

February 2019

# KEYS TO RECOVERY

— NEWSPAPER, INC. —

# Unlocking Our Hearts

By: Rudy and Kelly Castro



**Ownership or  
Partnership**  
Page 4

**Building a  
Recovery Tribe**  
Page 7

**Super Bowl  
Betting**  
Page 15



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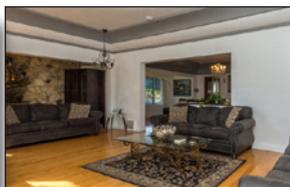
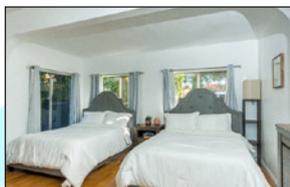
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## Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
New Doctor in Town	Page 6	Dr. Clint
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Marilyn Davis
The Journey Continues	Page 10	Leslie Gold
Matters of the Heart	Page 11	Rosemary O'Connor
<b>Unlocking Our Hearts</b>	<b>Page 12</b>	<b>Rudy &amp; Kelly Castro</b>
Quit to Win	Page 15	Catherine Lyon
Events	Page 16	
Book, CD, Video Reviews	Page 16	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
<b>Resource Guide</b>	<b>Page 20-21</b>	

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## About Us

Advertising Rates - page 19  
 Distribution Information - page 19

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Welcome to the February Issue of Keys to Recovery Newspaper. Traditionally February is a month where we celebrate Valentine's Day with chocolate, cards, flowers and other expressions of love. This year I am challenging myself to celebrate by finding love in each hour, each day, each week and each month, to express more love to each person I encounter. Being human I will fall short, yet I will try to find and express more love each day, in my thoughts, my words, my behavior and my actions.

I heard an interesting saying yesterday, "Where the mind goes the man (woman) will follow". I am a firm believer in the power of our thoughts and our words. Not just because I read it some where, but I have found through my own experience, that what I focus on becomes my focus. The focus of my thoughts is my responsibility, once I realize what I am thinking. My thoughts (my focus) can be changed in an instant. I love that because it gives me some power and control over what happens next. And usually what happens next is my words and behavior, follow the new direction of thoughts.

We tend to think because our thoughts are invisible, that others are not aware of them. I have found that my invisible thoughts, become my visible actions and behavior. When I am thinking great things about myself, I walk differently, I talk differently, my entire essence is impacted by my thoughts. The same is true when I think negatively about myself, it affects everything including how I treat those around me. So my invisible thoughts have become my visible actions.

Which brings me back to my Valentine's challenge of love. One of the most popular readings at a wedding is, 1 Corinthians 13 - (Verses 4 to 7 are the most popular)

*"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no account of wrongs. Love takes no pleasure in evil, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things."*

This is the type of love I want to receive and give. I want to fix my mind (my thoughts) on love and let it become the visible action that others see and feel from me.

**God bless you until next month! - Jeannie Marshall, President & Cofounder**

Hello to one and all, we here at Keys to Recovery want to thank you for continually reading our newspaper. Those of you who are reading it for the first time, we thank you as well. All my wife and I have wanted is to be able to share pertinent information regarding addiction, and help by possibly offering our readers solutions. Life is so very precious, we hear of all of the atrocities on the news and through social media. Normal survival in itself is sketchy at times without allowing ourselves to lessen the odds.

My years of addiction were filled with uncertainties, and coupled with my careless desires added more fuel to a fire that was already dangerously out of control. When I was given knowledge and the 12 steps, my perception changed for the better. On the horizon of this new year, what appears to lie before me looks very promising. With the help of the 12 step principals, guidelines and applications, my reasoning and perceptions have more clarity. This month is filled with optimism, gratitude, appreciation and thankfulness for who I have become, and for who God has allowed me to be with!

I have an incredible life full of good friends, loving family members and the support of special individuals in the recovery community. When I look back from where I came, my heart speaks words that I can't verbally express. I have learned so much from my remarkable wife including love, patience, forgiveness, understanding, acceptance and so much more. I previously had these attributes, but I never gave them with such generosity. When releasing a false sense of pride, egotism and various other negative behaviors, my understanding and openness to God's prompting's are received and adhered to.

**Until we are given the opportunity once again, to come together for reasoning, may God bless and keep you safe. - Marcus Marshall, Vice President & Cofounder**



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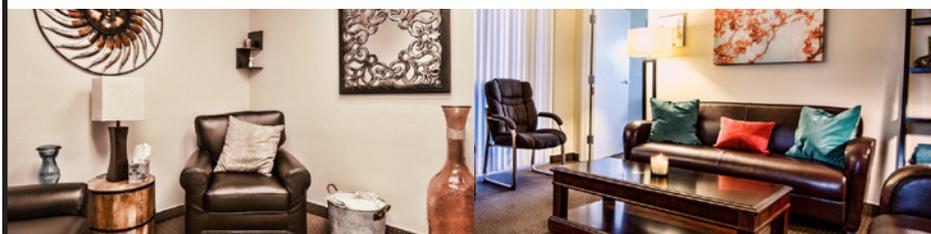
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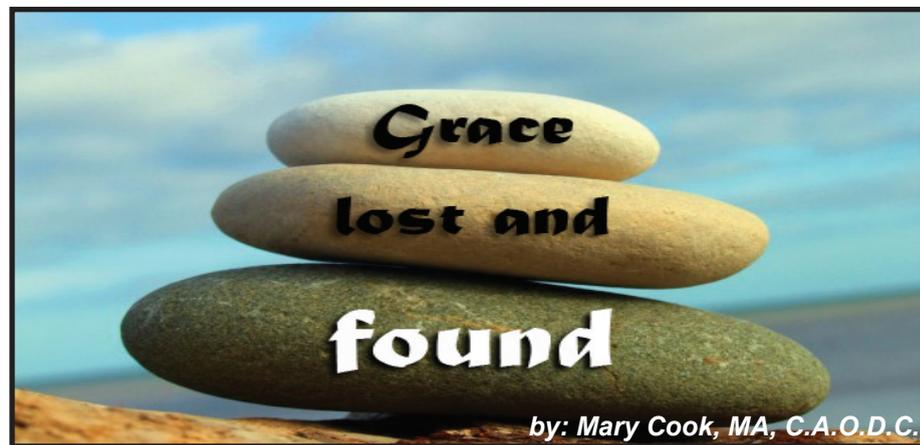
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by: Mary Cook, MA, C.A.O.D.C.

## OWNERSHIP OR PARTNERSHIP

When I focus on myself, my relationships, my sobriety, my work, my possessions, my home, my life, I forget everything that contributed to this very moment. I forget how the God of my understanding works through me in all that happens. I forget how relationships encompass the whole and the holiness of each of us, and how we cannot own or fix one another. I forget how sobriety is comprised of and dependent upon unlimited factors that change all the time. I forget how work arises from the intersection of many peoples' talents, interests, skills, needs, and finances. I forget how possessions serve a purpose and we generally don't know how useful, healthy and long lasting they will be. I forget all that contributed to create a home, and all the factors involved in maintaining a healthy home. I forget that my life is not my habits, thoughts, feelings, or experiences. Taking ownership usually results in minimizing, objectifying, and assuming power over what is greater than what we can know. It results in feeling separated from what sustains, challenges, and enlightens us.

If we make a pot of vegetable soup, the elements come from seeds, earth, water, sunshine, farmers, harvesters, packers, trucks, truck drivers, roads, markets, people that work in markets, and the energy of thoughts, feelings and actions of all who participated in how the soup came to be. We are in a vast partnership in every moment. Embracing this means helping in times of need and trouble, and celebrating in times of ease and fulfillment. Just as maturing trees require strong roots in good soil and trunks stretching toward the sky, our maturity requires deep connections with nature, humanity and a Higher Power, and a true self stretching toward a higher purpose. Chasing symbols of success through powerful positions and sparkling appearances cannot compensate for a closed heart and silent spirit. A worn out teddy bear is beautiful because it carries the love of the child who cuddles it. A party is nourishing because of the depth of communion with what is offered and received. Acknowledging and appreciating the roots and elements of all that contributes to this present moment is humbling and joyful.

When we have a history of being harmed and harming, of arrogance and addiction, we armor ourselves against the world. We believe that only selfishness can survive vice and violence. We believe that if we look deeply there will only be more pain. We don't see that we've kept ourselves imprisoned in problems and that the past endlessly repeats through us. We want power because we're paranoid, we want certainty because we're confused, we want to own what we desire because we have lost so much. Only when we've failed sufficiently in living our own way, will we wonder at those who have a similar history and have miraculously changed. In twelve step meetings we find worn out people who are being loved in a fellowship that provides deep compassion and understanding.

We find in humbling ourselves, we are offered needed support. We find in deeper reflection, we are offered solutions to problems. We find in abstinence from mind-altering chemicals, we are offered healing and wholeness. We find in ceasing harm to ourselves and others, we are offered holiness. Because there is much to fear in life, we cultivate courage and faith. Because life is uncertain, we take nothing for granted. Because people die, we love more. Just as sand castles return to the sea, what we seem to own is really on loan while the immeasurable partnership with life evolves. We can focus on the good that comes through us in this moment. We can open our hearts to the person in front of us. We can practice the tools that strengthen sobriety every day. We can give our best to the work that we do and to those with whom we work. We can be grateful for possessions and accept when they are gone. We can cultivate a home that welcomes and extends healthy nourishment and love. We can cherish and contribute to the goodness in all life. We can appreciate everything and everyone that sustains, challenges and enlightens us, for this is a partnership which is greater than what we can know.

