

Getting support to find sobriety

My name is BEN and this is my story...

I regularly attended church for ten years. After ten years, I got tired of the church life because I felt trapped and my faith was not strong, so I decided not to attend anymore. I moved to 6th Street and Los Angeles Street to a place commonly know as "Skid Row." For those of you unfamiliar with this area of Los Angeles, Skid Row is a run-down dilapidated urban area with a large, impoverished population. I lived on Skid Row in a tent and after a month, I met a woman. This woman was smoking cocaine and introduced this drug to me and I started using it. Needless to say, I got hooked on it. After being with this woman for a little while, we got into a big fight.

I would spend all my money to get drugs and my behavior got worse. As a matter of fact, I got really bad because I was mixing crack cocaine with speed. I was having sex with women and they used me for their addiction. One day, a friend named James took me to a place called SHARE! located in downtown Los Angeles. I would kick back at SHARE! during the daytime and smoke at nighttime. One particular day I went back to a familiar block where I hung out and I met up with a different girl. She was a good woman, but we did drugs together.

When I got out, I went back to SHARE! Now I had a reputation of going in and out of jail. Luckily, the judge gave me one last chance. I used drugs for the last time and went to an inpatient drug rehabilitation center for 100 days and got my case dismissed. Thankfully, a friend volunteered to take me to rehab. I went back to SHARE! and started going to as many meetings as I could. I now attend up to five or six meetings a week at SHARE! and I have to thank all the people at SHARE! Now I have a new sponsor and I'm still working the 12-step program.

Today, I'm moving along with my recovery because I had to get a new sponsor. I'm back on step 1 and starting the 12-step program again. I am thankful that SHARE! was there for me....through thick and thin....

INSIDE THIS ISSUE

- COVER STORY—FINDING SOBRIETY
- VOLUNTEER TO JOB INTERN PROGRAM
- STEP 9 COMMENTARY
- FUN AND GAMES
- JOB OPPORTUNITIES AT SHARE!
- COLLABORATIVE HOUSING
- DAILY MEDITATIONS OF THE HEART
- DECEMBER FREE EVENTS
- SHARE! MEETING DIRECTORIES



SHARE!

Volunteer-to-Job Intern Program

SHARE!, a non-profit community self-help center, is seeking people to participate in our Volunteer-to-Job Program.

The Volunteer-to-Job Program gives people the opportunity to start out slowly before taking on the responsibilities of employment. Participants develop a personalized program with our staff, which will teach necessary job skills, provide experience and lead to gainful employment, as soon as the participant is ready.

Participants volunteer a minimum of four hours per week and receive training for any of the job titles below or another of their choice:

Administrative Assistant

Fundraiser

Marketing Associate

Community Organizer

Peer Bridger

Self-Help Specialist

Volunteer Coordinator

Special Event Coordinator

Receptionist

Public Relations Assistant

Referral Specialist

Meeting Coordinator

**When the participant feels ready for a paid job,
SHARE! will help him/her find one.**

Qualifications:

