last two letters: solutions and decisions.

In my experience with all types of recovery, finding real solutions and then firmly deciding to commit to them, is what makes all of the difference. Written out here, this can seem so easy. And, Nike sure makes it sound simple. Find a solution and then just do it. Gulp.

First off, finding solutions can be challenging in this world of the Internet. Dr. Google promises quick and easy answers to nearly everything. How can we figure out which solutions actually deserve our time and attention? Fortunately, mental health research has taught us that "evidence-based" treatments are a smart way to begin. Evidence-based treatments are ones that have a lot of research supporting their effectiveness. Both of my recoveries were puzzles requiring evidence-based as well as alternative approaches. Gratefully, my treatment team, through trial and error, helped me to find all of the various jigsaw pieces.

What I have learned is that the fast and easy solutions often don't work. As an example, an infomercial in the early 2000's promised that a certain exercise machine with a catchy name, would bring body acceptance and love, my way. Well, all that this machine brought my way was its handy use as a clothes-drying rack for my small apartment.

The point is: we must seek solutions that actually work, not the ones that promise a quick fix.

Secondly, after we work with our treatment team to find our unique recovery solutions, we must commit to real action. This means making a different kind of decision to get better. No matter what. Another gulp.

My approach to commitment in early recovery used to be this:

I will definitely do _____ (insert solution A) _____ when _____ A _____ becomes easy.

When eating is easy, I will eat.

In PTSD recovery, I will approach what I am afraid of—triggers related to my past trauma—when I am no longer scared.

I am sure you are not surprised that this kind of approach didn't work either. In order to heal from both my eating disorder as well as PTSD, I had to make a decision to feel the fear, and do it anyway. I know this sounds cliché, but clichés get popular for a reason. This one is true.

Often, in recovery, we reach a place where we know what we need to do, but we just aren't doing it. Getting better means being or getting uncomfortable. That's the bad news; the good news is that the discomfort doesn't stay if we keep moving. Being uncomfortable actually pushes us into a place where we can experience serenity.

In what areas of your recovery do you still need to seek practical solutions?

In what areas of your recovery do you know the solution, but your decision to get better hasn't been strong enough to actually follow through with positive action?

Does being hungry, angry, lonely, or tired (HALT) play a role in any of these hurdles?

Where do you need HELP to move in a new direction? Yes, in some 12-step rooms, that stands for Hope, Encouragement, Love and Patience.

With these things, recovery really is possible.

YCDI. You Can Do It.

Jenni Schaefer is a singer/songwriter, speaker, and the bestselling 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 10th anniversary edition as well as audiobook. She is a National Recovery Advocate for Eating Recovery Center's Family Institute. In partnership with Insight Behavioral Health Centers, Eating Recovery Center provides specialized treatment for eating disorders as well as related disorders, including PTSD. Visit EatingRecovery.com/Jenni and JenniSchaefer.com.



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by: Larry Burton

RELEASING STUBBORN RESENTMENTS

Why, after 35 years of reading self-help books and months of counseling, did I still feel resentment towards my father, my ex-wife, and certain events in my life? Why couldn't I let go of this frozen anger toward them, and toward myself for the mistakes I had made? Why, after working the 12 steps and trying other healing techniques, couldn't I let go of these stubborn resentments and enjoy forgiveness, acceptance and serenity?

My whole life has been impacted by alcoholism. My father and grandfather were both alcoholics. My Dad actively drank for the first 40 years of my life, I married a woman whose father was an alcoholic, and we had two sons who struggled with alcoholism. One of our sons came out the other side, continues to work his recovery and is doing well, while our other son is still finding his way through this life challenge. I had a long list of resentments.

Out of rebellion, I chose not to drink or use other drugs to excess. Instead, I came to the edge of a nervous breakdown.

My resentments were causing a problem. I was well versed in the traditional approaches to addiction and recovery. I wrote a research paper in college on alcoholism, while studying Sociology and Theology. I understood many of the biological, environmental and psychological elements involved in addiction. After my divorce, I dove into the writings of Melody Beattie and other literature on codependency, and being an adult child of an alcoholic in general.

I understood and practiced many of the common techniques for getting rid of resentments. But there were old emotional injuries that would not go away.

At times, I thought those emotional injuries were just going to be permanent scars, and I would have to live with them. But those old resentments kept having a ripple effect in my life, and causing pain in my life and the lives of those close to me. So, I kept looking for a solution.

Then, around my 50th birthday, I took a one day class that introduced me to neuro linguistic programming (NLP). It was in this class that I was introduced to the role of energy in our mental and emotional well-being.

Now, I was aware of Ayurvedic and Chinese medicine, and that they worked with the body's energy system. But I thought of them only in terms of physical healing and physical well-being. I had experienced acupuncture to help increase the flow of energy in my body's meridian system, and help physical injuries to heal. I had never realized that there could be an energy component to my emotional well-being, too.

That class started me on what has been a 12 year journey in learning and practicing techniques in Energy Psychology, that allow me to bring balance and harmony to the energy around painful emotions like resentment. This understanding and practice has allowed me to experience breakthroughs, and to finally let go of those deep, stubborn resentments from my past.

Let me use the metaphor of having a bruise to explain how this works. We have all bumped into something, or have fallen and received a bruise on our body. This is common and will go away on its own with the passage of time. This is a bruise on your body, your physical self. We can call this a physical bruise.

In addition, we have all had experiences that upset us emotionally, but not physically. These are bruises to our emotions, or our mind. Most of the time these will fade away with time or through familiar practices like prayer, journaling, talking to a friend, etc. These can be called emotional bruises.

There is a third, deeper level of our self that can be bruised and that is our energy system. Those hurts that are so emotionally charged, they bruise us at a level deeper than our mind. It is at this level of our being that those stubborn resentments live. Let's call these energy bruises.

The good news is that we can access the Loving energy of our Higher Power to heal these bruises to our energy system. Just as acupuncture restores the normal flow of energy to aid physical healing, so Energy Psychology techniques allow us to restore balance and harmony where our energy system has been deeply bruised.

It is this combination of understanding the science behind our body's energy system, psychological insights, and spiritual principles that has helped me to release those deep resentments in my life, those bruises to my energy system.

As I have brought this body, mind, energy understanding of resentment and other emotional pains to my life, and the lives of my clients, we have all experienced relief and growth. We have gained the ability to respond, rather than react, to old hurts. We are enjoying a level of serenity that is greater than anything we have known before.

If you can relate to having stubborn resentments in your life, have hope! You can find relief and greater serenity. Find someone who understands that there can be an energy component to resentment, and can help you to address this challenge at all levels of your being.