*WWW.MARYCOOKMA.COM - Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 42 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 [www.Amazon.com](http://www.Amazon.com)*





by: Darrell Fusaro

### THROW LOVE AT THE SITUATION

For several weeks my wife and I woke up to the distressing sound of a neighbor's howling dog. The dog cried from eight thirty in the morning until five thirty at night. It was obvious that the howling was coming from inside our next-door neighbor's house. My wife and I are animal loving dog owners and were growing concerned for the dog's well-being.

We've been living in our neighborhood for over twenty years, and are friendly with all our neighbors. Some we are closer with than others. The neighbors with the howling dog are a young couple that keeps to themselves. We are not very close, but always kind whenever we cross paths with them.

We own a duplex and our tenant contacted us about the howling dog as well. He's also a dog owner and was concerned that our neighbors may not be aware of how to care for a new dog properly. This was the assumption since they've never had a dog living with them before. He shared his concern that the dog might be crated while the neighbors were at work, and if that's the case, it's much too long for a puppy, assuming it was a puppy.

Going into the third week our tenant told me that he had left a note for our neighbors, kindly informing them of their new dog's ceaseless daily howling. My wife said she had left a similar note for them. Maybe the new dog owners weren't aware that their dog howled throughout the day while they were away at work. I hoped this would lead to a positive resolution without any further action.

A few more days passed and the howling continued. I hadn't seen our neighbors since the howling began. I don't like confrontation so I was glad we hadn't crossed each other's path.

The next morning the howling began and my wife said that she was going to report them to animal control. I was afraid that would do more harm than good, so I suggested she hold off. Later that morning our tenant caught up with me, and thought it was time we spoke with our neighbors directly.

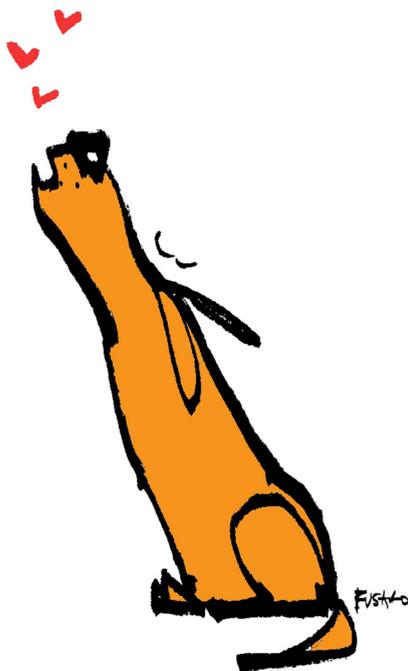
"Should we visit them after they get home from work today?" I asked.

He said, "I'm afraid if we both go they'll feel like we are ganging up on them. People are very sensitive when it comes to their pets. It would probably be best if you go by yourself."

"Okay, sounds great", I said, but this was not something I was looking forward to.

How would I say what needed to be said without seeming accusatory? The answer was obvious. I couldn't. I was in over my head and knowing this always presents me with a choice. The choice is between fear-based problem solving, or throwing love at the situation. I could dread a confrontation, which leads to worrying about what I don't want to happen, and endlessly plan how I'll maneuver through it. It usually goes like this, "I should start off saying something like..., and if they respond with..., then I'll counter with...". Or I could simply throw love at the situation. Over the years I've come to rely on the later. I do so for two reasons. It relieves me of the burden and it gets a demonstration.

Throwing love at the situation means I cease outlining. Anytime I begin to think about what I should or should not say, or do, I will stop and remind myself that God is handling it, and that God is Love. Each and every time I started to feel concerned about meeting with my neighbors, I'd catch myself and affirm, "God will give me the perfect words to say." After that I'd imagine how it'd feel if my neighbors and I were close friends. I see all of us together with our dogs smiling, happy and even laughing. This feels good. Then I'd just resume doing whatever was in front of me to do, just like I would on a day without an impending appointment.



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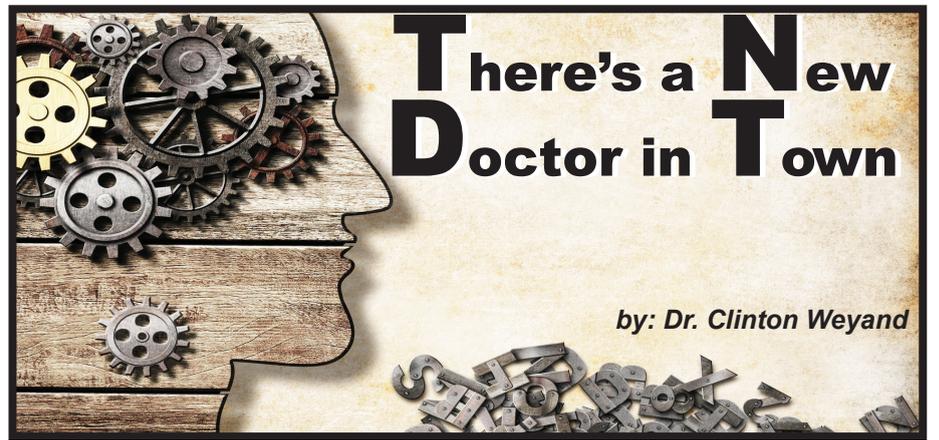
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Dear Dr. Clint:

What are the existential issues that chemically dependent clients suffer from?

A big one is not being in touch with reality and not living life on life's terms. The objective world is too hard, so we escape with drugs and alcohol. The denial of death and death anxiety is also very important. The denial system surrounding death can manifest as anxiety, personality disorder, or aggression.

The failure of the alcoholic and addict to confront the reality of death, places him or her in a precarious situation. Denying the reality of death, he may live as if he has forever, harming himself and others along the way. Life loses its daily color, immediacy, passion, and urgency and ultimately is experienced as being boring and without meaning. This less-than-optimal existence then perpetuates more substance use.

Substance use becomes a way to handle death anxiety. When clients come to treatment, they often speak of a "rock bottom" moment when they had a brush with death. They totaled their car or passed out for three days. Reality increases the awareness that they might be on the fast track to death. Keeping these consequences in the forefront of their minds is a powerful tool that helps prevent relapse.

Many clients don't understand how much freedom they have. They blame others for the lack of healthy structure in their lives. Using their freedom, addicted clients can create their own stories of healthy recovery. Not taking responsibility for our lives is how we give freedom away, and become victims. Experiencing the full freedom of our lives, we can transform all our insight into healthy and creative action.

Next, we look at the balance between isolation and connecting with others. As a person becomes more aware of his ultimate separation from others, he may grow increasingly anxious and powerless. Turning to drugs or creating relationships with others who use drugs begins the illusion of connection. Only later do we realize that drug friends are not real friends.

Lack of meaning is the fourth "ultimate concern". Here, we are talking about emptiness, frustration, and the feeling that "I don't make a difference in the world". This existential vacuum is discussed by Victor Frankl.

We often find meaning in our recovery process. Being a person with more integrity or working the 12 steps (again), can provide much meaning. Understanding the context of our life and perceiving how everything is connected also provides meaning.

MY PERSONAL STORY: My father died of a heart attack in his sleep at 62 years old. The shock of the death somewhat prevented me from doing my grief work with therapists and sponsors.

I was in my first year of graduate school at Cal State Northridge, and my entire class of 16 students came to my house several times to support me.

Over time, I have been nourished by multiple, deep memories of my years with my father.

Irvin Yalom states that although the physicality of death destroys us, the idea of death saves us. Some traumatic events open us up to the ontological mode of living. Yalom states, "In your everyday mode, you are entirely absorbed in your surroundings, and you marvel at how things are 'in the world, whereas, in the ontological mode, you focus on and appreciate the wonder of "being" itself, and marvel that things are; that you are".

### SOME STRENGTHS OF EXISTENTIAL THERAPY

1. Existential therapy focuses on the "givens" of existence, rock-bottom moments, like almost dying from an overdose, can thrust one into an existential crisis leading to a more genuine, authentic existence.
2. Problems of meaning resonate strongly with addicted individuals.
3. Existential therapy gets to the core of the issue and is able to go deep.
4. Addicted individuals learn to accept instead of avoid the givens of life. (This is life on life's terms.)
5. Existential therapists are eclectic and use techniques from other forms of therapy.
6. The existential attitudes of freedom and authenticity dominate most therapeutic conversations.

MY PAL, MY FRIEND, MY DAD

I lost a friend today

A pal I was close to, a father who nourished my growth.

Now some fathers demand respect from their sons, and some fathers feel uneasy about displays of affection, but my father just wanted my love. He didn't need the other things.

He shared with me many learnings from his life, and advised me to follow my heart.

My dad was a traveler and explorer and today's journey has called him to another land.

So I think I'll wave good bye now, and lean on some rich memories.

I hope you feel my love where you are.

So long Dad you're a special person and a fine man.

Dr. Weyand studied at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: [doctorclint.net](http://doctorclint.net). Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to [decoop@att.net](mailto:decoop@att.net). We welcome your input.

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## BUILDING A RECOVERY TRIBE: 11 IDEAS TO TRY TODAY

Mental illness is a lonely place. The actual symptoms of mental illness even ensure isolation.

With PTSD, I was frequently dissociated—felt apart from the world. It's easy to keep to yourself when you feel like you live in an alternate universe.

When it comes to my eating disorder, I was a pro at making up excuses for getting out of dinner or lunch plans with friends.

Of course, depression keeps us trapped inside our minds and our homes. Anxiety can do the same thing.

While mental illness thrives on the very isolation that it creates, recovery requires connection. To heal, we must build a tribe. Here are eleven ideas for how to tackle this sometimes-daunting task:

1. Move past shame and stigma. For me, it helped to view posttraumatic stress disorder in the same way that I might another life-threatening illness, like cancer. If I had cancer, I wouldn't hide it from everyone. Indeed, I would tell people in order to gain as much support as possible. I learned to do the same for mental illness.