Willingness to attend three self-help support groups per week

Ability to participate a minimum of four hours per week

Desire to have paid employment

Ability to learn new tasks

Ability to work with people

To apply: Write a short letter (handwritten OK) explaining why you want to participate in the Volunteer-to-Job Program and return to SHARE! (425 S. Broadway, Los Angeles, CA 90013) or fax to (213) 213-0108 or email to jim@shareselfhelp.org

~~~~~  
*SHARE! is an equal opportunity employer. We value people who have turned their lives around after difficult circumstances, including felony convictions, mental health challenges and other problems. If you love self-help support groups, are open minded, willing to work hard and learn a lot, SHARE! is the right place to work.*



## Got Poems?

**Attention all writers and poets!**  
**We are looking for your work!**

We are continuously looking for articles and poems to be published in *Westside Line* every month. If you have an article or poem that you would like to see published in our monthly newsletter, we ask that you email it in Word or Rich Text Format to: **cheryl@shareselfhelp.org** This is ***your*** newsletter and we would like to highlight the work of our readers. We ask that all articles be related to the subjects of self-help and recovery.

*See Your Literary Works in Future  
News Letters!*

If you would like to start a meeting or know someone who needs a meeting, please contact the staff of SHARE!, and we'll help.  
Call (213) 213-0100 or  
visit the web at  
[www.shareselfhelp.org](http://www.shareselfhelp.org).



↓ Use the form below for publication entries ↓



### **PUBLICATION FORM**

With this form I give SHARE! permission to publish my work.

Date \_\_\_\_\_

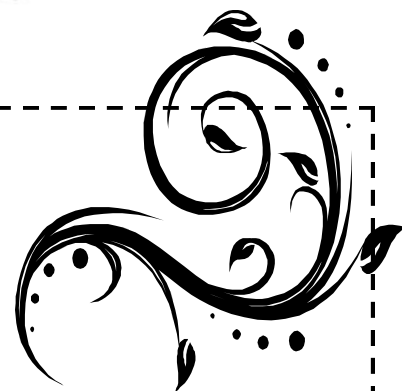
Name (printed) \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

My entry is:     Article     Poem     Artwork/Drawing



SHARE! • 425 S. Broadway • Los Angeles, CA 90012 [Cheryl@shareselfhelp.org](mailto:Cheryl@shareselfhelp.org)



## A Step Each Month: Step 9

Made direct amends to such people wherever possible,  
except when to do so would injure them or others.

Step 9 is another one of the 12 steps, that initially appears most difficult, but the rewards of putting this principle into practice can be immense. The spiritual principle involved is that of forgiveness, not only from others, but forgiveness of self, which can bring healing to both parties.

After completing Step 8 -- made a list of all persons we had harmed, and became willing to make amends to them all -- the next logical step is to make those amends if possible, and the suggestion is to do so **directly** to those who have been harmed. By making direct amends to the person harmed the temptation to skirt the issue because of embarrassment or pain is avoided.

### **Simple but not easy!**

But those making the amends find many times that the person to whom they have harmed is more than willing to accept those amends happily -- and a healing process begins not only in the relationship, but in each individual. This is not always the case, however. Sometimes the injured party is not willing to forgive and forget. Regardless, spiritual progress for those in recovery depends upon doing their part right and making direct amends.

This step does carry a condition -- **except when to do so would injure them or others**. If the act of making amends will open old wounds or create new harm, then making direct amends should be avoided. The benefit of making amends to the recovering person does not outweigh the need to do no more harm.

### **An Amend Is a Change**

What is an amend? The technical answer is an amend is a change. An amend is not an apology. It is a clear and purposeful act designed to clear up a problem from the past. If I harmed someone, and then in the course of working the steps reach a point to make an amend, it is my duty to sit down with the subject and explain fully about substance abuse, my own personal program, what my fears were, and how I have changed as a human being.

If I owe something material, I pay it back, with interest if necessary. If what I owe cannot be measured in gold or other material substance, then I must humbly ask for forgiveness for my indiscretions and go my way. (What price is there for hurt feelings?)



