

A NEW LEAF

DISTRICT 6 NEWSLETTER
2628 PROSPECT AVENUE
LA CRESCENTA, CA 91214

JANUARY 1992
STEVE E. & GEORGE B., Eds.
FAX#: 213-261-5192

DOPE, DOPE, EVERYWHERE

He breaks up the dope and rolls a joint, the breakfast joint, the one he has to smoke before he can go to work. Later, there's the joint he must smoke as soon as he gets home at night, before can even say hello, the first of a long line he smokes in front the TV, until it's time for bed. He never wants to go out, read a book, visit friends, go to the movie -- sitting on the couch watching TV, reading the paper, eating junk food and getting high is all he really wants to do.

What a fascinating life he leads.

People ask me if it's hard living with someone who is still getting high. It's not hard at all! It's the best reminder of what a limited life I had been living before I stopped smoking pot. Now I can see what it looks like to be a slave of this herb, this substance. It's absolutely unreal -- but I spent most of my adult life exactly the same way. The money that goes into it, the worrying about running out, the getting high before, during and after any event, from taking out the garbage to going to the market.

What a pale excuse for living.

Ask me if I long for the strange mood swings, ranging from utterly torpid to irritable and irrational. Do I pine for all those near-misses in the car? Yearn for the days of being afraid to answer the phone because I just got loaded and it might somebody straight? Do I miss spending ninety percent of my time either getting high or thinking about getting high, wondering it is was time for the next joint, then smoking and wishing I hadn't got high, because now I was totally numb and fogged up and incapable of getting off the couch? Mourn for the days of showing up at social events late, red-eyed and stupid, waiting for the chance to hurry off home and get stoned again?

I am so GRATEFUL to be off that endless round, a hamster on the wheel in his cage, going round and round. I am so HAPPY to be

free from minute-by-minute slavery to a substance, some stupid HERB. I am so THANKFUL to be living my life instead of walking through it like a zombie!

Being around a dooper every day just reminds again and again how grateful I am to have my freedom back. Janet F.

HELPLINE



If you need to talk, here's a list of people who would like to listen.

<i>Carol M</i>	<i>818-708-0717</i>
<i>Loren N</i>	<i>818-509-1715</i>
<i>Al & Michelle E</i>	<i>818-994-3161</i>
<i>Korie M</i>	<i>818-884-1223</i>
<i>Terri R</i>	<i>818-563-6689</i>
<i>Tina K</i>	<i>818-564-1601</i>
<i>Dave K</i>	<i>818-348-3180</i>
<i>Az A</i>	<i>714-288-9139</i>
<i>Fred M.</i>	<i>213-558-3864</i>

Remember, we are not alone - we are all here to help each other.



Happy Birthday !!

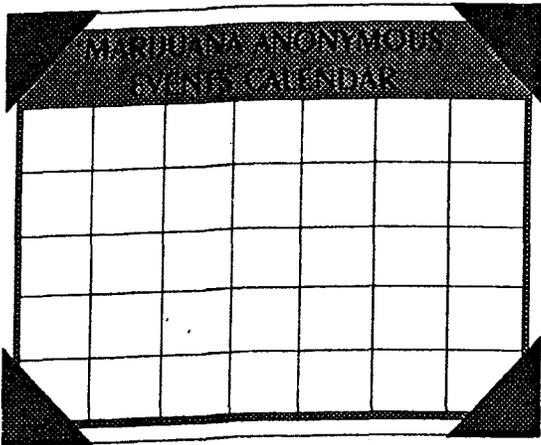
- Ilisha C. January 2 Three years***
- Tina K. January 7 Two years***
- Mimi January 8 Six years***
- Loren N. January 14 Two years***
- Dave K. January 15 Three years***
- Seth January 18 Two years***
- Mike McK. January 23 Four years***

GENERAL SERVICE MEETING

Thursday, February 6, 1992 7:00 PM
9919 La Tuna Canyon, Sun Valley
EVERYONE IS WELCOME!



We are celebrating one year of the newsletter next month and as this past year ends, we want to thank all of you who have written articles or have read them. As our second year starts, we are proud to inform you that Districts 5 (Orange Co) and 7 (LA South) are joining the New Leaf and we look forward to getting articles, birthdays and events from them. This is your newsletter, so please help us to make it bigger and better. Eds.



UPCOMING EVENTS

JANUARY 9
9919 LA TUNA CANYON,
SUN VALLEY
Call TERRI M.

