

# The HERLAND VOICE

JUNE, 1990

## RECOVERY: A NEW WAY OF LIFE (?)

*Karen L. Lewis, M.Ed.*

*James M. Cole, CAC Cand.*

**RECOVERY:** The process of restoring physical, mental, emotional, and spiritual health. It is the process through which self destructive behaviors are reduced or eliminated and self-affirming behaviors are developed and enhanced. The effects of successful recovery, over time, can be profound: increased self-esteem, honest interpersonal communication, and truly intimate relationships, diminishing feelings of loneliness/emptiness, unconditional love for the Self, the ability to experience joy from within, increased self-confidence, increased productivity; the ability to truly live life instead of simply coping with life.

Recovery is work—a kind unlike any other. Recovery demands practice of new behaviors on a daily basis. First and foremost, it requires honesty. It necessitates breaking denial (the defense mechanism that disallows taking an honest look at oneself). This is done by making repeated, rigidly honest and often painful explorations into the Self. It demands working to find a lasting serenity and happiness from within, instead of settling for the temporary happiness that is found in a bottle, a drug, a love relationship, work, gambling, sex, food, television, etc. Recovery is learning to identify and becoming sensitive to one's own feelings and needs, through learning how to communicate those feelings and needs. Recovery provides the tools necessary for learning how to identify an abusive, self-destructive situation or relationship; and developing the courage and self-love to remove oneself from such situations or relationships. It requires reaching out to other people. Most importantly, the woman in recovery learns to develop a new relationship with a spiritual Higher Power (of her own making). With this conscious contact with her own spirituality, she begins feeling that she is the most important person in her life. It is with this realization that recovery truly begins.

For the woman who chooses it, recovery is likely to be the most difficult task she will ever undertake, for our society and upbringing traditionally give us no preparation or encouragement for self-exploration, and life-long patterns of behavior are hard to change. However, recovery is also likely to be the most rewarding pursuit she will engage in, for it can open up a whole new world of ideals, self-love and serenity.

Because it is so different than what we've always done, it may be very difficult to take the first steps into recovery. It feels uncomfortable and frightening; it's not "NORMAL" to us. Some are overcome by fear and denial, and do not stay. Others, who do stay, simply go through the outward motions of recovery, but continue lying to themselves and don't really "work the program," therefore, they do not GROW and remain in essentially the same self-defeating patterns of behavior that brought them into the program. The key ingredient in successful recovery is the ability to be honest, open-minded, and willing.

Recovery depends upon developing a caring relationship with the Self—something society in every way imaginable pushes us away from. The paradox is, one cannot develop genuine intimate relationships with others without first developing one with the Self.

### VEHICLES AND TOOLS

Primary vehicles for recovery are treatment or therapy and 12 step meetings. Treatment or therapy focuses on the manifesting dysfunctional behavior(s) or "disease(s)" as they are often called by professionals. The manifesting disease may be co-dependency,\* alcoholism, drug, food, sex, love, relationship, gambling, television addiction, etc. Treatment differs from 12 step meetings in that it helps to identify, work through and resolve the childhood experiences which are the foundation for dysfunctional behaviors, and offers the feedback and interactive group process that expedites exploration and healing. A woman may find it necessary to go through treatment before recovery begins to have significant benefits to her.

*(continued on page 6)*

## 1990 GAY AND LESBIAN PRIDE PARADE

The 1990 Gay and Lesbian Pride Parade will be held Sunday, June 17 as the kick-off for Gay and Lesbian Pride Week in Oklahoma City. Parade activities will begin at Memorial Park, N.W. 36th and Classen at 1:00 p.m. with the parade beginning at 2:00 p.m. The parade will feature floats and marchers representing area organizations as well as a return performance by the Oak Lawn Symphonic Band from Dallas.

The theme for the 1990 Gay and Lesbian Parade is "Look to the Future" and is a celebration to promote education and awareness in the gay, lesbian and heterosexual communities.

The Parade will conclude with a street festival at N.W. 39th and Barnes, which will include live music, craft booths, and booths by area organizations.

Information about the 1990 Pride Parade and Festival is available at Oasis Resource Center, (405) 525-2437. ■

## SUMMER SOLSTICE SHOWCASE

Celebrate the Summer Solstice and Gay and Lesbian Pride Week with Herland at the Summer Solstice Showcase.

The Showcase will feature Oklahoma City's outstanding women musicians. Scheduled to appear are the Desert Heart Band, Janis Galloway, Peggy Johnson, and Mary Reynolds.