Larry Burton is a Certified Energy Health Practitioner through the Association for Comprehensive Energy Psychology. He is the creator of the Pondera Process, a leading edge technique which helps people to move forward in their lives with greater ease. Larry is a recovery coach and conducts various workshops. www.rebuildingafter.com - larry@rebuildingafter.com (888) 347-6808.

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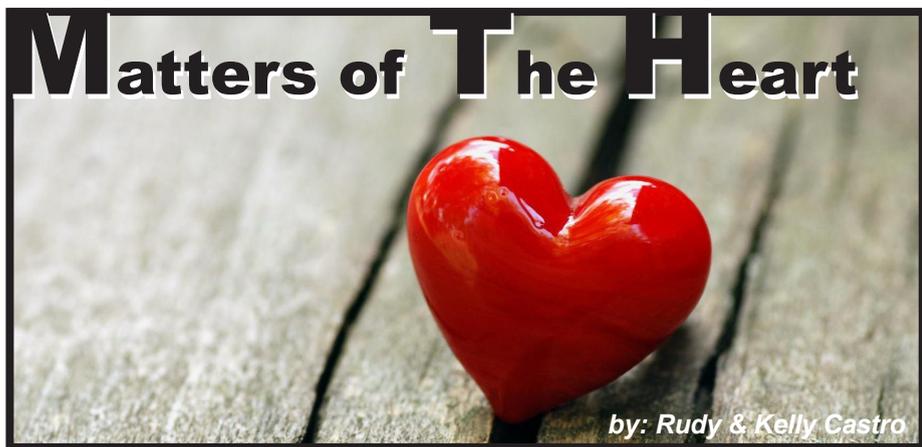
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REBIRTH, AWAKENINGS & TRANSFORMATIONS

This time of year many people are celebrating the resurrection of Christ. And for those who may not necessarily associate themselves with that particular theology, the message is one that translates into all forms of spirituality. It is the story of human suffering that leads to rebirth, and awakening into the eternal consciousness. For those who are in recovery this is often referred to as a psychic change. For those who are not in recovery, this can be referred to as the process of transformation. Something dies in order for something else to live, and the particular message about Christ is this; When one is willing to die to self, the sacrifice is one that not only sets one free- but many. Who cares about one man's freedom when so many are kept in bondage? Rebirth is about the ripple effect. It's important to ask ourselves what kind of waves are created in our wake. Are they destructive waves, or are we leaving a ripple of positive change.

Speaking of waves; We recently moved. Neither one of us were quite prepared for what that was going to bring up. Honestly, had we known we, would've prepared ourselves spiritually in a much deeper way. Both of us carry trauma around family. We have psychological, emotional, and cellular fear about families being torn apart. We both come from broken homes, and there is an impact that colors our current experience. We had one of our biggest fights the day before the move, and the fear was so great that it seemed questionable about whether or not our marriage would make it.

I, Kelly, was completely taken hostage by fear and hijacked by my 13-year-old self, that is the same self that left home after my family had been separated. At that time I felt completely grown up and somewhat invincible. Now as an adult with kids I look at that age and think wow that is so young. When I'm connected to my heart - it breaks a little bit when I think about that time of my life and what I felt I needed to do to survive. And boy did I survive! I developed a series of personality characteristics that would help me survive completely inappropriate relationships, and environments. I became tough, and committed to independence. I was completely driven by fear and didn't even know it. I had become so much identified with the character I was making up that I lost connection to that soft, vulnerable, and trusting space that I once was. I've spent years dismantling all that armor, and allowing myself to soften. However, in the moment where I felt like everything was at risk, and I was being threatened all of that came right back. I felt ready to abandon my marriage, and live inside of that survival place once again. Rudy and I, have certainly had our fair share of fights-by no means do we run around the world pretending to be perfect. We have grown, and learned as a result of them. This one was different. I not only was committed to cutting him out, but everyone else in our community that was an extension of the life that we have created. I went seven days, completely off-line. Meaning; no conscious contact with any Higher Power. I was being run by tremendous amounts of fear, and ego. By day seven it came crashing down. I was either going to drink or surrender.

And for me, Rudy, I thought I was taking care of myself before the big move. What I now look back and notice is that I would drive by the house we were going to be moving into every few days and unconsciously believed that I didn't deserve to be living there with my family. That's because I come from destructive, addict parents. Father's constant cheating while selling PCP, both were using PCP and drinking, my father was 20 years, old my mother was 18 when I was born. At age 4, the destruction of my family happened, we were living in a house at the time, my family have never moved into a house from that moment. Instead my father was gone out of my life, my mother bounced in and out of prison, and my grandma raised me on welfare. So it makes sense, and unconsciously I was deeply afraid of losing my family. So when my wife Kelly asked me if I was hiding something the night before we moved. I lied. I lied, to her face, and she knew it. I'm not justifying my actions - and, my lie was not a big lie. I was just scared and I was powerless over lying. So I created the pain that I was mostly and deeply afraid of. I was asked to leave. And I didn't move in. Luckily for me the next day I connected with God, and to my fellows. I did writing, regained conscious contact, and was able to deeply see my part. I spent the next six days praying, building compassion, and trusting God.

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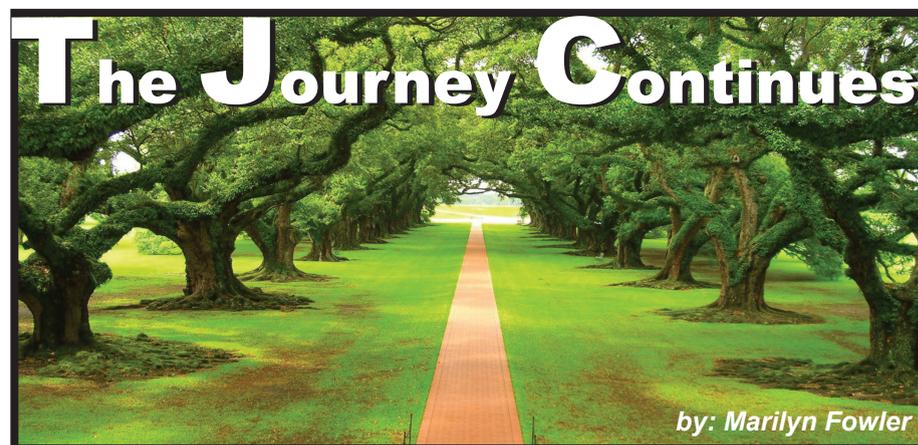
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FRIEND, FOE, OR CHALLENGE?

