

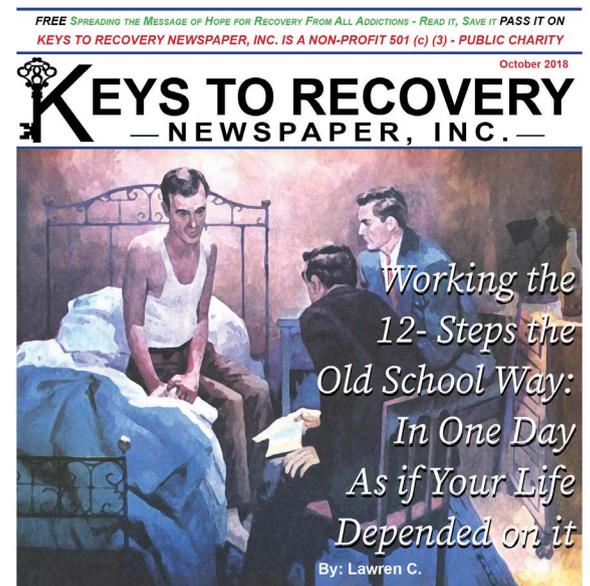
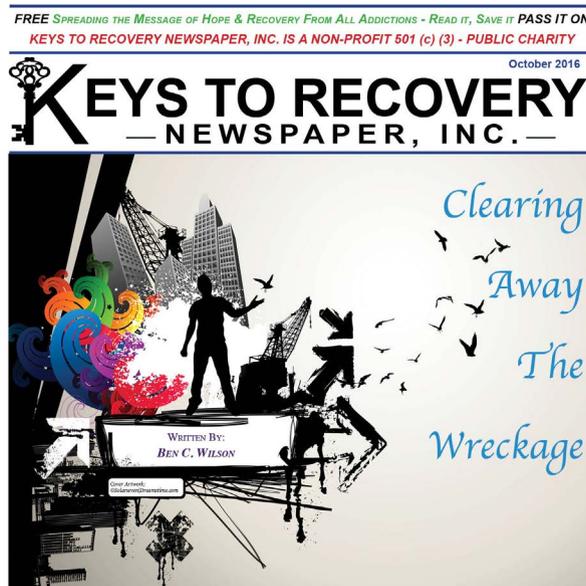
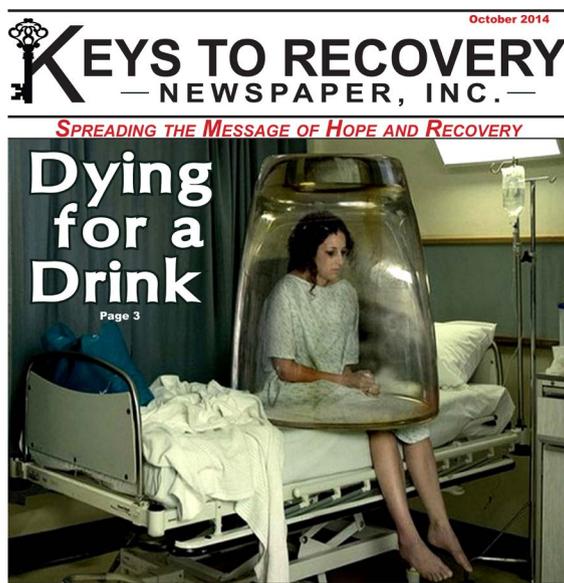
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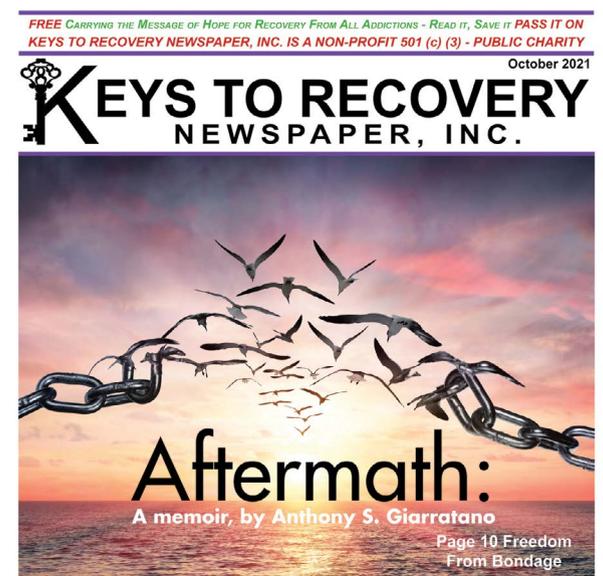
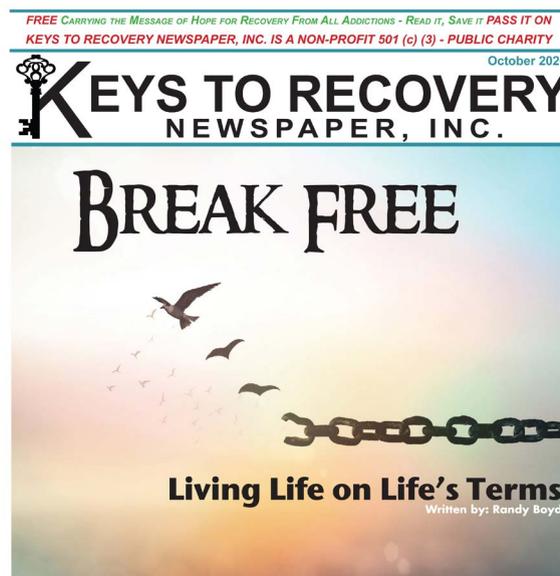
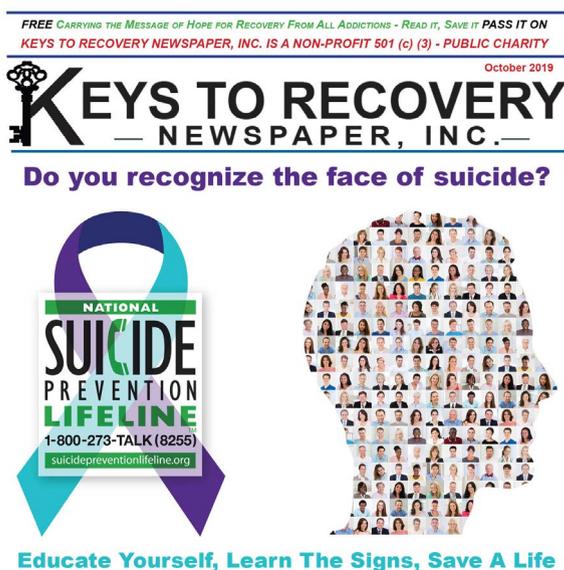
# KEYS TO RECOVERY — NEWSPAPER, INC. —

Keys to Recovery Newspaper has been committed to bringing Truth, Hope and Solutions to our readers since 2014:

Look up our past issues, October 2014 *“Dying For A Drink”*; in October 2016 *“Clearing Away The Wreckage”*; in October 2018 *“Working The Steps the Old School Way: In One Day, as if Your Life Depended On It”*.



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## About Us

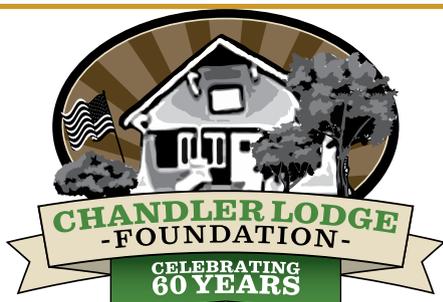
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There are only three months left until we stop publishing ANY NEW issues of Keys to Recovery Newspaper. It seems as if we have been doing this forever, but in reality, it has been just over 9 years.

