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March 2021

KEYS TO RECOVERY NEWSPAPER, INC.



Why Are We Reluctant TO CHANGE?

By: Marilyn L. Davis

**From The Hole in Us
to The Whole of Us**

Page 4

**Be a Good
News-er**

Page 6

**Inspired by a
One Way Run**

Page 12

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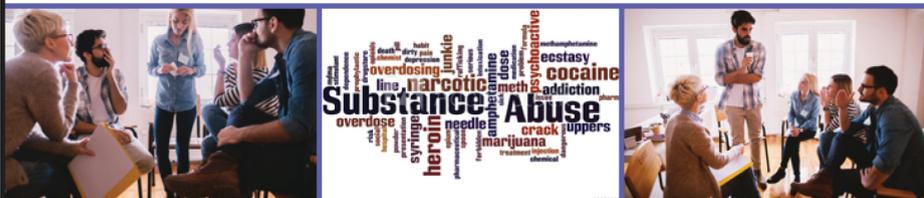
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Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 6	Darrell Fusaro
Food For Thought	Page 7	Jenni Schaefer
Quit to Win	Page 8	Catherine Townsend-Lyon
Freedom From Bondage	Page 9	Ira Forkish
Why Are We Reluctant	Page 10-11	Marilyn L Davis
The Journey Continues	Page 12	Leslie Gold
Provider Directory	Page 13	
Classified Ads	Page 14	
Advertising Information	Page 15	
Resource Guide	Page 16-17	
Events	Page 18	
Book, CD, Video Reviews	Page 18	The Crew

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Provider Directory - page 13
Advertising Rates - page 15
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Spring is here, and with the new season is new hope. It has been a long year, and I for one am grateful for all the progress that has been made with ending COVID-19 once and for all. However, I don't want to walk away from 2020, without acknowledging all that I learned from living through this pandemic. I have learned to be grateful, for what I still have and for what I no longer have.

I STILL HAVE: my health, my family, my home, my work, my sanity, the list goes on, but most importantly I still have my sobriety. I celebrated 35 years of continuous sobriety on February 28th. I do not take this sober year for granted, as I know a number of friends found it necessary to start drinking and using again. I am not judging anyone, just standing in gratitude for the life I have today, and all the lessons learned by not drinking - **No Matter What.**

I NO LONGER HAVE: resentments against anyone, right here right now. If I get resentments I will deal with them as quickly as possible. Resentments are a waste of our valuable time on this earth. They are like cancer to the soul.

I will no longer take for granted the events that I am invited to, no matter how tired or busy I am. I will not put off things that can be done today. I no longer have reservations about living each day to its fullest. I have lost tolerance for my procrastinating ways.

WHAT I HAVE LEARNED: that nothing is permanent. I have learned that love renews itself every day. I have learned that hope costs nothing. So I give it and take it freely. I have learned that the most important things in my life start with God. I have learned that no matter what we may have lost during our lives, God always has more for us. More love, more joy, more freedom, more grace, more redemption, and more mercy. When I need more, I go to God. Relying on myself leaves me tired and frustrated, but when I go to God I am renewed, every, single, time.

Most importantly I have learned to give myself a break when I can't live up to everything I listed above. I believe that if I do my best, that is enough. I can't do better than my best.

When I do my best shame, guilt, remorse, and uncertainty are no longer my companions. I see these feelings for what they are: a waste of time, distractions from my purpose, a thief of my joy, they are useless and unwanted.

Today I want to be an example of recovery, or more accurately a light that can draw people out of the darkness of addiction. I can do that best by learning, growing, and sharing my experience, strength, and hope, just as I do each month in my editors' column. Thank you & God bless you! - **Jeannie Marshall, President & Cofounder**

Hello to one and all, we deeply appreciate you reading our monthly Editor columns. When I first started Keys to Recovery Newspaper with my wife Jeannie, I really did not focus on the name as I recently have! We all hold the keys to our individual recovery; may that be from addictions and disorders to moralities and ethical practices. I unlocked and removed the shame and unworthiness from my heart, that hindered my freedom from years of emotional imprisonment.

Also, I unlocked and released my true potential, which gives me accessibility to accomplish my goals. I have been utilizing the keys that I obtain, to open doors that were shut due to my behavior. I have since opened several doors of possibilities, that have enhanced my social, economic, psychological, and spiritual outlook. The rewards from having an attitude of true gratitude and bettering myself have given me a brighter and more fulfilled life.

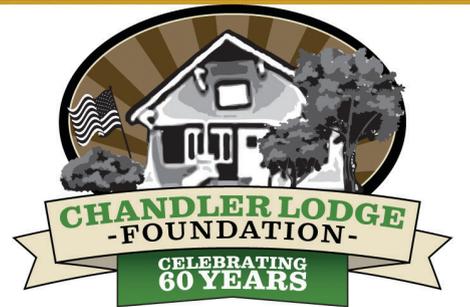
I have been reflecting on the particulars of my past behaviors, and I now understand that I did not want to put in the necessary work, that was required for success. I was blessed to turn 61 years old this month, and it was due in part to me applying the 12 Steps, but mostly by the grace of God!! Recovery from drugs and alcohol came about primarily through my wife, she suggested that I should check out a 12 meeting, about a week after we first saw each other again after 33 years.

I believe God knew exactly what it would take, for me to stop my addiction fully and completely!! I Am very thankful for the liberation that I experience daily with my wife, I celebrated my 9th year of Sobriety last month on the 22nd. The peace of mind, and the realization that I have been following God's will, accompanied by His direction, allows me to feel renewed in body, mind, and spirit! Until we are allowed to come together again for reasoning, may God strengthen, protect, and guide our steps daily.