"There are things known and things unknown, and in between are the doors of perception." ~ Aldous Huxley

Approaching the Unknown in Recovery. Friend, Foe or Challenge? The unknown in recovery...the dark, scary, unknown...that place you don't want to go...but it's there...always there...looming in the realm of unanswered questions where anything can happen...and you don't know what you're facing. Stress builds, and you've gotten yourself into a frightening horror film when a can of soda, and a box of popcorn, in the latest Mickey Mouse film is really all you're going to need to survive. Have you ever experienced such a trip? This example may be exaggerated, but don't we sometimes needlessly chew over something trying to resolve an issue in our mind to avoid the unknown?

But we can't escape. Life in recovery is full of unknowns, and not always anticipated. The very next moment from your present moment is an unknown. And events can happen without any warning at all. So not only do you need to be prepared with a recovery plan, you also need to "dig into underlying problems" that may hold you back, and then relish every precious moment you have. Last year, with no thought of any next moment, I was hospitalized twice for a sudden accident. Now after 14 months, the pain is subsiding, and I'm more at ease. But still dealing with nerve damage. And I had no idea anything was coming in that very moment. Recovery can be the same. After all the mishaps and hell within addiction, doing the "inner work" will begin to shift you into more "comfort" within your recovery journey.

Everyone is afraid of something, even starting early recovery, but usually, we're not faced with situations attached to dire circumstances. We don't have all the answers, but outcomes may be predictable. And we can calm our fears with some positive reassurance as you use your skills and tools learned, "It's okay if I'm a little nervous on a new job; I can find new friends when I move; an unexpected bill etc." We survive these unknowns and move on. It's why it's important to work a recovery program that is well-balanced of mind, body, and spirit.

But when we're faced with a critical situation that could lead to painful repercussions, it becomes a gigantic question we'll have to answer at some ominous time in the future. We don't know what path it will take, and we get caught up in 'what ifs' over one imagined scenario after another. "How can I cope if my marriage ends in divorce? Where can I go if I end up losing my house? What if I can't work after surgery? etc." The outcome rests in the unknown, and stress builds as time passes. What a waste of our mental and emotional resources.

Sometimes our challenges are within our own minds where we can have control. But fear might hold us back from things we want to change in our life, and we refuse to act. At age 47, filled with fear, I left my waitress job and went back to school. It changed my life. Had I not stepped out of where I was, I would not be writing to you now. What would your life be like if you stepped out of what you don't want, and into what you do want? Fear might say, "What if you make a mistake or maybe you'll fail and look stupid." But fear is a reason, not an excuse. And in situations like this, you have some power over the unknown.

"The bad news is time flies. The good news is you're the pilot." ~Michael Althsuler

Sometimes things happen for which you're in no way responsible. "Unexpected turn of events, painful loss, a plan falls through and disappointment sets in, broken promises, someone turns against you, etc." But that's life, and life in recovery, so you embrace and work through the negative just as you accept and celebrate your "triumphs" in recovery. And while you may not be able to alter an outcome as we all have no control over people, places and things, you can alter your response to it with courage over fear!

It may seem easier to look the other way, but when you stumble, you fall hard. So, start by taking an indepth look at your life every day. And if you're facing a disturbing unknown, prepare yourself now to experience the best response possible given the circumstances. Most times you may surprise yourself at how strong you really are. The better you understand what you're dealing with, the wiser will be your response. Clarify with questions like, "Do I have time to plan; what are my alternatives; is there a way out if I need one; will I be able to function effectively; etc?..." Rule out those "bad behaviors" and wanting a quick fix. Your courage will build as you go along.

No unknown situation is comfortable in Life or in Recovery, so use your discomfort to draw positive energy and move yourself forward, and grow with each unknown.

You're here for a reason. Learn those lessons needed to keep you strong in recovery and "Step out" and find your answers on the other side of fear, knowing that whatever the unknown holds, you have what it takes to find your way. Recovery is a beautiful life!

Blessings and Serenity in all your Unknowns

Marilyn Fowler Author of "Silent Echoes", is a retired Licensed Clinical Social Worker/Psychotherapist. Her professional experience includes Mental Health Team Leader, then Director of Mental Health Services in the Duval County Jail in Jacksonville, Florida; coordinating Mental Health Services in nursing homes, working on inpatient units, and in private practice for a number of years. She Teaches a class at the University of North Florida on The Influence of Childhood Messages on Adult Life, and has a self-help blog <https://selfhelpbymarilyn.wordpress.com> to help others live a better well balanced life! She has two published books, a memoir, "Silent Echoes" and Fiction: "Me and Granmama in the Hill Country".



THE DIFFERENCE BETWEEN PROBLEM GAMBLING & GAMBLING ADDICTION

I get asked the question from my readers and people in recovery, if I know the difference between problem gambling and full blown gambling addiction. The only way I can answer this question is my personal view, and how I came to reach out for recovery from a gambling addiction. And those who work in the treatment arena have many labels for gambling disorders, problems, or addicted gambling. But we know we have to address it by some name, to be able to distinguish between the two.

Problem gambling is usually used as a term to see if one has a problem with gambling, or they are an addicted gambler. Like a precursor to having a full blown addiction. Since gambling addiction is a slow progressive disease and addiction, the signs and symptoms increase from having a problem into a full blown addiction. My friends of HelpGuide.org share this information about both problem, and addicted gambling to help see more differences between them.

The HelpGuide.org Says; "Problem gambling - is any gambling behavior that disrupts your life. If you're preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences in your life, you have a gambling problem. Of course, you can also have a gambling problem without being totally out of control.

Gambling addiction - also known as pathological gambling, compulsive gambling or gambling disorder, is an impulse-control disorder. If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones. You'll bet whether you're up or down, broke or flush, happy or depressed, and you'll keep gambling regardless of the consequences—even when you know that the odds are against you, or you can't afford to lose.

A gambling addiction is most associated with other behavior or mood disorders. Many problem gamblers also suffer from substance abuse issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder. To overcome your gambling problems, you'll also need to address these and any other underlying causes as well."

My personal experience as first being a problem gambler is pointed out above; I noticed I was spending more time and increasing the amount of money I was betting as time went on. And for me, I was doing this out of having a lot of time on my hands. My husband worked out of town a few months at a time, so I started going more and more after work from being lonely. Then I began to go before work, after work, and when I crossed the line into addicted compulsive gambling, I was going on my lunch hour too! All signs of becoming an addicted gambler, not a problem gambler any longer.

Some other things to think about if you or someone you care about has a gambling problem? Because it is NOT about the MONEY, as gambling addiction is known as "the hidden illness and addiction." And it is why I advocate, inform, educate, and raise awareness, because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction, like; feeling the need to be secretive about your gambling. Once you start gambling, can you walk away? Or are you compelled to gamble until you've spent your last dollar, upping your bets in a bid to win lost money back?