People continue to ask me what I will do next. Not many individuals know I have had a full-time job for the last 35 years, that has nothing to do with recovery. Keys to Recovery Newspaper has never been a career, it has been a labor of love, a passion, and a vessel to carry the message of recovery. I have invested my time and money because I know that people need hope, more now than ever, just as I did when I got sober. Every issue of Keys to Recovery is filled with experience, strength and hope, from so many people, on every topic imaginable, expressing that WE DO RECOVER!

I believe that I was saved from the darkness of addiction to do more than just survive, I am meant to thrive. I have worked the steps of recovery for over 42 years. In that time, I have gone to therapy, done countless moral inventories, and found my way back to the church. With the help of friends, sponsors, therapist, and divine intervention from God, I have changed. Instead of a mess of a woman - I am a woman with a message. We have changed my tragedy into a testimony of HOPE. All the glory goes to God.

I am not perfect, and I never will be, but I am nothing like the girl who walked into recovery 42 years ago. I will be celebrating 37 years sober February 2023, and that my friends is a miracle. During that time I have healed wounds I thought would never heal. I have forgiven the unforgivable. I have left the darkness behind, one layer at a time. I learned that in order to carry a clean message I had to wipe the dirt from my eyes. I had to forgive and love, myself and others, as God does. I learned that everything that blocks His light, will wash away, so that all that is left is His pure light and love.

Today I have hope, faith, and courage to do the next indicated thing. I am not sure what God will lead us to for our next mission, but I know He's not done with me! **Thank you & God bless you! - Jeannie Marshall, President & Co-founder**

Hello to one and all, we want to thank you for your time and commitment for reading our Editors Columns. September was very bittersweet for Jeannie and me, we celebrated our very last Anniversary/Award's Dinner, honoring Candy Finnigan and Ryan Leaf, for their "Outstanding Contributions to the Recovery Community", last month.

It was very moving to witness the Ball Room that contained such an accumulation of vast knowledge, ranging from various Clinicians, Psychologists, Psychiatrists, Owners of numerous Recovery Homes, Sober Livings, Treatment Centers, Transitional Houses, Detox Facilities, IOP's, Lecturers, Authors, Writers, Circuit Speakers, and so many more incredible experts from the Recovery Community, as well as recovering individuals.

I stood in awe as I looked out at all our guest from the podium, one could feel the sheer energy that radiated within, filling the room with such a positive Aura. I will forever remember the love, compassion, dedication, commitment, empathy, joy, and determination that all our guest felt towards those they educated, helped, housed, and uplifted to help assure they accomplish the task at hand, lifelong Sobriety.

Jeannie and I will truly miss being able to visit with the individuals at the different facilities, who advertised with us over the years. Not to mention the incredible writers, and all the various recovery events, and the different variety of open houses. Regarding our newspaper, I will miss being able to come together with you all for reasoning, for us to help each other see life from a different viewpoint, and being able to share our perceptions and perspectives with you monthly.

Fortunately, we have two more issues (after Octobers) before we stop publishing new ones, until then, we will humbly enjoy the process of closure. We will keep our website up for at least two years, this will allow anyone to go on-line and download, or view any of our past issues. We will continue to attend AA functions, and the meetings at the Club Houses. Until we come together again for reasoning, may God uplift, guide, and strengthen each of us daily. - **Marcus Marshall, Vice-President & Co-founder**



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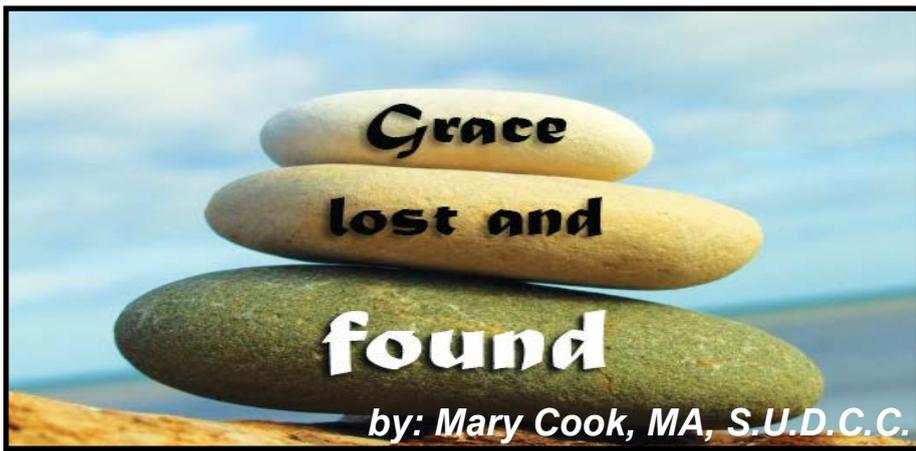
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## LOVE WITHOUT FEAR

Much of what is written about love is not love, but rather a myriad of obstacles to love. Addiction, blame, defects and defenses that block love. Healthy, mature love places spiritual values first. This is only possible when we've completed a deep, thorough self-examination and personal growth process. Our authentic self must emerge and take full responsibility for our well being and ongoing development. Appreciation, compassion, honesty, integrity, joy, laughter, patience, peace, tolerance, respect, and understanding dominate actions, feelings and thoughts in mature loving relationships.

The original source of love is our higher power. Therefore love arises from the highest part of ourselves, and sees the highest in others. Divine love flows through us continuously. There is no possibility of being deprived of, or depleted of love. When we feel or think that this is so, it is because we have over-focused on painful experiences with others where love was blocked, and this diminished our conscious awareness of our spiritual truth. Our associations to love come from our human experience, which is then often projected onto our higher power concept.

Chronic feelings of aloneness, brokenness, cravings, emptiness, and neediness also indicate an over-investment in the false self that's created in reaction to painful experiences. All of these fear based feelings trigger regression to less developed mental states and behaviors. This holds us hostage to recreating and repeating similar scenarios. And so we remain short sighted and misguided. Our awareness of love withers away in the presence of fear, as does potential for personal growth.

Real love can't be controlled or fashioned from expectations and plans. It is unbroken, unconditional and unending. Love has no needs, only desire. It doesn't intrude or impose, but will inspire us when we welcome it. It does not absorb or deliver harm, for it sees harm as fear in action and love has no fear. Love is affectionate, attentive, considerate, creative, patient, playful, surprising, transforming and understanding. Love's energy is free, healing and perennially positive.

Obstacles to love exist because we believe they protect us from harm. Defenses and adaptations arise when we experience hurt and have no healthy modeling or assistance to understand, take care of ourselves and/or the problem, and allow the pain to depart. Without this healing process, each time a new hurt is experienced, defenses become stronger, and can eventually close off our heart.

To recall our openness to love, we need to think of an interaction with an animal, person, or place where we felt at peace, yet wonderfully energized and blissfully absorbed in the moment. (This does not include drugged states.) Generally it's easier for us to allow love to emerge when we feel safe with the subject or object. It's then helpful to practice experiencing "safe" loving moments, so that they become more familiar and dominant in our life.

When we wish to surrender old defensive protections that close our hearts, we can investigate our specific triggers for pain and fear. We need to determine the differences between current triggers and those that were present in childhood.

When we are immersed in an unhealthy life style, from addictions, compulsions, codependencies or other negative thinking based behaviors, we may not see much difference. In this case, the negative pattern must be disrupted through a significant period of treatment, before disparities emerge.

Following a lengthy abstinence from unhealthy patterns and participation in personal awareness and growth, clear differences can be perceived between experiences stimulating fear now, and those that generated fear in childhood. There are innumerable associations to painful events. Until we heal emotionally, any association, including minor and peripheral ones, can automatically activate the full pain of the original event, and its consequent defensiveness or offensiveness.

Once we establish a new foundation of healthy patterns, we can terminate these automatic regressions. We remind ourselves that we are now adults, capable of creating safety, using positive resources, setting appropriate boundaries and communicating assertively. We can ascertain which part of a hurtful interchange is our responsibility to resolve and which part is not. Once we know and understand ourselves deeply, we have greater patience, tolerance and understanding of human dynamics in general. This frees us from internalizing and reacting defensively or offensively to others. This is the work that allows us to keep our hearts open to loving those we wish to love, whether spiritual, familial, friendship or romantic love.