2. Connect with others who "get it." Attend twelve-step meetings. When I couldn't find a specific meeting about anorexia nervosa, my therapist encouraged me to attend open (all are welcome) Alcoholics Anonymous meetings. In rooms full of alcoholics, I substituted the word "alcohol" with "food," and gained much-needed hope and wisdom. For support, bring a loved one to an open meeting with you.

3. Put recovery in your pocket. These days, mobile apps abound for those who struggle with mental illness. Designed for those with posttraumatic stress disorder, PTSD Coach is one that provides education, information about professional help, a self-assessment, and more. In this way, your phone becomes a portable support system in your pocket.

4. Be willing to do whatever it takes. I only met others in recovery from PTSD when I traveled in states away from my home for trauma-specific treatment. Get creative and be willing to do whatever it takes to connect. A new avenue for those in eating disorder recovery to gain support is, our *Life Without Ed* weekend workshop at Rio Retreat Center.

5. Find friends just for fun. Join Meetup.com to find others with similar interests beyond recovery. Sign up for free groups focused on hiking, reading, cooking, and more. Joining a group online is the easy part; getting yourself to actually attend a meet-up is another. Again, bring a loved one if you're afraid to go alone.

6. Put your phone down. When attending activities and meetings, take your eyes off of your screen and actually say hello to others. Consider turning your phone off. (Gasp!) Take another risk and try your best to introduce yourself to at least one person at every event that you attend.

7. Consider your body posture. My once go-to stance of crossing my arms and avoiding eye contact wasn't helpful in building connections. Today, my body language is less guarded, and I try to look people in the eyes. I recently told a guy I'm dating that I sometimes have trouble with eye contact, so we practiced over a meal. Awkward. Yet, this vulnerability led to a more authentic connection.

8. Deepen your connections. Ask questions, and truly listen to the answers (instead of thinking about what you will say next). With people who you trust, be more open with answering questions. When someone asks how you're doing, don't automatically reply with "fine" when you aren't. Be real.

9. Let people go. If someone in your life is consistently dragging you down, and your efforts to address the problem go unheard, listen to your intuition and consider letting go. While social media makes it easy to un-friend someone, in real life, it can be difficult. Pray about it. Don't forget to invite your higher power into your tribe. Speak with your therapist for support with difficult actions and conversations.

10. Connect with professional help. Do whatever it takes to build professional support, including a therapist, psychiatrist, dietitian, and others. If money is an obstacle, apply for treatment scholarships or seek low-cost or no-cost options at mental health non-profits, and within spiritual communities.

11. Practice patience. Making friends and building relationships can be a lot like dating. It doesn't always work out, and that's okay.

While building a tribe can be scary at times, like other things in recovery, it can also be exciting. Our best friends were once strangers, ones we probably met because we weren't staring at our screens. Now, go: put your phone down (unless you're downloading PTSD Coach), and build your village. That's what it takes to heal. And, healing, by the way, can and does happen.

Jenni Schaefer, is the bestselling author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me*. She is a Senior Fellow with The Meadows, Chair, Ambassador Council, National Eating Disorders Association. For more information and resources related to eating disorders as well as PTSD, visit [www.jennischaefer.com](http://www.jennischaefer.com).



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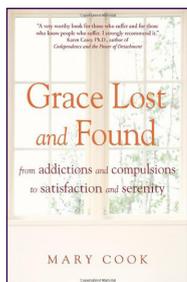
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by: Marilyn Davis

## RISE AND WHINE OR RISE AND SHINE

*"If you took one-tenth of the energy you put into complaining and applied it to solving the problem, you'd be surprised by how well things can work out... Complaining does not work as a strategy. We all have finite time and energy. Any time we spend whining is unlikely to help us achieve our goals. And it won't make us happier." - Randy Pausch, The Last Lecture*

Talking about people and situations in a negative way is how many of us spend our conversational time, on the job, at home, or texting and talking about someone or something that we don't like.

We complain, vent, and whine about our spouses, the children, the teachers, the economy, the hours we work, and those people who annoy us at our recovery support meetings.

We create this illusion that we know how things "ought to be" or how people should act, and when these things don't happen, or don't happen as quickly as we think they should, we let everyone know exactly how we feel.

### Complaining, Venting, or Whining?

**Complaining** is expressing feelings of pain, dissatisfaction, or disappointment.

- I was disappointed when the train ran late and I missed my appointment. I called and they graciously rescheduled.

**Venting** is often the cathartic release of thoughts and emotions.

- I'm so irritated with our public transportation system. If a train is scheduled to arrive at a certain time, unless there's a good excuse, arriving late is unacceptable. I missed an important meeting yesterday, and was fortunate that I reached the supervisor as phone service on the train is spotty, too.

**Whining** or on the other hand, is complaining and venting laced with pity, "it isn't fair", and "poor me" negativity.

- I'm always getting screwed. Yesterday it was the train; yes, a train, because my folks wouldn't buy me a car or even co-sign a loan so I could get to the meeting. I know I didn't repay the last loan, but I had to change jobs, my female boss was jealous of the attention I got from co-workers and she couldn't deal with the competition. I can't help it that I'm gorgeous; even that's a curse. Of course you wouldn't understand. And at my new job, they just don't appreciate me. I'm sensitive to criticism, and when I'm criticized, I cry. My boss doesn't have any compassion. That late train probably cost me another job and I've just quit the one I got last month, but with a jealous boss, I wasn't going to catch any breaks anyway. This is just another chapter in my miserable life.

### Recovery is Realigning the Whining

In our addiction, most of us complained, vented, and whined without a single rational thought about a solution. Click To Tweet

Nor did we listen when people would give us suggestions like, "Maybe if you stop putting cocaine up your nose, you'll have money."

When I heard that, I remember going on a rant (that's an angrier whine) about how they didn't understand the pressures I was under, and I had to use to cope.

All that did was cost me another friend and the loss of that friendship "made me" use more.

We may think of realigning as something done to our cars, but couldn't we also apply it to our thinking?

When we get out of balance in our recovery, we tend to speak negatively. However, unlike in our addiction, we have a choice as to how we view the circumstances of our lives. We can usually, if we are making the effort, put a more positive spin on things.

### Why Positive Beats Petulant

Barbara L. Fredrickson, Ph.D., author of Positivity isn't just giving us 'feel-good' advice. She has conducted studies and done extensive research on why being positive is good for our emotional and physical health.

As to what positivity does, maybe it is best to start with five facts she mentions about positivity:

- 1) It feels good
- 2) It changes how your mind works
- 3) It transforms your future
- 4) It puts the brakes on negativity
- 5) It obeys a tipping point

A briefer way of describing what positivity amounts to is that it opens your mind and helps you get on a positive trajectory, an upward spiral. In other words: it makes you flourish.

Con't Page 22

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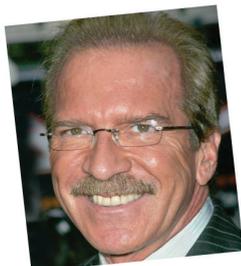
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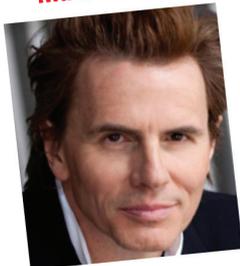
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**Mackenzie Phillips**



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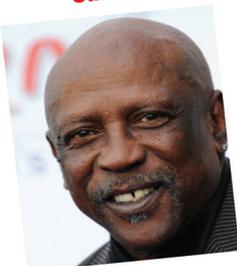
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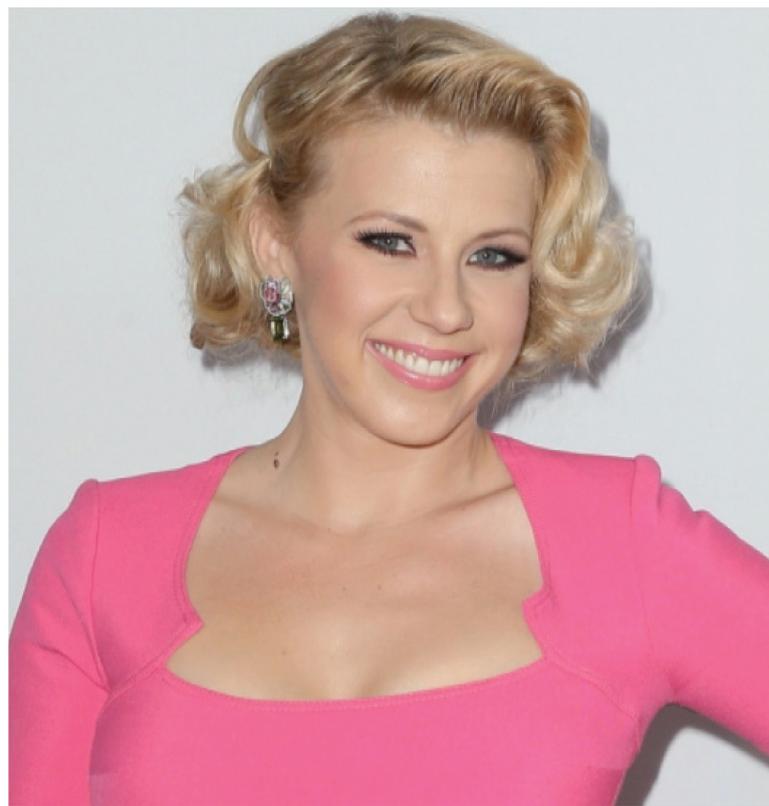