How about gambling until you've spent your last dollar? And then move on to the money you don't have, money to pay bills, credit cards, or things for your children. You may feel pushed to borrow, sell, or even steal things for gambling money. These are classic first signs. So what can a person do if they have crossed the line into full-blown gambling addiction? Get Help! And there are many resources, and sites that provide help for problem gambling, or if you do become addicted. Since I had crossed over the line from problem gambling into gambling addiction, I needed all I could get my hands on in able to stop and enter recovery.

Yes, it did take me a few tries, and my addiction had reached a point that I had a failed suicide attempt, my addiction had gotten that bad. From a hospital and transferred to an addiction/mental health facility, that choice to enter treatment was made for me as that was how "hopeless" and dark my gambling addiction took me. But it was the best thing that could have happened. After a few days of suicide watch, I began therapy, treatment, education, and began to learn the skills and tools to stay in recovery, and apply them. Also, I learned I was suffering a long time with undiagnosed mental health disorders, and began treatment for this at the same time.

I feel this was my recovery beginning and it saved my life! But one thing was missing; I also needed to learn the skills and tools to start the "inner work" that is vital, including my 12-step work. I needed more. We all come from many different paths of addiction; we are spiritual, mentally, emotionally, and physically broken.

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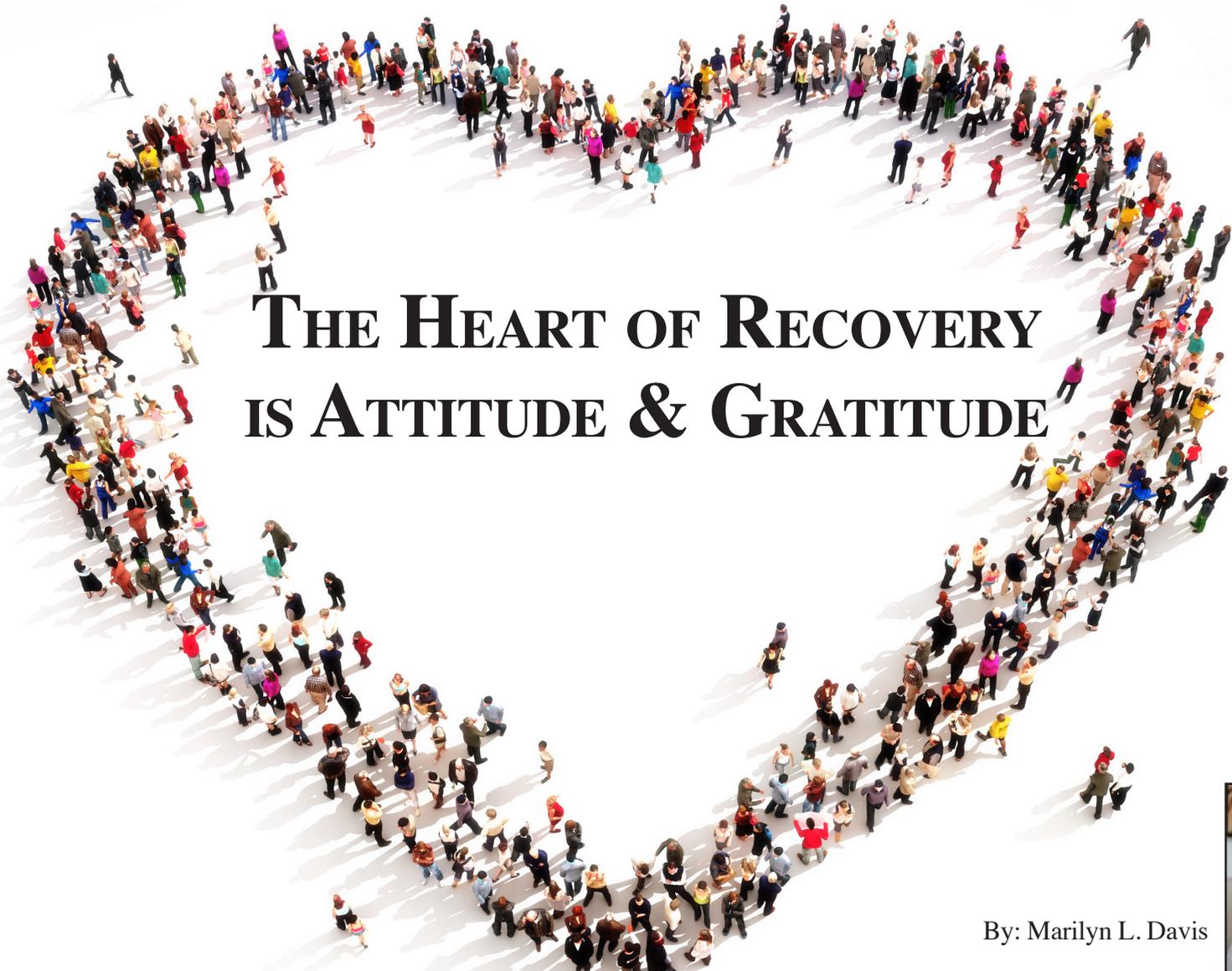
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THE HEART OF RECOVERY IS ATTITUDE & GRATITUDE

“Could we change our attitude, we should not only see life differently, but life itself would come to be different. Life would undergo a change of appearance because we ourselves had undergone a change of attitude.”

- Katherine Mansfield

What Happened to the Enthusiasm and Gratitude for Recovery?

For some of us, the positive attitude and level of commitment begin to wane or lessen after the initial withdrawal has subsided. The immediate consequences got our attention, but now we realize:

- Our families aren't as upset with us.
- We aren't going to jail.
- We're starting to feel better physically.

Unfortunately, this initial relief, enthusiasm, and gratitude wanes if we are not making other changes, seeing favorable outcomes from our changes, and finding value in being in recovery.

Some people are relieved, just to be out of the vicious cycle of addiction:

- Where will I find drugs?
- How will I pay for them?
- Can I use and not get caught?

Instead of remaining grateful though, we get angry that people are suggesting that we give up friends who still use; give us directions for changes, and expect us to be happy, joyous and free.

Other times, we get complacent and think we've done enough. Some of us start resenting the people who are trying to help us. Rather than hearing their stories of change and awareness, we start filtering what they are saying as a lecture on how great they are, and how we're less than them.

All of those positions are our attitudes. Our actions are the result of those attitudes, and whether we follow through on our commitment to our recovery. We usually throw out that a person has a bad attitude or that people are afraid of commitment, but beyond these pat sayings what are we talking about when we use these words? So that we are clear, here are the definitions.

Attitude is the manner, mood, feeling, or position about a person, object, or situation. In other words, what you think and feel about something or someone.

Commitment is a state of intellectual and emotional attachment to a particular action, practice or person. When you commit to something, you are making a promise to do or not to do something. When you commit to someone, you pledge to him or her also. When you make a commitment, you are pledging to do or not do something.