We are not helpless children, dependent upon how others treat us, for our well being and survival. We are self-reliant adults who choose the level and frequency of participation with others. We do this according to what allows us to maintain self-respect, self-esteem, and integrity, yet challenges us to continue learning and maturing. Additionally, worries about our welfare diminish appreciably as our relationship with our higher power deepens. The more confident we become in our faith and in our ability to take healthy care of ourselves, the more our hearts remain open to love. And love is the grandest expression of the divine.

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 46 years of clinical and teaching experience. Mary is available for telephone 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



# MARY COOK

ADDICTION SPECIALIST COUNSELOR

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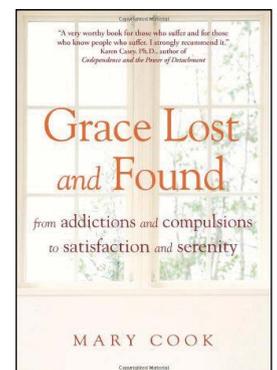
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## RECEIVE MORE BY DEMANDING LESS

Your grace period never expires. Matter of fact, expecting that grace is operating in all your affairs is the secret to good health, happiness, love, success, and prosperity. There really is no need to be demanding. By simply rising in consciousness, we naturally attract all the good we could possibly desire. You do not have to make things happen. God is right where you are wherever you are. Trust that God knows your desires and all that is required of you is to relish in the joyful expectation that God is arranging things on your behalf. In other words, you can have faith and have miracles, or you can deny faith and deflect them.



Taking up the attitude that God is continuously making arrangements on your behalf, is the healthiest attitude that one could have. This attitude is the essence of applying Alcoholics Anonymous' third step which is, "Made a decision to turn our will and our lives over to the care of God as we understood Him." It can also be affirmed as, "I turn everything I want and everything I have into God's care, and I am free to love, play, and be me!"

Having this enthusiastic approach to life is attractive and contagious too. By trusting that God is on our side, we feel more confident in following hunches. Hunches are synonymous with intuition, those joyful nudges that come from within. These hunches may seem silly, since they seem to direct us toward what seems unreasonable for us at the time.

However, whenever we follow their lead we always end up being blessed. Groundbreaking designer and legendary advertising "Mad Man", Dr. Archie Boston has stated that he relies on the voice of God within, to always guide him to a creative solution. He even refers to this practice as design spirituality and states, "Intuition is my God".

The words bliss and blessing are of the same origin. So, it makes sense to follow your bliss. This can also be considered following your blessing. That bliss (the joyful indicator) is a blessing. It's God leading you to a blessing. Author Alan Cohen encourages readers with, "If the direction warms, delights, stimulates or interests you, it is a sign to move toward it." Remind yourself often that, "The joy of the Lord is my strength". When we work with joy we are working with the power of God on our side. We are going with the flow and can expect wonderful things to happen. The best way to remain receptive to our good, and open to joyful leads and hunches is to affirm often for yourself, "God in me is infinite wisdom. He shows me what to do."

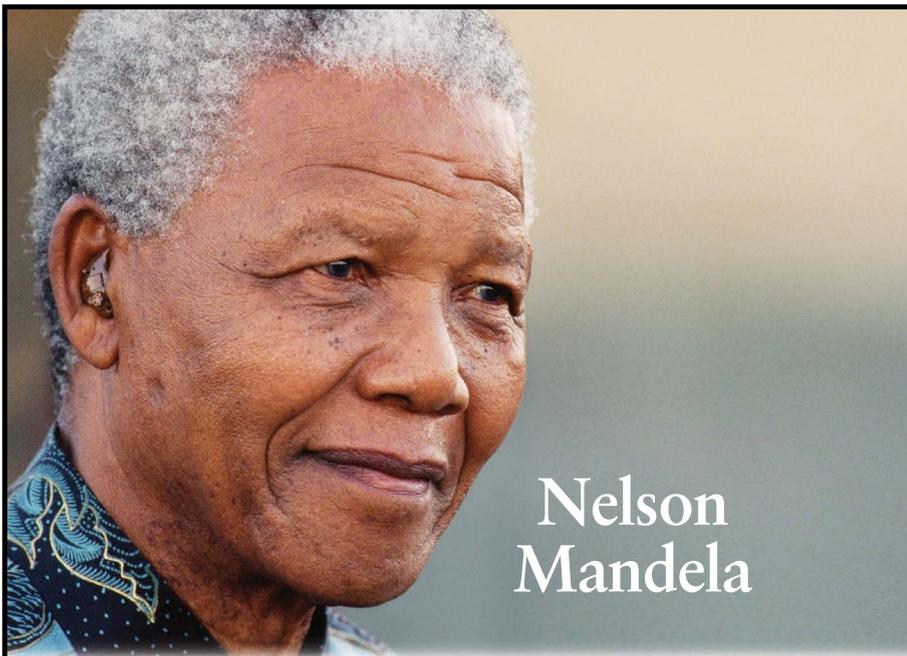
In 1997, while out of work in Los Angeles, I got the delightful urge to take my video camera to Santa Monica's 3rd Street Promenade, with the intention to record the street performers. Keep in mind, during the 1990's the only way to edit videos was to rent an editing suite and hire an editor. This would cost the equivalent of \$65 per hour in today's market. But rather than have that stop me, I knew from experience to never argue with a hunch. When God calls, He will take care of all the expenses. I often coax myself to proceed with hunches by brushing away future concerns with a reassuring, "Don't worry. We'll jump off that bridge when we get to it".

At the promenade an all-Russian rock band called the "Red Elvises" was performing what they referred to as, "Kick-ass rock 'n roll from Siberia". They were so entertaining and full of joy. I began immediately to record their performance. Afterwards I exchanged contact information with the band, letting them know I'd give them a video copy as soon as I edited everything together. As I was leaving, a stranger introduced himself and inquired about what I was going to be doing with the video I just shot. I told him that at this point I had no idea, that my next step was to find a place to edit it. He said that I could edit it at a local public access TV studio. He went on to share how then the finished product would be aired throughout Los Angeles. When I asked how much this would cost to use the facilities, he said that it was all free for local residents. Incredibly, the nearest facility was less than a mile from where I was living.

I made an appointment to go in and fill out the paperwork. During my appointment the head of the studio inquired about what I was doing for a living. I shared how I had just finished a job as a model builder on the movie, "Con Air" and that I was looking for a job. He suggested that I apply for a job that had just opened at this studio. When I asked him what it entailed, he said that it included coordinating and directing the in-studio productions, both live and recorded. Well, the Red Elvises performance aired throughout Los Angeles as an edited television show, and I also got the job.

When we relinquish our demands on the specifics as to "how" our needs will be met, we become open to receive miracles. Remind yourself often that God loves you and is always making arrangements to make you happy and meet your needs. Live in this belief and you will experience the advantages of following your hunches.