The Summer Solstice Showcase will be held at the Porthole (N.W. 39th and Portland) at 9 p.m. on June 21. Admission is \$3.00 at the door. ■

## NEW COSPONSORS SIGN ON TO CIVIL RIGHTS BILL

Washington, D.C.—More than 90,000 post cards on the Federal Gay and Lesbian Civil Rights Bill have been printed and distributed to thousands of individuals and organizations in a nationwide lobbying onslaught organized by the National Gay and Lesbian Task Force (NGLTF). In addition, NGLTF's National Lobby Days will be held in June this year to capitalize on the massive mobilization of gays and lesbians celebrating pride events around the U.S.

The post card campaign is designed to increase awareness and cosponsorship of the Gay and Lesbian Civil Rights Bill. The bill currently has 79 cosponsors in the House of Representatives and 10 in the Senate. Four lawmakers have signed on since the start of the campaign last February: Representatives Bill Gray (D-PA); Gerry Sikorski (D-MN); Jose Serrano (D-NY); Craig Washington (D-TX); and Senator Claiborne Pell (D-RI).

"The post card campaign is helping us lay the groundwork of constituent support that will enable us to pass the Gay and Lesbian Civil Rights Bill, which we plan on doing this decade," said Peri Jude Radecic, NGLTF legislative director.

The bill, S47 in the Senate and HR655 in the House, is officially called the Civil Rights Amendment Act of 1989. It provides broad anti-discrimination protections for gays and lesbians by prohibiting discrimination in housing, employment, public accommodations and federally assisted programs based on affection or sexual orientation.

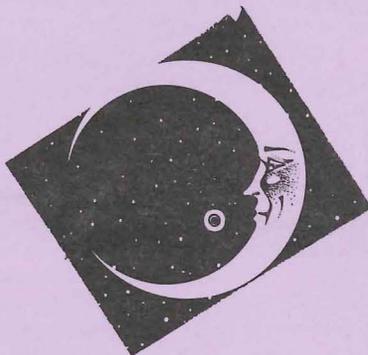
NGLTF urges gays and lesbians to send their federal lawmakers a pre-printed post card and ask them to cosponsor the bill. The post card campaign will continue through June 1990. ■

## TAKE BACK THE NIGHT

Oklahoma Women Against Violence Against Women (OWAVAW) will hold a Take Back the Night Rally and March on June 8, 1990 at Memorial Park, N.W. 36th and Classen in Oklahoma City. The theme of the event is "Sexual Assault Doesn't Happen to Someone Else, It Happened to Me."

The evening's events will focus attention on the problem of sexual assault and its impact on all women. Featured speakers include Dr. Vivian Ng of the Oklahoma University Women's Studies Faculty and Dreama Moon, former director of the Oklahoma City YWCA Crisis Intervention Services. Rally music will be led by Peggy Johnson and Mary Reynolds.

For more information, call Pat Reaves or Ginger McGovern at 521-9696 (leave message). ■



## RALLY FOR THE ANIMALS

On Sunday, June 10, 1990, thousands of people from across the United States will gather at the Capitol in Washington to send a simple message to Congress: We stand together united to ensure justice for animals. This march is intended to be the beginning of the end of the abuse and exploitation of animals, who are so often the victims of human cruelty, greed and indifference. If you would like to be part of a group traveling to Washington for the march, call Jana Wilson at 799-3697 or Martha Brown at (918) 583-3652.

For those of us in Oklahoma who would like to participate but who cannot make the trip to D.C., there will be a local "Rally for the Animals" at our State Capitol, also on June 10, at 3:00 p.m. on the south steps of the capitol. There will be guest speakers from across the state to urge and encourage people to stand together for our fellow animals. ■

## ZOOM BEACH '90

Grab the towels, rafts, water toys and oils! It's time for Zoom Beach '90! The traditional ending to Pride Week, it's a fun and sun party for the community held annually at Lake Thunderbird. It's the chance to soak up some rays, chow down on free food and drink, play games, listen to tunes, and it's always a feast for the eyes!

Sponsored by the Oasis Foundation, Zoom Beach will be Sunday, June 24, beginning at noon and ending at 6 p.m. A volunteer staff will serve hot-dogs and other treats from Noon until 4 p.m. Games and activities will be sponsored by the University of Oklahoma Gay/Lesbian Alliance, and are a great way to show your stuff!

Zoom Beach always draws a large crowd, but there's plenty of room for everyone. Please be courteous when parking your vehicles, keeping to the parking lots provided and off the road.

Due to licensing regulations, Zoom Beach will not be allowed to offer free beer this year, something we regret. We invite you to bring your own beer or coolers, but ask that you purchase cans rather than bottles where possible. Hard liquor is prohibited in the park!