It's Not Always Grins and Giggles

Having a positive attitude towards your recovery, and making a commitment to your recovery are both vital to the process. Some people think that having a positive attitude means that you have to like what is happening to you at this point. The reality is that most people, who are successful in their recovery, would tell you that they were scared and distrustful when they first got into recovery, but were willing to cooperate to change their lives.

Take an interest in making your life better, and acknowledge that you need some help to accomplish that. A positive attitude is as much about being optimistic and hopeful as it is cheerful.

For The Recovery Process to Work.

When you have a positive attitude and commitment to recover, there are other aspects that will help you accomplish your goal of recovery:

- Open-mindedness

By: Marilyn L. Davis



- Willingness
- Interest
- Actions that Promote Change

When you entered into the program or called inquiring about help, your attitude and commitment was important. You probably had a positive attitude—perhaps scared, but willing to make an effort. You may even have stated that you would do “anything” to become and remain clean.

People will not ask you to do anything counter-productive to your recovery; however, they may ask you to do something that you have never tried before. They might ask you to:

- Write about your past life
- Examine your old belief systems
- Identify your self-defeating behaviors
- Recognize your strengths, talents, and limitations
- Change aspects of yourself that cause you problems

You may not like these assignments. However, if you are going to change, you have to identify those things that create barriers for you. You cannot expect your future to be different from your present if you do not review the past, and make appropriate changes.

Why Give Faulty Directions?

You will need to examine your attitude and commitment when you get directions, or suggestions from others about how to recover. For example, repeatedly arguing about whether something has value before you complete the assignment, is both arrogant and foolish.

If you have never done anything, you have no reason for the argument. You do not know the outcome as you have never even tried the directions.

Please try what has worked for countless others before you decide whether something will work for you, or whether something is “stupid” or wrong.

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If you think about this logically, why would someone give you directions or solutions, that did not have a history of working for others? Providers of treatment, families, judges, sponsors, accountability partners and others in recovery all have reputations.

Do you think that any of them wants the reputation, as the ones that give “stupid assignments” or directions? How much sense would it make to give inadequate explanations or directions?

Yes, they will make some mistakes in giving directions, sometimes because you did not give them all of the facts about the situation. In general, they are not going to give directions that will make them look inadequate, or directions that they do not think will help to improve your life. Therefore, your attitude about what people suggest for you to do to change your life needs to be as positive as it can be. Even, if your attitude is one of questioning how a suggestion or solution might help your situation, do them and then assess the results. You may be genuinely surprised at the outcome.

“A positive attitude leads to a positive action, which then yields a positive result. That’s how the cycle always goes. Nothing seems to be too difficult for people blessed with positive mindsets.”

- Kevin J. Donaldson

Attitude and Commitment: Ongoing Issues

Early recovery is not the only time that an individual’s attitude, and commitment becomes the focus; some individuals become complacent or unconcerned later in their recovery.

If this happens to you, recommit to remaining chemically free and find that positive attitude again. To have and enjoy long-term recovery, a positive attitude along with an authentic commitment to recovery, should give you a better outcome.

Writing, and recovery heals the heart.

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

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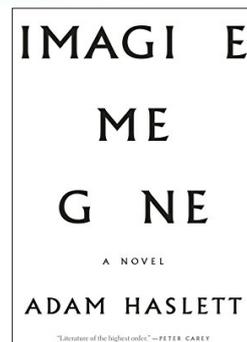
Book & Video Reviews



IMAGINE ME GONE: By Adam Haslett, the author of two previous national bestsellers. Published by Back Bay Books.

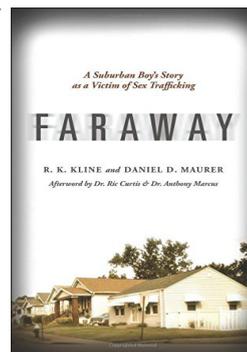
This story is an extra-ordinary blend of precision, beauty and tenderness that holds a family together with real love. Haslett draws one into the center of this family, that controls itself while living with all the facets, and effects that the mental illness of one family member has on the entire family. This story is so real with its humor, trials, hurts, disappointments and yet there is so much love and tenderness.

Haslett description of just how anguishing and time-consuming psychiatric disorders can be, is spot on. Not only for the afflicted, but also for the failing loved ones trying their hardest, and failing to find a suitable fix. He writes openly about the pitfalls of the piled-on medication, the panicked late-night phone calls, and the cycles of fear, frustration and guarded hope. The way these chapters are told we believe every word in them, and bear witness to just how complex and multi-angle the issue of mental health can be. It was hard for me to pull myself back and remember that this was just a story. This is a must read book to help us stay humble. This book has given me a new compassion and understanding of mental illness, and that it is not always easy to see. We are so quick to judge others by their oddities, and we never even wonder if there is a reason that they are not acting as we think they should. Available at Amazon.com.



FARAWAY A SUBURBAN BOY'S STORY AS A VICTIM OF SEX TRAFFICKING. Written by R.K.Kline and Daniel D. Maurer afterword by Dr. Ric Curtis and Dr. Anthony Marcus. Published by Two Harbors Press.

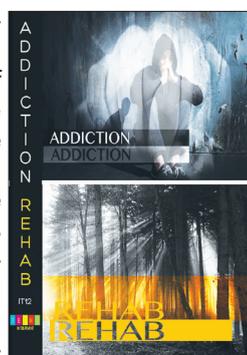
Faraway is a memoir of a 14 year old boy, Kevin, who was just beginning to understand he was gay. He meets up with a man named Ray, thinking a friendship was developing, this person was introducing and forcing him into child prostitution. This is a true story of a young man's journey into the darkness of human sex trafficking, in the inner city of St. Louis in 1975. It's extremely graphic and raw. During this dark and difficult time, Kevin befriends two boys also trapped in the sex trafficking world. Kevin is forced into turning tricks with the two other guys, Stevie and Squirrel. The heart of this book is the bond of friendship between these three boys. Despite the tragedies, Kevin discovers that the presence of a loving God was with him the whole time. Faraway is extremely intense, and raw, but definitely a page turner. Sex trafficking doesn't just affect girls. Boys have stories as well. This is a must read. Available at Amazon.com.