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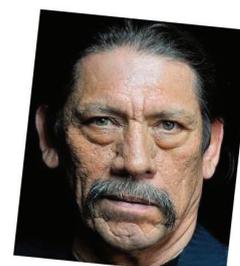
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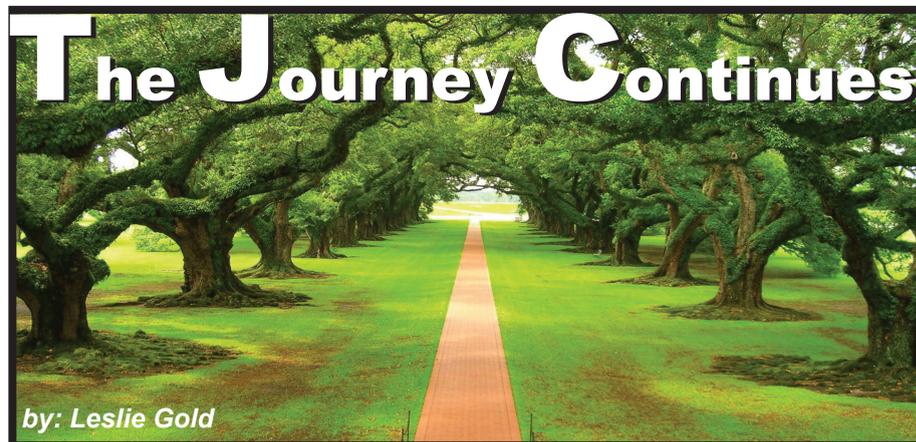
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by: Leslie Gold

**SUPPORTING SOBRIETY THROUGH RUNNING**

Imagine you are newly sober, excited but still skeptical about what your future holds. You are running down the middle of the street. No, the police aren't chasing you. In fact, you aren't running away from anything. You, and hundreds of others, are running toward something, toward that big arch across the road that says "FINISH LINE".

As you approach that finish line, you are pumped full of endorphins, enjoying your 'high au naturel'. You feel like a super hero, or perhaps like a football player running out of the tunnel onto the field on Super Bowl Sunday. You see the crowds watching you go by; you hear them cheering for you. You look left and right, and then you look ahead. Some of your teammates are right alongside you. Some have tears of joy streaming down their faces. Others are waiting for you at the finish line ready to congratulate you on finishing; and the rest are behind you, knowing that when they cross that finish line, you will be there to celebrate their success. You bound across that finish line with your last burst of energy, and then slow down to a walk.

Before you can even catch your breath, a medal is placed around your neck. It is big; it is heavy; it is telling you that it's a symbol of your huge accomplishment, a symbol of an experience you can be proud of for the rest of your life. You keep walking with that medal around your neck as you receive high fives and hugs from your teammates, and then wait to do the same for those coming in right after you. It is a moment you will never forget.

And then you reflect on how you got there, how training was a metaphor for your recovery, how training changed your life. You were a resident at a treatment center, or a sober living; or maybe you were in an IOP or PHP. You knew you had a long road ahead of you, that staying sober was hard, that you had relapsed and had seen many others do so. You were there because you still had hope and you wanted to believe in yourself.

You heard that your facility had a running program, and you thought "That's not for me. I don't run. I can't run, and I don't even like exercise." But, then you heard that it was okay to walk, that others were participating, and you thought, "Well, it gives me something to do, and I get to spend time with new people. Why not?" And you went out and walked your first mile. Much to your surprise, it felt good. You enjoyed the camaraderie of the group, your stress level went down, you enjoyed the scenery, and you slept better that evening.

You kept showing up for the group training, and before you knew it, you were up to a few miles; and it still felt good. You even jogged for part of it. With each outing, your stress levels continued to drop; you realized you were thinking more clearly; your energy levels rose further; and you felt more and more connected to your teammates. As race day approached, you realized that you were part of something big, that hundreds of people were training just like you, and that you'd all soon come together to achieve your personal goals. You realized that you are a lot stronger than you thought, and that you can do whatever you put your mind to. You realized that if you could go the distance in training, you could go the distance in recovery too.

Wow. Is this just an imaginary experience? No, this is reality for the many newly sober who train with teams for races ranging from 5Ks to marathons. Here are quotes from people in early sobriety who have had these experiences for real.

*"Training taught me to push myself even when I don't think I can, that I can do a lot more than what I think I can do which is huge in sobriety." - Dane T.*

*"Being part of this team gives me a sense of worth, belonging. Special group of people who have the same disease in common, but able to work as a team to accomplish something." -Gonzalo G.*

*"Training taught me discipline and that by accomplishing goals, I will feel better about myself." - Drew C.*

*"Training taught me that this isn't going to be easy, and that life isn't always going to be easy either. Sometimes you have to push through the tough times and stay on the right path. You'll eventually get to your destination." -Amy P.*

Con't Page 22



## INTIMACY: INTO ME YOU SEE

*Fear is the great enemy of intimacy.*

*Fear makes us run away from each other or cling to each other, but does not create true intimacy.*  
- HENRI NOUWEN

Intimacy is one of the greatest human needs; that longing for someone to truly, deeply know and accept us for who we truly are. We all have a primal human desire to connect with another person on a deep spiritual and emotional level, a yearning to be known and understood. We want to know that we matter, that our presence on this planet has a purpose. As mothers we can provide this for our children.

Before I got sober, I had the false expectation that this yearning for intimacy was fulfilled through having sex. As my friend Diane said, "We go to bed with a man, and the next morning he's planning to play golf while we're shopping for the wedding dress." Another fallacy I believed was that if I had a man in my life, it would mean I did matter; I would never feel afraid, lost, or unsettled. I knew nothing about healthy emotional closeness. I was afraid that if a man really knew me, he wouldn't accept me. I had sex with many men thinking it would bond us, but they obviously didn't get my memo. I thought it was my job to please them sexually, and if I didn't they might leave me for another woman. It took me a long time, and a lot of pain to find out how wrong I was.

Many couples struggle with intimacy, and need therapy to discover their intimacy blocks. Two obvious blocks are infidelity and addictions. Other blocks, which can hide beneath the surface, are low self-esteem, unresolved anger, fear of being hurt, and unrealistic expectations. It takes trust and commitment to be willing to face these issues, especially if they have been denied or avoided for a long time. Since most addicts and alcoholics come into recovery with low self-esteem and unresolved anger, it can take years to work through intimacy issues.

For me, intimacy means I can be honest with the other person and be myself. I don't have to pretend to be someone I'm not so they will accept me. I can reveal my true self—the good, the bad, and the ugly parts of me—to a person with whom I've established the trust that is essential to intimacy. I have learned that it's important to "say what I mean, mean what I say, and don't say it mean."

I don't have to twist myself into a pretzel to be who I think you want me to be. That's what I did when I was ninety days sober, and pretending to have it all together. People would ask, "How are you doing?" I'd respond with a big fake smile and say, "I'm fine," even as I was going through a divorce; trying to raise three young kids; filled with guilt, pain, and fear; and wanting to drink every moment of the day. I certainly was not fine unless you mean the acronym: a f\*\*\*ed-up, insecure, neurotic, emotional mess.

Revealing my authentic self allowed people to truly know me and love me, warts and all. Revealing myself while not being judged by others was the beginning of my compassion for myself.

The first time I felt really known and seen was when I shared with another woman in recovery all the fears, resentments, harms, and hurts from my drinking days and before—all the feelings and secrets I had stuffed and was afraid to tell anyone. She opened up to me and revealed that one of my deepest, darkest secrets was something she'd experienced, too. She did not judge me, and I felt our spirits connect. She saw into me—all the suffering, loneliness, and shame. I realized that here was a woman who no longer carried that shame and was at peace with her past. Because of the "sin" I had committed, I thought God would want nothing to do with me, and I surely would never be able to forgive myself. She said, "Rosemary, your Higher Power has already forgiven you. It's time to let go of your past and forgive yourself."

Being able to trust another woman opened the floodgates to let all that shame and anger out. Healing began, and I could feel my spirit again. I pictured a chalkboard with the slate wiped clean, my past erased: I was given a whole new life.

Today I am no longer an empty cup, running from person to person begging each one to fill my cup with acceptance and love. Today I fill that cup with God's love, and I have learned how to love myself, like myself, respect myself, and forgive myself. I'm able to bring my whole self to my relationships, and that allows me to give and receive healthy love. This is intimacy.

*This is an excerpt from the book – A Sober Mom's Guide to Recovery – Taking Care of Yourself to Take Care of Your Kids (Hazelden 2015). Rosemary O'Connor is the founder of ROC Recovery Services (www.rocrecovery.com) and Sober Moms Guide (www.sobermomsguide.com.) With over nineteen years of personal and professional experience, she has helped thousands of people recover from addiction via her speaking engagements, workshops, private coaching sessions, television interviews, radio, webinars, articles, and blogs. She has a B.A. in psychology, is a Certified Professional Coach, a Certified Addiction Coach, and a She Recovers® Master Coach.*



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# Unlocking Our Hearts

By: Rudy and Kelly Castro



**T**he light cannot exist without the dark, nor the dark without the light. Both seem to be necessary for this human experience of evolution, and in our experience, those with the greatest light have been willing to face grave darkness. It may seem as though we are claiming them to be separate, however non-duality has been one of our favorite topics of discussion lately. We love the word and what it represents. We are in the pursuit of understanding it at the deepest level. To understand non-duality we must look at how we filter the world through “duality” which is the process of separation, judgement, and categorizing. It is the filtering of everything through a lens that conceptualizes things into good or bad, right or wrong. Non-duality is the spiritual understanding that all is ONE.