Making Zoom Beach happen requires a large number of volunteers and supplies. If you'd like to volunteer for a two-hour shift, please call Oasis at 525-2437, and the phone volunteer will schedule you.

Zoom Beach is easy to find: from Oklahoma City, south on I-35 to the Robinson St. exit in Norman. East on Robinson to 12th Ave., south on 12th to Alameda, east on Alameda to dead end at the lake, then north and look for Zoom Beach on the west side. See you there! ■



## WOMEN WITH WOMEN WITH CHILDREN

HURRY — WE ARE A GROUP!!!  
WE'RE HAVING A PICNIC—  
JUNE 9TH  
WILL ROGERS PARK  
2:00 P.M.  
36th & Portland  
Playground on the Portland Side

Sharing common stories and giving each other encouragement, the "WWWWC" had a wonderful time at the retreat.

We are looking forward to a summer full of activities. Camping, fishing, hiking, biking and anything else anyone come's up with.

Feel free to come and join in, everyone is welcome, with or without children.

If you need more info — call 942-4331.

## HSR VOICE COMES OUT OF THE WRAPPER!

Beginning with the July issue, the Herland Voice will be published in a new format which will allow mailing without an envelope. Each copy will be securely stapled on three sides for mailing, and the outside will contain only necessary mailing information. This format change will greatly speed the process of preparing the Voice for mailing while continuing to protect the privacy of our readers.

If you would like to continue receiving the Voice in an envelope, please return the coupon below with \$7.00 to cover the cost of first class postage for 1 year.

I would like to receive the Voice by first-class mail. I'm enclosing \$7.00 for 1 year's postage.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State/ZIP \_\_\_\_\_

If a change of address, what was your previous zip code? \_\_\_\_\_

## HERE WE GO AGAIN

by Sally Blevins

Hello again Gang. Which gang, you ask? I like to think of us as the Lavender Lilac Gang. Much nicer than the bloods or some such crude bunch as that. June, it seems is Women in Recovery Month. Since we are all hangin' out on the corner as it were, I thought I might address my limited but extensive bout with personal recovery. I'll throw that address in right here just in case you would like to send something my way.

SALLY BLEVINS

RU4 Real

Get Serious, OK 14269

Now I guess I should clear up that little mud puddle I left in the middle of the page. I am limited in that I don't drink, don't smoke and as the song says, "what do you do?" I believe I have left a clue to this in the previous passages, but to get on with it, I am a recovering co-dependent. And as you are reading, please don't confuse co-dependent with co-defendent— NOT the same thing, although a good co-dependent will take the blame for other peoples' problems. I was one of the best at the art of taking responsibility for what I have absolutely NO CONTROL of. Take for instance today—a wonderfully rainy and gloomy day for the Arts Festival. Now in my former condition, I would apologize to the world and all those in if for the rain screwing up the festivities, but thanks to therapy (of many kinds) and the use of the intelligence I was born with, I no longer believe I have the power to control the weather. (Although it would be a great way to make money thru blackmail!)

I am constantly trying to set boundaries for myself so that I don't fall back into the same old muck and mire. This also brings around the point that I am now and always will be in recovery. It is very easy to fall back and do those same things all over again. Kind of like—go directly to jail, do not pass go, do not receive \$200. So as I salute those of you running this uphill race with me with an upraised glass of purified water—Keep on Keepin' On! Later. Sally. ■



# TAKE BACK THE NIGHT

## OKLAHOMA WOMEN AGAINST VIOLENCE AGAINST WOMEN

in conjunction with Herland Sister  
Resources, Metro OKC NOW, and  
many other women's groups  
are sponsoring a

## TAKE BACK THE NIGHT MARCH & RALLY

Friday, June 8th, 1990, 8:00 p.m.  
Memorial Park, 36th & Classen,  
Oklahoma City

## TAKE BACK THE NIGHT!

# DENIAL IN 12-STEP GROUPS

*An editorial by Deborah Fox*

My experience of 12-step meetings was two-fold: on the one hand the group of people coming together to support one another's growth was encouraging and very supportive. The sharing of feelings and experiences was enlightening and validating. On the other hand, I felt great discomfort with the Patriarchally entrenched axiology and the total lack of acknowledgement for women's issues from being raised with the messages that we are "sinful," evil temptresses responsible for humanity's exile from the Garden of Eden, and that we are "inferior" to men. I had a lot of trouble with the steps because I felt my life had been turned over to God (for the past 5000 years or so) and as I understood Him, He didn't like women and, in fact, did not even claim women as His creation but as Adam's! How could I turn my will and my life over to a He-God who has never forgiven "Eve," who holds a grudge towards all women because of Eve, who condemns all women to bear children in pain and who so obviously hates women? The language used in 12-step programs is not inclusive and the Godhead is not acknowledged as *both male*

*and female*. As a woman I know first-hand how important it is to have language and images that celebrate, honor, and hold sacred, femaleness. Our first and often most formidable issues from being raised under Patriarchy are an inferiority complex and shame for being born female.

