



A

NEW

LEAF

DISTRICT 6 NEWSLETTER
2628 PROSPECT AVENUE
LA CRESCENTA, CA 91214

MARCH 1991

FAX#: 213-261-5192

DEPRESSION

AND THE TWELVE STEPS

I am an addict and a depressive. I wish I were manic depressive, but I have never experienced the up, just the down. Getting to the "almost OK" has been a struggle all my life. My first attempt at suicide was at eleven. Depression is a disease. In many ways it's like addiction. Something goes wrong with your thinking, and a lot of it is chemical changes in the brain. When you use, people say, "control yourself". When you're down, the same people say, "snap out of it". If I could have just snapped out of either one of these disease, I'd have done it long ago!

Now that I'm clean I don't seem to have as many bouts with depression as I did, but when one comes, it hits like a sledge hammer because I'm used to having my head screwed on a little straighter. At first it seemed like it must be my fault and I wasn't being sober "properly" (what ever that is). Now I've come to realize that being depressed is just something that happens to me, like catching a cold. Sometimes it lasts a couple of days. Sometimes it lasts a couple of months. I have no idea why it hits or when it's going to. What I have learned is to accept it.

I read Page 449 in the Big Book and when "it" hits, instead of trying to figure out what I've done wrong, I just accept that here I am experiencing depression again and try to do what I can get done (it really saps the energy) and put off the rest till later. I say my own versions of the first three steps over and over almost like a mantra. "I admit I'm powerless over depression and my life in unmanageable". "I've come to believe that a Higher Power can restore me to sanity". "I turn my will, my life, and my depression over to the care of my Higher Power". It works.

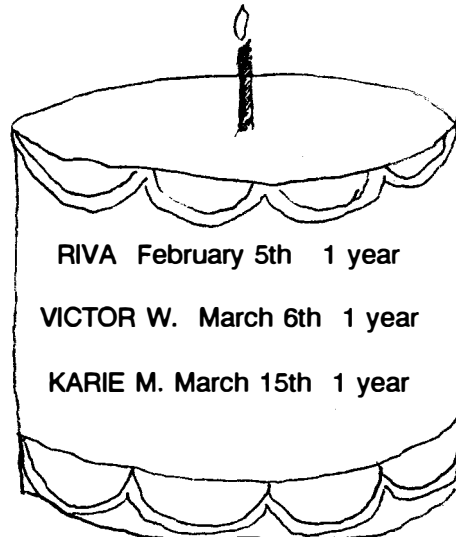
Carol M.

HELPLINE

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

Terri R.....	818-563-6689
Geoff F.....	818-548-5365
Albert J.....	213-661-2449
Terry M.....	818-795-8171
Carol M.....	818-708-0717
Darla R.....	818-445-2442
Steve E.....	818-248-9238

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



Please share your birthdays with us.
Just tell your GSR or mail it
to the address above.

MEETING SPOTLIGHT

The Tuesday night meeting of **MA** in Woodland Hills is a wonderful place to help you find and maintain sobriety. The group has been meeting for about three years, one of the first **MA** meetings in the San Fernando Valley. There are many "regulars" who've been attending since then, so there is some longer term sobriety to draw from in the group. And, there always seem to be newcomers at the meeting to remind us from whence we came. Though the meeting has grown over the years since I've been attending (usually 20-30 people), it remains a warm, intimate, very supportive group.

Our group is committed to service in **MA** as well. You'll always find us at **MA** functions from parties to garage sales, understanding the meaning of staying out of slippery places and sticking with the winners. Currently, 4 or 5 regular participants of the group attend **MA** innergroup meetings, representing the Tuesday night and other Valley meetings. Our own Carol M. is chair of District 6 Innergroup, and Dave K. is chair of the May Conference Fund-Raising Committee. Sanford G. just became head of the Public Information Committee. Participation in our own sobriety is a message clearly heard and practiced by people in this group.

In May, we will be sponsoring a meal at the conference, another opportunity to work and play together. And, several of us will be providing entertainment at the party, hosting a delegate, and helping out in any way that we can.

So, "give freely of what have and join us." We're at:

**20969 Ventura Blvd., #19
("French Quarter" building,
1 block west of De Soto Avenue),
Woodland Hills, every Tuesday night
8:30 - 10:00 PM.**

Andi A.
GSR Tuesday, Woodland Hills

The following folks could use some help, please contact:

WORLD CONFERENCE COMMITTEES

CONFERENCE COORDINATOR	Loren N. 818-509-1715
HOUSING & TRANSPORTATION	Tom B. 818-584-9509
FOOD & ENTERTAINMENT	Geoff F. 818-563-4730
FUNDRAISING	David K. 818-348-3180

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INNERGROUP
MEETS AGAIN
AT 7:30 PM**

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April 10, 1991
**FOR MORE INFORMATION
CONTACT YOUR GSR**

Terry's Story

Today I have many things to be grateful for. In the past three years, my life has changed a lot. To list all these changes would be impossible. There are so many things I take for granted today that I would not have known before the changes of these last few years. In 1984, my entire existence was based on drugs. I was unemployed and unable to contribute to my family's needs. I dealt drugs as a means of maintaining my life-style. 1984 should have been my bottom, but it was not. In an attempt to go straight, I found a job which gave me the false feeling of contributing to life, mine and others, but still I only looked forward to getting high. So life went for 2-1/2 years.

In August of 1986, I was involved in a serious automobile accident that was directly related to drugs. Again, I tried to get sober but my heart wasn't really in it. In February 1988, after again turning to heavy drug use this time out of the stress of mounting success rather than the feeling of despair, I hit bottom.