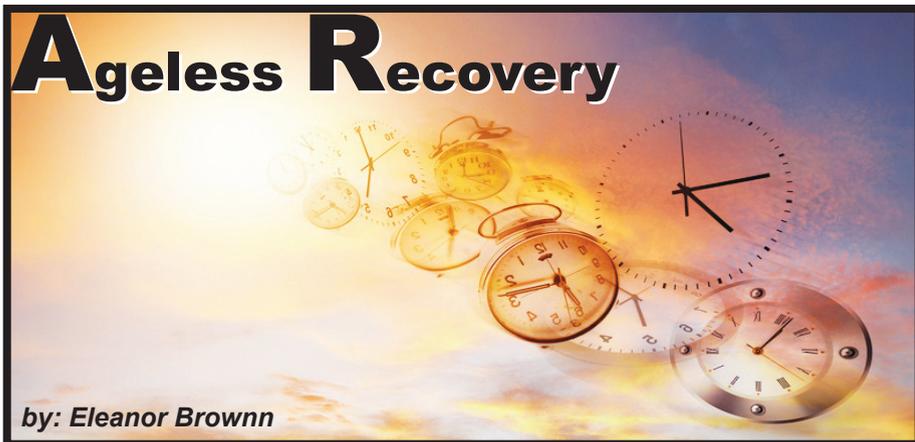
TEENS IN TREATMENT: ADDICTION AND REHAB. VIDEO produced and edited by Brian Stewart.

These videos are a must see for those stuck in the chaos of the repeated miseries that drug and alcohol addiction inflicts. For the parents of the Teens that are in addiction, the information is concise and straight to the point explaining how addiction doesn't discriminate, being that the underlining reasons that influence the choices are the same across the board. The knowledge of the experts in the videos are enlightening, explaining in detail about the psychological and physiological effects on the body and brain drugs and alcohol causes, as well as to the solution for their loved one's dilemmas.

I personally believe the way these videos are written and produced, being provocative and very powerful in their appearance and delivery, are designed to be watched with both parent and teen for interaction, to be able to search for a way of resolving and understanding their sons or daughter's specific addiction, thus allowing each of their individual needs to be addressed. There are 14 common paths to addiction, the explanations will assist the teens as well as the parents for a more complete understanding of the addiction process. Regardless of family social status, skin color, I.Q or one's religion, no one is exempt from falling prey to addiction in all its forms. The second part of the duo, the Rehab video is very informative in its entirety starting with how psychologically the necessary components must be in place, in order for those that are addicted to make a decision that their life can truly be changed. Available by email info@teensintreatment.org.



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.



WHY BOTHER WITH RECOVERY LATER IN LIFE?

The fastest growing segment of the recovery community is people over the age of 50. Why bother to strive to change later in life? Because recovery from addiction is possible at every age, and makes life more meaningful.

"I was pushing 70 and thought to myself why try to stop drinking now? What was the point at my age? What were my chances for success? But I was miserable. My drinking was out of control, and my life was a mess. I had heard about Alcoholics Anonymous for years, but the older I got the less it seemed to make sense to me to start attending. I was skeptical, but something made me go to a meeting and give it a try. As I listened to people share their stories of hitting bottom, and then finding a solution to their problem, I felt something I hadn't felt in a long time: I felt hope. That meeting was the beginning of a whole new life for me. I've now got three years of sobriety and I've never been happier. I'm not at the end of my life, I'm at a new beginning." — M.L., 71 year old recovering alcoholic.

Why bother with recovery? Whether you're chained to drugs, alcohol, other substances or addictive behaviors, there's always hope in the rooms of recovery. No matter where you stand on the timeline of life, your whole life is ahead of you. The program embodies the possibility of positive change at every age, and every stage of life.

There are challenges and rewards related to aging. Some of the challenges are: The wreckage of the past begins to catch up with you. Your body begins to change, and it's harder to bounce back after a slip or relapse. Problems begin to overlap and become more complex with the passage of time. You lose friends and relationships to illness and death. Chronic health conditions become more prevalent. Chronic health conditions are those ailments we learn to live with, and manage because they're non-curable or they recur. They include problems such as heart disease, diabetes, arthritis, high blood pressure and depression. Addiction is a chronic condition. You learn to live with it. It goes into remission, but it never goes away.

But there are also rewards and opportunities possible with aging, if you allow yourself to grow you can gain a deeper sense of purpose. You care less about what others think. You gain clarity about who you are, what you want and what you have to offer the world. You have wisdom that can arise only from experience and lessons learned. You have a sense of freedom in a way you never did when you were younger.

Several key factors have been identified as contributing to living a long and healthy life. Studies of centenarians (people who live to be 100) have shown the following to be important:

- Social interaction • Intellectual stimulation • Positive outlook
- Ability to deal with change • Spirituality

Why bother with recovery? Because the tools used in working a 12-step program such as fellowship, phone calls, journaling, prayer, meditation, an attitude of gratitude, and service, align with the characteristics of centenarians. A glance around the rooms will often reveal people who are vibrant despite their years. You'll hear stories of miraculous turnarounds late in life. Or people who have decades of relief from their addiction. The program is a blueprint for a greater sense of fulfillment, deeper sense of awareness and a more meaningful life.

"I've been in the program 28 years. I was fortunate, I got in at a young age. I don't think I'd be alive today if it weren't for the 12 steps. I don't fear the future or getting older. I've had 28 years of learning how to take life one day at a time. If I stay abstinent and connected to my Higher Power, my life will only get better." — B.D., 54 year old recovering food addict.

Dr. Bob Smith, the co-founder of Alcoholics Anonymous, was in his mid-fifties when he stopped drinking. His physical, emotional and spiritual condition were so poor from decades of abusing alcohol, his family and friends thought he was beyond all hope. Dr. Bob himself had given up. But then something happened and he found himself on a path that transformed him. And in the 15 years between when he got sober, and when he died at the age of 71 of cancer, he helped thousands of other alcoholics find sobriety. His last years were the most productive of his life. The legacy of his service to the AA fellowship has touched the lives of millions to this very day.

Thank God, Dr. Bob didn't say "Why bother with recovery at my age?"

Eleanor Brownn M.A. is a Behavioral Gerontologist and Certified Wellness and Self Care Instructor who specializes in helping women navigate the second half of life. Contact her for public presentations or individual coaching at www.eleanorbrownn.com ©2017 Eleanor Brownn.





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Civic Center shuttle service 830 am to walk site
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Call (818)623-0945, (818)938-4403 www.soberdayla.com



Events

SATURDAY, APRIL 1, 2017: Every Saturday Night (Weekly April 1, 2017) Music and Meeting. 9:30-11:30 pm. The New Radford Hall. 13267 1/2 Victory Blvd., Van Nuys, California. Contact Ron (818) 823-3633.

SATURDAY, APRIL 1, 2017: April Fool's Day at Unit A. 4:pm Joe & Charlie Workshop, 6:pm Speaker/Participation Meeting, 7:30pm 12-Step Sunset Yoga... THEN April Fool's Dance 9:pm to 1am. Suggested donation \$6 per person \$10 for two. 50/50 Raffle. DJ Randy. UNIT A Group, 10641 Burbank Blvd., N.Hollywood, California. (818) 505-1905.