In order to deal with and heal any issue effectively we must acknowledge and understand their root causes. If, for example, an ACOA (Adult Children of Alcoholics) does not acknowledge the alcoholism and ensuing dysfunction in their childhood home they are unable to begin recovery no matter how much therapy they may attend. 12-step slogan would say they are still "in denial." Naming/diagnosing is the first step in the healing process.

I believe white male supremacy and domination are the root causes of the

problem whose symptoms are: sexism, rape, battering, incest/child-abuse, co-dependency (which is, by the way, the patriarchal stereo-type of a "good" mother, wife, and woman), racism, high crime rates, greed, poverty, ecological deterioration/destruction, war, alcoholism, drug-abuse, anorexia/bulimia, over-eating, etc. I believe people feel powerless to change the world the white men have made and therefore seek forms of escape from its miseries — that alcoholism is first a symptom and then a second problem to

---

---

*I'm enraged by the minimalization of women's oppression and issues.*

*I'm enraged by being dishonored and excluded because of my femaleness. I believe a good program is about the whole truth, about Naming, about coming out of denial and awakening, about growth and transformation, and therefore about being female in a male-dominated society."*

---

---

the original.

We women have been conditioned to sit back and "take it," whatever "it" is the men dish out, and our deep capacity for understanding is so exonerated we often shortchange ourselves. Well, I won't join a 12-step program where 99% of those attending deny the problems inherent in Patriarchy, namely women's oppression. 12-step slogan would say those 99% are "enablers." The 12-step program was designed by *men* conditioned by Patriarchy. We women could design our own Program that acknowledges women's issues and uses language and images that empower.

Another thing I found disempowering in the 12-step programs was the attitude that I had been permanently damaged as a result of being raised by an alcoholic, and that I could not know what is right for me;

I had been reproached for not attending meetings daily and had been accused of minimalizing on some of my issues that I felt were of a minor degree. Since one of my women's issues is an amazing potential for guilt, I felt guilty for knowing what I need and what is right for me! Whether we can never take a drink again, or need to work on changing dysfunctional behaviors, we need to know we *can* grow, heal, get better — that "problems" are really challenges that lead us to growth, and that we come around the sacred spiral within. We are wiser, stronger, healthier, and we realize we are competent.

I'm enraged by the minimalization of women's oppression and issues. I'm enraged by being dishonored and excluded because of my femaleness. I believe a good program is about the *whole* truth, about Naming, about coming out of denial and awakening, about growth and transformation, and therefore about being female in a male-dominated society. An honest program would embrace all the issues, all their sources, and face the fact that the male-dominated system is itself dysfunctional. It is painfully obvious to me that the 12-step program

needs to grow... I propose we women create a new Program to meet our needs and the growing needs of our transforming world.

I recommend reading: *The Chalice And The Blade*, by Riane Eisler, *Of Woman Born*, by Adrienne Rich, *Women's Reality and When Society Becomes An Addict*, by Ann Wilson Schaef, *The Great Cosmic Mother*, by Monica Sjoo and Barbara Mor, and *The Once And Future Goddess*, by Elinor W. Gadon.

If you would like a copy of the "13-steps" of WOO: *Women Of Oppression* that I have designed, send an S.A.S.E. to: D. Fox, Rt. 1, Box 29, Mountain Park, OK 73559. ■

# JUNE 1990

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

Every Wednesday at Noon; Silent Vigil for Peace in Central America;  
Fourth & Robinson; across the street from the Federal Building.

CODA meeting, every Friday at Herland, 6:30 - 8:00 p.m.

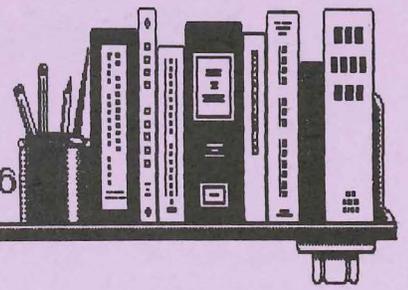
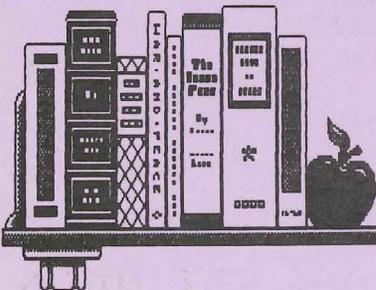
1 MARY at Mary's - 9 p.m. Reservations Required call 528-0020