JANUARY 18
Call TINA K.
FEBRUARY 1 & 2
Call CAROL M.

FEBRUARY 29
DISTRICTS 5 & 6
Call DAVE K. (Dist. 6)
Call SEAN P. (Dist. 5)

**H & I PANEL ORIENTATION
and Discussion 7:00**

818-771-0125

ICE SKATING PARTY
818-564-1601

YARD SALE
818-708-0717

SOBER SOFTBALL GAME

818-348-3180

714-548-2521

District 6 is looking to put together two soft ball teams, a mens and a coed. So contact us if you're interested. Contact Dave K., 818-348-3180 or George B., 818-771-0704, ASAP.



DOPEHEADS ON MOPEDS

Why did the doper cross the road?
I forget.

How many potheads does it take to screw in a lightbulb?

I thought you bought the lightbulbs
I like it in the dark

They're around here somewhere

You heard about the doper who was a big dealer?
He could never find his keys.

You heard about the MA member who had the clap?

Thanks for letting me share.

You know it's time to quite smoking dope when:

- Your pizza delivery guy knows your voice on the phone.

- You carefully check out the contents of any ashtray.

- You get misty-eyed when you're driving by the park and smell a skunk.

- You think Easy Rider is still the best movie ever made.

- You always can find enough pot in your carpet to put together one last bowl.

- Even your dog can't pass a pee test.



WE WILL SURELY BE WITH YOU...

I am almost three hours into the new year of 1992. It's been an eventful past year and today has been a long day. Right now, at this minute, I am grateful. Grateful to be under the roof of some friends who care about me. Sometimes, the seemingly strong ones around us in recovery need a shoulder to lean on. I need people in my life today. I need real friends in my life today. My greatest fear in sobriety is that I will end up alone. I'm an alcoholic and an addict. I know what ALONE feels like.

Last week, getting through Christmas was such a chore. My children visited me on Christmas day, we exchanged presents, spent the day together and then parted. For over a year now when my two boys and daughter leave, we tell each other "I love you". We hug and smile and kiss and say goodbye. Sometimes, the ALONE feeling comes back quickly, sometimes slowly. I always go to a meeting after they leave. Being with others who are sometimes ALONE on the inside seems to help.

Earlier, I didn't feel like going to the ROACH MOTEL meeting. I wished I hadn't volunteered to fill in for the secretary on New Year's Eve. But I don't do parties well, even sober ones and I've presently much given up on TV. It was a small meeting. Only seven people showed up, no patients tonight. I listened to a man share about his apparent lack of control over quitting marijuana. He's doing okay with coke, alcohol and the other drugs, but he just can't seem to give up the weed!! He's used for 26+ years. Small wonder that his life won't come together in two months. I identify with this man and share about how it was for me in early sobriety. We are alike in many ways it seems. He's been coming around for about two months, never calls anyone, seldom talks, slips about every couple of weeks and I can tell that inside he is feeling ALONE!! We exchange phone numbers and make a commitment to meet at an MA meeting the next night, the Costa Mesa Big Books Step Study.

Before I left the meeting we had both laughed, talked and shared some hope. I left

feeling less ALONE than when I had arrived. Maybe he did too.

My God is working in my life today. Whenever I let another human being into my heart, it seems that God comes in right behind them. Thank you people of MA who were there for me when I came in very ALONE. Thank you newcomers for sharing your ALONENESS with me and in the sharing we reduce our ALONENESS. Thank you my MA family and my God for another shot at life and the restored hope in my heart. Living in the fellowship of the spirit I need never be ALONE again, no matter what I feel like. Right actions will eventually lead to right thinking and to good feelings. Anon.

From Tree to Everlasting Tree

the thick tree on its
corner sits while
young men smoke to
lose their
wits and wrap fast cars
in the dark
around the tree's decaying
bark

while blue suits go to
mama's door to parents rich
and parents poor .
the tree stands firm and
resolute with all the cars
wrapped 'round its
roots

and days go by and
night pass too metered
out by the boys in
blue
making their way to lonely
doors behind which move
the daily chores of
parents who hearts will rend
in two
for their blessed child is gone
and here no more
forever wrapped 'round
the
sycamore Karn