We believe love is the ultimate ONEness. However, we still struggle as humans to love the parts of ourselves and the parts of the world that we perceive as ugly because we look at the world through the lens of duality. (eg. right and a wrong). What if we loved the parts of ourselves that are ugly? Do you think we would have an easier time loving the “ugly” in others? That is what we want to help inspire this Valentine’s season. Loving all parts of ourselves so that we can have deep compassion and love for all parts of humanity. How do we get there you ask? Simple. We look at our own darkside. Carl Jung expressed that “Shadow work is the path of the heart warrior.”

Do you know you have a shadow? Not the kind that the sun reflects on the ground from your physical body. We are talking about the mental, emotional, spiritual part of ourselves that has been harmed, and now has created behaviors or thought patterns that are harmful both to ourselves and to the world. Much of our shadow can be hidden from us by our own denial, ego, avoidance of pain, and more. While other parts of our shadow, we see and know intimately. Psychotherapist Steve Wolf states, “Beneath the social mask we wear every day, we have a hidden shadow side: an impulsive, wounded, sad, or

isolated part that we generally try to ignore.”

Shadow work is the dedication to healing all parts of our shadow to become whole. Although this process may seem easy, it takes a concerted effort to remove the layers of protection we have put in place. It requires honesty and the capacity to acknowledge that there are parts of the mental, emotional, and spiritual self that we are not fully aware of. Once humility is present we become ready to observe the darkest parts of ourselves, that we have not wanted to wholeheartedly see. We encourage you to be gentle with yourself through this process, and to remember that all of these parts were created to serve a purpose, and that purpose was to make you feel safe.

“Anything that is ‘wrong’ with you began as a survival mechanism during childhood.” as said by Gabor Mate. This applies to the murderers, narcissists, sociopaths, rapists, you name it. Whatever manifestation of shadow - underneath, what you will find, is tremendous pain. It is impossible to shame ourselves or anyone into healing, and that is what we all need. In our own shadows, we have encountered so much shame and have realized that much of our pain has been unprocessed grief. We have cried and cried to release this. We believe that just like water can carve out the largest boulders over time, the power of our collective tears for healing can and will carve out new paradigms of thriving, rather than surviving, for all of humanity. Our individual work IS what we can do to change the world. “We are the ones we have been waiting for.” Hopi Tribe.

**Awareness, Acceptance and Action** are the power A’s that we may hear about in the rooms of recovery.

**Awareness** can be one of the hardest and most painful experiences in this series of A’s. We first must confront these “monsters under the bed”, or “the skeletons in the closet”. Seeing them for the first time can feel so scary and uncomfortable - but here’s the thing... they have always been there, and have been guiding you, your choices, and impacting your relationships all along.

In our belief and understanding, each one of us will - at some point - have to face this part of ourselves. So, why not now? The Boogeyman has more power in the dark than it has in the light. The light heals these wounded places and restores us back to sound mind and heart. The lie is that we are better off not looking. The truth is that, at some point, we will have to look and the longer we wait the more interest we may pay.

**Acceptance** doesn’t necessarily feel as jarring as Awareness, however, it can feel hard to maintain. It truly is a process and becomes an ongoing practice. Our minds are strong and they are built to keep us out of pain. They will do anything and everything to avoid it. Once we have awareness we can practice acceptance. Acceptance that “it” happened. Acceptance that “it” impacted us deeply. Acceptance that “it” shaped the way we view everything in life. Acceptance of the pain. Acceptance that the pain is ours... however it got there... and, whatever the impact - no one can heal it for us. We must walk through the fire, and heal ourselves.

**Action:** The process is not manufactured by the power of self-will. It is guided by spirit and requires our undying willingness to keep walking, especially in the moments we feel are impossible. We must find support to heal these deeper layers. Many of us in 12 step recovery have several layers of deep trauma. We have seen people with 20, 30, 40, 50 years of sobriety who are still suffering. This does not have to be the case. Our literature encourages us to seek outside help, and to make spiritual expansion our number one priority. We know first hand that much of mental and emotional illness stems from unresolved and unhealed trauma. The Big Book states that it is possible to live a life that is Happy, Joyous, and Free. So, why are there so many who don’t? We do not have to die suffering, and the secret is in the shadow.

Jamie Sams states in Sacred Path from the Native American perspective, “your shadow is always ready to be sacrificed. If you have learned from dancing with the darkness of ignorance, you will learn what is no longer sacred in your life. Then the sacrifice becomes your truth...in all instances, you are being asked to give up something in order to stand in the truth of your convictions...Remember self-sacrifice is not denying your needs, but rather the Self’s decision to willingly sacrifice limitation through action.” We read this several times, connecting to what this means. When we are willing to let go of what we feel is impossible, we open ourselves to an inconceivable amount of abundance through the art of non-attachment.

This attachment can be to a number of things; people, identity, things, “time” in recovery, title, pain, and even secrets. Many of us have heard that we are only as sick as our secrets. What does this really mean? Of course, there are the big secrets that we have sworn to take to the grave. Perhaps theft, violence, sexual relations that feel TOO incomprehensibly demoralizing to confess to anyone. Finding safe places, to share these bigger monsters has been crucial to our recovery. In our experience, we have been met with love and grace which allowed the healing process to begin.

BEGIN. As in, the start of a process. Releasing that load is one step of many to come. The ongoing practice is to keep noticing how deeply those moments have affected our minds, bodies, spirits and nervous systems. We will become familiar with the ways that these traumas have skewed the way we see, feel and perceive information. Our inability to differentiate the true from the false, does not instantly heal the moment we put down the physical addiction.

We have become addicted to our stories, our fears, our shame and our suffering, and in order to become free, we must be willing to see how we turn people of our current circumstances into players of our past. This can happen so quickly, and so unconsciously. It will hijack us, without us even knowing it.

We see this all the time. In our own experience and with everyone we work with. It is part of a human mechanism that we are all walking around with. Some will see it, and many will not. It is insidious in nature and there are many ways to avoid looking at it, including our keen ability to see the “darkness” in others, whether it be one person or the world at large. These judgments and resentments towards others are distractions that keep us away from ourselves and to be free, we must go deeper. The idea of ‘rigorous honesty’ has significantly changed and evolved for us year after year.

For us, it has become an inquiry of ‘why’ rather than ‘what’. Meaning, we have been willing to look more intimately at the causes and conditions of our own dis-ease and to see how this statement, “It is a Spiritual Axiom that if there is a disturbance, there is something wrong with me,” applies to every moment of our experience. If one of us shuts down or lashes out from being in fear, we have learned to be investigators of the fear. We look at what was triggered within our own system that encouraged us to protect ourselves. Rather than just apologize for our behavior, we share our discoveries with one another. It is the step beyond amends and the key ingredient to connection, vulnerability, intimacy and even deeper healing.

This becomes easier the more we practice, and in the process, we have become less afraid of our shadow.

We have also become less afraid of our light and have been living the life we want to live, out loud. We left the city and have been on a massive road trip with our family for two months. We have been spending a lot of time in nature, and have witnessed some of the beauty and necessity of contrast. We have felt the energies and gifts of both darkness and light. Being underneath the night sky feels different than being in the sun. In the dark we may be called to contraction, stillness, going inward, having to face the fears that arise in uncertainty and mystery. In the light we have been called to expansion, movement, going out into the world while basking in the comfort and warmth of the sun, and our ability to see what is ahead. The key is to remember that neither are good or bad, and how to surrender to the balance and harmony of both. When we can achieve this oneness within - we can achieve it out in the world.

*Blessings, Rudy & Kelly Castro Conscious Partnership.*

*Rudy is a therapist, and Kelly is a Certified Relationship Coach. They have facilitated thousands of groups at exceptional treatment centers such as, Inneractions IOP, The Villa Treatment Center, and PAX House. 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. [www.consciouspartnershipcoaching.com](http://www.consciouspartnershipcoaching.com)*



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## SUPER BOWL BETTING - GAMBLING FACTS

It's Super Bowl time and the biggest gambling month before and after this event! What does that mean?

Well, for those who may have a gambling problem, it could be the time when they may cross the line into full-blown addicted gambling known as "sports betting". Sports betting has been growing, with recent laws passed for and against sports betting online. Following is a stark warning from a dear friend of mine and fellow author, Mr. Arnie Wexler. Arnie is one of the foremost experts on compulsive gambling in this country today, as well as helping compulsive gamblers and their families find recovery for over 30 years.

Arnie is a certified compulsive gambling counselor (CCGC) and was the "Executive Director of the Council on Compulsive Gambling of New Jersey" for eight years. His wife, Sheila, was a consultant and presenter on the subject of compulsive gambling addiction, when they ran "Arnie, and Sheila Wexler Associates". Arnie, and Sheila Wexler now are both retired, except for his advocacy work. Arnie still owns and runs a National Gambling Hot Line 1-888-LAST-BET, and he can help find solutions to those with problem gambling. Here's an essential interview with quotes by Arnie Wexler, he wanted me to share with our readers.

### THE SUPER BOWL AND GAMBLING

Football's biggest game offers the greatest temptation to sports gamblers. And now people can place a bet legally in some states which is more detrimental to compulsive gamblers. Arnie explains, "The Super Bowl is to the compulsive gambler what New Year's Eve is to the alcoholic," this from a leading expert on the subject of compulsive gambling and a recovering compulsive gambler himself. According to the National Gambling Study Commission, there are 5 million compulsive gamblers and 16+ million at risk in the U.S. "I have spoken to more compulsive gamblers than anyone else in America and have gotten hundreds of phone calls after playoff games and the Super Bowl from compulsive gamblers," Wexler says. "Some have spoken about embezzlements, white-collar crimes and destroying themselves and their families. Others were so desperate that they were contemplating suicide."