2 Peggy Johnson at the Cantina 9:00 p.m.

3  TRACY CHAPMAN at the Zoo Amphitheater	4	5	6	7  MISS BROWN TO YOU 11:45 a.m. Kerr Park	8 TAKE BACK THE NIGHT!!! March & Rally 7:00 p.m. Memorial Park OKC	9 WWWC (Women With Children) PICNIC 2:00 p.m. Will Rogers Park
10 RALLY for the ANIMALS 3:00 p.m. South steps of the Capitol	11	12	13	14	15	16 Men's Glee Club in Concert call 525-2437 for details
17 GAY PRIDE MARCH & RALLY 1:30 p.m. Memorial Park FATHER'S DAY	18	19 Bowling Tournament at Brunswick Lanes 6:30 p.m.	20	21 HERLAND GAY PRIDE SHOW CASE 9 p.m. at the Porthole	22	23
24 ZOOM BEACH at Lake Thunderbird	25	26  BABE DIDRIKSON ZAHARIAS 1914-1956	27  EMMA GOLDMAN 1869-1940	28 Statewide Workshop on Child Sexual Abuse; at Baptist Med Center; call 364-9424 for details.	29	30

## HERLAND SISTER RESOURCES

2312 NW 39TH, OKC 73112 - (405) 521-9696



## MY 12-STEP EXPERIENCE

### A guest editorial

I am a recovering alcoholic, clean and sober with the help of Alcoholics Anonymous and the Twelve Steps of that program. I attended my first AA meeting in 1979 and was consistently around the program (though I wasn't consistently sober) up until my last drunk in 1983. Since that time, I have been very active in AA. As the saying goes, alcohol was my drug of choice, though I now realize that other drugs affect me similarly (once I start, I can't stop) and, indeed, lead me back to drinking. I have been drug-free also since 1983.

Though I do not profess to know any more or less about how AA works than others who practice the Steps, I am well-ingrained with AA experience and have attended meeting in several European countries and in a number of these United States. I also have had a fleeting acquaintance with the Loners-Internationalist newsletter for those who are so-situated that meetings are not available. I feel fortunate to live in a city now which has many meetings every day.

I owe my sobriety solely to the Twelve Steps of Alcoholics Anonymous which continue to give me many gifts stemming from two basic things—a belief in a power greater than a human power (a spiritual belief) and contact with other alcoholics who share in this sober way of life. One of the beautiful things about AA is that noone speaks for AA as a whole and so here I set forth my own opinions and experience with the program though I am certainly not alone in my views. This is another great joy I have received—I am no longer the loner I once was and I have not had to sacrifice individuality to receive the gift.

I am a low bottom drunk in many respects though I did not drink for very long and could have gone much lower. The overriding factor of what drinking did to me was not that I lost everything I had but that, despite intelligence and potential, I never gained much of anything to lose (I do not necessarily mean material gains). Alcohol was the center of my life. I was mentally and, to a lesser degree, physically obsessed with it and was not conscious of my spiritual nature. Though alcohol sometimes rendered me mean, I was not a bad person, mainly just a drunk, non-functional one.

When I first started sobering up seven years ago, I didn't have a job and was mentally incapable of holding one. This afforded me a great opportunity to attend many meetings and concentrate on the Twelve Steps. Through odd jobs, my bills were paid. I listened to people who were staying sober. I learned about patience and one day at a time. I learned from the *Big Book* of AA that "we simply do not stop drinking so long as we placed dependence upon other people ahead of dependence on God." I learned, surprisingly enough, that alcohol was but a symptom of the disease of alcoholism and a vigorous course of action was necessary to ensure that I did not pick up that first drink.

I am also an Adult Child of Alcoholics (ACA), though I remember when there was no such thing as an ACA meeting. I have received much help from attending Alanon meetings and also view the Steps from that perspective. (Alanon is a Twelve-Step Program for friends and relatives of alcoholics who also find that their lives are unmanageable.)

Just for the record, I am a lesbian feminist, though I have not found this to be a barrier to my recovery. According to the Third Tradition of Alcoholics Anonymous, "The only requirement for AA membership is a desire to stop drinking." This, through my own experience, I have found to be true.

Though for several years I rebelled against the archaic wording of the *Big Book* (published in 1939) and its male-dominated language, my desire to stop drinking finally outweighed my desire for society to reflect my personal views. Once I grasped this—that I can believe in God as I understand what that means—then I could get on with developing spiritually. Some days, though much less often than in the early years, I can't find my belief and am again an atheist. This is not bad, just honest. Many of my friends call the higher power Goddess, others call it God, some use other names. I find that the names don't matter except as a personal preference. The true test is—does it work?