Artist Darrell Fusaro is author of the new book, *Break Out of Your Box: Be Your Heroic Self*, co-host of the internationally popular weekly podcast, *Funniest Thing!* with Darrell and Ed, and a decorated U.S. Coast Guard veteran. To learn more about Darrell visit [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)



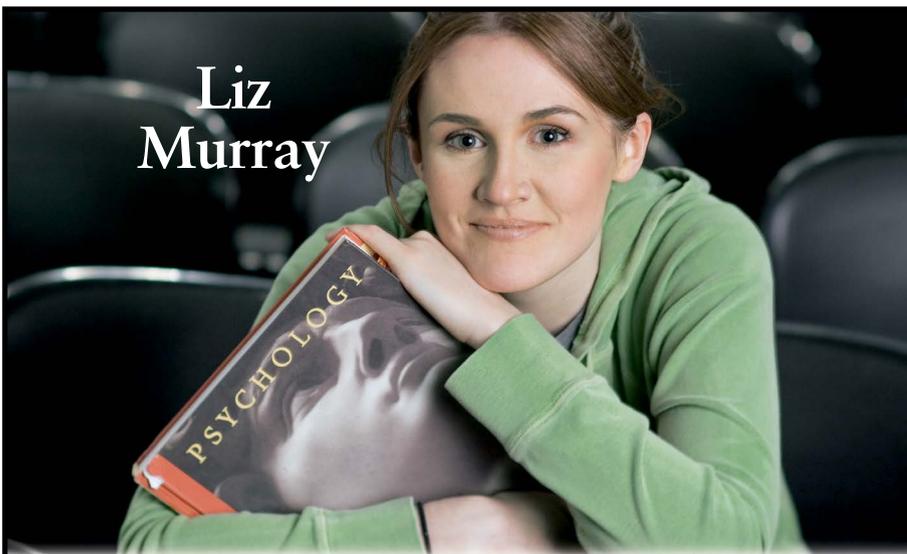
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## ENOUGH, ALREADY

From the window of my plane, as we banked over Manhattan and turned to fly down the length of the island, I could see the apartment building beside Central Park that would again be my home in New York.

I had been half holding my breath, waiting to return to the city where I'd decided I would finally confront my dependence on alcohol. It was time. There was no joy left in my drinking. For weeks, sometimes even for months, I managed to drink in social situations, or even on my own, without slipping over the edge and getting drunk or feeling anxious if I went to bed under-medicated. But that way of drinking wasn't normal or enjoyable for me. It required rigid control. And I could no longer guarantee my behaviour after even one drink, because alcohol changed me into someone who wanted to keep drinking.

My choice to live a nomadic life made me especially vulnerable. My future might be very bleak if I continued along the path I was headed down. For over two decades, I had been trying to manage how much I drank. My addiction made it harder for me to handle, calmly, kindly and with grace, the day-to-day frustrations that are a part of life. I sought isolation yet felt lonely and apart. I knew I was a good person in my heart – but somewhere along the way, I had become lost. I resented feeling invisible, and yet I didn't want to be seen too clearly.

I set high standards in all aspects of my life. I had always pushed myself to perform to the best of my abilities, but I was ashamed of who I had become and fearful of what lay ahead. The crutch that I had used to hold me up was again pulling me down. I couldn't keep putting off admitting that my life had become unmanageable.

When a massive hurricane bore down on the city, I took it as confirmation that the time had come for me to surrender. I stocked up on necessities – food, batteries, bottled water, candles – and three bottles of a Chilean white wine. I would have exactly the amount I wanted to drink over the two nights of the lockdown. It would require restraint: if I drank more than half of the second bottle on the first night, I wouldn't have the six glasses I needed for the second night and would then have to reschedule the whole rigmarole.

I didn't plan to obliterate myself. I was frightened enough without having to scare myself further. If I could drink exactly the amount that I needed to achieve conscious numbness, I could say goodbye to my increasingly unreliable companion of many years with some dignity.

I had resolved many times to quit drinking, but I'd never been able to stay sober. Finally, I surrendered. It was the end. Ahead lay a different future, one that didn't include alcohol. What might it look like and feel like? I had no idea, but I would make my way towards it one sober day at a time.

I had gone as low in my own estimation as I was prepared to go. I still functioned well in areas that were important to me, but every drink came at a cost.

It eroded my dignity and self-respect. It caused me to lie; to feel shame and guilt, anxiety and fear; to withhold my real self from people I loved and wanted to be loved by.

I had gone as low in my own estimation as I was prepared to go.

Enough, already, said my inner New Yorker. It was time to accept that, from here on, I wouldn't be able to live an authentic life, comfortable in my own skin, if alcohol were a part of it. There could be no more moving the day of reckoning to the first day of next year, or of next month, or of next week. Tomorrow was of no use to me. I had only today.

Like a diver on the ocean floor who could see, far above, the shimmer of sunlight with its promise of air, I would have to ascend from the depths slowly and patiently if I were to decompress safely.

Recovering from the physical dependence would be the first hurdle; far tougher would be breaking the emotional reliance on a decades-long habit. **Check out page 18 for the book review.**

*"Enough, Already" is an edited extract from SKINFUL: A MEMOIR OF ADDICTION, by Robyn Flemming (Brio Books, 2022, available on Amazon.com). Robyn is an author and a freelance editor. She has travelled the world as a global nomad since 2010, including in her home country of Australia during COVID. She had her last drink during a hurricane in New York City in 2011. [www.robynflemmingauthor.com](http://www.robynflemmingauthor.com)*



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Hav A Sole is a Los Angeles-based nonprofit whose mission is to deliver shoes to its most marginalized populations. Founder, Rikki Mendias is passionate about the organization because as a young boy he lived in a shelter with his mother who couldn't afford to buy him a pair of shoes. Then one day, a kind woman bought Rikki two new pairs of Vans, which would later lead to a sneaker addiction that would spiral out of control.

By the time Rikki was in his early thirties, no matter how many Jordans he bought he still felt depressed. That's when he thought back to when he received those Vans and decided to give away his shoe collection to those in need. Thanks to the kindness of one woman who made a difference in a 10-year old boy's life, in eight years, Hav A Sole has paid it forward by donating over 45,000 pairs of quality shoes and has been featured on Vice, Good Day LA, and The Ellen Show.

**To learn more about Hav A Sole and its mission please go to [havasole.com](https://havasole.com).**

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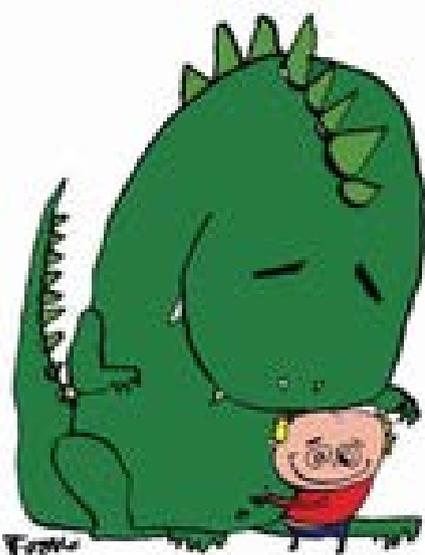
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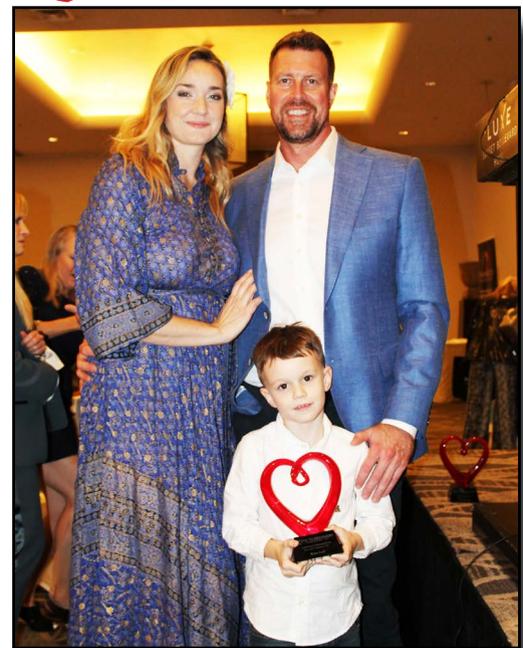
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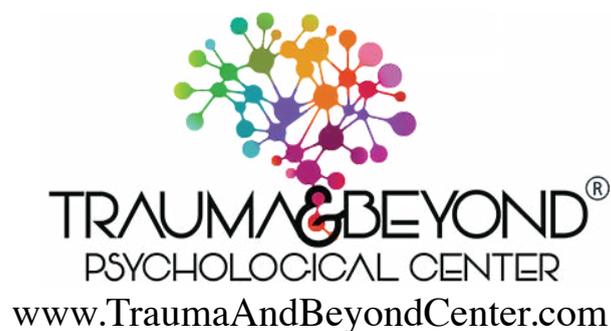
# KEYS TO RECOVERY — NEWSPAPER, INC. —

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A group shot of some our friends after the event



Ruby & Carla Hamilton with Marcus



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## HOW TO TAKE CHARGE OF YOUR ANXIETY

Anxiety is a common relapse trigger. In fact, a recent study in Psychiatric Services, states that 73% of people with substance use disorders who were without anxiety or depression were still sober six months after treatment, while only 40% of those who reported anxiety were still sober over the time period. In other words, people in early sobriety who experience anxiety are almost twice as likely to relapse within the first six months, as those who don't report feeling anxiety. Does that mean that if you have anxiety, you're going to relapse and there's little you can do about it? Certainly not! You have the power to manage your concerns and reduce your anxiety.