Drugs were everything, I couldn't live without them, although I wanted to. I was afraid of dying. I recognized I wasn't functioning well, I felt bad all the time. I vowed to quit forever. That's when the miracles started happening. I asked for help. Suddenly I was surrounded by people who understood how I felt, who I was and what I needed... they loved me. I didn't believe what they said worked for them would work for me, but I tried anyway, and somewhere along the way, it started working. I stayed sober and I started to feel better. I started believing and I held onto what they had and what they said with all my might. I followed some directions and noticed other changes too. I didn't feel like I had to get loaded anymore in fact I didn't even want to. The size of my problems seemed to shrink and my ability to deal with them got

stronger. I no longer felt I had to focus 100% of my effort on staying sober. I coasted along. I was not acutely uncomfortable anymore, however, I wasn't comfortable either. I sensed I needed to make more changes, but I was afraid. I was afraid to risk more change. I had been in a significant relationship for 9 years that I felt I needed to be in more then I wanted to be in. The time for trust had come and did I really have the courage and self-esteem I wanted to believe I had?

On July 15, 1990, I told my wife I wanted to live alone. I was terrified she was angry. I packed my suitcase, said a thousand or more prayers, and when I left, I felt like I was stepping off of the edge of the world. An eskimo caught me and...in spite of my fear, through him and other friends God provided everything; shelter, income, transportation, food, and the most needed thing of all, love. He provided all of this in ways and times better than all I could have planned or dreamed for.

And now I'm on my own two feet again feeling like I am in control of my destiny and again I seem to be missing something.

If I am to learn from my mistakes or my triumphs, I must question them and seen them for what they are. In doing this, I realize my life works best when I am at the bottom, on my knees and leaving my destiny to a higher power. When I surrender, I experience peace and simplicity. The goal then is simple. How do I stay in a state of humble surrender?

I am searching for the answer.

Terry M.

Southern California
Marijuana Anonymous
Schedule of Meetings

SUNDAY

- 10:00 AM El Segundo
"Sunday Morning Joint Effort"
550 N. Continental Blvd., Suite 130
(W. of Aviation, N. of El Segundo)
- 4:30 PM West Hollywood *(33/F4)
1296 N. Fairfax (corner of Fountain)
(United Methodist Church)
- 5:30 PM Glendale - Discussion *(25/C4)
225-D N. Maryland Ave.
(Positive Directions Activity Center)
- 7:00 PM Huntington Beach - Step Study *(26/B4)
2205 Main Street, Suite 16
(Church of Religious Science,
Seacliff Village Shopping Center)
- 7:45 PM West Hollywood - Men's Stag *(33/D5)
8939-1/2 Santa Monica Blvd., Upstairs
(W. Hollywood Drug & Alcohol Center)
- 8:00 PM Newport Beach - Discussion *(33/C4,O.C.) H/A
301 Newport Blvd.
(Hoag Hospital Chemical Dependency Unit)

MONDAY

- 7:00 PM Palmdale - Step Study *(183/D1)
37707 Palm Vista Ave.
(Corner R-6 - 1 blk E. 10th St. East)
(First Assembly of God Church)
- 7:30 PM Orange - Participation *(17/B4,O.C.) H/A
1100 W. Stewart
(Sister Elizabeth Recovery Center)
- 8:00 PM North Hollywood - Participation *(16/A5) H/A
6455 Coldwater Canyon Blvd.
(Life Plus Institute)
- 8:30 PM West Hollywood "Rastaman Vibrations" *(33/D5)
8939-1/2 Santa Monica Blvd., Upstairs
(W. Hollywood Drug & Alcohol Center)

TUESDAY

- 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)
- 8:00 PM Orange - Participation *(17/E4,O.C.) H/A
401 South Tustin Ave.
(Care Unit of Orange)
- 8:30 PM Woodland Hills - Participation *(13/D1) H/A
20969 Ventura Blvd., #19
(French Quarter Building)

LEGEND

* - Thomas Guide Coordinates
H/A - Handicapped Accessible

WEDNESDAY

- 7:00 PM Pasadena *(27/F4)
2900 East Del Mar Blvd.
(Las Encinas Hospital)
- 7:30 PM Culver City - Beginner's Meeting
3853 Dunn Dr.
(1 blk E. of Clarington - N. of Washington
(Cornerstone House)
- 8:00 PM Costa Mesa - Participation *(31/C1,O.C.) H/A
661 Hamilton, Room 640
(REA Community Center)
- 8:00 PM North Hollywood - Participation *(16/A5) H/A
6455 Coldwater Canyon Blvd.
(Life Plus Institute)
- 8:00 PM Van Nuys - Book and Step Study
6210 Halbreant, Van Nuys
(Genesis Recovery Group)
- 8:30 PM Manhattan Beach
1001 N. Rowell
(At the church, East of Sepulveda)
(South of Manhattan Beach Blvd.)

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 Lake Forest - Participation
23228 Madero, Conference Room
Mission Viejo Charter Hospital
- 8:30 PM Pomona *(90/F6) H/A
1910 Royalty Drive
(ATDC Center, Pomona Valley Hospital)

FRIDAY

- 6:30 PM Pasadena *(27/B3) H/A
131 N. El Molino, #320
(Pasadena Council on Alcoholism/Drug Dep.)
- 7:30 PM Orange - Bimonthly Step Study *(17/B4,O.C.) H/A
777 S. Main Street, Room 104
(Mariposa Women's Center)
- 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

- 6:00 PM San Diego
9184 Gramercy Dr. (Von's Shopping Center)
(Serenity Shop - Back Room)
- 8:00 PM North Hollywood - Participation *(16/A5) H/A
6455 Coldwater Canyon Blvd.
(Life Plus Institute)

MARIJUANA ANONYMOUS
P.O. BOX 2912
VAN NUYS, CA 91404
(818)-566-3678

For Information on Meetings
in Other Areas, Call

1-800-766-6779