I do not consider AA a self-help program, but rather a way of life. As the *Big Book* says, self-centeredness is the root of my problems so I must learn how to get outside myself to help others. Consequently, I am helped. This is the corner-

stone of Alcoholics Anonymous—carrying the message to other alcoholics that there is a solution to the drink problem. It is only by my continued attendance at AA meetings and daily working of the Steps that I am able to find out how I may best serve others. The paradox here is that one can't give away what one doesn't have, that to keep it, one must give it away. The beauty of paradoxes is that they don't have to make sense all at the same time!

AA is an anonymous program. The main reason behind this is that anonymity is a spiritual concept, the principles of the program being much more important than those who espouse them. Hence, though I may tell friends of my AA attendance if I deem that necessary, anonymity at the level of press, radio, TV, and films is an important tradition which also embodies the principle I mentioned earlier—no one speaks for AA as a whole.

In closing, I must mention that I am still not successful in an economic sense and have taken a lot of hard knocks to get where I am today. But, as my mother always said—it's a hard row to hoe but I want potatoes! What I do have today is a change of heart toward life and a joy of living which I could not have made up on my own. Alcoholics Anonymous has opened the door for me and for this I am gratefully indebted. ■

*"Grant me the serenity to accept those things I cannot change; The courage to change those things I can; and the wisdom to know the difference."*

(continued from page 1)

12 step meetings provide a safe space in which to share experiences, feelings, strengths, and hopes and to hear and learn from others. 12 step meetings for just about any manifesting dysfunctional behavior are available for support of the recovering individual. These include Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Sex and Love Addicts Anonymous (SLAA), Co-dependents Anonymous (CoDA), Incest Survivors Anonymous (ISA), Al-Anon (for those who care about and are affected by an alcoholic), Emotions Anonymous (EA), Overeaters Anonymous (OA), Gamblers Anonymous (GA), and many more. Most can be located by contacting Alcoholics Anonymous.

Tools for recovery include meditation, self-help books, prayer (to one's Higher Power, whatever that may be), journaling or writing, sharing talk, play, as well as other tools or techniques which may be used by or suggested by one's counselor or friends in recovery.

#### ADDICTION AND EMOTIONAL PAIN

Craig Nakken in *The Addictive Personality* (Hazelden, 1988), defines addiction as "a pathological love and trust relationship with an object (alcohol, a drug, a person, food, etc.) or event" (love, relationship, sex, work, gambling, etc.) in an attempt to get one's emotional needs met. He goes on to explain "the practicing addict has a relationship between the Self and the addict within; the recovering addict has a relationship between Self and others". The healthy person gets her emotional needs met through intimate (honest, open) relationships with other people, herself, her community, AND a spiritual power greater than herself. Each of these requires reaching out (on an emotional level) from the Self and then back into the Self, something the addict has lost the ability to do or never learned how to do. Addiction causes emotional withdrawal. When the addict feels emotional pain—*anxiety, fear, loneliness, anger, sadness, etc.*—she acts out the addiction of choice to relieve it. The relationship between the Self and the addict within is activated to ease the pain. Addiction has been called a "baffling and devious disease". It has been discovered that when a person learns to control one addiction she often switches to another mood-altering behavior (another addiction). Because this is not a conscious process, and because it takes energy, time and a great deal of courage and honesty to explore, it is one easily denied by many.

The emotional pain avoided and eased, yet prolonged by the addictive processes originates in childhood experience. These experiences may include sexual abuse, emotional abuse, and/or mental abuse, either overt or covert, direct or indirect. Incest (defined here as a sexual violation perpetrated on anyone in a subordinate position by anyone, related or unrelated, in a position of trusted authority), in which trust and boundaries are violated on a deeply personal level, is often found in the history of women in recovery. Sexual, emotional, physical, or mental abuse programs us for addictive/dysfunctional behaviors and self-destructive, painful interpersonal experiences in adulthood.

The effect of abuse in childhood is in unmet emotional needs. Throughout adolescence and adulthood we attempt to compensate for these unmet needs by developing addictions or co-dependent behaviors and an emotionally dishonest lifestyle which help us cope with life, and the pain that unmet needs causes us. Unfortunately, these dysfunctional behaviors also help us to avoid confronting and working through the pain of childhood. Recovery is not about placing blame, our parents taught us only what they were taught. They did the best they knew how to do. It is believed that dysfunction is passed down from generation to generation. These diseases keep us from connecting with and developing an honest, open relationship with the Self and others; they imprison the only part of us that can fully experience the joy of living. That part of us that is necessary to reach our potential as human beings...the Self.

