



Issue No. 60 Free Copies! Take Extras! July-August 2016

# THE 12 STEP GAZETTE

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And Surrounding Area



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Recovery  
Cash**

**A Bad Day  
In Court**

**Freedom From  
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# The 12 Step Cafe

We're not like "normal" people...when I run into family members or see acquaintances I haven't seen in a while, they will notice I've gained a lot of weight. If **they** thought like **I** think, they would probably say to themselves, "Well I know he's still clean – that's for sure. If he was using again he would be a lot thinner." That's what I always think when I see someone in the rooms that I haven't seen who is looking pretty slim – uh oh, the relapse diet. So now you know what this article is going to be about – the twisted world of perception we live in.

Here's another one...somebody has something that's broken and they say, "Does anybody know how to fix this?" The average person might say, "I don't know – what have you got there?" Not us. We all say "here – let me take a look." We are so used to 'rigging things' with spare junk, duct tape and ingenuity that we all think we're like little MacGyver's! The reality is that we might be kinda clever but hardly any of will take the time to fix things right. We don't have the patience and commitment for **that**.

Talking about patience and ego...we never sit down with a whole pamphlet of instructions and actual take our time assembling something step by step. We just dive in. Do a quick glance at the parts to sort them out **the way we think it will go** and start at the "logical" place. Oh yeah, and don't forget a hammer and knife – the hammer for 'persuading' things to fit together and the knife because we can never find a Phillips screwdriver! Sometimes our approach will "sort of" work...roughly speaking. We usually aren't aiming at putting things together correctly, just **good enough**. *The same way we did many things before this project like school, marriage and jobs.* I don't know about you guys but I don't think many of us like to shop at IKEA – but I could be wrong.

That's another thing – we usually don't ever think we're wrong. I know that I get almost totally shocked when I'm shown to be dead wrong about something...I get this look on my face like, "Really?" I can't believe the other person was right. We are definitely a trip! How about this peculiar characteristic? *The amazing way our brains are wired to justify the most far-fetched kind of nonsense anyone has ever heard.* I once had a conversation with a guy in recovery about our powers of rationalization and to prove my point I brought up a scenario where **it seemed appropriate to commit murder**. {You know, "if somebody ever did anything really horrible to any of my grandkids", etc. etc.}

I love our common craziness. *Even when we've been in "the program" for years*, have worked steps and sponsored people, have been to thousands of meetings and said, done and heard it all, *we can still be so wacky*. I could probably go on forever with this stuff {oh yeah, that's another one – we never know when to shut up!}, but I'll just do one or two more. **Let's talk about driving** – a real favorite of many a recovering person. Not road rage – that's too obvious. How about when we get in an accident or get a ticket and we promise ourselves we're going to turn over a new leaf. We're real serious about it too. I've prayed and asked God to help me with it – I've announced it to my friends or family at a meeting that night. Then I'll start out the next day very, very cautious. "I'm going to be very careful today – there's no reason to hurry around", I'll say. "You can do this", I say out loud to me and God. Then one light turns yellow just at the worst time when I'm going a good 45 miles per hour, my brakes aren't that good and I go right through it. Then, I give up totally on my "new leaf". So much for trying to drive better! Thank God most of us don't give up on our abstinence or sobriety as easy as we give up on other things.

Okay – one last "thing"...





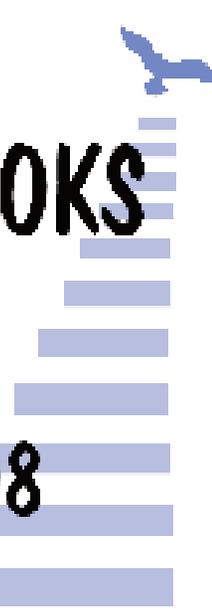
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# Healthy Living

By, Mark Sigmund



Recently, a friend of mine said he suffered from Pancreatitis. This hadn't been his first painful episode. About six-months before, he had this extremely sickening problem.. Basically, the Pancreas, which processes sugars in the body, becomes enflamed. I then asked him if he drinks enough water. "Water, no... I drink soda all day," he replied. There we had it. The probable cause of his pancreatitis was his soda intake. Soda has so many sugars, as well as salt, which will further dehydrate you. Another prime suspect for dehydration is coffee. This beverage includes a diaretic, which will lead to having to make more bathroom trips.

Anyway, I talked to my friend about replacing his soda intake with water, or at least another healthy beverage. I saw him a couple months later. To my surprise, he had switched to iced tea. This isn't the healthiest choice, but it sure beats soda! He reported that he was no longer having problems with pancreatitis. You have to be careful, because there are sometimes simple lifestyle changes which can fix a problem, but the surgeon often will want to operate. One of these changes is increasing fluid intake. Often, people faint because they are dehydrated, and their blood-pressure drops. You will feel sluggish if you aren't drinking enough water. There are literally many people in the world wondering why they feel so sluggish all the time, when the simple cause is dehydration. As addicts, we are notorious for having this problem. Did you ever notice how much Redbull, Coffee, and other caffeine containing concoctions are drunk during the meetings? Or the anxious person, who has severe "anxiety" and is hold an extra-large coffee?

Drinking more water will help improve your health. partly because drinking water also contributes to our metabolisms. Studies show that being even 1 percent dehydrated can cause a large drop in our metabolism. Also, our bodies have a difficult time telling the difference between hunger and thirst. Drinking more water will help with cutting down of snacks, which often are unhealthy.

It will also prevent health issues such as kidney stones. Dehydration in the #1 cause of this painful ailment. When someone doesn't drink enough water, calcium, along with other minerals can build up. Small crystals that make up kidney stones then form.

The standard recommendation is to drink 8 eight-ounce glasses of water a day. However, this can really depend on body weight, and also activity level. You will need more if your overweight, or active. On hot days, make sure to drink additional fluids. This summer, you can feel better, and become healthier!

## July-August Health Plan

- 1.) Replace 2 Snack's daily with water.
- 2.) Drink a glass of water prior to meals.
- 3.) Increase water intake. Replace soda with a glass of cold water.

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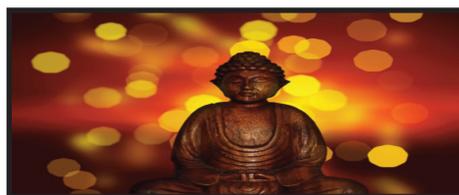
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# Words of Wisdom



*"There is nothing wrong with change, if it is in the right direction." ~Winston Churchill*

*"Growth means change and change involves risk, stepping from the known to the unknown." ~Anonymous~*

*Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. ~Dr. Seuss~*

*"Hope allows us to keep going when circumstances are dire and there does not appear to be any opportunity of turning the tide."*

*~Anonymous~*

*"Sometimes you can only find Heaven by slowly backing away from Hell." ~Carrie Fisher*  
*"Believe you can and you're halfway there."*

*~Theodore Roosevelt~*

*"People often say that motivation doesn't last. Neither does bathing. That's why we recommend it daily." -~Zig Ziglar~*

*"What lies behind us and what lies before us are tiny matters compared to what lies within us." -~Ralph Waldo Emerson~*

*"Success is the sum of small efforts, repeated day in and day out." ~Robert Collier~*

*"It's difficult to believe in yourself because the idea of self is an artificial construction. You are, in fact, part of the glorious oneness of the universe. Everything beautiful in the world is within you." ~Russell Brand~*

*"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." ~Henry Ford~*

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# Local News

**Drug Bust-** two-Philadelphia men were charged Monday in connection with an alleged drug trafficking operation, Pennsylvania Attorney General Kathleen Kane announced. Santos Javier Alvarez-Ruiz, 38, of Mayfair, and Felipe Fontanez-Burgos, 42, of Castor, were both arrested on June 10. The Office of Attorney General's Bureau of Narcotics Investigation set up surveillance at Alvarez-Ruiz's residence, located on the 3000 block of Brighton Street, based on information that a drug transaction would take place.