In these uncertain times, there is a lot to be anxious about; and nearly everyone has situations in their personal lives that can be a source of anxiety. It's normal and healthy to worry about some things, some of the time. But it's not normal or healthy to let that anxiety take over your life. When anxiety starts taking over your life, it's time to push back. It's time to take charge. Rather than become the victim of a deeper state of anxiety or even a full-blown panic attack, you can take simple steps to retrain your brain. You may not be able to change your situation, but you can certainly change the way you respond to it.

First, let's consider the common physical symptoms of anxiety – increased heart rate, rapid breathing, muscle tension, sweating and more. Anxiety creates those symptoms, and when your brain becomes aware of them, that awareness can trigger more anxiety. Something deep down is bothering you, something you may not even be aware of at first. That "something" triggers the anxiety. You start to experience physical symptoms. Your conscious mind notices those symptoms and begins to focus on the issue. You grow more anxious. The physical symptoms get worse, the anxiety intensifies, and the cycle continues. It can be debilitating, making it difficult to function normally throughout the day. For some it can progress to a full-blown panic attack. It may seem like there is nothing you can do, but that's not true. You can train your brain not to react to those symptoms. You can train your brain to simply notice those early symptoms and not respond. You can stop the cycle of worsening anxiety.

Here's how. Get moving, literally. Do any activity that increases your heart rate and your breathing and makes you sweat. It could be running, hiking, swimming, cycling, dancing or whatever other aerobic activity you enjoy. Try to stay moving for at least 30 minutes, but even if you can only stay active for 5-10 minutes, you'll already start noticing positive changes. A few things will happen.

1. Distraction: Your focus on the activity will serve as a distraction from your worries.
2. Muscle relaxation: As you move, the muscle tension will start to fade. Your body will be so busy with the steady rhythm of whatever activity you chose, that the muscles will be too busy to tense up. They'll be working hard and enjoying the new rhythm, and they will naturally relax. Your brain will notice too, and it will think the problem is going away.
3. Positive changes in brain chemistry: You will flood your brain with chemicals that lift your mood, and create a sense of calm and inner peace.

In moments, your mind will start to clear. Will all of the issues that you were anxious about magically disappear? I wish it were that easy. What will happen instead is that you'll be more clear-headed and more relaxed. You'll be better able to manage your concerns and think through whatever is on your mind. That's the immediate benefit; and there is a long-term benefit too.

Your brain will start learning that an increased heartbeat, rapid breathing and sweating can be caused by anxiety, or it can be caused by exercise. When your brain notices those changes, even when those symptoms are caused by anxiety, it will no longer view them as warning signals. It won't react. You'll remain mentally, emotionally, and physically calm, ready to manage whatever is on your mind.

Your awareness of the symptoms won't set off that vicious cycle of more intense physical symptoms, and escalating anxiety. Instead, the awareness will simply be awareness. You will be able to remain calm, focused, and relaxed. You will be able to focus your attention on managing the situation.

Regular exercise will demonstrate to you that you have the power to keep your anxiety in check. By harnessing the power of physical activity, you will be able to control your anxiety. Anxiety will no longer control you.

*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](http://StridesInRecovery.org)*



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## MY GAMBLING ADDICTION: WAS IT MY CHOICE?

ORIGINALLY PRINTED IN OUR MAY 2018 ISSUE

***“I surely didn’t wake up one day and choose to devastate my life and my husbands’ life, and become an addicted gambler.” ~Author, Catherine Townsend-Lyon***

Recently I read a few comments on Twitter after I tweeted about my gambling addiction, and maintaining recovery. It was also about living in the “now”, and a well-balanced recovery journey. There are many myths and misconceptions about this disease, the silent killer, and underground addiction. One misconception was, I chose to become an addict. Really? Did I decide to devastate my life for a few hours of addicted gambling? Did I choose to bankrupt my husband and me financially? Did I want to end my life by choice, because I was hopelessly addicted? No! Gambling addiction is real and is a real disease. It is the #1 addiction claiming lives by suicide over all other addictions. Currently, 2.9% of the population are Problem Gamblers. It is now “touching” our seniors, high school, and college-age kids.

When I began Gamblers Anonymous meetings, I’d hear others say; “Hate the addiction, not the addict.” We are dealing with an illness and tricky beast. That is true with all types of addictions. As Robin Williams was quoted back in the mid 80’s about addiction and recovery; “There’s no shame in failing. The only shame is not giving things your best shot.” That is what we need to do when coming out of treatment, and are beginning our new path away from addiction. We need to look for other ways to replace the time spent gambling, using drugs and alcohol. Robin Williams also said; “It’s [addiction] — not caused by anything, it’s just there, It waits. It lays in wait for the time when you think, ‘It’s fine now, I’m OK.’ Then, the next thing you know, it’s not OK.”

Now, this could not be truer when I look back at my early recovery. We are so broken and riddled with many triggers, and urges starting the path called “recovery”. We have no way of knowing how to take charge and own it. Owning one’s recovery, in my opinion, is being real, being honest, and transparent of the good and mostly all the bad. Bad behaviors, choices, and habits we learned as an addict. But when you “Own Your Recovery”, and begin the process of learning why, and the “inner work”, you begin to change. You begin to forgive yourself for those “poor choices” you had made. You start to accept the consequences, accountability, and responsibility for those choices and actions. You begin to learn and look for some of those “underlying roots” that had you in bondage, and attached to your addiction.

Now, most 12-Step programs teach us we can recover without knowing why we turned to addiction in the first place. I am not a firm believer of this. WHY? Because, if we don’t know and learn to work through those issues, how do we begin a steady, healthy, and happy life maintaining recovery? How do we move forward, and become fulfilled and productive people?

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See, we will be “a work in process” for the rest of our lives, many get scared or feel it will be an impossible task, and easier to be an addict than to have their lives back. That is a significant roadblock for many recovering. We are dealing with a “Disease.” So back to my Twitter comments. I have had a few remarks like, “addicts make a choice to be addicts”.

Other people commented - “I make a “choice” every day, and to say it’s a disease minimizes people who suffer from real diseases like Alzheimer’s or cancer (WHAT? Really?).”

On the other hand, I know that when I gambled, I lost the control and ability to stop, and kept gambling and gambling on slots! That is how gambling addiction is described by “The National Council on Problem Gambling”, and knowing we have crossed the line into uncontrolled gambling. My friends at The National Council on Problem Gambling says; “Gambling addiction—is an impulse-control disorder. If you’re a compulsive gambler, you can’t control the impulse to gamble, even when it has negative consequences for you or your loved ones. And I know firsthand that this is true as it happened to me. No, I didn’t come from a background or a family who were gamblers. I was a normal gambler until I began to use it as an “escape, to numb out, and not feel my past childhood trauma”, which came back out of nowhere. So was it “my choice” to become a gambling addict? No.