In most cases one must hit an emotional bottom before she becomes willing to go to any lengths to change. Remember these are life-long patterns of behavior that the woman in recovery is trying to break. It is essential for her to have a group of healthy individuals to support her through this painful process of change and healing. It is in the 12-step meetings that such individuals can be found.

Recovery offers us a pathway to the Self, a roadmap to wholeness. It supports us in changing behaviors and thought processes. It teaches us to nurture ourselves and encourages us to give birth to the goddess within. Recovery is an ongoing process, a lifestyle, for if we are not practicing recovery in our daily affairs, we are practicing one or more of the multitude of addictions or co-dependency. Practicing our disease helps us avoid ourselves and manipulate life. Recovery helps us face ourselves and face life on life's terms. Recovery is personal growth, emotional

growth. Successfully practiced, recovery leads to a fuller, richer, happier life—a new freedom.

#### RECOVERY: a new way of life!

\*Co-dependency has been defined by the First National Conference on Co-dependency, held in September, 1989, as "A pattern of painful dependence on compulsive behaviors and on approval from others in an attempt to find safety, self-worth, and identity."

## GROUP COUNSELING OFFERED AT HERLAND

Beginning Monday, June 11, at 7:00 p.m. group counseling will be offered at Herland.

Counseling will focus on current issues in each woman's life and exploration of the origins of today's problem behaviors, along with methods to facilitate healing and emotional growth. 12-step philosophy and meetings will be encouraged as an adjunct healing medium to the group counseling process. Fee for each weekly session will be set up on a sliding scale from \$15 to \$1, based upon one's ability to pay.

Space is limited to 8 participants. To assure your place in the group or for more information call Karen at 528-3151.

First meeting of the group will be on Monday, June 11 at 7:00 p.m., at Herland, 2312 N.W. 39th Street. Any woman who wishes to take part is welcome. ■

---

## FUNDRAISING

Can you sponsor a **day in the life of Herland**? Did you know that it takes a little over \$25 a day to operate Herland? Your donation of 25 or 30 dollars will help make a day in the life of Herland. Are you saying to yourself I'd really like to help but \$25 is too rich for my blood? We'll accept anything you can spare to sustain what has become a nationally respected women's organization. We're one of a kind. Also, remember that your donation is tax deductible. We at Herland say THANKS for your wonderful support. ■

**WELCOME!** to more than fifty new readers, who signed up for the Herland *Voice* while at the National Lesbian Conference organizing meeting in Kansas City the weekend of April 28. We are glad to have you join us, and extend our apologies for the garbling of some of your names on the address labels—we couldn't make out your writing sometimes. We hope they all get through. . . . .

**MARK YOUR CALENDAR NOW!**

Herland will present Elaine Townsend, an up-and-coming musician from the California Bay area, in concert on July 28. Watch for details in the July issue of the *Voice* . . . . .

**SAPPHO, a women's choir**, has had 3 meetings so far. There are 12 women involved and we need more! All interested women are encouraged to attend. For more information, call Mary Reynolds at 528-0020. . . . .

**WOMEN'S SUNDANCE**—come support a week-long Native American women's ceremony held in the Arizona high desert July 1-8. For details call Roddey at 364-7596. . . . .

**Local all-woman sweatlodge** is being organized. Call Roddey at 364-7596 for details. . . . .

**Organizers of the Village Inn Boycott** report the Village Inn management has still not responded to concerns regarding a waiter physically accosting a female customer. The boycott continues. . . . .

**EARTH DAY '90** at Herland was a success: we planted three trees (two Bradford Pears and one flowering Crab-apple), iris, moss rose, lilies, wisteria, elephant ears and more. It was a good feeling having hands deep in the good dirt at Herland; many thanks to all those who worked so hard: Sally, Margaret, Jeri, Karen, Kathy, Michelle, Teresa, Kay and Barbara, and Ginger and Candy, who mostly were inside painting. Peggy and Sally did much of the ground preparation the day before, including moving lots of bricks and concrete blocks and making a path to the parking lot.

*And thanks especially to Barbara Tate*, who donated the trees and most of the above mentioned plants, as well as many evergreens which are going in the back yard. . . . .

**The First Unitarian Church** of OKC will present Tom Paxton in a benefit concert on June 5, 1990 at 7 p.m. at St. Luke's Methodist Church, 222 N.W. 15th, OKC. Proceeds from the concert benefit the Rest Day Shelter For the Homeless. Tickets are \$10 and are available in *advance* only. Tickets may be obtained by sending a check or money order to: Tom Paxton Tickets, Box 1683, OKC, OK 73101. For information call 232-9224. . . . .