Fontanez-Burgos was observed arriving at the residence and leaving with a black trash bag. Police officers stopped Fontanez-Burgos' vehicle a short time later near the intersection of Summerdale Avenue and Roosevelt Boulevard. Fontanez-Burgos had heroin packaging materials and thousands of blue paper packets in his vehicle. Investigators obtained a search warrant for Alvarez-Ruiz's residence. During the search, authorities seized roughly 250 grams of heroin, which has an approximate street value of \$85,000. New and unused clear plastic packets, a scale, grinders and a strainer were also seized.

**Philly set to roll out soda tax-** The city would begin collecting the tax on January 1, 2017. Trade group the American Beverage Association has promised (or threatened, depending on your point of view) to "take legal action" against the law before that.

The soda tax It's \$.015 per ounce. That means the tax imposed on a 20-ounce bottle would be \$.30, while the tax on a one-gallon jug of sweetened iced tea would be \$1.92. The tax will be applied at the distribution level, so customers will be on the hook for less. The new tax has been controversial. Local businesses fear that customers will travel outside city limits to shop.

## Philadelphia man charged in Pottstown woman's drug-related death

### POTTSTOWN, PA

A Philadelphia man was charged with providing drugs to a Pottstown woman that led to the woman's death.

Charges were filed June 21st against Harold Robert Burton, 36, on the homicide charge of drug delivery resulting in death, as well as other related counts. Prosecutors allege Burton delivered fentanyl, an opioid 40 to 50 times more deadly than heroin, to Renee Winslow, 31, at her Pottstown apartment on Jan. 28.

Winslow was found dead hours later and an autopsy determined her cause of death to be due effect to fentanyl toxicity.

## Opiate Deaths hit new peak in Philly

Philadelphia's River Wards and North Delaware sections were hit hardest by deadly opioid and heroin overdoses last year, according to new data released by the city.

Sixty-seven out of every 100,000 residents in those sections, which include a dozen neighborhoods like Port Richmond, Fishtown, Kensington, Tacony and Wissinoming, died from opioid overdose in 2015, the data showed.

All sections of the city were hit by the opioid epidemic which claimed nearly 700 lives in Philadelphia last year. Combined with deaths from 2014, some 1,285 people were killed by heroin, opioid prescription painkillers and fentanyl. Ninety percent of those who died over the past two years were city residents. There have also been many deaths in the suburbs. The increased availability of narcan will hopefully drive these terrible numbers down.

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# AA&NA Events

**September 17 is PRO-ACT's 15th Recovery Walk!**

And over these 15 years we have learned a lot about what works for teams and their Captains to lead a successful team and raise donations for the Walk. We have several ways to share our knowledge and experience with you.

Team Captains Kick-Off Meetings

Come to one of our Team Captains Kick-Off meetings where you'll learn how to organize a team, sign up online, and get copies of helpful tools. We even provide you with a contact in case you want to order customized t-shirts for your team. Meetings are as follows:

Wednesday, July 13, 12 noon to 1 pm OR

Tuesday, July 19, 6 to 7 pm

Philadelphia Recovery Training Center

444 North 3rd Street, Suite 307

Philadelphia, PA 19123

To register for either, please call 215-923-1661

Friday, July 29, 12 noon to 1 pm

Southern Bucks Recovery Community Center

1286 Veterans Highway

Bristol, PA 19007

To register, please call 215-788-3738

Thursday, August 4, 6 to 7 pm

Philadelphia Recovery Community Center

1701 West Lehigh Avenue

Philadelphia, PA 19132

**Walk with The Angels**

It's time to get those running shoes out and register for this year's walk/run and to start organizing your fundraising teams for this year's Walk/Run with the Angels 2016! Let's work together to make this year's Walk/Run with the Angels the biggest and most memorable yet. Thank you in advance for continuing to support our efforts in assisting families and individuals seek help in battling the disease of addiction.

www.WalkWithTheAngels.com

Saturday, September 10, 2016

8 AM - 1 PM

Mercer County Park - West Picnic Grove,

West Windsor, NJ

funds that will be used to assist individuals who are ready to change their lives by entering treatment, and 100% of proceeds will be used to assist families, which includes scholarships, medical assistance, housing assistance, educational programs and community awareness

**SEPIA 2016 ANNUAL Cape May ROUND UP**

– shirts and hoodies for SALE – reduced prices! Anyone who would like to get a tee shirt or sweat shirt leftover from the Round Up sales, please stop in at the Inter-group office during regular business hours of 9 am to 5 pm.

**NA World Unity Day**

Celebrate World Unity Day in Narcotic's Anonymous September 3rd.

**New NA Literature**

NA World Service approved the Traditions book, "Guiding Principles: The Spirit of Our Traditions," which will be ready for purchase in October 2016.

**NA Internet Meetings**-Doing service in a rural location? We recently started web meetings for those serving in rural locations. Please write to servicesystem@na.org if you would like to be notified of the next web meeting.

**Saturday Night AA Meeting Roadtrip**

– Memorial Day Weekend to Labor Day Weekend – Long Beach Island New Jersey May 16, 2016 | General - All County Meet and Greet – fellowship get-together for AA'ers vacationing to Long Beach Island, New Jersey. Every Saturday Night (from Memorial Day to Labor Day) at 6:30 pm at the First United Methodist Church, 130th Street and Beach Avenue, Beach Haven Terrace,...

**20TH YEAR ANNIVERSARY CELEBRATION & MARATHON**

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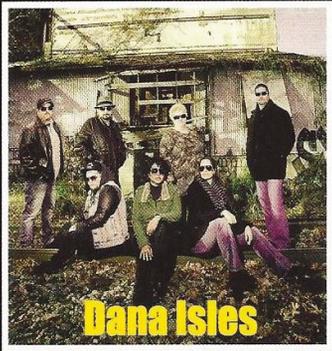
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## Recovery Cash

Saving money seems like an impossible task, especially when you are broke or living paycheck to paycheck but it doesn't have to be. I will show you simple ways to save money without even realizing you are saving money. First, if you have any debt, you will need to start aggressively paying it down. Start with your highest balance because that is the one most likely costing you the most interest. What I have found to work the best is setting up online bill pay through your banking institution and start scheduling weekly payments to your debtors, rather than monthly payments.

Simply sending \$20 weekly adds up faster than you think. Also, if you find yourself with an extra few bucks at the end of the month send that as well. Once that first debt is paid you will feel like you have accomplished the impossible and now you can be on your way to saving. Saving money is challenging and it is a whole new mindset. Begin with a list of all your expenses (weekly or monthly), I am talking about everything; mortgage/rent, utilities, gas, food, entertainment, Dunkin Donuts or Starbucks-EVERYTHING! Once this is complete you will most likely be shocked by your frivolous spending (I was). Now, after looking over your very detailed list, try to find things you can live without, ex. \$3 every morning for coffee; that is \$21 per week, which equates to approximately \$1000 per year-unbelievable! So there you have it, just by giving up that morning coffee you will have saved \$1000 in a year.