SATURDAY, APRIL 1, 2017: ASL (American Sign Language) 4pm Garden Grove Ala-no Club. 845 Belfast Dr., Garden Grove, California. 92844 www.ggalano.org.

WEDNESDAY, APRIL 5, 2017: (Weekly April 5,12,19,26) 12th Step Yoga, 7:15-8:30pm. Santa Monica Yoga. Free Donation Weekly Yoga Class in Safe Environment. 1640 Ocean Park Blvd., Santa Monica, California, 90405. Contact Dennis (310)266-2698 or dennislyonsyoga@gmail.com

SATURDAY, APRIL 8, 2017: Color of Money. 7:30pm-11:30pm. Bowling Includes Shoes \$20 18 and Over. Open Bowling for Those Who Are Not 18. Linbrook Bowling Center. 201 S. Brookhurst St., Anaheim, California, 92801.

SATURDAY, APRIL 9, 2017: ACY- Blues Ball Beach Volleyball Tournament and Unity Event. Suggested donation for food \$5. Games are free. Zuma Beach Life Guard Tower 2. Info call (661) 313-6101 sfvyaa.com.

SATURDAY, APRIL 15, 2017: LACY PAA Presents 5K Bunny Run. Location Santa Monica Beach. (Left Side of Pier) Meeting Starts 9am Run Starts @ 10:30am. Suggested donation \$5. For more Info (661) 313-6106 sfvypaa.com.

SATURDAY, APRIL 15TH, 2017: The Windsor Club give you Dance Therapy. Mostly old school music, by DJ Nicole. Dance starts after the 8pm AA meeting. 9:45pm to 1:30am. Suggested donation \$7, Club members \$5, Platinum members Free. Snacks & refreshments, 50/50 Raffle. for more info call (818) 242-1350. The Windsor Club 123 West Windsor Road, Glendale, California, 91204.

FRIDAY- SUNDAY, APRIL 14-16, 2017: 32nd OCAA Convention. Doubletree Hotel Anaheim/ Orange County, 100 The City Drive South, Orange, California, 92868. www.oaac.org.

SATURDAY, APRIL 15, 2017: Pancake Breakfast every 3rd Saturday at the Orange Friendship Club. All You Can Eat for \$2.50. 2191 Orange-Olive Rd., Orange, California. Call the Club for time (714) 637-9860.

SATURDAY, APRIL 15, 2017: IVYPAA Presents "We're Not a Glum Lot Banquet" Featuring Sponsorship Family Feud. Doors Open at 4:45. Tickets \$20/Dinner, Speaker, and Family Feud. 510 S. 2nd Ave, Covina, California, 91723. For More Info. (562) 302-2664.

SATURDAY, APRIL 29, 2017: YPAA Ready to Play Presented by RENVYPAA. YPAA Game Shoe Night Ice Cream Social. 430-9pm \$10 Suggested Donation. Panel Speakers at 5pm. 820 Plumas St., Reno, Nevada. More Info. Adrian G (775)-373-9236.

SATURDAY, APRIL 29, 2017: Festival of Recovery, SHARE!, See Flyer This Page.

SUNDAY, APRIL 30, 2017: South Orange Chili Cook Off Fundraiser. 11am-3pm. Laguna Niguel Regional Park. 28241 La Paz Rd., Laguna Niguel, California, 92677. Mark Z. (818) 268-1263, Robin P. (949) 500-4017, Frank H. (949) 201-8509.

UPCOMING

SATURDAY, JUNE 3RD, 2017: BIKE-N-4-BOOKS, San Fernando Valley H & I Fundraiser. Woodley Park Picnic Area #3, 6350 Woodley Ave., Van Nuys, California, 91346. Call (818) 850-2313 or email biken4books@gmail.com.

FRIDAY, JUNE 2ND TO SUNDAY JUNE 4TH, 2017: Woman to Woman, 38th Annual Sharing and Caring Workshop weekend. Mount St. Marys College. www.WomantoWomanLA.org.

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

Festival of Recovery

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PRODIGAL PARENTS YOU CAN ALWAYS GO HOME

Due to my drinking, my role as a parent became void.

Many of us have heard the story of the prodigal son. Leaving home with all his inheritance, only to blow it all and ending up living in a literal pig sty. He crawled back home just hoping to take on a role of a servant. His father, however, welcomed him with open arms, and restored him to a place of prosperity right beside him. But what about those prodigal parents? Those parents who, in varying degrees, leave home at the invite of alcoholism and addiction.

I would do things that I swore I would never do.

I was one of those parents. Being a father was important to me, and in some aspects I was a great one. But as the years passed, alcohol began to become more of a priority in all that I decided to do. I began to slowly miss the sights, sounds, and smells of raising my children. The intimate moments that a father gets to set his children in the ways that they should go. Alcohol would be the root cause of me hearing the cries of my children. "Try harder, Daddy!" and "Daddy, please don't go!" fell on ears that had gone deaf due to my drinking.

My children were everything to me. There was nothing more important to me than to see them happy and safe. That alone reminds me of just how powerful addiction and alcoholism is. I could and would forsake my kids for a drink. The thoughts of those days disgust me, but, they have also moved me to find my purpose. Through the fight I have with alcoholism, I have been able to see the promise of God on my life. My faith in the fact that He turns to good what the enemy means for bad is evident. Whether you are the prodigal son, or even a prodigal parent, you can always go home.

From the moment I hit my knees and asked for help, I have been led to a purposeful call on my life. My recovery has brought healing and connection with my children. I have been able to reunite with my youngest. You can read more on that in Faith Full Father. Consequently, I have been able to finally be a father, while beginning to establish a connection with my oldest. You can read my oldest's story in Breaking Chains. My two middle children, my boys, have always been there, but my alcoholism took from them severely also. Removing booze from my life has allowed my sons and I a fresh start, which I wrote about in Beer Goggles. Then it hit me, there is one thing in my recovery that resonates throughout my story, and that is the transforming and renewing of the relationships with my children.

This weekend I had the opportunity to talk with Daniel Maurer, of Transformation is Real. During our conversation he brought up this same point of reconnecting with my children. I had been praying for guidance, for people and opportunity to cross my path, that would be wisdom in the steps I take forward. My recovery has been based solely on my faith. When I said, "Jesus, Help Me!", I passed the test. His grace was sufficient for me no matter what I had done, or where I had been. It is something I could never earn nor would I ever deserve. It was also my example in becoming the father that my children need today.

Alcoholism brought me to my greatest purpose, being a parent.