**The Women's Project** presents "Surviving and Resisting Lesbian and Gay Hating," a workshop designed for lesbians and gay men to examine the impact of society's homophobia on their lives, on June 20 at the Women's Project, 2224 Main St., Little Rock, AR. The workshop will be lead by Suzanne Pharr, the author of *Homophobia: A Weapon of Sexism*. The \$20 registration must be received at the Women's Project one week prior to the training. . . . .

**The OU Women's Studies Program** has announced the establishment of prizes to be offered to talented students. The Afleck-Carroll Prize, awarded in honor of Marilyn Afleck, Associate Professor of Sociology, who is retiring as Assistant Director of the Women's Studies Program will be awarded to a woman Ph.D. candidate with preference to those whose work is related to, or influenced by Women's Studies. The winner will wear at her graduation the cap and gown and Ph.D. hood of Laverne Carroll, Professor Emerita of Library Science. The Hillyer Prize, named in honor of Barbara Hillyer, Associate Professor of Human Relations and founding Director of Women's Studies at OU, will be awarded to an undergraduate Women's Studies student. Both prizes will include a cash honorarium. . . . .

**Women are being actively recruited** by the FAA for positions as Electronics Systems Specialists. No experience is required. Salaries start at \$16,305. For information contact: Nancy E. Wigal at (804) 222-7383. . . . .

**Articles, poetry, graphics, short fiction** are needed for the *Voice*. The July issue will focus on Women and Poverty. The August issue will feature Children's Rights. The deadline for each issue is the 5th of the previous month. ■

**BE A PART OF HERLAND**

Herland is the collective effort of the women of Oklahoma. You can be a part of creating and sustaining this very special community we call Herland. Join a committee, volunteer to work in the resource center, or make a contribution to help meet the monthly expenses. Herland will be what you make it.

**YES, I want to help Herland continue to grow.**

- I'm interested in working on a committee. Please have the committee chair call me.
- I'd like to volunteer at Herland. Please have the volunteer coordinator call me with more information.
- Here's my contribution of \_\_\_\_\_ to help support Herland.

Name: \_\_\_\_\_  
Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State/ZIP \_\_\_\_\_

**TAKE BACK THE NIGHT**

**OKLAHOMA WOMEN AGAINST VIOLENCE AGAINST WOMEN**

in conjunction with Herland Sister Resources, Metro OKC NOW, and many other women's groups are sponsoring a

**TAKE BACK THE NIGHT MARCH & RALLY**

Friday, June 8th, 1990, 8:00 p.m.  
Memorial Park, 36th & Classen,  
Oklahoma City

**TAKE BACK THE NIGHT!**



848-5429

**SHIRLEY M. HUNTER, M.Ed.**

LICENSED PROFESSIONAL COUNSELOR

*Emphasis on the problems of gay people.*

PENN PARK OFFICE COMPLEX ● SUITE 102  
5009 N. PENNSYLVANIA ● OKLAHOMA CITY, OK 73112

M. COLEEN WOODY

MARILYN D. BEST

**ATTORNEYS-AT-LAW**

*General Practice*

1518 N.W. 29th St.  
Oklahoma City, OK 73106

405-525-2174

*Karen L. Lewis, M.Ed.*

Mental Health Counselor

(405) 842-7577  
(405) 528-3151

4801 N. Classen  
Suite 147  
Oklahoma City, OK 73118

*...helping  
people  
grow*

366-0923



**HELEN HOLGATE**

**Certified Alcoholism & Drug Abuse  
Counselor**

**Sam L. Nicolosi, D.V.M.**

**NICOLOSI ANIMAL HOSPITAL**

4015 N.W. 23rd  
Oklahoma City

*by Appointment*  
Phone (405) 947-5545

*Honoring what is in your body, so that it can unwind  
into its own truth. We are always moving  
toward health, if we'll only allow it.*

**THE ASTON MASSAGE**



RHONDA L. SMITH  
Practitioner

(405) 942-4748  
(405) 524-2958

**TREAT YOURSELF TO THE "TOUCH OF GOLD."**  
*Treat your special someone, too, for \$10 off her massage!*

**Touch of Gold**

HEALTHFUL • STRESS RELIEVING MASSAGE

Special  
discounts  
available  
to all  
Herland  
readers!

by  
**Melanie J. McKiddy**  
MASSAGE THERAPIST

360-6945

"Portable"  
massage  
table  
available  
for your  
convenience.

**Edwina V. Johnson, D.D.S.**

*"Catering to Cowards needing Tender Care"  
in Comprehensive Dentistry*

5009 North Pennsylvania Ave, Suite 103  
(405) 840-5410

Night & Sunday practice by appt. only  
Emergencies welcome



Insurance accepted