In addition to your \$3 per day savings, at the end of your day, add all of the change in your pocket or purse to your pot or piggy bank. If it adds up to another \$1 per day you are now up to \$1365 per year in savings. Another thing we can probably live without would be cable, with services like Netflix and other streaming sites it is simply not a necessity anymore. That right there is a minimum savings of \$100 per month. This may seem obvious or even childish to some but it works and sometimes it takes stating the obvious to get some on the track to saving. So there you go, you are on track to save a minimum of \$2565 per year, let's do some work to help that number grow. Now, just remember to actually set that money aside! Craigslist is a no brainer for selling old or unwanted items, but please be careful when meeting someone wanting to purchase your item. Always meet in a safe place and never go alone. In addition to Craigslist, there are numerous online sites that are just as easy to sell you stuff like Wallapop and Offerup, or just have a good old fashion garage sale. In one day you could easily make a quick \$50. I think that is enough information for now so until next time and stick to the savings plan, it works!

*The financial Corner is a bi-monthly column by Co-editor Jenn Coughlin which will help build your savings. Step by step, work towards financial security!*

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## Dumb Criminals

**Woman attempts smuggling drugs in a burrito-** Drug smugglers are fond of hiding their contraband in unlikely places – wheels of meth-laced cheese, bars of opium soap, cocaine breast implants, and everything you could possibly imagine inside butts and vaginas. It seems to me, however, that hiding drugs inside food is a recipe for disaster – either the delicious disguise is so believable that someone is bound to ask for a bite or it's lacking in certain ingredients and recognizable smells that suspicion is provoked. Take for example, the Arizona woman who was busted late last week for trying to smuggle a pound of meth inside two burritos. Border Patrol agents stopped the 23-year-old Nogales woman after drug sniffing dogs got a whiff of her special burritos as she was trying to cross Morley Pedestrian Gate last week. After her arrest, the woman told police that she was a drug mule who had been paid \$500 to deliver the drugs – estimated to be worth around \$3000 – to Tucson.

**Man stinks up court-room with weed in underwear-** Judges are not known for their sense of humor, nor do they appreciate having their time wasted. Being a judge is a job that requires an abundance of patience, but that does not mean they have time for any tomfoolery in their courtroom. A gentleman by the name of Darius Dabney found that out the hard way when he stank up a Hamilton County, Ohio, courtroom with the big ol' bag of weed shoved in his underwear. Did I mention that he was also the defendant?

So according to Fox19 Now, Hamilton County Municipal Court Judge Bernie Bouchard showed he was not to trifled when his courtroom was permeated by the skunky stench of marijuana. He gave whoever was holding it the opportunity to come forward, threatening to call in the drug dogs if no one would 'fess up to making his courtroom smell his college dorm room\*. So Dabney raised his hand sheepishly. He appeared to be sweating, and ran his fingers through his messy hair. The Judge looked Mad.

And thanks to the magic fingers of the court reporter, we have a transcript of their exchange:

MR. DABNEY: I smoked marijuana before I got here.

THE COURT: Okay. Well, do you have it on you?

MR. DABNEY: No, sir.

THE COURT: Well, it doesn't smell to me like burnt.

MR. DABNEY: I'm cool then.

THE COURT: You're safe, you think?

MR. DABNEY: I know I am.

THE COURT: What time did you smoke it?

MR. DABNEY: Shit, like since 9:00, 9:15. I'll be honest about that. I ain't going to hold you up, Mr. Bernie. I just got out on a probation violation for a dirty piss, so I smoked this morning. I ain't going to hold you up. I ain't going to hold you up. It's me. I got –

THE COURT: What's your name? Do you remember that?

MR. DABNEY: I don't know that right now.

THE COURT: Okay. Why don't you come up here and have a seat so we can maybe – maybe we can take it out in the hall. I don't care what your name is. Come on up. Maybe you can remember your name by the time you sit up here. Have a seat right over here. So then Dabney's lawyer came up and the judge enlightened him to the fact that his client had just admitted to smoking weed right before court. Bouchard told Dabney he was holding him in contempt, making him spend a night in jail and giving him a \$1,000 fine.

THE COURT: Anyway, but you're going to be doing a day anyway, so tomorrow we can take care of it. Now, listen to me, Mr. Dabney. If you got it on you it's going to be a felony when they strip you over there so I'll give you one last time to tell me if you have any un-burnt marijuana on you. I'm giving you – oh, ah-ha.

(Defendant pulled a bag of marijuana out of his pants.)

*Next Issue- (DUI Busts) and Bank robberies gone wrong.*



## Jennifer Coughlin

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### “Moment’s Of Clarity” By Lauren Smith



#### 10 Life Lessons by Lauren Smith MS, CCTP, SFW

Here are some life lessons that I have experienced to be true. Regardless of who you are, or what battle you are facing, I believe them to be relatable, powerful and life changing. Remember that you are not alone.

1. Gratitude is essential: Being thankful shifts are perspective and allows us to “take in” the positivity around us. We need to “flex our gratitude muscle” when confronted with constant complaining and negativity so that we are free from grumbling and being miserable.
2. Feelings aren’t facts: This lesson is a difficult one. We base many things on the way that we feel, and although feelings should be validated, they can keep us stuck. Feelings can convince us that things will never improve or that we are incapable of changing.
3. Community is our life line: You cannot fight alone. Community offers accountability, connection, encouragement, support and a place where we belong. We all need the balance and grounding that comes from being part of a vibrant community.
4. Being connected to our High Power is transformative: There is great peace in our connection to our High Power. We find ourselves through our spirituality and discover a deep sense of satisfaction, identity and comfort through a relationship with the Divine.
5. We’ve got to love ourselves: We need to take good care of ourselves. This is not a license to be selfish, but permission to express and meet our needs. It’s hard to hare our own love, if we don’t have any love for ourselves. You gain this through taking care of yourself, and therapy can help a great deal with self-esteem.

6. Perspective is everything: We can’t change what happens to us, but when we make the decision to see beyond our current circumstance, choosing purpose, determination, and joy we begin to experience serenity and freedom.

7. In order to love others, we need to accept why they’re at: Let go of your agenda for others. Allow others to truly be themselves without judgement or disapproval. You cannot change anyone but you. It’s perfectly reasonable to have healthy expectations for someone or for a relationship, but sometimes our picture of “what could be” clouds the present moment and we are unable to connect in the “here and now.”

8. We are out of control...and that’s okay: Take it from a recovering control freak like me, there is no peace found in trying to control everything. We end up restless, exhausted and resentful. Sometimes we simply need to let things go in order to be freed from our desire to manipulate everything. Surrender my friends, you’re not superman.

9. Passion and purpose are tied closely together: Many of us struggle to find meaning and purpose for our futures. Take some time to reflect on what you are passionate about and explore the possibilities.

10. We need to be gracious receivers: Asking for help is a humbling process, but we all need some help from time to time. Let’s not be too proud to speak up or reach out when we need it the most. You’re missing out if you do.