To begin and maintain recovery is not easy. The first thing to do is reach out for help. There is no shame in doing so. And you can remain anonymous. When you do, become educated about the “cycle” of this disease, and learn ways to interrupt the cycle. A sponsor, counselor, therapist, or recovery coach can help you achieve this. Read as much as you can about this addiction, and make and have a solid ‘relapse plan, and phone list’ to use for those “triggers and urges” in early recovery. The longer you refrain from gambling, the less they will become. Start a journal. Journaling helps to relieve stress and anxiety. You can then use your journaling later. You can look back in your journals; you’ll see where you need more work, or can see your strengths, either way, these are some ideas to help you “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 website/recovery blog [www.betfreerecoverynow.com](http://www.betfreerecoverynow.com). Catherine resides in Phoenix, Arizona, and continues to help and sponsor those from gambling addiction.*

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by: Annie Kuni, LMFT

## RECOGNIZING THE GENETIC CONTRIBUTORS TO EATING DISORDERS

We all know the phrase “nature versus nurture”, but have you ever thought about how it applies to you and your eating disorder diagnosis? Or how it might impact how you view yourself and your ED?

Recent research is highlighting how much genetic components contribute to eating disorder development, suggesting that up to 50% of EDs are from genetic factors. Genetic research has also pointed to the reason why EDs tend to show up in a narrow window of development, such as adolescence. Certain aspects of development and puberty might “turn on” certain ED genes. Furthermore, the longer that someone engages in an ED, the more likely that epigenetics will start to happen. Thus, a prolonged ED will contribute to changes in brain chemistry and thought patterns, explaining why it is so difficult to reprogram ED thinking to recovery thinking after an eating disorder.

*What would it be like to be proud of how a part of your body connects you to your ancestry?*

While a 50% contribution to eating disorder emergence is very high, that doesn’t mean that if you have a family member with ED you’re doomed for a similar diagnosis. If 50% of an eating disorder is nature, then 50% is nurture as well. Even with a high genetic load for an ED, there still needs to be a “kindling event” to set off those genes. For some people, as mentioned above, that event could just be the hormonal changes that accompany puberty. For others, this event could be a trauma or stressful time in their life. Think of your genes as the sticks set out for a fire, and the kindling event as the match that sets off the fire. Both are needed for a diagnosis.

Considering genetics can help with the acceptance work that has to be done with eating disorder recovery. Acceptance of things that are out of your control. Acceptance of family dynamics. Acceptance of trauma. How do we apply this acceptance towards genetics? First and foremost, we have to work towards acceptance that you cannot change your genes – your body is going to look genetically how it wants to look. For eating disorders and body dysmorphia, this means letting go of the “goal” to change how your body presents in shape and size.

While this is hard to accept in the midst of an ED, if you stop and think about it, it makes sense. There’s a reason that 97% of diets fail. It’s because of this. You cannot win over your genetics, and there can be some relief in not trying to.

We can all eat the same and do the exact same movement activities, and we would still all look different – that is the genetic factor. This can be helpful in increasing acceptance of body set point weight, and reducing comparison. There is even room to develop pride in your genetic and cultural heritage, and the different ways that it is represented in your body. Bodies in different cultures look different for a reason, and there’s nothing to be ashamed of around that. What would it be like to be proud of how a part of your body connects you to your ancestry?

Taking into account the genetic factors of an eating disorder also reduces self-blame with an ED diagnosis. So many people struggle with self-blame thinking that they “chose” to have an eating disorder and think it’s their fault for struggling for so long. Yes, there are some environmental contributors to ED, but the genetic pre-disposition for an ED means that you are likely to develop one under many different circumstances. In some ways it’s no more preventable than a diagnosis like bipolar, depression, and anxiety.

Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. She can be reached at [www.gemmed.ngo](http://www.gemmed.ngo)



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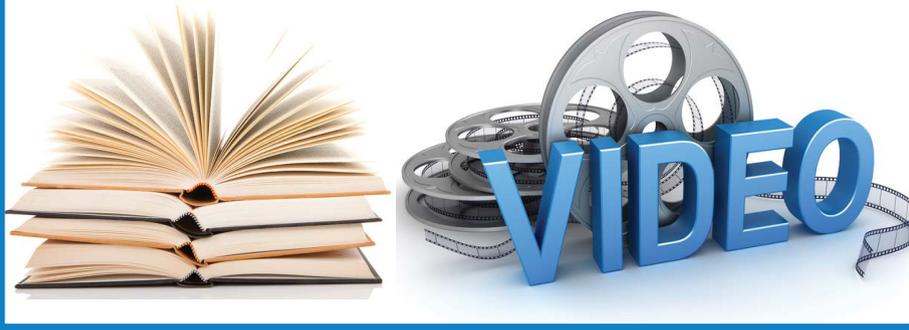


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# Book, CD & Video Reviews



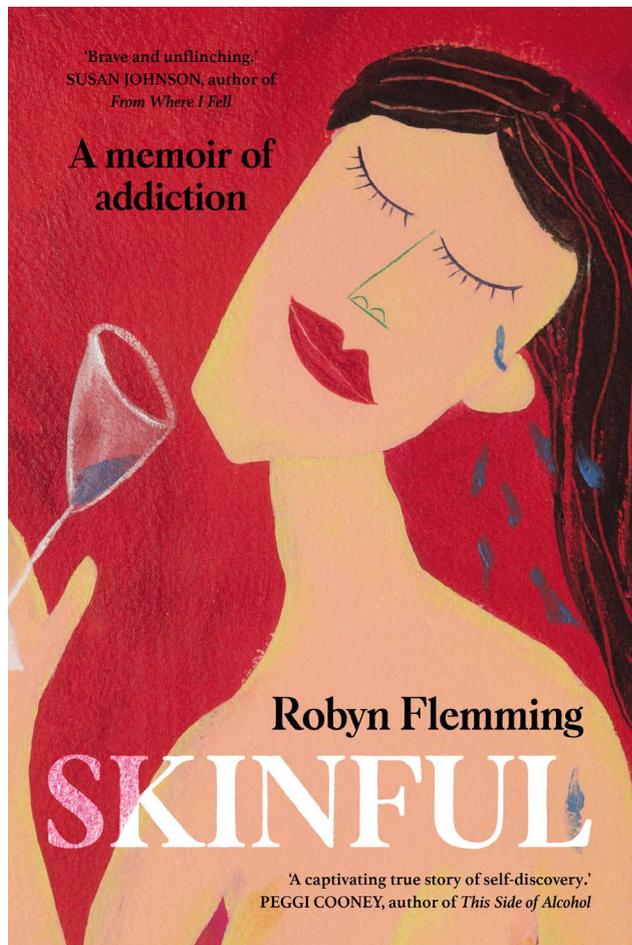
**SKINFUL: A Memoir of Addiction. Written by Robyn Flemming.** Published by Brio Books, an imprint of Booktopia Group Ltd.

**Skinful:** 'an amount of alcohol that is enough to make a person drunk' (urbandictionary.com), and that is how the book begins. I saw this word for the first time when reading this book, I have used it three times since. Perhaps my new word for 2023?

To get a glimpse of her book, see our article on page 8, "Enough, Already" an edited extract from *SKINFUL: A MEMOIR OF ADDICTION*.

I felt as if I was with her, as she journeyed both to exotic places, and as her alcoholism progressed. As her career blossomed so did her drinking. Walking the line where drinking was no longer fun, and just one bottle was not quite enough, I felt her pain and her panic as the disease took hold. Then the life-changing words... "I can't do this anymore".

As Robyn finds recovery, we walk a new road with her. I love the way she writes, it transports me to a time in her life, as she writes about her relationships, jobs and the journey, to finding herself. Part of the title "A memoir of addiction", says it all. Not all paths of recovery are straight, and the truthful words lend a new kind of hope. All roads lead back home, where she figures out the "how's and whys". I'm putting this on the bookshelf to be read again. We give this book 5-Stars. Available at Amazon.com.