"Over the years, I have also spoken to college and professional athletes who had a gambling problem," Wexler says. "Even two players who have played in the super bowl. An NCAA study a few years ago noted that there is a disturbing trend of gambling among athletes in colleges now today. Do you think that these people will get into the pros and then stop gambling?"

"Compulsive gamblers are very vulnerable during the NFL postseason because they are looking for the 'lock bet to get even.' Wexler says. "The media hype juices the gambler, and as this is an impulse disorder, many compulsive gamblers will be in action. And I wonder if any players might have a bet on the games already. With all the games and the media hype about odds and betting lines, there is an explosion of betting on these games," Wexler continues. "I can't believe that newspapers carry ads from these so-called handicappers, who are really 'scamicappers.' It's also interesting to note how often the information is incorrect."

"Why do you think the NFL gives out an injury list every week? I remember when Skip Ballis, then of the Dallas Morning News, had a gorilla in the Dallas Zoo make football picks for them," Wexler says. "The gorilla's picks were doing better than the sports writers. I think the responsible thing to do would be for newspapers, radio and TV shows to carry a public service message about Responsible Betting."

Here is a little more about my friend Arnie Wexler: He is a recovering compulsive gambler who placed his last bet on April 10, 1968. He has been fighting the injustice of how sports, society and the judicial system deal with compulsive gamblers for 50-years. He has done so on many national news stations like CNN, 60 Minutes, and ABC Nightline. You must give Arnie's newest book a read as well and is titled "All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction." It garnishes over 60, 5-star ratings on Amazon and is a fantastic read, and has many great insights about this addiction.

To follow up what Arnie has shared, I also want to share some of the misconceptions and a few facts of gambling addiction and this disease, even if you may have only a "little problem" with gambling in your life. It is a slow but very progressive addiction.

Con't Page 22

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**THIRD MONDAY EVERY MONTH:** H & I (Hospital and Institutions) Committee needs people to take books and literature to hospitals and institutions where Alcoholics cannot get to outside meetings. Meet at St. Innocent's Church, 5657 Lindley Ave., Tarzana, California 91356. New member orientation is at 7pm, business meeting starts at 8pm. [www.sfvhi.org](http://www.sfvhi.org)

**FRIDAY FEBRUARY 1ST TO FEBRUARY 3RD 2019:** the 44th Annual San Fernando Valley A.A. Convention. "Just Stay, Its the Easier Softer Way", Warner Center Marriott, Woodland Hills, California. Speaker Meetings, AA and Al-Anon Speaker Meetings, Friday through Sunday. Meals, Ceremonies and Entertainment, Friday Opening Ceremony, Al-Anon Luncheon, Saturday Banquet and Entertainment, Sunday Spiritual Breakfast. Warner Center Marriott 21850 Oxnard St., Woodland Hills, CA 91367. Email: [info@sfvaconvention.org](mailto:info@sfvaconvention.org). [www.sfvaconvention.org](http://www.sfvaconvention.org)

**FRIDAY FEBRUARY 1ST TO FEBRUARY 3RD 2019:** Symposium on A.A. History. The Broad Highway. Los Altos, California. By learning from our past, we hope to insure the future of this fellowship, so that the hand of A.A. will always be there when a suffering alcoholic reaches out for help. [info@aahistorysymposium.org](mailto:info@aahistorysymposium.org), [www.aahistorysymposium.org](http://www.aahistorysymposium.org).

**WEDNESDAY FEBRUARY 6TH 2019:** WAAT (Women's Association for Addiction Treatment) Starting Wednesday, February 6th, the Los Angeles Chapter of WAAT has a new home: Betty Ford Center West L.A., 10700 Santa Monica Blvd., #310 (signs on the 3rd floor will lead you there) West Los Angeles, CA 90025. TIME: 8:30-10:00am. There is FREE parking on the neighborhood streets and metered parking on the streets. For a complete listing of all 14 Chapters visit [www.WAAT.us](http://www.WAAT.us)

**FEBRUARY 7TH TO 10TH 2019:** 55th International Women's Conference. The Westin Bonaventure Hotel & Suites. 404 South Figueroa Street, Los Angeles California. (213) 624-1000, [www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**WEDNESDAY FEBRUARY 13TH 2019:** WAAT (Women's Association for Addiction Treatment) San Fernando Valley Chapter has a new starting time 9:00am - 10:30am. 14156 Magnolia Blvd. Ste. 101, Sherman Oaks, CA 91423. For a complete listing of all 14 Chapters visit [www.WAAT.us](http://www.WAAT.us)

**THURSDAY FEBRUARY 21ST, 2019:** Ribbon Cutting Ceremony for the The Giving Tree Treatment Center, starts at 11:30am in Studio City, California. For more info call (310) 779-1014 or email [sabrina.acatrinei@givingtreetc.com](mailto:sabrina.acatrinei@givingtreetc.com).

**MAY 17TH TO 19TH, 2019:** Woodstock West. A Journey Through the 12 Steps of AA. Los Angeles, California. Four Points Sheraton LAX. For more info visit [www.woodstockwest.biz](http://www.woodstockwest.biz), or write to Woodstock West P O Box 470842, Los Angeles, CA 90047.

**Send us your upcoming SOBER or recovery related events. We will list it FOR FUN AND FOR FREE. Email events to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com).**

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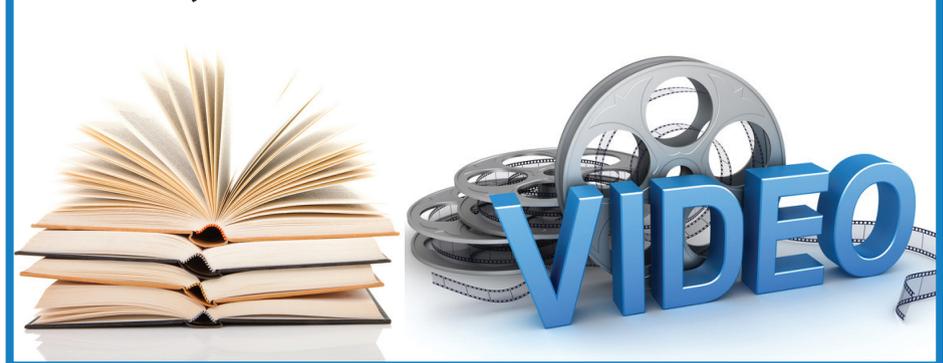
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## Book, CD & Video Reviews



### **ROLL WITH ME: A Journey Across America. Produced by Lisa France. Starring Gabriel Cordell.**

His is an awe-inspiring film, from the very beginning it captures your full attention. When the viewer learns of the great opportunity that Gabriel had - before the horrific auto accident - to achieve his desired goal of acting on stage and film, one could place themselves in his position feeling the pain and loss. The accident left Gabriel paralyzed from the chest down, being new in sobriety he decided to set out and achieve a goal that never has never been accomplished up to that point. He successfully rolled across America in a standard wheelchair, others did it in modified wheelchairs which made the trek easier to accomplish.

He planned on achieving the journey within a certain time frame, which he did. It was a very arduous journey filled with severe physical hardships, mental fatigue and not to mention the Psychological hinderances of being part of a group of men and women. The old saying "That it takes a Village to Raise a Child" rang true in in this particular circumstance, Gabriel had a crew of dedicated individuals who focused on making his goal to become a reality. The camaraderie and selflessness of those coming together with different personalities, viewpoints and perspectives for one individual's vision, was so inspirational.

The inner strength that each one exhibited showed that when we put our own motives aside, we can become part of the whole! Gabriel did the majority of the physical work, yet all of them working in one accord made it possible. This film is a must see, it will have you go through several levels of emotions: compassion, sympathy, awe, appreciation, and exhilaration to name a few. I for one I'm a better person for seeing this film, it will cause the viewer to question and challenge their own perceived limitations. Available on Netflix.com



### **HEALING BY DESIGN, Unlocking Your Body's Potential to Heal Itself. Author Scott K Hannen, DC. Published by Siloam.**

This is a refreshing book that brings both truth and light to the lives of those who read it. Dr. Hannen uses the wisdom from the past with the science of the present, blended with God's timeless laws to give Christians the knowledge they need to gain and maintain health. Only someone of his caliber would have the insight to guide one along the path to wellness that Dr. Hannen discusses. It is true that people have real health problems, and Dr. Hannen does recommend that you consult your physician before taking any product, or starting any nutritional regimen or other protocol.

After all the real information, there is a Health Survey. If you will do this survey, honestly, it will let you know if you should see a professional or maybe you just need to change some of your habits.

I often thank God for my health and then I remind myself that I need to do my part to take care of this wonderful gift God gave me. Reading this book just reinforced that belief for me. Healing & Design helps us to find the real root of our problem and then it helps us to learn what work to do care for our bodies, and to keep them healthy. This book is enlightening and easy to read. Scott Hannen can help put you on the right road to taking control of your health. This is not just a book, but a prescription written by Dr. Hannen for medical and professional healing. A prescription to "Unlocking your body's potential to heal itself. After writing the prescription he fills it with clear and concise therapeutic formulas. I found this book to be informative, practical and the "Rand McNalley" for health and nutrition. While reading this book I felt his true desire to help people. It is definitely a must read. Available at Amazon.com.



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



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**ALCHEMY HOUSE SOBER LIVING** Safe, structured and supportive sober living homes for men ages 18+ who truly want a change. Playa Del Rey & Hollywood, California. Call (866) 387-8043.

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

## SOBER LIVINGS

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**HOUSE IN THE HILLS** Transitional / Sober Living for Women in Recovery in Woodland Hills, CA. Our core philosophy lies in the belief that recovering addicts/alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their support system and home. [www.HouseintheHills.org](http://www.HouseintheHills.org). Call (818) 264-8545.