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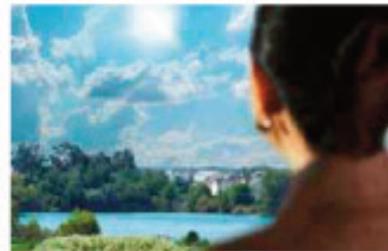
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## From Malvern Institute

### AMA CALLS FOR BAN ON POWDERED ALCOHOL

By EDWARD WEISBEIN, JD

On June 14, 2016, the American Medical Association adopted a policy opposing the sale of powdered alcohol within the United States. Last year, the Alcohol and Tobacco Tax and Trade Bureau approved the distribution of powdered alcohol, or "Palcohol," a product manufactured by Lipsmark, LLC. Palcohol creator Mark Phillips, an avid outdoorsman who endorses responsible drinking, praises the product for its convenience and portability.

Lipsmark plans to sell its powdered alcohol, currently available in four flavors, in small foil packages. The packaging is designed to double as a usable beverage container. Consumers unseal the package, mete out the appropriate amount of water, re-seal the package, shake, open the package and consume.

According to the AMA, Palcohol presents a serious health risk to teenagers. The organization asserts that teenagers have historically been targeted by the manufacturers of novel beverages which carry high abuse-potential, including Four Loko.

Although Palcohol is not yet available for purchase in the United States, the AMA's opposition to the product is largely influenced by its concern that teenagers may combine the powder with either liquid alcohol or energy drinks, or otherwise use the product in harmful, off-label ways.

Back in the roaring twenties, similar bathtub brewed alcohol was commonly made leading to overdose and death.

In a policy memorandum, the AMA noted that underage alcohol abuse is a subject of serious concern which is approaching epidemic proportions.

Additionally, the organization reiterated that underage drinking results in the deaths of approximately 4,300 individuals per year. Given the ease of Palcohol's transportability, the AMA speculated that powdered alcohol will provide teenagers with a feasible means of abusing alcohol on school grounds.

A number of jurisdictions, including the Commonwealth of Pennsylvania, have enacted state-wide measures to preemptively ban Palcohol.

Last year, the Pennsylvania Liquor Control Board unanimously voted to ban the sale of Palcohol by all state-run distributors. The Pennsylvania General Assembly is currently working toward creating a statutory provision that would criminalize the possession of Palcohol.

In response to these legislative actions – and the concern that powdered alcohol will unnecessarily expose teenagers to substance abuse – Lipsmark has suggested that banning their product will, in fact, make it easier for teenagers to obtain.

With the mounting pressures generated by the AMA, a number of states and an assemblage of concerned citizens, only time will tell if the Alcohol and Tobacco Tax and Trade Bureau ultimately decides to reverse its ratification of Palcohol. This important legislation could have broad ramifications for all of us.



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## Malvern Institute's Family Program and the Recovery Oriented Community (ROC)

The family program was developed with the understanding that the disease of addiction has no limitations and can affect everyone involved, not just the person struggling with dependency. Whether it is a husband, wife, friend, family member, or colleague, our goal is to improve his or her understanding of the disease of addiction.

The educational program is hosted by our clinical staff and provides educational tools and support services for your loved one as they embark on the journey of lifelong recovery.

Covered topics include: how healthy family systems operate, setting up and enforcing healthy boundaries, how family roles lead to codependency, skills for families to find recovery, identifying personality traits associated with addiction, and much more. Families are encouraged, but not required to participate in 12 Step Recovery Meetings.

To further our commitment, Malvern has designed the Recovery Oriented Community (ROC)—an ongoing network of engagement for the recovering individual and their family.

Research indicates that in order to build a foundation for lifelong recovery, a patient needs to engage in treatment for a minimum of 90 days. Malvern Institute's philosophy and treatment design has been developed to provide this foundation.

Upon admission, families and patients have a unique opportunity to become members of the Recovery Oriented Community. The program will be a two pronged experience designed to support the patient and the family. This valuable service includes specific, personal resources focused on helping families navigate their own recovery while understanding what their loved ones are going through in treatment. Focused on educating and empowering families, ROC is a dynamic, state of the art tool utilizing several avenues of communication such as texting, online support, and phone calls.

To learn more please contact us at 610.647.0330  
and ask to speak to the ROC Representative.

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



By Jenn Coughlin

Johnny Depp Drama – Claims of Domestic Violence and Drug Abuse!!!

Say it isn't so! As a huge Johnny Depp fan, I do not want to believe the hype but sources are confirming that Amber Heard's accusations of Depp's domestic violence and drug abuse are true. Heard was quoted saying, "He is scary and struggles with drug and alcohol abuse". Heard filed for a restraining order stating, "She feared for her safety" and the document was granted against the mega star. The documents allege a disturbing history of extreme anger, violent outbursts and substance abuse by the 52 year-old actor, describing in detail two violent incidents including the Saturday night altercation that she said led to her bruised cheek. Heard stated that in addition to a restraining order, that Depp should be required to enroll in treatment for anger management and for batterers. Johnny Depp required to do anger management for batterers!!! Say it isn't so!!!

His relationship with reality oscillates," she stated, "Depending on his interaction with alcohol and drugs. Johnny has a long-held and widely-acknowledged public and private history of drug and alcohol abuse," she said, "He has a short fuse. He is often paranoid and his temper is exceptionally scary."

The Los Angeles Police Department investigated the second incident detailed in Heard's request but found no evidence of domestic assault. Depp and his lawyer argued that Heard's request was motivated by a financial settlement in their divorce case and "in response to the negative media attention she received" following the announcement of their separation.

This is a very sad situation and we really have no idea what goes on behind closed doors in any relationship; even celebrities. Again, I'll say, "say it isn't so"! We wish Johnny Depp and Amber Heard the best and hope they both can move on to better situations. We also hope that these allegations really aren't true!!!

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# The Latin Voice



**Elizabeth Peña**

**September 23, 1959 - October 14, 2014**

Hispanic women in the U.S. are drinking more than ever before, and more are engaging in binge drinking. The Centers for Disease Control and Prevention (CDC) has published alarming statistics and warnings about the dangers of drinking heavily for women (CDC, March, 2016). While men have traditionally been greater drinkers, women are catching up. Hispanic women, in particular, have been overlooked when it comes to studies and prevention aimed at drinking.

Two high-profile deaths from complications of alcoholism have brought the issue of Hispanic women and drinking to the forefront in the media. Both deaths were surprising to the public and both women hid their problems with alcohol very well. The first incident was the death of Elaine Rivera in 2013. An accomplished journalist devoted to chronicling the lives of the poor and disadvantaged, she was also a chronic alcoholic who died of cirrhosis of the liver. She was only 54. Another shocking death was the loss of actress Elizabeth Peña in late 2014, also of complications from alcoholism. The Cuban-American movie star was just 55 years old, and both her death and cause of death came as a surprise to many.

Although these two women died in the public eye and brought the issue of drinking and alcoholism into the light, countless unknown Hispanic women are struggling with drinking every day in the U.S. The CDC reported on binge drinking in women, finding that excessive drinking accounted for approximately 23,000 deaths among women in the early 2000s and that half of those resulted from binge drinking. However, these numbers do not account for unreported incidents of alcoholism or substance abuse among Hispanic women.

The CDC report found that in more recent years, one in eight adult women and one in five high school girls binge drinks an average of three times per month.

“Hispanic women are struggling with binge drinking every day, often with tragic out-

Binge drinking for women is considered four or more drinks in one sitting, but the average number of drinks per binge was closer to six, according to the report. Additionally, contrary to popular belief, women with higher education and higher incomes are more likely to binge drink and develop chronic alcoholism.