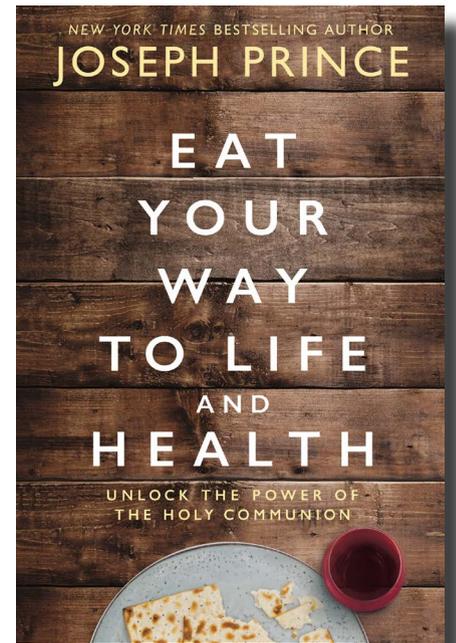
**EAT YOUR WAY TO LIFE and HEALTH: Unlock the Power of the Holy Communion; written by Joseph Prince, published by Emanate Books, part of Thomas Nelson.**

Joseph Prince is an great teacher. This book is incredible; I enjoyed it more and more the deeper I got into it. At first it felt like a few sermons turned into a gift book. But the more I read, the more I saw the slow detailed teaching expanding on the understanding of Communion.

Even though this book "is" about taking Communion to receive healing (at its basic level), as I read, I forgot it was about healing. Because it was really about JESUS. This book is beautiful, full of scripture and personal testimonies. While reading this book I felt so much relief, it was a relief to read about how much God loves us – how He desires good for us. It's so simple, but I think it's just easy to think that we are supposed to just trouble though life alone, and hope that we can catch a break occasionally.

In this book Joseph Prince shows us that communion is not just a tradition, that has been handed down from ancient times. It is not just a simple act we do at church sometimes. It is PROCLAIMING what Jesus did on the cross to our spirit, soul, and body. Many people have told me that they take communion every day at home, I now understand this and know it is a practice that brings you much closer to God, try and see how God speaks to you. I give this book 5-Stars. Great book, you should buy and read it.

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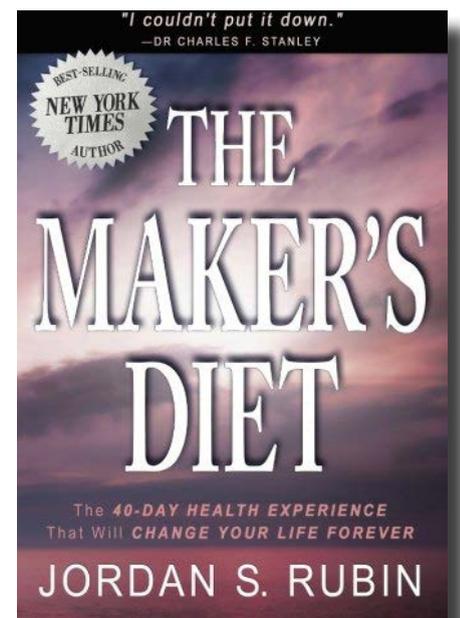
The incredible information within the pages of this remarkable book, literally helped save Jordans life. We always look for medical remedies for our ills, instead of the intended foods that God infused with all the nutrients and vital components, that are designed to help heal the body naturally.

The Author explains concisely that diets and fads are man-made, fortunately, through the bounty of foods that are provided through nature, we can receive the right proportions of vitamins, minerals, and fiber, to help maintain our bodies to regulate the correct weight. As well as all that is necessary to implement a daily regiment to live a long and healthy life, physically, mentally, and emotionally.

Jordan provides recipes that helps one to transition into a healthy diet, and to help achieve the desired weight in a most healthy way. Before Pharmacies were developed, and pharmaceuticals became the normal way to address the ills of today, God extended to us His natural healing compounds, for most treatments or for the prevention of diseases!

Unfortunately we are living in a fear-based society, telling those that listen, to depend on medical science, rather than what God has already provided for us. This is a must read for anyone looking to optimize their bodies health, weight, and energy level. The outcome that can be achieved from applying the information, and principals within the pages of this book, can help the reader to achieve a full and healthy life. I give this book 5 delicious Stars. Available on Amazon.

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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. 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. Our newspaper also includes a resource guide listing free services and vital help offered within our community.

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.

## Distribution Information

Keys to Recovery Newspaper, Inc. has a readership exceeding 100,000 per month, we are already a solid and formidable presence. 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.

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!

# Classified Ads

**SOBER LIVINGS CHANDLER LODGE SOBER LIVING FOR MEN:** non-profit, since 1960. We function as a recovery program of attraction. 28 on-site AA Meetings weekly, 12-Step Program Guidance, Relapse Prevention, Sobriety Monitoring & U.A. Testing, Close to Buses, Gym, Cable TV, Food, Internet, Laundry. Call (818) 766-4534 [www.Chandler-Lodge.org](http://www.Chandler-Lodge.org).

**FRESH START SOBER LIVING** for women has beds available in our structured sober living. If you are looking to change your life and learn how to live clean and sober, we are here to help. We offer a clean, safe environment for women wanting to recover from addiction/alcoholism. \$650 month. We also offer weekly rates. Call for more info (818) 642-6384.

**PAX HOUSE SOBER LIVING:** Separate Houses for Men and Women. Rent only \$750/mo. Clean, shared rooms, available now. Near AA/NA "in person" meetings. Email: [morgan@paxhouserecovery.com](mailto:morgan@paxhouserecovery.com). Call now (626) 398-3897.

**SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING:** [primarypurposehomes.com](http://primarypurposehomes.com) Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood, California. Call us at (818) 612-1439. For our (4) Dallas, Texas, locations call (972) 821-9550.

**ROB'S HOUSE SOBER LIVING:** A clean, safe, and beautiful Co-Ed sober living home. Participation in our community depends on always testing clean, staying employed, and attending meetings. Located in Winnetka, California. Contact us to see if we are the right fit for you and your new life free of drugs and alcohol. Email: [akesaryan@gmail.com](mailto:akesaryan@gmail.com) or call (818) 523-0025.

**PROSPEROUS ROSE** Sober Living is a beautiful structured Sober Living located in the foothills of Lake View Terrace, CA, Male only, is minutes away from Sunland and a few blocks away from Hansen Dam Park and Recreation Center. We offer the following: laundry facility, outdoor gym, covered patio and smoking area, internet with fast Fios internet and WIFI and big screen TV's with cable. The rooms are clean and spacious with flat screen televisions in all rooms. Cleanliness is a priority in this house. Rent is \$600-\$700 monthly, depending on room chosen. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. Close to all markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc.) We provide transportation for grocery shopping & 12-step meetings and to free food banks. The Owner of the house is a Substance Abuse Counselor that has a very good understanding of addiction and is ready to help with your recovery. Whether your court ordered, on probation or parole, Prosperous Rose Sober Living is a California Licensed Sober Living home that can be a great -stepping stone in this new chapter of your life. We are here to help and support you call Suzy (818) 660-8070.

# Classified Ads

**SUNSHINE SOBER LIVING :** [www.sunshinesoberliving.com](http://www.sunshinesoberliving.com). Upscale Structured Transitional Living in a warm family style environment. (866) 216-9789.

**THE VESPER HOUSE!** Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women recover for over 65 years. We offer semi-private rooms, bus line access, Cable TV, kitchen, laundry, computers w/ high-speed Internet access, on site AA meeting for Clients, and more! Located in North Hollywood, CA. Zero Tolerance Alcohol & Drug Sober Living Home! The weekly rent is \$130. Call TODAY (818) 769-3057.