**HOMES OF PROMISE:** Faith-Based Recovery Sober Living Homes for Men. [HomesofPromise.org](http://HomesofPromise.org) or call (800) 769-8421.

**MIRACLES IN ACTION SOBER LIVING:** Sober Living at it's finest. We provide food and transportation to 12-step meetings. In Glendale, California. (818) 429-9103, [www.MiraclesinAction.com](http://www.MiraclesinAction.com)

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

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# KEYS TO RECOVERY — NEWSPAPER, INC. —

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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.

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

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

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

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

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

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

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 100,000 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
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- 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
- Sober Livings
- Transitional Housing
- Therapist Office

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  - Veterans Hospitals
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# 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.laccaa.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.aasgvc.org (626) 914-1861.**

**A.A. Santa Clarita Central Office: 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 6pm 8742 Mulberry Dr., Sunland, CA. 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.

**Breathwork Support Group:** Weekly. The Recovery Circle www.breathworkforrecovery.com for times & locations. \$5 donation, no one turned away due to lack of funds. (888) 690-BREATH (2732) Call or text.

**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 - HOW www.ceahow.org. World Service Office (323) 660-4333.**

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

**CEA-HOW: Compulsive Eaters Anonymous; HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sivalleyhow@aol.com or Bryce at (818) 621-2130.**

**CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas www.ceahow.org (702) 393-6570.**

**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.**

**COMMUNITY REFLECTIONS INC.:** Prison Outreach, Homeless & Veteran Care, LiveScan, Prop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

**COSA for friends & family of Sex Addicts: www.cosa-recovery.org (866) 899-2672.**

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

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

**Eating Disorder Support Recovery Groups** are free & open to the public. Thurs. at 7 pm. Center for Discovery, 21650 Oxnard St. # 2375 Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Beach; 11455 El Camino Real, Suite 360, Del Mar. for info. visit www.centerfordiscovery.com

**Greysheet Anonymous:** Recovery 12th Step for all eating disorders. Greysheet.org, (310) 245-6441, cell (310) 445-7709, Linda L. Meeting Saturday, 8:45-10am. Farmer's Market Community Room.

**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.**

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

**Family Support Group: FREE** of charge. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join support group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., Agoura Hills, #200. For info call (805) 574-0936.

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

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

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

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

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

**LifeRing Secular Recovery, Lifering.org, (800) 811-4142**

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

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

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

**Marijuana Anonymous: www.marijuana-anonymous.org Los Angeles (310) 494-0189.**

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

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

**Narcotics Anonymous: 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.**

**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**

**Refuge Recovery All Welcome, free Peer to Peer group, Los Angeles California, for meetings visit www.RefugeRecovery.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.slaalosangeles.org (323) 957-4881.**

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

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

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

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

**S-Anon: (Friends and Families of Sex Addicts) www.sanon.org (800) 210-814.**

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

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

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

**The Other Bar: FREE 12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org**

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

**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 Dept. of Mental Health for listing of 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.**

**HOMELESS HEALTHCARE LOS ANGELES: 2330 Beverly Blvd., Los Angeles, CA 90057, www.hhcla.org, (213) 744-0724.**

**HARBOR RECUPERATIVE CARE (Mission Hills) Recuperative Care Shelter (818) 392-0020.**

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) S.F Valley (818) 994-6747 www.Nami.org. NAMI Urban Los Angeles (323) 294-7814, www.namiurbanla.org. We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.**

## FOOD AND FINANCIAL ASSISTANCE

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

## MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

**THE MIDNIGHT MISSION** meals 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.** non-profit: Last Sunday of Each Month 1pm N.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) 859-4893.

## FOOD BANKS

**APLA's** Necessities of Life Program 7336 Bellaire Ave., N. Hollywood, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

**As You Are Church, 7855 Lindley Ave., Reseda, CA. Wednesdays & Fridays, call for hours, (818) 758-1700.**

**Catholic Charities/Guadalupe Community Center 21600 Hart St., Canoga Park, CA. Once a month, or on emergency basis. Food recipient must register (818) 340-2050.**

**Children's Hunger Fund 12820 Pierce St., Pacoima, CA (818) 899-5122.**

**Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474.**

**First United Methodist Church 18120 Satocoy 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., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.**

**Our Redeemer Lutheran Church 8520 Winnetka Ave., Winnetka, CA (818) 341-1629.**

**St. Jane Frances Food Pantry 13001 Victory Blvd., North Hollywood, CA (818) 766-7393.**

**St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294 .**

**Salvation Army Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.**

**Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247.**

**SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Vanowen St., Van Nuys, CA (818) 988-7682.**

**West Valley Pantry, 7304 Jordan Ave., Canoga Park, (818) 887-6101.**

**West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.**

## INFORMATION & REFERRAL SERVICES

**www.SunshineCommunity2015.org** Social Services, (626) 600-9392, Resource Services to Children in Foster Care, Emancipated individuals, Single Women age 18+ with children & much more.

**www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214.**

**24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.**

**The Sober Living Network referral service (800) 799-2084.**

**Sober Living Network (310) 396-5270.**

**San Diego Sober Living Homes Assoc: (858) 483-5866.**

**INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.**

**AVYFS, Antelope Valley Youth & Family Services (661) 949-1069.**

**Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org**

**CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143**

**CADCA Community Anti-Drug Coalitions of American (800) 54-CAD-CA.**

**CCPG California Council on Problem Gambling www.calproblemgambling.org (800) 522-4700.**

**CENTER FOR LIVING&LEARNING - employment & supportive services (818) 781-1073 www.center4living.lle.org**

# 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.

## DISABILITY SERVICES

**Job Accommodation Centers**, Toll Free (800) 526-7234 (voice & TDD).  
**RIDE INFO** Paratransit Referral Service, transportation voucher program, (800) 431-7882.  
**Social Security & Medicare Eligibility**, Info (800) 772-1213, TDD (800) 288-7185.

## HOMELESS SHELTERS & RELATED

**At The Fountain** Transitional Living (310) 631-1600.  
**Beyond Shelter**: Homeless Services (562) 733-1147.  
**Casa Youth Shelter** (562) 594-6825.  
**Centennial Place Permanent Housing** (626) 403-4888.  
**Children of the Night** (818) 908-4474 ext. 0.  
**Children's Hunger Fund** (818) 899-5122.  
**City of Refuge** Rescue Mission Personal Good Service (323) 759-2544.  
**Covenant House California** (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. www.covenant-housecalifornia.org  
**Dimondale Adolescent** (310) 791-3064.  
**East San Gabriel Valley** Coalition For The Homeless (626) 333-7204.  
**Ella's Foundation** Homeless Services (323) 761-6415.  
**Fervent Heart LLC** (626) 319-7479.  
**Family Promise of Santa Clarita Valley** (661) 251-2867.  
**Family Rescue Center** (818) 884-7587.  
**Friends helping Friends Inc:** Homeless, No Money, We can help - Sober Living. (323) 293-9778.  
**Family Promise** (818) 847-1547.  
**First Step** Transitional Living Foundation (323) 830- 6517.  
**Global Childrens Organization** (310) 581-2234.  
**GRCN** Connecting Communities (562) 293-7595.  
**Glendale YWCA** Domestic Violence Project (818) 242-4155.  
**Global Human Service Inc** (818) 507-6026.  
**HPRP Los Angeles** Homeless Assistance (213) 683-3333.  
**HPRP Pasadena** Homeless Services (626) 797-2402.  
**HPRP Huntington Park** - Homeless Services (323) 388-7324.  
**HPRP Lynwood** - Homeless Assistance (310) 603-0220.  
**HPRP Compton** - Homeless Assistance (310) 605-5527.  
**Habitat For Humanity** (818) 899-6180.  
**Harbor Rose Lodge** (310) 547-3372.  
**Hazel Transitional Housing** (213) 327-7986.  
**Higher Goals Inc.** (323) 755-9702.  
**Homeless Health Care** Los Angeles www.hhcla.org, (213) 381-0515.  
**Homeless Adult Center** (626) 403-4888.  
**Hope for Homeless Youth** (213) 353-0775.  
**House of Hope** (323) 663-1215.  
**Hope of The Valley:** (818) 392-0020, www.hopeofthevalley.org  
 December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.  
**Jenesse Center** (323) 299-9496.  
**Joshua House For The Homeless** (323) 759-1625.  
**Jordan's Transitional Shelter** (323) 577-5941 or (424) 785-7781.  
**Lillie of the Valley Shelter** (323) 971-4432.  
**Lamp Community** Homeless Drop In Center (213) 488-0031.  
**Los Angeles Mission** (213) 629-1227 x305.  
**Long Beach Family Shelter** (562) 733-1147.  
**Long Beach Rescue Mission** (562) 591-1292.  
**Los Angeles Youth Network** (323) 957-736.  
**Los Angeles Family Housing** (818) 982-3895.  
**Mitchell House Substance Abuse Treatment** Veterans (310) 398-0191.  
**Nancy Painter Home Transitional Housing For Women** (818) 246-5586.  
**National Runaway Switchboard** (800) Runaway.  
**New Image** Emergency Shelter (323) 231-1711.  
**New Directions** (Veterans) Res. Drug Treatment (310) 268-3465.  
**NCH National Coalition for the Homeless** (202) 462-4822, www.nationalhomeless.org  
**OPCC Safe Haven** (310) 883-1222.  
**Passageways Homeless Intake Center** (626) 403-4888.  
**Pentecostal Outreach** (562) 313-1257.  
**PATH: People Assisting The Homeless** (323) 644-2200.  
**Rochester House Transitional Living** (213) 986-5599.  
**Runaway Homeless Youth Shelter** (310) 379-3620.  
**Rainy Day Emergency Shelter** (562) 733-1147.