- **Marcus Marshall, Vice President & Co-founder**



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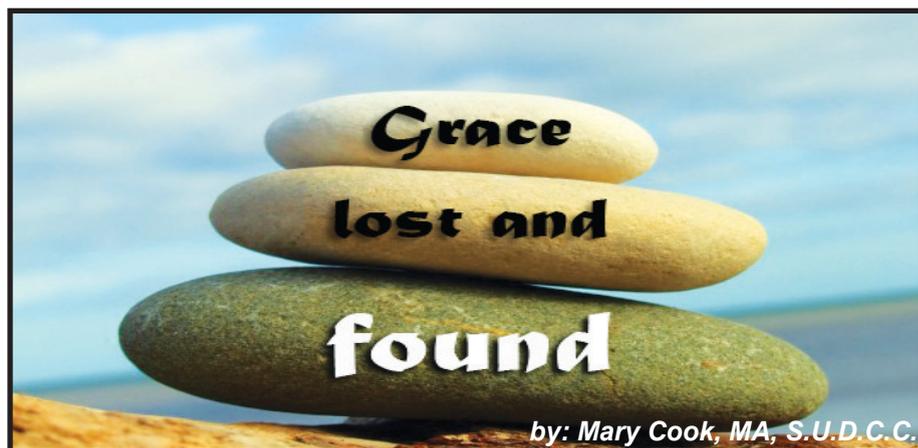
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by: Mary Cook, MA, S.U.D.C.C.

FROM THE HOLE IN US TO THE WHOLE OF US

When we passively wait for life to fulfill us, we end up depressed and disappointed. When we assert our will to fulfill our desires, we end up on a perpetual treadmill. When we follow everyone else's advice, we end up lost, confused and resentful. When we ignore our own life and direct others how to live theirs, we end up in conflicts, hostile dependent relationships and ultimately alone. When we allow old habits and mundane distractions to supersede higher guidance and growth, we lose energy, inspiration, self-esteem and integrity. When we chase greener pastures, we lose groundedness, healthy functioning and the ability to experience enriching relationships.

When we ignore internal or external signs that suggest we are on the right or wrong track, we miss positive opportunities, or negative experiences escalate. When we empower every internal or external sign by altering our decisions and behaviors, we live without a center to our being. When we take no responsibility for our health and happiness, we blame others for our misery. When we believe it is our responsibility to be perennially healthy and happy, no matter what happens in life, we blame ourselves. When our expectations of ourselves, others or life are perfectionistic or fatalistic, we will be unhappy. When we think we have no control or total control over our life, we will be unhappy.

There are countless factors affecting individual health, happiness and fulfillment. Some of the factors can be known to us and some cannot be known, irrespective of how evolved we are. Life is in constant change and we must embrace the mysteries, as well as consider all that is present right now. When we passively or aggressively try to fill the hole in us, we fail. A holistic view respectfully incorporates all the human and spiritual aspects of ourselves, the elements that life presents to us, as well as acceptance of the unknown, before making important decisions or taking significant action.

Instead of passivity or willfulness, we can let faith and footwork foster humanitarian, ecological, and spiritual values that guide our life. Instead of dependency or codependency, we can be interdependent and flourish with reciprocal giving and receiving. Instead of old habits or restlessness, we can generate healthy habits which inspire us to grow positively and creatively. Instead of exploitation or neglect, we can heal, appreciate, preserve, and nurture ourselves, and life around us.

Fear keeps us in a small space, the same space, an empty space, because nothing new can grow here. Controlling or retreating in response to fear severs our conscious connection to a Higher Power. Allowing our breathing and bodies to relax, stimulates curiosity and contemplation. Prayers and patience let us walk through trials with increasing comfort and clarity. Reaching out to others who suffer, and struggle stimulates compassionate caring, hope and help for all of us. Noticing when we feel whole, and when we feel grateful raises our consciousness, expands our hearts, energizes our bodies, and lifts our spirits to new horizons.

Observing, reflecting, and meditating are healthy practices for learning what is helpful, and what is not. Often re-evaluating and understanding where we went wrong, facilitates a leap forward in personal growth. There is no set formula for living rightly. Every change sets in motion other changes, so that we are internally and externally readjusting, rebalancing, and re-centering ourselves. We are meant to encompass extremes in ourselves and life, and to mindfully mediate between them. We are meant to both succeed and fail, learn resilience and continue growing. We are meant to experience all our thoughts, emotions, and sensations, as well as the stirrings from our spirit. Awareness, acceptance, and appreciation for the whole of life, allows us to accept the whole of us. The hole in us is an addiction that can never be filled. The whole of us is experiencing that we are part of everything in the universe, and everything in the universe is part of us. Knowing this, we can sit in morning silence until we feel the sun rise in our hearts, and we can stare at the night sky until the stars light up our souls, for life is precious and filled with purpose and so are we.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a substance use disorder certified counselor in private practice. She has 44 years of clinical and teaching experience. Mary is available for telephone and office consultations. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com





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Sunlight of the Spirit



by: Darrell Fusaro

BE A GOOD NEWS-ER

"Those who bring sunshine to the lives of others cannot keep it from themselves."
 -J. M. Barrie

Rather than worrying about whether or not I offend somebody with what I say, I just keep it simple. I keep it simple by making it my top priority to just be a good news-er.

What I mean by being a good news-er is rather than complaining about the things that offend me, I do my best to talk of health, happiness, and prosperity with everyone I meet. By making it my top priority to be a good news-er I avoid the temptation of becoming a repeat offender.

Whenever I decide to repeat something from the news that upset me, something I heard that distressed me, or a social media post that got me burned up, I'm a repeat offender.

"For example, we can choose to lay our anger and whining on others, but that doesn't really get rid of it. In fact, we find that people tend to join in on our negative commentary and feed it. We end up with more. But if we give to others the feelings we really want to keep - understanding, kindness, and humor - they will share their good stuff with us too. And we end up with more." -God Grant Me..., Hazleton Meditations

When you hear disturbing news or are upset by the behavior of others, instead of complaining about it, see it as a signal to bless the situation or person. Complaining only highlights our fears. It's affirming that we're victims and so are our friends. We always have a choice between being fearful, or experiencing love by extending love to others.

If you really want to be a change agent for good in your life, your community, and the world, then just be a good news-er. Every morning before launching into my day, I take the time to let myself off the hook and go for it. I do this by reminding myself of my ultimate mission here on earth: to be a good news-er.

I've written down in my journal, "Darrell, Today's mission, if you choose to accept it, is to go forth humbly. In other words, forget about winning approval and looking good, just go forth to bless, encourage and uplift."

While I was serving in the United States Coast Guard, search and rescue was considered our main mission. We had many other responsibilities: marine safety, law enforcement, aids to navigation, ice operations, etc., but search and rescue was our top priority. Because saving lives was our top priority, compassion flowed into everything we did.