# Fun & Games

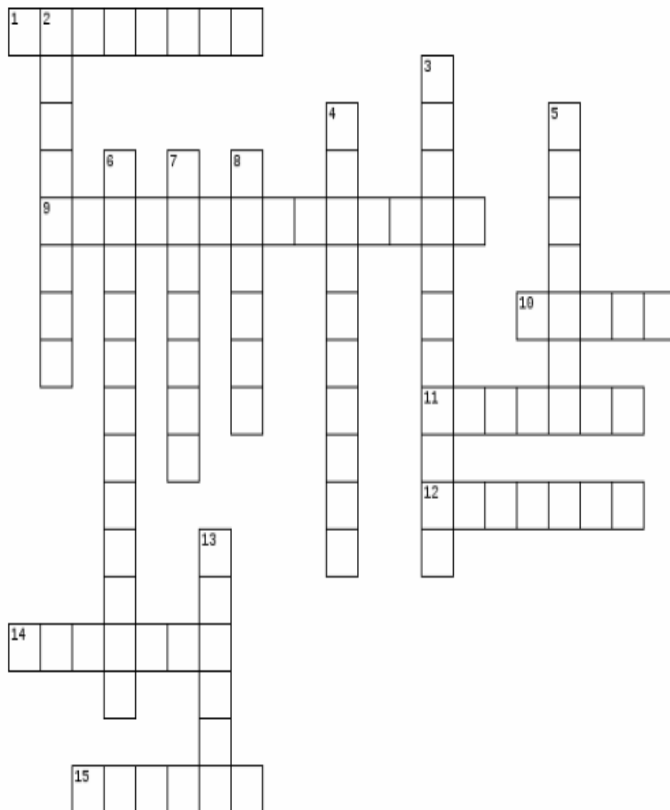
## Friendship

Find and circle all of the words that are hidden in the grid. The remaining letters spell an additional word related to friendship.

D C B C C A M D K C O F A S R  
 N E O O A O N Y O I R G S D Y  
 E T Y N E E M M T I N E I H L  
 I A F F L V R P E I N S T M L  
 R M R I A A I N A E N A H A A  
 F M I D D M D T S N P I F I E  
 L O E E B L I O R M I F F R P  
 R O N U I P L T Y O E O A F T  
 I R D N E C A S Y C P H N S A  
 G D E L O Y A L T Y S P U R R  
 Y S G O O D T I M E S R U I O  
 S C H U M H O N E S T Y F S V  
 E C N A T N I A U Q C A U E A  
 Y H T A P M E S S E N D N O F

- |              |              |            |
|--------------|--------------|------------|
| ACQUAINTANCE | COMPANION    | HONESTY    |
| AFFECTION    | COMRADE      | KINSHIP    |
| AFFINITY     | CONFIDE      | LEND       |
| ALLY         | EMPATHY      | LOYALTY    |
| AMIGO        | FAVOR        | PAL        |
| AMITY        | FONDNESS     | ROOMMATE   |
| BOYFRIEND    | FRIENDLINESS | SHARE      |
| BUDDY        | FUN          | SUPPORTIVE |
| CHUM         | GIRLFRIEND   | SYMPATHY   |
| CLOSENESS    | GOOD TIMES   | TRUST      |

## You are what you eat



### Across Clues

1. What we get from fruit and vegetables.
9. The very long tube that carries food away from the stomach.
10. Food that is milk-based, like yoghurt, cheese and butter.
11. The tube that carries urine out of your body.
12. This mineral is important for our teeth and bones.
14. The nutrient that is in fish and meat.
15. An organ where urine is made.

### Down Clues

2. The teeth that are at the front of your mouth.
3. The liquid we get from an orange.
4. The tube from the mouth to the stomach.
5. A green leafy vegetable that Popeye likes.
6. The nutrient that we get from pasta, cereal and bread.
7. The bag-like part of our body where urine collects.
8. What we get from carbohydrates.
13. A very sharp, pointed tooth.

(Answers on Page 12)

oweodnm



gnegsnii



entwe



nanetive



"being two identical"



# SHARE! IS HIRING

## Program Manager

### Responsibilities

- Recruit, train and supervise program staff and volunteers of all levels and abilities
- Coordinate Outreach Workers, Peer Bridgers and volunteers to operate SHARE!'s Collaborative Housing program
- Maintain records and assure program compliance
- Provide crisis management as needed
- Role model for everyone at SHARE!
- Assist with special events

### Qualifications:

- 5 years managerial experience; or MBA+2 years managerial experience
- BA required
- 5 – 10 years of personal experience attending self-help support groups
- Knowledge of 12-Step programs, preferably personal experience with them
- Self-starter, able to take a project and run with it
- Bi-lingual any language a plus
- Five years of sobriety highly preferred
- Honesty, Willingness, Open-mindedness, Desire to grow

## 12-Step Specialist and Volunteer Coordinator

### Responsibilities

- Recruit, train and supervise volunteers of all levels and abilities
- Coordinate volunteers to operate SHARE!'s self-help center
- Oversee SHARE!'s Volunteer-to-Job Program
- Coordinate outreach to start new self-help support groups at SHARE!
- Provide crisis-management as needed
- Be a role model/mentor to people in early recovery
- Assist with special events

### Qualifications:

- Minimum 1 year of sobriety required, 2-5 years preferred
- 3 – 5 years of personal experience attending self-help support groups
- Knowledge of 12-Step programs, preferably personal experience with them
- Self-starter, able to take a project and run with it
- Outgoing, tolerant, honest
- Ability to work with all newcomers who still suffer
- BA degree preferred
- Bi-lingual any language a plus; Managerial experience a plus; Experience supervising volunteers a plus
- CAADAC or CADE not required

# SHARE! IS HIRING

## Outreach Worker

### Responsibilities

- Short-term position
- Performs one-to-one outreach throughout Los Angeles County to find residents who qualify for SHARE!'s Collaborative Housing program
- Makes presentations to shelters, treatment centers, and service agencies about Collaborative Housing