## HOMELESS SHELTERS & RELATED

**S.P.Y. Safe Place for Youth:** Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.  
**The Salvation Army Adult Rehab Center**, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.  
**Salvation Army** The Way Drop in Shelter for Youth (323) 469-2946.  
**Salvation Army Westwood** (310) 477-9539.  
**Sunshine Mission** for Women (213) 747-7419.  
**Salvation Army** Glendale Chester Village For Homeless Families (818) 246-5586.  
**St Joseph Center Homeless** Services & Meals (310) 399-6878.  
**Sanctuary of Hope** (323) 786-2413.  
**Samaritan House** (562) 591-1292.  
**San Fernando Valley Rescue Mission** (818) 785-4476.  
**The Midnight Mission** (213) 624-9258.  
**The Children's Life Saving** (310) 450-3701.  
**TEAM HOUSING** (310) 631-9516.  
**Union Rescue Mission** (213) 347-6300.  
**Union Station Homeless Services** (626) 240-4550.  
**U.S. Mission Canoga Park Transitional Housing** (818) 884-4409.  
**Volunteers of America** Homeless Support Services (626) 442-4357.  
**West Side Homeless Outreach, Inc.** (310) 570-9065.  
**WLCAC Homeless Access Center** (323) 563-4721.

## 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) (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) (562) 864-3722.  
**House of Ruth** (909) 623-4364.  
**Human Services Assoc.** (walk-in center) (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.  
**National Domestic Violence Hotline:** (800) 799-SAFE (7233)  
**Project Peacemakers, Inc.**(walk-in center only) (English, Spanish) (323) 291-2525.  
**Prototypes** (walk-in center only) (323) 464-6281.

## DOMESTIC VIOLENCE

**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.

## RAPE HOTLINES

**RAINN Hotline** (victims of sexual assault) (800) 656-HOPE.  
**Rape Hotline** (24 Hours) (800) 585-6231. www.elawe.org  
**Rape Hotline** (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).  
**Rape Hotline** (213) 626-3393 (Central Los Angeles)  
**Rape Hotline** (310) 392-8381 (South Los Angeles)  
**Rape Hotline** (626) 793-3385 (West San Gabriel Valley)  
**S.A.F.E LA** www.safela.org/rape-and-sexual-assault  
**Stalking Hotline** (877) 633-0044 (Stalking Hotline)

## SUICIDE PREVENTION

**Jason Foundation A Youth Suicide Prevention Program**, www.jasonfoundation.com, (888) 881-2323.  
**National Suicide Prevention Lifeline** (800) 273-TALK  
**Suicide Prevention 24Hour Assessment Center** (800) SUICIDE (784-2433).  
 Suicide Prevention Center (877) 727-4747.  
**TEEN LINE:** Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE www.teenlineonline.org

## HEP C / HIV / AIDS INFORMATION

**AIDS Project Los Angeles** - APLA, Los Angeles - **HEP C - APLA**, www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line  
**Asian Pacific AIDS Intervention Team:** (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, Los Angeles, California  
**Clean Needles/Harm Reduction LA** (323) 857-5366.  
**Friends of Aids** Foundation (310) 401-4755. Referrals to **HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.  
**HepCHope:** www.hepchope.com Hotline (844) 443-7246.  
**National AIDS Hotline**, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)  
**REACH** (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.  
**On-Line Resources for Hep C:** www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

*Keys to Recovery Newspaper, Inc. publishes "this guide" FREE as a community service to assist those in need of help or information. You are welcome to submit your "free" ad and volunteer needs.*

Organization/Company Name: \_\_\_\_\_  
 Services offered: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_  
 Contact person: \_\_\_\_\_  
 What you would like us to print in the resource guide: \_\_\_\_\_

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400  
 Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



At 3:30pm in the afternoon I took a nap, thirty minutes later our dog, Mr. French, worked to get my attention. This was unusual, considering I just walked him at 3:00pm and his dinner isn't until 5:30pm. Mr. French was relentless. I got up and opened the back door. Maybe he wanted to sunbathe? No he didn't want to go in the backyard. He made it clear that he wanted his leash on and to go for a walk. This was odd, he never demanded to go for a walk like this before.

So I got his leash on. He's a little guy, half Chihuahua and poodle. I have to pick up his warm little body to set him in his harness, and this always makes me happy. We got out the door and turned right. Walking toward us in the opposite direction and just about at our house was a cute beagle being walked by a young woman.

"What a cute little guy," I said referring to the beagle.

I felt so good in that instant, I hadn't even realized that this woman was our neighbor and this was the howling dog! This and the fact that I was also so joyful surprised me. I was happy to have bumped into her.

"How's he doing?" I asked

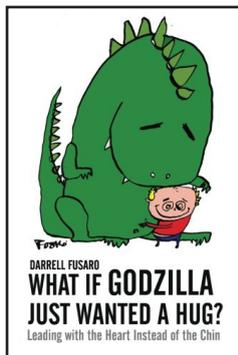
She immediately apologized for the howling during the day when they were at work. She went on to explain that Otto, that's his name, has the run of the house when they're not at home. They have video cameras set up and keep an eye on him all day. She said they're dog-sitting and thinks he's probably upset to be in an unfamiliar home alone.

"The good news is this is the last week he's going to be with us," she said, "our friend will be back at the end of the week to pick him up."

From there our conversation continued on as if we were good friends. We talked about fitness and what each one's spouse was up to as well. When we parted ways I was ecstatic. I was ecstatic that I let Love work on my behalf.

**"It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all." – Emmet Fox**

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)



*"Being part of this team means that sometimes we carry others and other times we are carried. Sometimes we need to be loved when we can't love ourselves, and love others when they feel unlovable." - Robin L.*

*"At first I ran to improve my health. Then, after training for several weeks, I began to look at training as a metaphor for my sobriety. Commitment, follow through, longevity, endurance, and perseverance are just some of the things that come to mind in that metaphor. The reward from doing this is indescribable."*

*-Christopher M.*

Training with a group for a challenging endurance event can be one of your tools to maintain long-term sobriety. The physical, mental, emotional, and spiritual benefits of this experience can be life-changing. See for yourself!

*Leslie Gold has been blessed to be part of each of these experiences. Her passion to use running to serve those in recovery began when she joined the Beit T'Shuvah LA Marathon Team in 2012 as a community member, and was asked to be a coach the following season. She was so inspired by the many success stories she heard from the team members over the years (residents, alumni, and community supporters of this West L.A. residential addiction treatment program), that she founded Strides in Recovery as a way to bring this experience to other recovery communities. "These testimonials warm my heart every day. I am grateful to each and every one of the participants for being an inspiration while turning their lives around."*

*Strides in Recovery provides training for races ranging from 5Ks to full marathons. Programs are customized to the schedules, resource availability, and needs of the provider and their clients. For more information, go to [StridesInRecovery.org](http://StridesInRecovery.org).*



Like many addictions, we as recovering gamblers in early treatment and recovery do go through the same physical and emotional detox and withdrawal symptoms as drug addicts, alcoholics and other types of addictions.

Some current facts: 2.9% of our population are now problem gamblers, up from last year of only 1% of our population. Can that be due to recent laws passed that permitted online sports betting? Problem gambling is a happening to all walks of life, not just the poor or low-income folks.

Lastly, gambling addiction is currently the #1 Addiction claiming lives by Suicide...It is now reaching our Seniors, Teens, and College age adults. Hope and Help from this disease and addiction are available, and there is *no shame* in reaching out for help. I have just celebrated my 12th-year maintaining my recovery from this cunning disease, and I know you too can QUIT To WIN!

*Catherine is a former columnist for InRecovery Magazine, the author of her debut memoir, "Addicted To Dimes," a gambling recovery coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org and Hopes in Recovery.com. She is currently co-writing a memoir with former NFL pro-Vance Johnson, former Denver Bronco due out late Fall 2018. She resides in Arizona and So. Oregon.*

*She is also a member of Big Jim's team helping others who are suffering and need help. For more information visit [www.BigJimsWalk.com](http://www.BigJimsWalk.com). Become a sponsor for an entire state or for one section of the ride. Any business, recovery group, church, and individuals, are welcome! Jim, Marisol and Big Jim's team hopes everyone will support and sponsor this vital mission and event. Everyone can help us save lives from addiction together in unity & fellowship. Collectively through faith and hope, we can help end this addiction epidemic for good.*



**Flourishing in your Recovery**

Flourishing is more than being happy. In Barbara Fredrickson's words: "Flourishing goes beyond happiness, or satisfaction with life." It is true that people who flourish are happy, but that's not the half of it.

Probably the most important thing about positivity is that we can increase it by practicing it.

Beyond feeling good, people also tend to do good things – adding value to the world. People who flourish are highly engaged with their families, work, and communities.

Looking for the silver lining in every situation, or only focusing on the good qualities of a difficult person (if you can even find one) might sound a bit like Pollyanna, and I'm not advocating putting on blinders and ignoring difficulties in your recovery.

Most of us harmed people, created chaos, and lived negative lives when we were in our active addiction, and it's going to take time to get our houses in order.

It's also going to take some work to change negative thinking into positive thinking, but it is so worth the impact it will have on your life and you deserve it. You might be someone who processes from cognitive distortions.

Changing the way we think takes time. Recovery gives us an opportunity to learn new skills, attitudes and actions, but it also gives us time to unlearn the self-defeating patterns of negative thinking.

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](http://www.twodropsofinkat.wordpress.com)*



GOD,  
grant me the serenity  
to accept  
the things I cannot change;  
The courage  
to change  
the things I can;  
And the wisdom  
to know  
the difference.

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