**The Cost for classified ads is \$25 for 25 words or less. You can email, regular mail or call your ad into us.**

Rolling Sober SFV



Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. Parking Available Across Street. Visit our Facebook Page (Rolling Sober Car Club) for more info. The only requirement is that you are clean & sober and have a love of old cars. Interested in attending meetings? Call Paul for info @ 818-447-0613

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Foundation  
**Jeff Schlund**  
Outreach Manager  
Cell 626-372-4550  
Direct 760-423-6728  
Toll Free 855-348-7018  
[JSchlund@hazeldenBettyFord.org](mailto:JSchlund@hazeldenBettyFord.org)  
[www.HazeldenBettyFord.org](http://www.HazeldenBettyFord.org)

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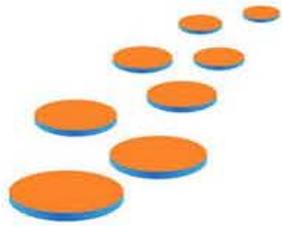
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Email To: [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com) or call us at (818) 386-8400

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

# COACHELLA VALLEY RECOVERY CENTER



*Where Recovery Begins!*

*Recovery Dedicated to  
Rebuilding Families*





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At our luxury drug rehab in Southern California, we believe in treating the addiction as well as the person. We give all our clients top notch treatment and support. Don't hesitate to contact us today with any questions you may have about our program or if someone you know is struggling with addiction.

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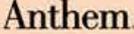


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WHERE RECOVERY BEGINS

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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, 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.aasgvo.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, 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: NEVADA 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 Family Groups:** A 12-Step recovery program for those affected by a problem of compulsive debting in a relative or friend. 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.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.

## 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 Satcoy 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.





# WOUNDED WARRIOR PROJECT®

## 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.

**WWW.WOUNDEDWARRIORPROJECT.ORG**

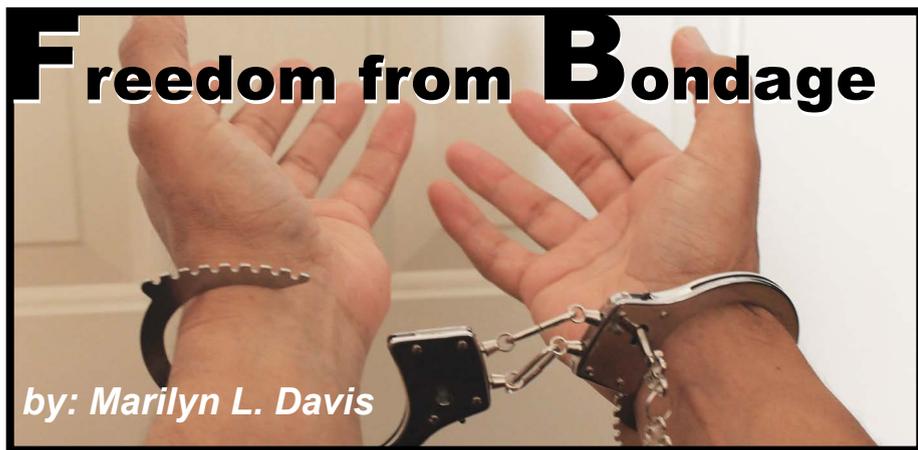


**WOUNDED WARRIOR  
PROJECT®**

# R BLVD



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



## THE PRINCIPLE OF SERVICE

ORIGINALLY PRINTED IN OUR APRIL 2016 ISSUE

In my early recovery, I realized that I would have to learn from others. That concept wasn't foreign; I'd been a student and learned from teachers, a child and learned from my parents, and a junkie who learned the most effective ways to get high. That ability to learn was inherent; within me to use. I also realized that those who took the time to offer suggestions and directions were doing so because they answered the call.

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

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

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

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

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

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

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

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

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

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

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

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

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

If we are carrying the message, that's great.

But what of those who can't hear the message because they can't make a meeting even if we give them a ride? Single parents struggle with this all the time. They have an infant, or more than one child who isn't old enough to sit in a meeting and there's no child care. My home group started night-care about fifteen years ago. We have our meetings at a church, so there's a room with crayons, coloring books and toys. And most children like to color and play with new toys. We ask for volunteers for 15-minute shifts so that single parents can get a meeting.

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

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

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

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

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

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

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

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

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

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

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

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

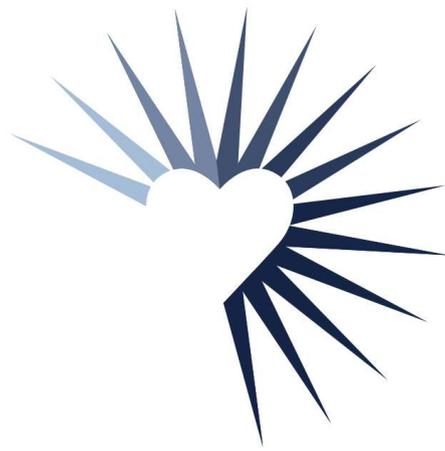
She also gave me a twenty-year medallion, which belonged to one of the people who started the first meetings in Gainesville. The chip was to encourage us to get that many years ourselves, and to have something to hold onto if we were nervous when we were greeting. I'm like all the others before me, I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

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

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

*Marilyn L. Davis was the Editor-in-Chief at From Addict 2 Advocate and Two Drops of Ink. She was also the author of Finding North: A Journey from Addict to Advocate and Memories into Memoir: The Mindsets and Mechanics Workbook, available on Amazon, at Barnes and Noble, Indie Books, and Books A Million.*





# CHILDREN *of the* NIGHT

## CHILDREN OF THE NIGHT NATIONWIDE CASE MANAGEMENT

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Confidential Social Services  
Rescue from Pimp  
Suicide Intervention  
Rape Intervention  
Drug Overdose Intervention

Anonymous Crime Reports

Housing Referrals for  
All Ages & All Circumstances

Medical Services  
Mental Health Services  
Psychiatric Evaluations /  
Psychotropic Medications

Public Health Insurance  
Social Security/  
Disability Benefits

Transportation

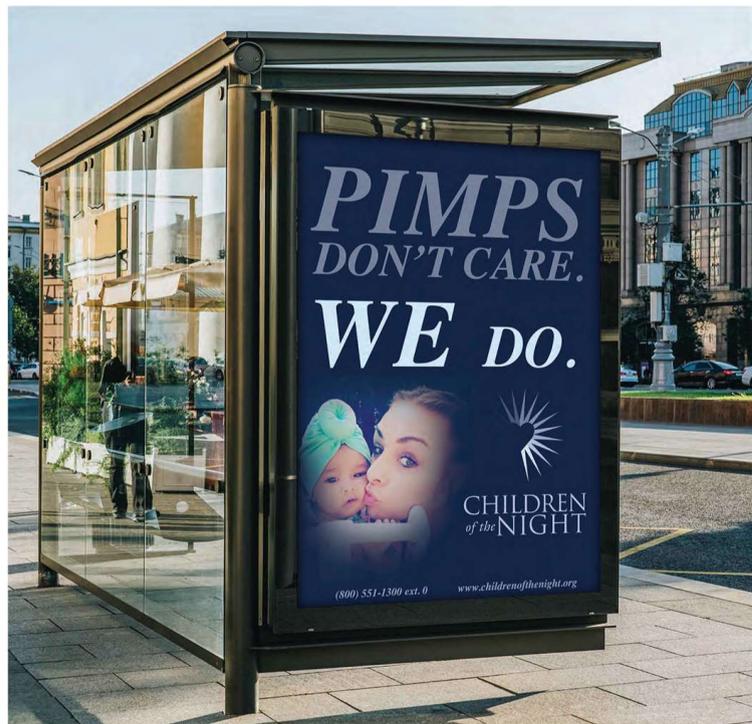
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