When we make being a good news-er our top priority, love flows into everything we do. By making it your intention each day to be a good news-er demonstrates your desire and commitment to keep tuning in to love. The Universe continuously broadcasts joy. Love tunes us in to it. This universal joy is a magnetic force that attracts all good things to us. When we're tuned in to this universal joy everything seems to fall into place throughout the day. This is what is meant by, *"The joy of the Lord is my strength."* It makes it clear that whenever we're complaining and resenting, we're tuning in to a lower frequency, and it doesn't feel good.

The good news is we can always tune right back in to health, happiness, love, prosperity, and success any time we decide to be a good news-er and resist the temptation to be a repeat offender.

So, ***"Dear Reader, Your mission if you choose to accept it, is to go forth humbly. In other words, forget about winning approval and looking good, just go forth to bless, encourage and uplift."***

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, co-host of the podcast, "Funniest Thing! with Darrell and Ed" and author of the book, "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit: www.ThisWillMakeYouHappy.com



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“JUST EAT” - THE TRUTH ABOUT EATING DISORDERS

I was in recovery from an eating disorder.

I couldn't "just eat," because, for one, I didn't "just" choose to have an eating disorder in the first place. In fact, research suggests that 50 to 80 percent of eating disorder risk is due to genetic effects.

Back when I was struggling, some implied that it was "all in my head." Indeed, one more reason why I couldn't "just eat," is because it was in my head—in a real, physical way: my brain.

"Eating disorders are presumably brain disorders," former director of the U.S. National Institute of Mental Health, Thomas Insel, has said.

The brain is an organ in the body just like any other. Mental illness is a physical illness.

When both of my parents battled cancer, no one encouraged them to "just get over it," or "let it go." Yet I heard these types of things far too many times in regard to eating-disordered behaviors.

If I could have just "let it go," I wouldn't have been diagnosed with anorexia nervosa. Over the course of time, symptoms locked into my brain; the power of choice was all but gone.

The hard work of recovery can restore choice. To make this happen, we need support—lots of it. It can also be crucial to seek expert professional help from those specifically trained in eating disorders.

One friend with atypical anorexia (anorexic features without low weight) tells me that uniformed healthcare professionals continually prescribe that she goes on a diet. My friend isn't underweight according to some official BMI chart, but she is restricting food and engaging in other destructive behaviors—just like I had. We received different advice purely based on our body sizes: I was underweight.

Life-threatening eating disorders of all kinds continue to get missed, dismissed, and even fueled—by prescribing dieting, as only one dangerous example.

An overarching myth is that an eating disorder 'looks' a certain way. But people of all shapes and sizes, genders, races—and on and on—might struggle.

Recovery doesn't look a specific way either. And, recovery is possible.

Some of the same genetics that made us more vulnerable to developing an eating disorder in the first place can help us to get better. For instance, I learned to apply my perfectionism to recovery, harnessing the power out of the trait: regularly attending recovery appointments, completing therapy homework—and never, never, never giving up.

Some of the same loved ones, who stumbled with misguided words early on, learned differently. We teach people how to support us: What feels supportive to you (or your loved one)?

An eating disorder is a complicated illness with no black and white answers. Due to this complexity, it can be beneficial for loved ones to join in therapy as well. One of the most powerful components of my recovery was participating in therapy sessions with my parents. I learned that I am not as good at mind-reading as I had thought. I also learned that I needed to speak more directly, in general, with people in my life. Keeping lines of communication open was key.

My parents came to see that they never needed to understand my eating disorder. They needed to believe me. When I said, "I feel scared," I needed them to say something like: I hear you. I believe you. I am here for you.

My friends and family also learned more: Eating disorders aren't really about food or body image, as society tends to believe. Eating disorders are bio-psychosocial illnesses. That is a big, fancy word for there is a lot going on. For some, layers of trauma are beneath an eating disorder. My anorexia had been fueled by, not only perfectionism, but also low self-esteem, unrelenting self-criticism, and much more.

What all of this means is that recovery is about a lot more, too. When we do the hard work of restoring our power of choice, we are stronger than before—in oh so many ways. We might even gain the courage to pursue a passion we had always dreamed about: I learned how to play guitar.

Along the journey of healing, we might fall flat on our face. Healing means standing back up again. Sometimes, it feels like we can't.

That is just a part of recovery.

Still, we reach out. We grab hands. Through the pain, denial, and everything else, sometimes, in fact, we "just" do it. We do recovery anyway.

A Senior Fellow with The Meadows and advocate for its specialty eating disorders program, The Meadows Ranch, Jenni Schaefer is the bestselling author of Life Without Ed, Almost Anorexic, and Goodbye Ed, Hello Me. Her new release is Facing the Invisible Monster: How I Came Back from Trauma and How You Can Too (2022 release). For more information: www.JenniSchaefer.com

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Quit to Win



by: Catherine Townsend-Lyon

NATIONAL PROBLEM GAMBLING AWARENESS MONTH

Every year in March, I share the helpful information from my number one resource and organization that I support, The National Council on Problem Gambling.

They have helped many become "BET-FREE", and begin to help families heal from the devastation of gambling addiction, and the problems gambling causes. This will be my 8th year doing so on my blog, "Bet Free Recovery Now." www.betfreerecoverynow.wordpress.com.

This year the spotlight is on "March Madness", the time of year when we see an increase in problem gambling, and more demands for the council's services.

Since the pandemic started, I have also seen "Online Gambling" explode with mandates of mask-wearing and social distancing, with many casinos and gambling venues still closed or limited capacity.

The latest stats say online gambling has gone up almost 41% since the Coronavirus hit last year. Parents, keep in mind this can include your teens and young adults. One area is sports betting on college basketball games is all of the month of March. So I wanted to share some of the National Council's declarations. They have given me permission to both share about their March campaign and about how you can get help for a loved one if you think they may have a problem with gambling.

Visit their website at www.ncpgambling.org/programs-resources/March as Problem Gambling Awareness Month (PGAM).

March Madness, the annual NCAA basketball tournament that sees over \$8 billion wagered on its games, is the backdrop that NCPG and its partners across the country, leverage to help raise awareness and create action for those suffering from gambling problems. With the campaign in its nineteenth year, contacts to the National Gambling Helpline (800) 522-4700 typically spike during March.