What is perhaps most troubling in all the statistics about women and drinking is the prevalence of drinking and binge drinking among high school girls. Hispanic girls drink 20 percent prevalence of drinking reported.

Drinking to excess is dangerous for anyone, but women face particular risks that men do not. Women are more likely to be at risk for sexual or physical assault when binge drinking. Studies that investigate the health effects of drinking have traditionally used male participants, but we know that women process alcohol differently. Women usually become intoxicated more easily. Women also have the added risk of harming an unborn child. Women who binge drink are at risk of having unplanned pregnancies and of causing birth defects.

The issue of alcoholism and binge drinking among women is not just a problem for individuals. It is a public health issue. With high-profile tragedies such as the deaths of Peña and Rivera, as well as reports and warnings from government studies, much needed awareness is being brought to the issue of women and alcohol. We need more awareness, education and prevention for all women, but particularly for those in the Hispanic community if we are to avoid future tragedies.

**Andrea Diaz MS is a Director at Comhar.  
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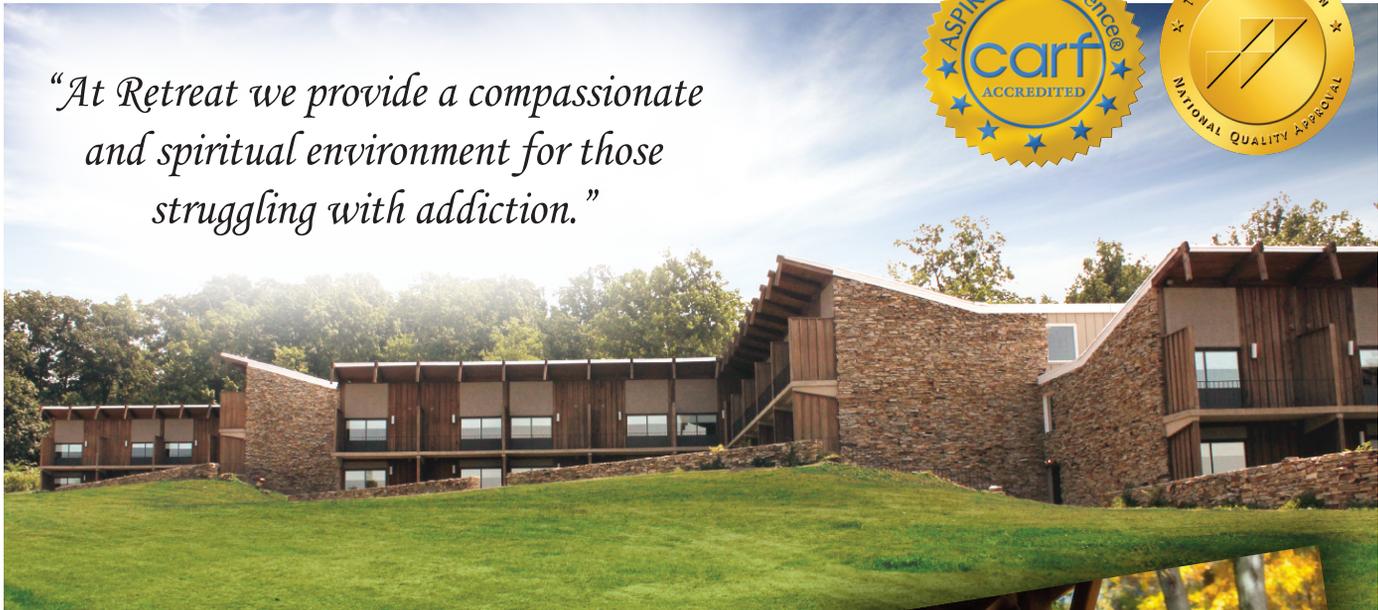
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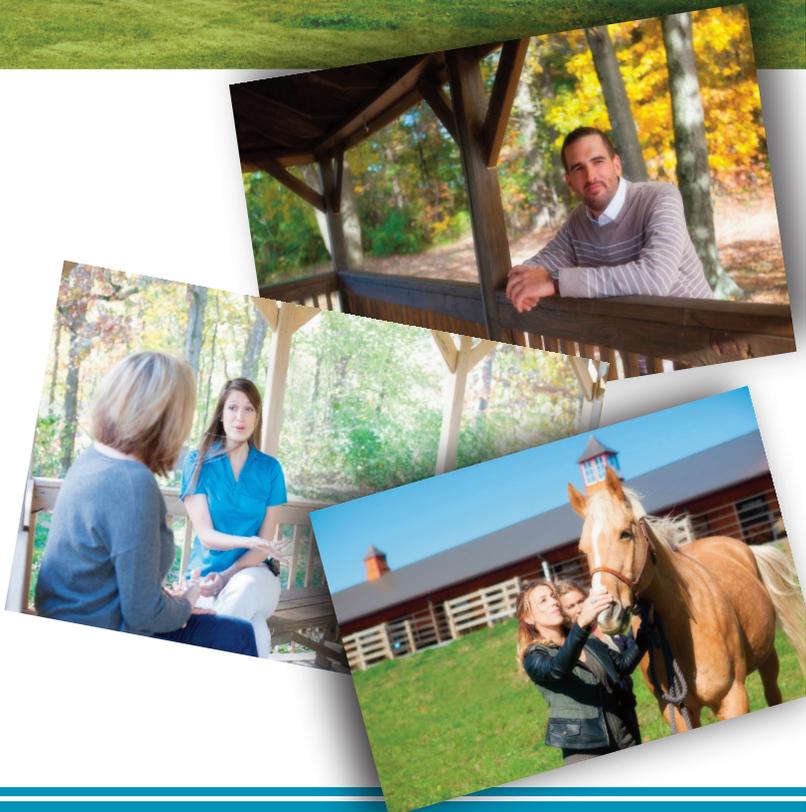
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We Have A Choice Group of NA requests support & trusted servants: Tuesdays 7:30pm @ Grace City Church, 8950 Ashton Rd. Business meeting: Last Tuesday of month.

Great Start Group of NA requests support & trusted servants: Mondays 8:00-9:00am @ Somerton United Methodist Church.

Together We Can Group of NA requests trusted servants: Mondays 7:00-8:30pm (except holidays) @ Lawncrest Rec Center, 6000 Rising Sun Ave. - (corner of Rising Sun Ave and Comly St)

**AA**

Women's Speaker Discussion Meeting - Sundays 3 to 4:30 pm Jun 15, 2016 | Bulletin Board, Philadelphia

The Women's speaker discussion meeting that meets at Life or Death at 3217 Willits Road in Northeast Philadelphia on Sundays from 3 to 4:30 pm needs support.

October 28 to 30 - DOWNINGTOWN YOUNG PEOPLE'S CONFERENCE May 13, 2016 | Bulletin Board, General - All County Camp Innabah, 712 Pughtown Road, Pughtown, PA 19475 For information and registration details: [www.dypcaa.org](http://www.dypcaa.org)

The PARKSIDE GROUP annual Labor Day Cookout! Join us for fun, food, and fellowship.

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The VERNON PARK group is celebrating their 33rd anniversary from 1 to 3 pm at the Thelma B. Nichols building at 47 East Haines Street, Philadelphia (19144). All are welcome. July 16th

he Montgomery County Zone holds its meeting second Monday of each month at the Church of the Messiah, 1001 DeKalb Pike (Rt. 202) (South of Sumneytown Pk - near William Penn Inn), in Lower Gwynned (19002). The meeting starts at 7 pm.