**Southern California
Marijuana Anonymous
Schedule of Meetings**
Updated 1-1-92



SUNDAY

- 5:30 PM Glendale - Discussion *(25/C4)
225-D N. Maryland Ave.
(Positive Directions Activity Center)
- 7:00 PM Newport Bch - Open Panel *(33/C4,OC) H/A
301 Newport Blvd. (Patient Lounge)
(Hoag Hospital Chemical Dependency Unit)
- 7:45 PM West Hollywood - Men's Stag *(33/D5)
8939-1/2 Santa Monica Blvd., Upstairs
(W. Hollywood Drug & Alcohol Center)

MONDAY

- 7:30 PM Orange - Participation *(17/B4,O.C.) H/A
1100 W. Stewart
(Sister Elizabeth Recovery Center)
- 8:00 PM North Hollywood - Participatn. *(16/A5) H/A
6455 Coldwater Canyon Blvd.
(Life Plus Institute)
- 8:30 PM W. Hillywd "Rastaman Vibrations" *(33/D5)
8939-1/2 Santa Monica Blvd., Upstairs
(W. Hollywood Drug & Alcohol Center)

TUESDAY

- 7:30 PM Orange - Women's Stag *(17/E2)
(At the end of Oakmont Ave,
behind school grounds in trailer)
- 8:00 PM Mar Vista - Participation *(49/F2) H/A
3590 Grandview Blvd.
(2 blk N. Venice - 1 blk E. Centinela)
(St. Bede's Episcopal Church)

7:30 PM Orange - "Roach Motel"
401 S. Testin Ave.
(OC Comm. Hospital Cafeteria)

8:30 PM Woodland Hills - Participation *(13/D1)H/A
20969 Ventura Blvd. #19
(French Quarter Building)

WEDNESDAY

7:00 PM Lancaster - Step Study/Partcptn *(160/B5)
44743 Yucca Avenue
(Old Skating Rink)

7:00 PM Pasadena *(27/F4)
2900 East Del Mar Blvd.
(Las Encinas Hospital)

7:30 PM Culver City - Beginner's Meeting *(42/C6)
3853 Dunn Dr.
(1 blk E. of Clarington - N. of Washington
(Cornerstone House)

8:00 PM Costa Mesa - Big Bk Stdy *(31/C1,O.C.) H/A
661 Hamilton, Room 640
(REA Community Center)

8:00 PM North Hollywood - Discussion *(15/F5)
6323 Woodman Ave (1/2 blk S. of Victory)
(Crossroads Hospital)

8:00 PM Van Nuys - Book & Step Study *(15/C4)
15220 Vanowen Blvd.
(Van Nuys Hospital, Room C)

8:15 PM Los Angeles - All Welcome *(34/B4)
1213 N. Highland Ave
(at Santa Monica)
Gay & Lesbian Comm. Services Center

THURSDAY

8:00 PM Mar Vista *(49/F2) H/A
3590 Grandview Blvd.
(2 blk N. Venice - 1 blk E. Centinela)
(St. Bede's Episcopal Church)

8:00 PM Mission Viejo - Stp Stdy "Last Connection"
23228 Madero, Conference Room
Mission Viejo Charter Hospital

FRIDAY

6:30 PM Pasadena *(27/B3) H/A
131 N. El Molino, #320
(Pasadena Cncl on Alcoholism/Drug Dep.)

7:30 PM Orange "TGIF" Step Study*(17/B4,O.C.) H/A
812 Town and Country
(Ground Floor, Room 13)

8:00 PM Northridge - Participation *(14/C1) H/A
18420 Roscoe (at Reseda Blvd)
(Pavilion Plaza)

8:30 PM West Hollywood *(33/D5)
"Resin Resisters" - Step Study
8939-1/2 Santa Monica Blvd. Upstairs
(W. Hollywood Drug & Alcohol Center)

SATURDAY

10:30 AM Los Angeles - All Welcome *(34/B4)
1213 N. Highland Ave
(at Santa Monica)
Gay & Lesbian Comm. Services Center

12:00 Noon Woodland Hills - Spkr Meeting *(12/E5)
6201 Winnetka Avenue
(Pierce College Campus Center)

6:00 PM San Diego, "Weed Whackers"
9184 Gramercy Dr. (Von's Shopping Center)
(Serenity Shop - Back Room)

LEGEND

* - Thomas Guide Coordinates
H/A - Handicapped Accessible

For Information on Meetings
in Other Areas, Call
1-800-766-6779

**MARIJUANA ANONYMOUS
P.O. BOX 2912
VAN NUYS, CA 91404**

**(818)-566-3678
(213)-964-2370
(714)-491-6053**