When the U.S. Supreme Court ruled in 2018 that states could allow sports betting, the proverbial floodgates opened. Sports betting is now legal and operational in 20 states plus the District of Columbia, with many more considering it – an unprecedented expansion of gambling in the U.S. Unfortunately, services to mitigate the inevitable increase in harms associated with gambling have not kept up with the increase.

"March Madness is a time of year when we see an increase in gambling and more demand for our services," said Keith Whyte, Executive Director of NCPG. "Too many people still don't recognize they are exhibiting signs of this addictive behavior, and are unaware of the help that is available to them." All too often, this disorder leads to financial, emotional, social, occupational, and physical harm. Yet, many cases go undetected due to the limited availability of accessible assessments to identify this problem.

Whyte said, "Problem gambling is certainly not confined to sports betting. We want anyone who may have a problem with any form of gambling, to know that they don't have to suffer in silence." NCPG's National Helpline, which is the only helpline for gambling that works in all 50 states, is toll-free, confidential, available 24/7, and offers translation services in 178 languages. It receives no federal funding and is supported only by NCPG's members and donors. The National Council on Problem Gambling is based in Washington DC, and is the only national nonprofit organization that seeks to minimize the economic and social costs associated with gambling addiction. If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame. Call or text (800) 522-4700 or visit www.ncpgambling.org/chat. Help is available 24/7 – it is free and confidential. I encourage you to stop by the council's website to see how gambling impacts your state and local area, and be informed on bills and legislation to decrease these impacts. So, together we can raise awareness and help those suffering in silence break free from this addiction, and "Quit to Win!"

Catherine Townsend-Lyon is the author of her debut memoir, "Addicted To Dimes," a gambling recovery advocate, 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 Heroes in Recovery.com. Catherine writes and shares her recovery journey from gambling addiction along with resources on her recovery blog "Bet Free Recovery Now" betfreerecoverynow.wordpress.com. Catherine resides in Phoenix, Arizona, and continues to help and sponsor those from gambling addiction.

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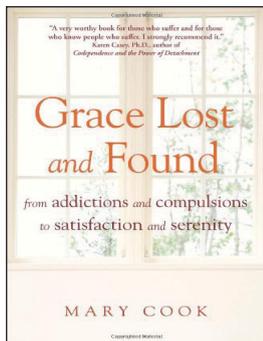
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by: Ira Forkish

FROM DARKNESS TO DIVINE PURPOSE

This article was written by one of the men I met at my first meeting. He was kind, honest and said that he cared about me. I grew to believe him. Without his gentle presence I don't think I would have stayed around. He had honor and respected me. Something I had no experience with, but I knew it felt good. He knew that I was vulnerable and in need of special care, support, and protection because of my age, and the risk of abuse. I was inappropriate, lost and confused and he protected me, mostly from myself. Thank you Ira - Jeannie Marshall, President & Co-Founder of Keys to Recovery Newspaper.

By February 1980 I had spent half of my life strangled by demons of loneliness, anger peppered with resentment and fear, all augmented by the daily use of alcohol and drug addiction.

At the age of 32, I surveyed a lifetime of darkness, looking for answers and ruled out religion. My main teacher in Hebrew School was a bully, and me not being a traditional learner could not grasp God's language.

I searched for God in places like hallucinogens for years, and even dabbled in researching dark arts, (and there was) nothing. So God was out."

Drugs were my touchstone and I used as many as I could, experimenting with different mixtures, in the hope that I could escape the clutches of depression. Sometime during this time of desperation, some of my partying buddies found Jesus and so they invited me to a bible study. Why not? I told myself. In one of these studies, Jesus appeared to me in a very real manifestation. Finally (there was) hope.

The vast expanse of empty meaning was suddenly filled with a real God. There was hope outside of drugs.

But just because I found Jesus didn't mean I immediately found a way out of drugs. I was not completely free yet, and the parties turned darker.

Every time I used, the depression got worse, like having a one-ton grain of sand piled one by one on my heart, and mind. Desperation, desperation, desperation — with no road out.

I wondered where Jesus was. Had the Son of God abandoned me, like God the Father appeared to have done from my childhood? My life had crashed into a point where all its pieces resembled a jigsaw puzzle dumped onto a table, and no matter how I looked at it there were no visible moves, not even an edge piece to make a frame.

Of course, God had not abandoned me. He showed up in the form of a partying buddy, who enrolled in a treatment program for drugs and alcohol. That buddy called and asked how I was doing. I guess it was apparent that for me things were 180 degrees from smooth, because his reason for calling was to tell me that they were bringing the program to Los Angeles.

Within two months, he promised the program would be in Los Angeles, and I would have hope.

That friend called frequently. "Did you stay sober since we last spoke?" he would ask.

"No," I responded bluntly.

Decades before I was born, a desperate alcoholic managed to stay sober by telling others about a spiritual experience he had that resolved his addiction. The two keys were his relationship with God, and the work helping other alcoholics who needed "to put the plug in the jug." That was Bill Wilson, co-founder of Alcoholics Anonymous, who got sober through the Christian "Oxford Group.

My sober buddy was enrolled in a spin-off rehabilitation group called Palmer Drug Abuse Program, and when it opened in Los Angeles, it brought me not only a way to live drug-free, but most importantly how I could live in a lifestyle that required rigorous honesty, and relationships with God and others.

I was desperate to be free from the strangling grip of addiction, so I attended meetings every day. Sometimes more than once a day.

Before you turn up your nose, in these meetings were the party animals of the world. You know the ones that would go to the party after the party, and leave a wake of passed out bodies behind them.

The criminals, drug dealers, robbers with or without guns, and more. But they had changed and now they were honest about their transgressions, and willing to go to those harmed and do their best to make good.

Then there was love in the meetings, love based upon how we were being restored to life through God, and the joy of the deeds and events from our past, that were lifted from our hearts. The people were being restored and rediscovering the love for life. The love was real.

Here's my life to date, in February I celebrated 41 years of sobriety. In mid March I celebrated my 73rd birthday. My wife of 30 years has stood by my side through lost babies, bankruptcy, and children with disabilities. We have had bad actors in business, serious health conditions, etc. But guess what, God stands by me as a counselor and protector along with others he has placed in my life.

I know the times are unusually difficult in the world around us but if you are desperate, may you find God now. All in Love and Gratitude to God, and those who hold and held my hand.



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Why Are We Reluctant TO CHANGE?