- Works with potential residents to find best houses and self-help support group meetings
- Acts as liaison between potential residents and owners to arrange meetings and assist people moving into Collaborative Housing
- Works with volunteers to enroll new Collaborative Houses, develop relationship with new owners and place participants
- Provide crisis management as needed
- Connect residents to SHARE! self-help centers and their self-help support groups, Volunteer-to-Jobs program and activities, as well as community resources they need

### Qualifications:

- AA degree preferred but not required
- 1-year of personal experience attending self-help support groups
- Knowledge of 12-Step programs, preferably personal experience with them
- Self-starter, able to take a project and run with it
- Bi-lingual any language a plus
- 1-year of sobriety highly preferred
- Honesty, Willingness, Open-mindedness, Desire to grow

SHARE! the Self-Help And Recovery Exchange is a non-profit organization that operates two community self-help support group centers in Los Angeles, California: SHARE! Culver City and SHARE! Downtown. Together SHARE! Culver City and SHARE! Downtown currently host over 120 different types of self-help support group (including 12-Step groups) meetings each week. SHARE!'s Collaborative Housing program is a public-private partnership that currently houses over 1500 formerly homeless people with disabilities.

SHARE! is currently expanding its services throughout Los Angeles County and needs qualified managerial candidates who have extensive personal experience in self-help support groups, are passionate about recovery, and want to help others find their own path to change and grow, SHARE! could be the place for you.

### To apply:

Please send your resume and a letter detailing your passion for self-help support groups, your personal experience attending self-help groups and why you want to work at SHARE! to:

Email: [kevin@shareselfhelp.org](mailto:kevin@shareselfhelp.org)  
Mail: 6666 Green Valley Circle Culver City CA 90230 or  
Fax: (310) 846-5278 or (213) 213-0108

SHARE! is an equal opportunity employer. We value people who have turned their lives around after difficult circumstances including felony convictions, mental health challenges and other problems. If you love self-help, are open minded, willing to work hard and learn a lot, SHARE! is the right place for you.

SHARE! works to find houses for disabled persons who can take care of themselves, but have limited income. In this case, they all live either on Social Security Disability or have limited income. Their disabilities may be physical or mental. Each of the residents chooses their own roommate. They share rooms, no more than two people to a room, and participate in self-help support groups. The County has a worker that visits the house regularly to help with any problems and will be available to the owner/manager to help resolve any issues.

**\$500 or less  
per month**

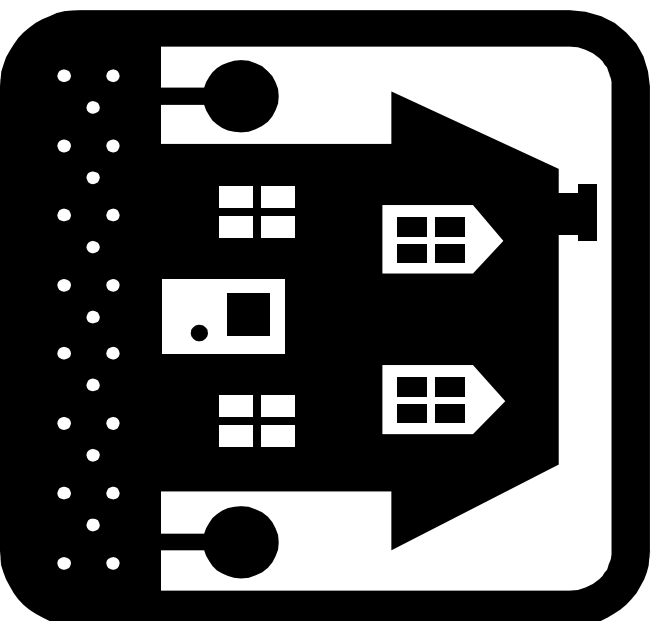
### What you need:

- SSI or other income
- Ability to take care of yourself
- Willingness to attend 3 self-help support groups per week
- Willingness to share a room with a roommate of your choice
- Desire to live in a warm, friendly environment
- Willingness to help with chores
- Desire to have a job or volunteer

*Want to live ...*

*In a House  
With a  
Garden*

Rental agreements are between the owner and each individual resident. There are no security deposits. The houses are furnished and the owner covers all utilities. Some residents have their own furniture. Our program will make referrals to the house when there are vacancies. The owner has final say over who lives in the property. The owner/manager is expected to join an owners' association that insures quality of the properties through peer inspections. The County requires this as a way of knowing the house is being legitimately operated in accordance with State standards.



For information call  
**TOLL FREE**

**1-877-SHARE-49**

1-877-742-7349

Houses are available in all parts of Los Angeles County. Owners have final say on who moves into their houses. Houses will be visited on a weekly basis to help residents with any problems. This project is supported by the Los Angeles County Department of Mental Health.