In putting down the bottle I have finally been able to realize the great responsibility, and reward of being a parent. A parent that could lead his children in the way that they should go. Through my battle with alcoholism, my weakness was made perfect in His strength. I am bringing a new platform to Warriors On Purpose. It is the triumph in my story. Embracing the prodigal parent that I am, and sharing how through recovery the relationships with my children, my greatest joys, have been given new life. How finding my "WHY" has changed my life. As life continues to unfold, I will continue to share the message of hope that YOU CAN ALWAYS GO HOME!

We recover a life with our kids that we never imagined possible.

Addiction can do horrible things to parents, their kids, and their families. I am living proof that we can and do recover. In recovery, parents can find renewed and transformed relationships with their children. In my platform, Prodigal Parent, I will be giving parents who have experienced this miracle of rebirth with their kids an opportunity to tell their story. We must let people know that there is hope no matter how dark the storm may seem. Please contact me, click here to email, and let's talk about how you can share your story, your miracle, the stories of how prodigal parents made it back home.

Kip Shubert is the founder of Warriors On Purpose. Kip is a dynamic motivational speaker, educator, and writer. He is recovering alcoholic and blessed parent of four children. Sharing the message of recovery and hope for restored family relationships. www.kipshubert.com

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Materials & Deadlines

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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, Photo-shop 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.

CEA-HOW: Compulsive Eaters Anonymous- Honesty, Open Mindedness, Willingness Recovery for Compulsive Over Eaters. 5632 Van Nuys Blvd. # 401, Van Nuys, CA. 91401

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 National & World Services: www.nicotine-anonymous.org (877) 879-6422.

Nicotine Anonymous So. California Intergroup: www.scina.org (800) 642-0666

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.siawso.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.

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792.

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790.

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family (800) 339-3940.

Chicana Service Center (English, Spanish) (323) 268-7564.

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center only) (213) 385-5100.

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700.

East Los Angeles Women's Shelter: (walk-in center only) (323) 526-5819, 24 Hour Hotline (800) 585-6231.

Family Crisis Center (South Central): (323)737-3900.

Glendale: YWCA Domestic Violence Project (818) 242-1106.

Haven Hills: www.havenhills.org (818) 887-7481 (818) 887-6589.

Helpline Youth Counseling (walk-in center only) (562) 864-3722.

House of Ruth (909) 623-4364.

Human Services Association (walk-in center only) (562) 806-5400.

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250.

Jenesse Center www.jenesse.org (323) 299-9496.

Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293.

Foothill Family Services (walk-in center) - (626) 338-9200.

Legal Aid Foundation of LA (LAFLA) (323) 801-7991.

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352.

Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525.

Prototypes (walk-in center only) (323) 464-6281.

Safe Horizons (800) 621-4673 (HOPE).

San Pedro, Rainbow Services: (310) 547-9343.

Santa Monica, Sojourn: (310) 264-6644.

So. California Alcohol & Drug Program/Angel Step Inn: www.scadp.org (562) 949-5358.

The Good Shepherd Shelter: (323) 737-6111.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of 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 & SERVICES OFFERED:

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.

ANGEL HANZ FOR THE HOMELESS, INC. Vegan non-profit: Last Sunday of Each Month 1pm North Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 358-3663.

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.



MARY COOK

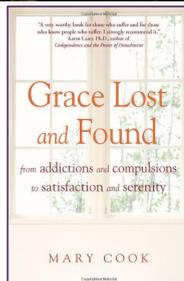
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Matters of The Heart

CON'T FROM PAGE 9



Until the moment presented itself for us to come together and heal.

These moments of uncertainty can feel really scary. They often feel dark, and unpromising. It feels as though there's something inside—desperately trying to grasp onto something that feels remotely familiar, while being handcuffed to, and paralyzed by fear. Taken hostage by our story, until it has gained so much momentum that it feels like the absolute truth. This is the scariest part of transformation, and often times inescapable. We are caterpillars metamorphosing into butterflies.

Want to hear something insane about that process? Caterpillars spin themselves into cocoons and then DIGEST THEMSELVES! Yes! That's correct! They DIGEST THEIR OWN SELVES!!! Who would do that??? Caterpillars. Because it's what they came to do, and on the other side of them completely rearranging themselves, is the experience of being a beautiful butterfly. This is what we are doing in the world of transformation. This is the excruciating gift that we are given, and it's so worth it.

On the other side of our breakdown was an extraordinary breakthrough. We both healed trauma that had been deeply stored in us, and are more free as a result of the process. We are closer than we have ever been, and our marriage is stronger. We are able to see one another as we are, rather than through that lens of the past. What is amazing is that our partnership, on its own, went through the process of going from caterpillar to butterfly. We both had to go through that, and on some level, allow it to transform us. The only way out is through, and no one can do this kind of work for us. It is up to each one of us. It is what we came here for. You are the one you have been waiting for.

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 www.consciouspartnershipcoaching.com, Fb: Conscious Partnership Coaching. YouTube: Conscious Partnership Coaching

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Our health also suffered as we don't eat right, exercise, nor even make health appointments, as we are too deep in a hole within our addictions. Like in the start of this article, my friends of Help-Guide.org said; "To overcome your gambling problems, you'll also need to address any and all other underlying causes as well."

Many of us find during treatment; we may have old issues we need to learn to process, work through, forgive, and learn to let go to achieve a steady recovery. Addressing old hurt or pain, or maybe past trauma, abuse, or rough childhood, or come from a family background of drugs or alcohol or family dysfunction. All these areas may have caused us to turn to addiction. My recovery needed both learning those tools and education, the cycle and how to interrupt it, and shown how to begin my "inner work" all at the same time to reach long-term recovery. I do this in many ways.

I journal daily, I meditate and pray, I write articles and read books, and by being of service to others recovering. I sponsor others and more. All of these ideas keep me on the right track in my recovery. Let's remember, recovery is not a race. It will be a lifetime of self-reflection and progress one day at a time. Recovery is POSSIBLE!

Catherine Townsend-Lyon is the Best-selling Author of her debut Memoir titled; "Addicted to Dimes, Confessions of a Liar and a Cheat available on Amazon online. She has been in long-term recovery from gambling addiction and advocate on how it effects and impacts our communities and families. She is a recovery writer and columnist for "In Recovery Magazine" and shares her experiences and recovery in many popular recovery publications and interviewed articles. She can be reached at LyonMedia@aol.com



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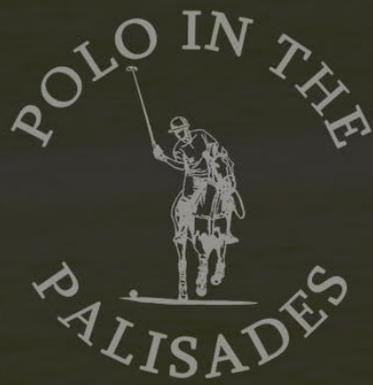
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