By: Marilyn L. Davis

“Meaningful, lasting change only happens when the pain of the status quo finally outstrips the fear, or the anticipated pain of the change we seek.” - David Taylor-Klaus

I Understand Not Making Changes

I used drugs and alcohol to cope, and that worked until it didn't work anymore. My solution? Add more. And when that didn't work? Add more and more to the mix. The same old, same old, just more.

Still, I kept on using. And there are countless people out there who keep adding more and more, too. They know it's not working, but don't have a solution to the problem, so they stay stuck on the fence and can't make a decision to quit, or they are just ambivalent.

Some individuals are undecided, or of two minds about quitting and change. They may have gotten so used to living in unfulfilling relationships, lived here and there with whoever would take them in that night; made money/did not make money, know the hours of the soup kitchen and where day labor can produce enough money to get alcohol or drugs, or being in trouble with the law.

Recovery offers us a chance to live, enjoying the rewards of our efforts, and an opportunity to do more than subsist or keep our head above water.

Changing the Status Quo

I can't take credit for stopping on my own. In 1988, five caring individuals from Brenau University staged an intervention on me. They gave me an ultimatum; go to treatment that night or be fired. They also told me that they cared for me, and believed that I could find the resolve to accept the help offered by treatment.

I think it was this combination of boundaries on behavior, and demonstrating faith that I had the resolve, discipline, and desire to receive the help that allowed this intervention to work. It's been over 32 years without a relapse. I still consider this help the most important I have ever received.

Are You Afraid of Change?

In case you don't have people encouraging you to make changes, or you're scared you'll fail, let me encourage you, but I also want you to ask yourself some questions about your reluctance to change.

When this reluctance to change is evident, ask yourself:

Why am I willing to stay the same?

Do weighted or straightforward pros and cons to help with your answers.

Is there any incentive to change my actions?

List all of the motivators: family, job, health, or fear of legal repercussions.

What might I learn through the process of change?

Changing is a process, using goals and sub-goals to move you towards the goal of long-term recovery is a start.

What might be the benefits to me of change?

Again, make that list: freedom, better relationships, no more jail, or whatever you decide is a benefit, is what counts.

What are my feelings about changing?

When we talk about ambivalence, we are of two minds. One part wants the changes, and another part of our emotional and mental makeup is scared of change.

That's okay, list all of your feelings and why you feel that way.

Change Must Be Personal

Most people, even those in early recovery, know what others are going to say about recovery. You have sat in enough groups, lectures, and meetings to have an idea of everyone else's answers to the questions, but this is your recovery. Sometimes your perspective on a solution will differ from treatment, your support network, or your sponsor or accountability partner.

When you are answering the following, make sure that you are answering these from your perspective.

Do I have an outside motivation to change?

In my case, my motivation was my job. It can also be Probation, pending criminal cases, the threat of a spouse, and children leaving, to name a few.

What will my changes cost me?

There's going to be fear in changing, and some people aren't willing to pay the price of being uncomfortable during the change. Others, like a drug dealer or high-end prostitute, would have an actual financial cost if they went from one life-style, to another legitimate job.

Are my attitudes holding me back?

Some people think it's weak to ask for help. Not asking for guidance and support from people who have been in recovery is not weak; it's showing good judgment and being sensible.

With your answers, you can determine some of your resistance. At this point, you have to decide if continuing to take the opportunity for further change is something that you want and if you are capable of putting forth the energy needed to accomplish the change.

It's Okay to Be Ambivalent to Change, Just Do It Anyway

Most people in recovery feel ambivalent or disinterested in change at times. Things are going better in their lives; they are not in as much trouble either at home, work, or with the judicial system, and they have a little money in their pocket.

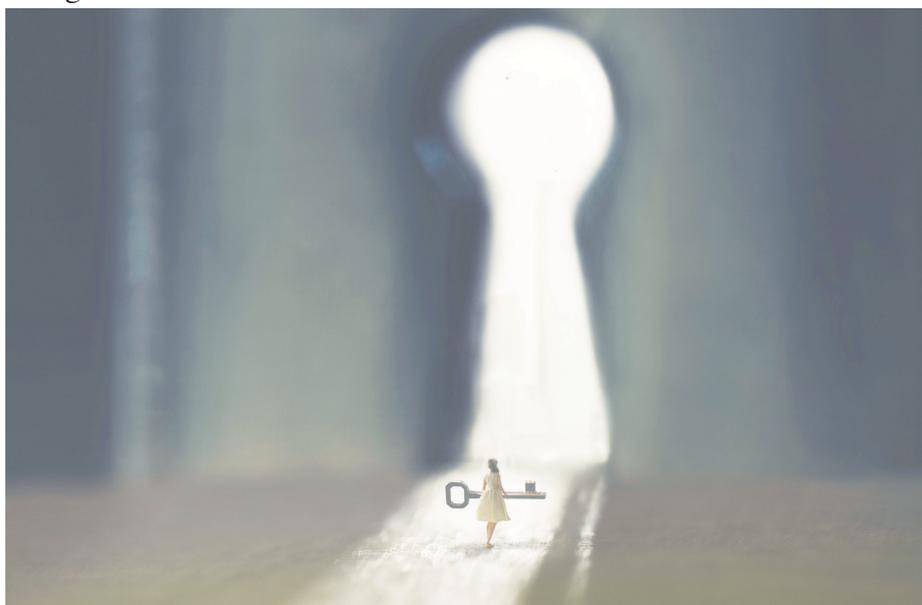
These plateaus are predictable, and you may find in answering the questions that your desire to change is still there, but that you are satisfied, for the moment, with the changes to date. What you may be missing is the numerous other opportunities waiting for you, with just a few more changes.

Asking other participants, your sponsor / accountability partner, or your facilitator and counselor, what they did to refocus and start making more changes, will give you an idea of how many people have experienced these plateaus.

What you want to accomplish is to stop being ambivalent or disinterested in change. The danger in resting on your laurels is that you can become complacent, bored, or unconcerned about additional changes.

Recovery is Not a Fixed Thing

There is a 12 Step based saying, "Recovery is a journey, not a destination."



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Therefore, if you find that you are reluctant to change anything else because life is good now, you may just be shortchanging yourself.

Granted, no one knows what the future will bring, but if you have experienced better outcomes in your present because of your changes, common sense tells you that you will continue to experience the same with additional changes.