The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose - to help the alcoholic who still suffers.

Although the amount of our contribution is secondary to the spiritual connection that unites all groups around the world, we may want to remember that a dollar does not support as many services as it used to. You can register and donate at [www.aasepia.org](http://www.aasepia.org), and donate, or at your local meeting.

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## Recovery And The Church



By, Charles Wagner

Imagine a game of doubles in tennis. A team of two. Each partner has a side of the court to patrol and play. They share responsibility to defend their side of the net and they work together to score points against the opponent.

For Mike Carr, a Philadelphia-area financial services executive and the chairman of the deacons at his church, 12-step programs and the church need to double-up to help people recover from drug and alcohol addiction.

Mr. Carr grew up in a dysfunctional family in Drexel Hill, PA. As a young man, he understood God to be a God only of guilt and fear. This "dark world" led him to drugs, alcohol, and alcoholism, a disease that destroyed his marriage, damaged his health, and put him into financial crisis.

Mike shares:

"I called my older brother and asked to go to an Alcohol Anonymous meeting with him (he had already been in AA). I had always been stubborn about going, refusing so many times before. I went and again I didn't want to be there. But it was a new beginning for me. They had a saying that 'God led me to AA and AA led me back to God.' And after a while, through AA, my faith started."

"Originally, when I landed there, I was very anti-God. I wanted nothing to do with praying and god-talk. One time I told this guy named Bob, huge guy, lots of tattoos, "Hey Bob! I have a drinking problem, not a God problem! So don't give me any of that God stuff!" And Bob just smiled and said, "Mike just keep coming back." And what happened was that I slowly came into the belief. At AA, marriages were being restored, people were recovering. So I gave in and one day decided to give up and just pray. And the shadow over my heart and over all the struggles I had started to disappear."

Mike has enjoyed sobriety for over two decades. He continues to use 12-step programs to bring healing into people's lives. However, Mike believes churches play at least three vital roles in support of God's work in the recovery community.

The first thing that churches need to do is to understand that God uses 12-step programs to change lives. Unfortunately, there are church leaders who view alcoholism as a character weakness or a moral flaw. Therefore, they have a bias against recovery programs. That is simply wrong. Alcoholism is a disease and the people who are afflicted need the same kind of church support as do those battling with heart disease or cancer."

"Once the leaders of a church understand the value of 12-step group. Thousands of churches across America allow recovery programs to use space in their buildings. By being generous with the facilities God has provided to the church, the church gives God the opportunity to use recovery groups to save people from addiction "Third, a church should be a safe place for people battling alcohol and drug addiction to share their story. The people in my congregation have supported me for years as I stand up in church and share the joys and struggles of my battle with alcoholism. People come up to me and pray with me. They ask me how my recovery is going. They thank me for sharing so transparently because it speaks to their struggle, or the struggle of a loved one, with addiction. Recovery stories are stories of hope – God does rescue people and change lives. These stories need to be in the church!" The battle to overcome drug and alcohol addiction should be a partnership between 12-step programs and local churches. The program, most often created by men and women of deep faith, provides the expertise while the church provides the facilities programs, they can open up their facility for the use of a 12-step." attend AA each and every week of his life, a passionate believer p

In our next issue, we will interview a church who opens their doors to a 12-step program. Why do they do it? How do they provide the encouragement and spiritual support for the individual to stay committed to the program. What blessings does the church enjoy from it? What are the difficulties of hosting such groups and how can those difficulties be overcome?

It is truly a doubles team made in heaven.



**Christian Life Prison and Recovery Ministry, a Bensalem PA ministry. CLPRM is a non-profit dedicated to offering support to those actively struggling with addiction, as well as to their families. They offer recovery meetings, resources, counseling, and referral services to those who wish to seek treatment. Visit [www.CLPRM.ORG](http://www.CLPRM.ORG) to learn more.**

# The Great Outdoors



**Beach Report**- Water temperatures have been rising hit 70 degrees in Cape May NJ, as of June 26th. Farther North, in places like Ocean City, NJ, they hovered at just about 65 degrees. It is refreshing, but cold. Beaches are busy, as we are nearing peak summertime.

**Fishing Report**- while the striper migration has fizzled out on the Delaware, schoolie stripers are hitting under the bridges at night, under the lights. Catfishing is in full gear with good sized cats biting. Blood worms are a good choice of bait. Large mouth bass have been active, with reports of largemouth's up to 4 pounds being caught in both NJ and PA lakes and ponds. Trout are still hitting but with increasing water temps, are slow to bite. Brown sharks are being caught near brigantine, with summer flounder in the back bays. Some Doormats are being caught, according to multiple reports at the Jersey shore. Brown Sharks are being caught close to shore.

**White Water Rafting**- There is going to be dam releases at the Lehigh Gorge July 10, 10, 23, 24, 30, 31st. August 6, 7, 13, 14, 20, 21, 27, 28. Pocono White Water is located at 1519 Stete Route 903 Jim Thorpe, PA 18229. Call 1-800-Whitewater (800-944-8392)

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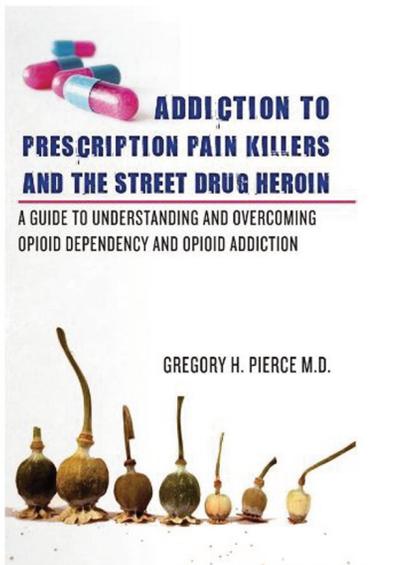


By Mark Sigmund MS, CADC, CCDP

One of the biggest triggers for emotional responses is financial insecurity. Our basic survival instincts cry out, and we feel the resentment, or just potent anxiety coming from this basic insecurity.

If we aren't careful, this feeling of dread, can lead to all types of acting out. The Gambler will just bet even more, and the shopping addict will visit their favorite sites, in hopes of fleeing these feelings. This vicious cycle will feed the wolf of insecurity, as it grows stronger. In addict terms, this is like using more drugs, and complaining that you are running out. However, one of the greatest things about working the steps, is addressing these insecurity.. For each person, working the steps is a different journey. However, for me, I realized that so many resentments in my life, were fueled by my basic instincts for survival. Sure, I was resentful when I recieved a \$2000 bill for an injury I sustained while drinking. Deep down, I knew I was broke, and that bill only made matters worse. When I was broke, I started to fear the loss of basic needs for survival such as food and shelter. With step work, I learned that I would be ok, even if I was broke. I had a community of people who would help me out almost unconditionally. However, this help was contingent upon one-thing.