Additional changes could and probably will, enhance and enrich your life just that much more.

Writing, and recovery heals the heart.

What changes did you have to make even after you stopped using? How did you overcome your ambivalence? How can you encourage someone today?

I believe that each person has a unique way of conveying the same information. Given that some of us are visual teachers and others are audio learners, we need more people writing from their perspective to reach those still struggling in their addictions.

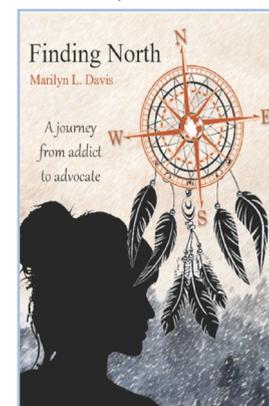
Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011, called North House. She recently celebrated 32 years of abstinence-based recovery.

She is the editor-in-chief of fromaddict2advocate.com and twodropsofink.com. She is the author of Therapeutic Integrated Educational Recovery System. 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.

Before reaching these milestones, she was a desperate woman on drugs, managing rock bands at night, pretending to be okay, but ultimately giving up on herself, losing her husband, children, family, and friends due to her addiction.

A chance encounter with a 74-year old Native American, named Gray Hawk, showed her that healing herself would include meetings, Steps, and providing a house of healing for other women.

Finding North: A Journey from Addict to Advocate is that journey and available on Amazon.





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they may be. There is no us without your continued support.



by: Leslie Gold

A LIFE LESSON INSPIRED BY A ONE WAY RUN

It was a sunny and cool day, perfect running weather, as the Beacon House Half Marathon Team climbed into the van. We left their San Pedro treatment facility and began heading toward Palos Verdes. They were about to have an empowering experience, but they didn't seem to think so.

For three months leading up to this day, these men had been training for a half marathon, a 13.1 mile run along the coast. If you're wondering "What half marathon? I thought everything was cancelled due to COVID", you're right, that's why they were going to do their own run. Nothing official. No crowds. No other runners. It would be just them, training for several months together, and then running with each other for 13.1 miles. And, when they got to the finish line in front of their facility, they would enjoy a big celebration with their fellow residents and the staff.

These men started as beginners, with some of them struggling to finish a mile or two without taking a walking break. Some wondered if they could ever run 13.1 miles. Our first few run/walks were 3 miles, then 4, then 5. As I ran alongside them, I could see them getting stronger. Soon, nobody needed to take walking breaks. Our distances got longer each week or two. 6 miles, 7 miles, and so on. Soon they could easily run 10 miles.

The next week, they were ready for an 11-mile run. But instead of the usual out and back route, we were able to get a ride to mile 2 of the course. They would do a one-way 11 mile run all the way back to Beacon House, and get a feeling of what Half Marathon Day would be like. As we rode in the van, we soon passed the furthest point they had run to, 5 miles from their facility. We had 6 more miles to go as we motored along the hills of the Palos Verdes Peninsula.

"Are we going past Portuguese Bend?" one team member nervously asked.

"Yes," I replied.

A few minutes later someone else asked if we'd be starting past Abalone Cove. "Yes," I replied.

"How much farther are we going?" came another anxious question.

"Do you really think we can run this far?" added another.

The fear, self-doubt, and anxiety in the van was so thick I could feel it too. I even started wondering if perhaps I had miscalculated the route. I went over and over it in my head, a route I had run dozens of times. No, I hadn't miscalculated. I was quite sure our starting point would be 11 miles from the Beacon House.

We arrived at our destination and the men stepped out of the van. I could see the worry on their faces. I could hear nervous conversation. This wasn't good. I knew I had to do something. As we gathered to warm up, I decided to address the elephant in the room. I began with "I know that many of you are thinking you can't do this." I watched them respond with nervous grins and kept talking. "But keep in mind that I wouldn't have brought you here if I didn't think you could do this. You trained hard. You are all strong. You are ready for this! And I'll make it easy. You don't have to believe in yourself. I'll do that for you. All I ask is that you trust me. You can do this!!!" And with that, and a short warm-up, we were off.

Every single team member finished and finished strong. They finished feeling accomplished, powerful, and confident. They finished with a renewed sense of what they are capable of. And they carry this new "can do" mindset with them to this day.

Had they allowed themselves to get sucked into their own negative messaging, they might not have even tried that run. I asked them to ignore their own internal voices saying "I don't think I can do this", and listen to my "Yes you can! I know you can!" message. They did, and it worked.

Next time you think you can't do something, ignore those self-defeating voices. Just because you are filling your head with negative self-talk doesn't make it true. But, if you're not ready to believe in yourself just yet, surround yourself with people who do believe in you and support you. Once you see how much you are really capable of, you'll create your own positive self-talk. Whenever you face a challenge, you will have your own "I can do this" message playing in your head. You are stronger than you think!

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit which brings the healing power of goal-oriented group exercise to addiction recovery communities. Participants in Strides in Recovery programs enjoy improved self-confidence, empowerment, self-discipline, camaraderie, stress reduction, health & wellness, pride in accomplishment, and so much more. Leslie is an RRCA certified running coach who has trained hundreds of people in early recovery to cross the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit StridesInRecovery.org



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1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 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
 - Universities
 - Veterans Hospitals
- Recovery Conventions & Conferences, Industry Networking Events & many more locations each and every month.*
- From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!*

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

A.A. San Fernando Valley Central Office: (818) 988-3001.

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

A.A. 8752 S Broadway, L.A., CA 90003, www.aa.org (323) 750-2039, info for Spanish Speaking.

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.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.

Grupo Al-Anon: FE Y GRATITUD DE NEWHALL, 22505 Market St, #102 Newhall CA.

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 meetings, Thurs & Suns 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

Alsana Eating Disorder Helpline: For individuals, friends, families, and providers to receive support, answers to questions, and resources. Monday – Friday, 6am – 6pm PST. Call or text: (314) 807-3065. www.alsana.com/helpline/

Anaheim Alano Club: 202 W. Broadway, Anaheim, CA 92805. Meetings 7-days a week (714) 535-0900.

California Depart. of Health Care Services: www.dhcs.ca.gov (800) 735-2922 for deaf and blind.

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: sfvalleyhow@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: World Service Office www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) L.A. (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

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sun. 10am Pacific Time (605) 313-5104, 74951#. www.debtanon.org.

Debtors Anonymous: offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. Visit www.debtorsanonymous.org.

Eating Disorder Support Recovery Groups 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 Bch; 11455 El Camino Real, #360, Del Mar. for info visit www.centerfordiscovery.com

Eating Disorder Support Recovery Group. FREE. Drop in. Open to the public. Wednesdays from 6-7pm. EDCC (Eating Disorder Center of Calif) 520 S. Sepulveda Blvd., #208, Los Angeles, 90049.

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.

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

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

LGBTQIA+ AA Meeting: Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. www.laventanatrement.com

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

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

MADD Mother Against Drunk Driving 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 or 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 & Drug Dependence Headquarters: (NCADD 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 (505) 891-2664.

Overeaters Anonymous: Meeting Hotline 24 Hour (323) 653-7499. Overeaters Anonymous LA Intergroup: www.oalaig.org (323) 653-7652.

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

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

RumRadio.org: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

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

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

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 (800) 977-HEAL.

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

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

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

SUPPORT GROUP: Free & open to anyone supporting a loved one through their mental health and/or substance use recovery. 1st and 3rd Thurs. of each month, 7:PM Thousand Oaks, CA (800) 560-8518 www.laventanatrement.com

Survivors of Incest Anonymous: (877) 742-9761. www.siaowo.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.

INFORMATION & REFERRAL SERVICES

Dimondale Adolescent (310) 791-3064.

www.SunshineCommunity2015.org Social Services, (626) 297-6112, 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

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

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

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

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.

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.

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

First United Methodist Church 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

Los Angeles Food Bank (323) 234-3030.

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.

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) 346-5554.

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

DISABILITY SERVICES

Job Accommodation Centers, Toll Free (800) 526-7234 (voice & TDD).

ACCESS Paratransit Referral Service, transportation voucher program, (800) 431-7882.

Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

Vital Services Resource Guide

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EMERGENCY HEALTH & MENTAL SERVICES

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

Because I Love You, Nationally Known Parent And Teen Support Group. 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.

MISSION HILLS Recuperative Care Shelter (818) 392-0020.

MENTAL HEALTH SERVICES: Hathaway-Sycamores Child and Family Services, For info on mental health services, (844) 222-2377 (1-844-2Access) or email referral@hscfs.org. Please include the type of service being requested, the age and the city of the person you are requesting service for, and any additional comments. We will respond to all calls within one business day. Interested in volunteering with us? Please email mentoring@hscfs.org.

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.

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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.

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 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.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

Volunteers of America Homeless Support (626) 442-4357.

WLCAC Homeless Access Center (323) 563-4721.

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

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

So. California Alcohol & Drug Program/Angel Step Inn: www.scadplne.org (562) 923-4545.

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

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

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

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

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

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RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 651-6000.

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.

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/ (800) 799-7233

Stalking Hotline (877) 633-0044 (Stalking Hotline)

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.

Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, L.A. Calif

HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.

HepCHope: www.hepchope.com Hotline (844) 443-7246.

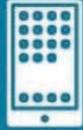
National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)

REACH (risk reduction education & 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

REACH (risk reduction education & 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:

Alcoholics Anonymous  aa-intergroup.org/directory.php onlinegroupaa.org aaonlinemeeting.net	Narcotics Anonymous  virtual-na.org na.org/meetingsearch *for country, select "Web"
SMART Recovery smartrecovery.org/smart-recovery-toolbox/smart-recovery-online smartrecovery.org/private-convenient-online-recovery-support 	Other Resources addictioncampuses.com/alcohol/apps-for-recovery sobergrid.com/howitworks intherooms.com/home  unityrecovery.zoom.us/my/allrecovery

Online/Digital Recovery Support Resources

Since many meetings have had to close their doors for safety reasons during this "safer at home," shutdown, many recovering individuals have been left alone and unsure of where to turn. We thought we should list some options for online meetings. Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

Google Hangouts/Meet • Zoom • Free Conference Call/ For more information on other online platforms visit: G2.com

For more information on anonymity please see: Understanding Anonymity at www.aa.org/pages/en_US/options-for-meeting-online. For more information on passing the digital basket please see: www.aa.org/pages/en_US/options-for-meeting-online Winter 2017 Box 459 p. 3 "Passing the Digital Basket". Many online meetings are setting up ways to continue to give digitally. With AA meetings shut down internationally Our World Services Office and local Central Offices are going to need your support more than ever.

[Other 12-step Online Meetings can be found here:](#)

Gamblers Anonymous:

www.gamblersanonymous.org/ga/locations

Al-Anon

www.al-anon.org/al-anon-meetings/

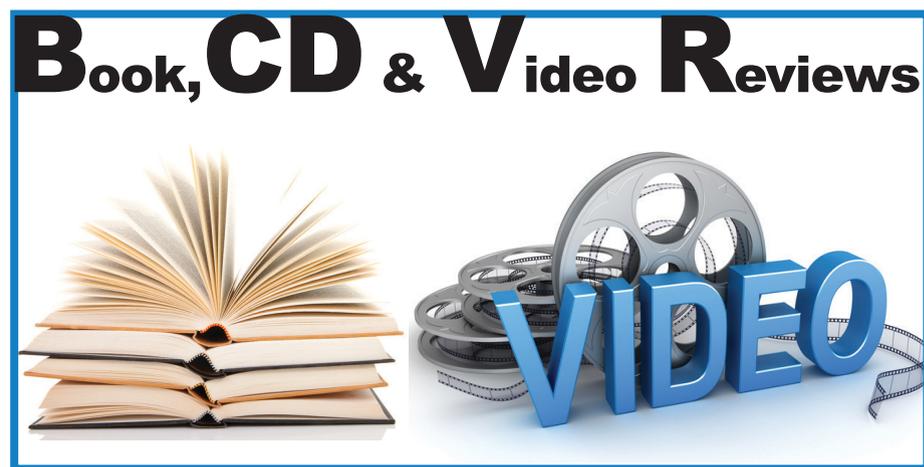
Support your local central office during this time.