This one thing was the hardest part for me, **Letting Them!!!** I had a strange way of not reaching out, and remaining isolated with my problems. As humans, we are group oriented animals. It's nick-named the "Herding" instinct. For some reason, I apparently didn't inherit this gene, or some childhood trauma occurred , which led to my instinct to isolate. In isolation, I could then create a fantasy world, where I didn't have to worry. The problem is that my little fantasy world seemed to change and turn vicious over time. With a large choir of co-signers in my head, I could do whatever I wanted, which was eventually drugs and alcohol. Learning how to reach out for help is huge in recovery. The story I told earlier about being broke, and deep down fearing homelessness and starvation. There is more too it. So while I was all feared up, I had plenty of friends who would have gladly helped me out. I guess my pride got in the way. So I wouldn't have discovered these insights about my life without the 12 Steps. I think that the best way to get through financially insecure times. is by doing the next right thing. This means being wise with our money, and working hard to be productive members of society. We can then turn the issues over to our higher power. When we do the leg work, and let go, our basic needs will be met.



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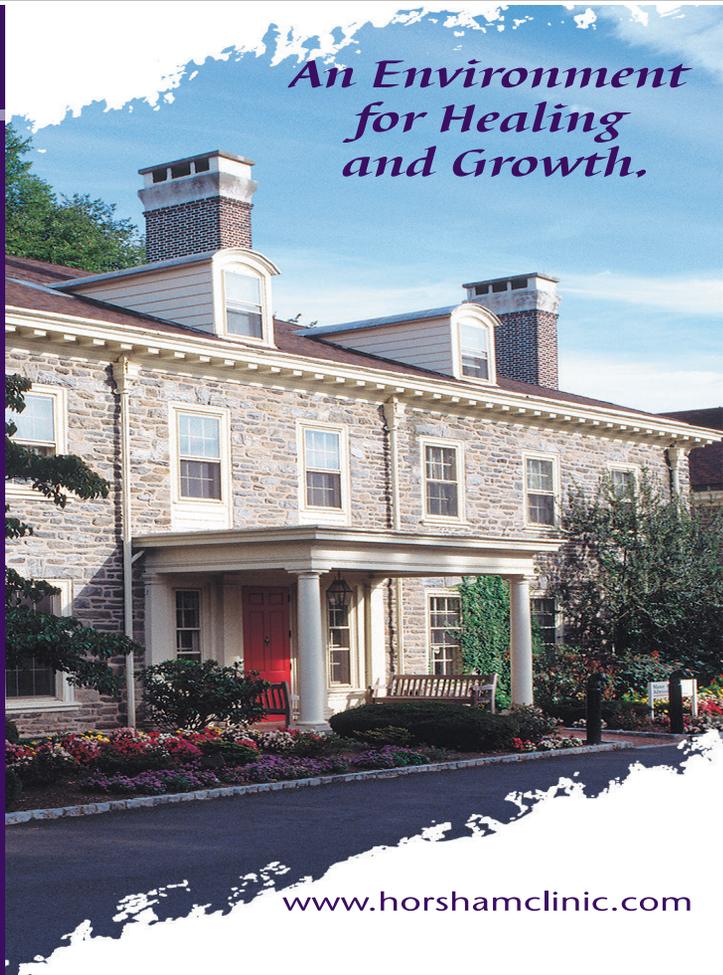
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## “Rhyme and Reason” by Brooke Feldman

### ***Recovery, Transformation, and the Search for Meaning***

For many of us in recovery from a substance use disorder, we often cite our devastating experience with substance misuse as the catalyst for self-discovery and the facilitator of our own personal awakening. We frequently refer to our experience with substance use disorder as a beautiful blessing borne from a horrific curse. Even those of us who would not identify as spiritual or religious can be found regularly expressing this concept in terms of simply stating that we were catapulted into becoming better human beings. Somehow, being touched by substance use disorder turned out to be an experience that led us to seek out who we really are and how we can continuously improve the ways in which we show up in the world. Consequently, not only do we experience an enhanced way of living ourselves but the world around us is exposed to all of the benefits that this enhanced way of living brings. We become better partners, siblings, parents and children. We become more engaged and productive members of our workplaces, communities, cities and towns. We show up as change agents in the world as we take our own personal transformative experience and use it to transform the world around us.

Some say that the human tendency to attach meaning to life events is more of a primitive brain response developed for our species survival than a spiritually significant signpost in our search for who we really are. Others say that the inclination to find meaning in life is by no means a mere biological function of humanity and that it instead may be the most important act we undertake as human beings.

I’ve grown over the years, I’ve concluded that both schools of thought can co-exist as correct. I’ve married the two concepts by considering that perhaps my very survival is hinged on my ability to seek out who I really am and where I am meant to be in this world.



I’ve decided that the profound sense of purpose and fulfillment resulting from finding meaning in life events is in fact a positive thing and a magnificent motivator. I’ve recognized that finding meaning in life events greatly enhances my experience of life and therefore makes the search for meaning a philosophy for living that is worthwhile to employ. My life is far richer when I pay attention to the signposts and follow the path to which they point, regardless of the origin of my ability to recognize them and the source of my drive to follow them. Interestingly enough, I have also found that how I show up in the world for others is significantly enhanced when I follow the road laid out by attaching meaning to life events. It is fair to conclude that not only is my own experience of life enriched by finding meaning but that how others experience me in their lives is enriched as well.

My experience with substance use disorder, and my ability to have access to what I needed to initiate and sustain my recovery, is a life event from which I find much meaning. There are countless ways that I have been transformed as a result of this experience, and there are just as many ways that the world around me has been transformed as well. The ripple impact of one person being able to find recovery and go on to live an enhanced life is immeasurable. The wave of positive change that one transformed human being can bring into the world is endless.

Whether it is a silly biological tick of the brain that leads me to find meaning or a deeply spiritual alignment with something greater than myself, all I know is this: my ability to find recovery from a substance use disorder has transformed me into a better human being that has in turned transformed the world around me. When I think of the endless wave of positive change that one individual finding recovery can cause to swell up, I can’t help but think of what the world would look like if we had more of these waves unleashed to cascade through our homes, communities, cities, states, countries and the world. I can’t help but search for the signposts that point toward the floodgates.

The world needs the transformation that recovery brings

***Brooke is a long-time contributor to the Gazette. She also writes for the Huffington Post. Her insight into addiction and passion for writing is telling.***

# Horoscopes

**Aries Horoscope (March 21-April 20):** You will be called into teamwork, perhaps by competitors and possibly those you consider enemies. Don't fret. Libra is about bringing Right Human Relations, balance, and fairness to everything. You can initiate this through your intentions and will(ingness). This will enhance your public image, create new alliances, and affect your environments (inner and outer).

**Taurus Horoscope (April 21-May 21):** It's time to seriously consider another regime of health, exercise, and proper eating — necessary at this time to vitalize your energy system. The emphasis needs to be on service to self. Something unusual may be occurring with your pet, if you have one. They could be reflecting your health issue. Take them to the vet. Remember homeopathics can be used with pets.

**Gemini Horoscope (May 23-June 20):** What are your favorite activities? What are your hobbies and what do you do for fun? Have these changed in the past several years? Who do you love, where and how do you find freedom, and are there any children in your life? All of these questions need pondering so you can, with eyes wide open, choose your life Path as Libra balances Gemini duality.

**Cancer Horoscope (June 21-July 20):** The past may flow through your mind creating behaviors you thought were over. Observe them while trying not to be irritable with others. Instead work hard and long around the home, tending to things broken, tired, fallen, and/or overgrown. Do not argue about family or home matters. If you do others will be in opposition. Be intelligently aware of your actions lest you experience a state of deep unhappiness.