Alcoholics Anonymous
San Fernando Valley Central Office

Telephone: 818-988-3001

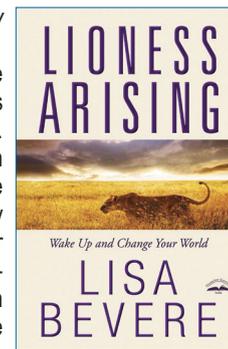
Mon.-Fri. - 9:AM - 6:PM Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED



LIONESS ARISING, *Wake up and Change Your world* Written by Lisa Bevere. Published by Messenger International.

Lisa's book is a God-inspired word to women. This is not a book for the faint hearted. This is a call to shake off oppression, get rid of whatever has held you in bondage, receive God's grace, and do what He tells you to do. Lisa paints a compelling picture of the impact the fully awakened Christian woman can have in her spheres of influence, to her individual life, to the church, to the world. When you read this book you will be stirred up and ready to push through the boundaries in your life and take hold of God's purpose for you. As a co-laborer for Christ, Lisa reminds us that the feminine form embodies love, hope, joy and tenderness, without sacrificing courage, strength and confidence. This book reminds us that God sees our dreams before we even see them ourselves.

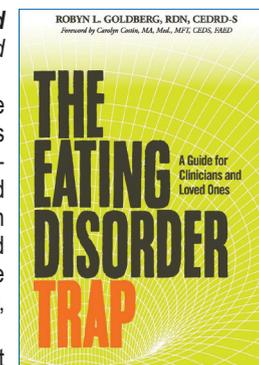


All over the earth, we are witnessing an emerging generation of bold, beautiful women of God. Not only this, but the pride of the lionesses whose strength and confidence are being restored through the power of the Holy Spirit, and the healing sanctuary of the church. Not a power-hungry woman, but a loving, nurturing woman who knows her worth, and walks accordingly in the earth today. In this book Lisa draws our attention to the natural fierce, protective aspects of a woman and demonstrates the power of women to battle for their destiny, and the destiny of the ones they love. Let Lisa teach you how to operate in the power of God's grace to pursue the 'prey' of disappointment and broken dreams, and 'embrace strength, develop courage and effect change in the world'.

Lisa Bevere is an international speaker, best-selling author and co-host of "the Messenger" TV program, which broadcast in more than 200 countries. In her unique style, she unpacks God's Word, revealing truth most people have never encountered before. Five Roaring Stars. Available at Amazon.com

THE EATING DISORDER TRAP. A Guide for Clinicians and Loved Ones. Written by Robyn L. Goldberg, RDN, CEDRD-S. Published by Booklogix.

I love books that are written on gathered data and facts, but more importantly, I love books that are based on personal experience. It seems that when books like "The Eating Disorder Trap" are written from first-hand experience they speak to the reader's heart. Robyn gives us a road map to help someone with an eating disorder. This book is filled with expert knowledge and information about eating disorders that we need to learn not just for our loved ones but for personal knowledge because knowledge is power. She helps us to understand, and by understanding, we can speak to our loved ones in a way that they can hear our words.



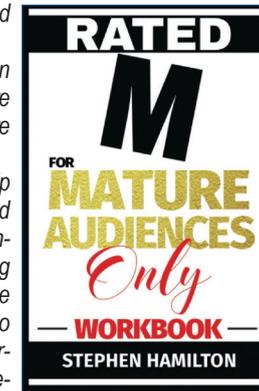
Each chapter gives you easy-to-understand information, not just from specialists but from those caught in "The Eating Disorder Trap", again more personal experience.

Three of my favorite chapters, in Part III, 8, 9, and 10, are about good carbs, balancing protein, how fat can be our friend, and how we need all these in balance to complete our mental and physical health. The last chapter is entitled "The Road to Recovery: Compassion", a perfect way to end this book with hope and a recovery plan. I can't say enough good things about this book. I love it. I will use it, buy it for friends and refer it to others. I give this book 5 delicious stars. Pick it up today. Available at www.Amazon.com.

RATED M FOR MATURE AUDIENCES ONLY, Workbook Devised and Written by Bishop Stephen Hamilton.

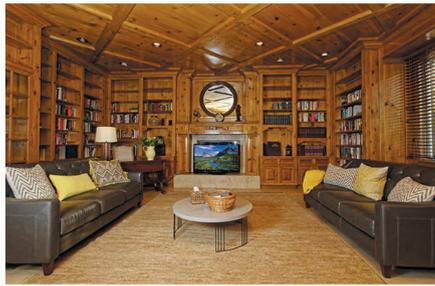
This workbook is symbiotic in nature, in reflecting the spiritual unison with that of Bishop Hamilton's book, for Mature Audiences Only. These are uncertain times, which can bring about doubt and worry, to those that are unsure of where they now stand within the body of Christ.

Bishop Hamilton first wrote a God-inspired book, that was to help give us all assurance of who we truly are as a child of God. When coupled with this workbook's overview, which concisely corroborates Bishop Hamilton's book, supports the reflection of our lives and the privilege of being part of God's kingdom. I for one, deeply appreciate the opportunity to have both of these remarkable books, they complement one another, helping to provide a spiritual path. This is a must read for us all, who want to understand what is required of us as being God's children, and how to implement His will correctly in our daily lives. There is a true correlation between what we as a body of believers do now, prior to being with our Father, His Son, and the Holy Spirit for all of eternity. I give this workbook 5 Stars. Available at www.Amazon.com.



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

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- Yoga
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877.TEAM.WWP (832.6997)

WHO WE ARE: Every warrior has a next mission. We know that the transition to civilian life is a journey. And for every warrior, family member, and caregiver, that journey looks different. We are here for their first step, and each step that follows. We believe that every warrior should have a positive future to look forward to. There's always another goal to achieve, another mission to discover. We are their partner in that mission.

WHO IS A WARRIOR? Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. You are our focus. You are our mission. Here, you're not a member – you're an alumnus, a valued part of a community that's been where you've been, and understands what you need. Everything we offer is free because there's no dollar value to finding recovery and no limit to what you can achieve.

WHY NOW? More than 52,000 servicemen and women physically injured in recent military conflicts. 500,000 living with invisible wounds, from depression to post-traumatic stress disorder. 320,000 experiencing debilitating brain trauma. Advancements in technology and medicine save lives – but the quality of those lives might be profoundly altered. The numbers speak for themselves, because not every warrior can. With the support of our community of donors and team members, we give a voice to those needs and empower our warriors to begin the journey to recovery.

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