**Capricorn Horoscope (Dec. 21-Jan. 20):** New business goals and newer ways to handle your career can now be implemented since Mars gave you three months to prepare for this and now Mars gives you the go ahead. So, what are your plans and goals? Who will you patronize and what patronage will you seek? Knowing this defines better your business tactics. You will be honored.

**Aquarius Horoscope (Jan. 21-Feb. 18):** It's time to create a long range program for your life. Include things educational, spiritual, philosophical. Whether you believe in this or not, do this anyway, for it establishes an outline of your life's needs and provides you with a contemplative view of your goals. Should you take this life task seriously, and write it down, it's possible that everything will come to pass.

**Pisces Horoscope (Feb. 18-March 20):** You will feel selfless, more so than usual. Called upon to care for someone either ill or despondent, you will do so with charity (a Soul virtue). Though you will not see much reward, the love you feel will satisfy you. But being a martyr won't, so don't even consider it. Coming to the surface are previous psychological issues. Have grace and forbearance.

**Leo Horoscope (July 21-Aug. 22):** It's a good time to write letters, the old fashioned way. It's also good to contact family, siblings, old friends and renew relationships which may have been cast aside due to excess work, intense grief, or a general antipathy toward relationships. Visiting forests and glens allows you to realize that we are in relationship with all of life. The safest relationship is the plant kingdom. Begin communicating with the green devas.

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# Gazette Puzzles

Date: \_\_\_\_\_

## Relationship Word Search

A D F F D M H S H A R I N G F R Z G B D K S C  
 E G L S W Q L L P A T O U C H I N G U N B Y O  
 K D P R Q F Z E V C C T W Y Q I D D F I H F N  
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 honesty  
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 caring  
 comfort  
 companion  
 content  
 flowers  
 helping  
 hugs  
 living  
 meetings  
 neighbors  
 rings  
 smiling  
 vacation

**ComParrot**

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Opening appears on back of boy's cap. 2. Dog's collar is missing. 3. Stripe on boy's shirt sleeve is missing. 4. Extra writing on shirt has moved. 9. Mirror frame is taller. 10. Curtain is shorter. 11. Top of table is wider. 12. Ribbon on heart is longer.



## THOUGHT FOR THE MONTH

### THOUGHT FOR THE MONTH JULY

**By: Vince DiPasquale**

#### Yesterday, Today and Tomorrow

The month of July is always dedicated to the theme of freedom and responsibility. Freedom is something we all take for granted to enjoy but really involves work and responsibility. Our 12 step program is the most spiritual formula to help us achieve serenity and peace. So many times we trap ourselves in our past. I want to let you in on a secret – yesterday is over. It's history! We have all experienced many lessons and yesterday is our teacher. We need to face yesterday, embrace it, accept it and make peace with it and then release it. We need to release the past so we can live totally in the present. A long time ago my Dad, God rest his soul, taught me a powerful lesson. He was an immigrant and brought his customs with him. We had a simple row house in Camden and my Dad had a garden in our yard. He would only use fresh horse manure in his garden and his plants were beautiful and productive. One day when I was young I was with him in our yard. He said to me, "Vince, come here!" In those days when your Dad said come here you listened. He told me to pick up a handful of soil and taste it. He said there is no more manure, it's been changed into life-giving vitamins and minerals for the plants. This lesson has helped me realize that our history is simply our experiences. If we face them and learn from them and let them become our strength we will be able to bring our past into the present. If we follow this theory there is no such thing as a bad experience, they are just lessons for us to learn to help us face and enjoy today. If we have an open mind and learn to share our history, we will be able to let go and let God.

Our 12 step program gives us a formula for settling and realizing our past. Steps 4 through 9 teach valuable lessons in the process of healing. Life is such a beautiful process if we can trust that we are being guided on our journey.

**Step 4** - We are taught to do a fearless moral inventory of our life, to face our past without fear or guilt. We are also told to write our history. Writing is a way to make it concrete and real. This is the first process of healing.

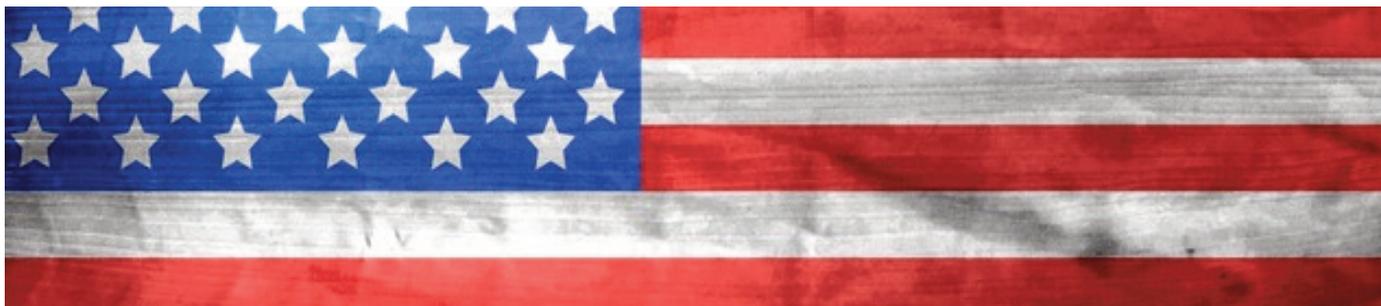
**Step 5** - We are told to share our story with ourselves, God, and other humans. A great lesson in humility and trust. Through sharing we are once again releasing. Step 5 - We are told to share our story with ourselves, God, and other humans. A great lesson in humility and trust. Through sharing we are once again releasing.

Healing only takes place through sharing. On a deeper level, when we share our history. In Step 5 - We are told to share our story with ourselves, God, and other humans. A great lesson in humility and trust. Through sharing we are once again releasing. Healing only takes place through sharing. On a deeper level, when we share our history and the lessons that we've learned with other it allows them to share their history. At this moment we are participating in the great human library. Our story is a book in process of being written one chapter at a time.

**Steps 6 & 7** - Teaches us to acknowledge our defects of character. It reminds us that we are human. It's special to be a simple human being, yet we need to realize that for every defect of character we have an asset. For every negative there is a positive. If we are open our defects become our greatest gifts. We are all gifted and special creatures, created by God in his image. If we are open to the process of life we will continue to discover how powerful our assets are. We have to invest in life and steps 6 and 7 remind us of our humanity, humility and our need to stay connected to our Higher Power.

**Steps 8 & 9** - Teaches us to make peace and settlement with all of our life's experiences. Especially to make peace within ourselves. The one person we have hurt the most is ourselves. We all have a tendency to be tough on ourselves. The real secret of life is to be at peace within. Serenity is a gift to be earned. I truly believe if you are at peace with yourself your energy will go forth to heal others if they are open to the process.

To release our past is the wonderful art of seeking personal freedom. Each one of us was sent on this earth by our Creator and we were told that we would receive guides to show us our way. If we can face life and be open to the spirit, we will be shown the path starting with our parents and family and extending to all people, places and things, even the trauma, hurt and pain. If we can trust in God's plan, learn our lessons, celebrate and enjoy the journey, we'll be led one day back to our Creator. God wants all of us to experience the real gift of freedom. Yet to begin to experience it we have to experience disfunctionality to learn how to grow. As we celebrate the month of freedom, let's remember to be open to face our past and its lessons which will give the secret to success and inner peace. Enjoy the summer season and may God Bless You!!!





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