



A NEW LEAF

SOUTHERN CALIFORNIA MA NEWSLETTER
2628 PROSPECT AVENUE
LA CRESCENTA, CA 91214

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

A LESSON OF LETTING GO

One of the main things that I've learned from this program is that there is a lesson to be learned in everything, no matter how serious or how simple. As a parent I had the opportunity to teach my five year old daughter how to ride her bike without training wheels. It's probably the hardest thing I've ever done as a parent and probably the biggest lesson I've learned in a long time.

We were outside of our house and got the bike and the helmet out. I decided to run behind her and hold on as tight as I could to her seat. As I'm doing this she's yelling at me, "I'm ready Mom, just let go!" So I'm thinking to myself, "yeah right". She makes it sound so simple. How can I just "let go"? What if she falls, what if she cracks her head open and ends up in an intensive care unit? All of those fears were running through my head. So I couldn't take it anymore. I thought to myself "there's no way I can just let go!" So I sat her down and told her that I was afraid to just let go and she turned to me, grabbed my face and told me that if she was ever going to learn to ride her bike, I had to just let go! Then a moment of clarity came upon me and I realized that God was trying to tell me something here and it's as simple as "just let go!" I wanted to hold onto that seat and let my fears run my life. I wanted to take control of the situation as I do with so many things in my life. But what God was telling me was that I have to have faith in him. I must believe that he's going to take care of us. By not letting go, I'm not allowing things to happen according to His will.

So I put her back on her bike and when she was ready, I just let go - that simple. Now today I know and truly believe that with a little bit of faith and a little less control we're going to be okay!

Tina K.

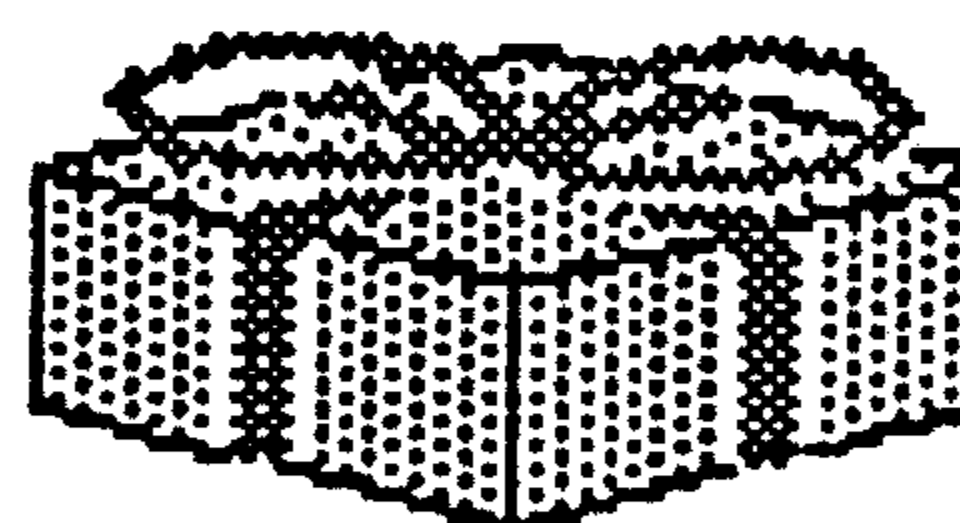
HELPLINE



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

<i>Al & Michelle E . . .</i>	<i>818-994-3161</i>
<i>Karie M</i>	<i>818-884-1223</i>
<i>Terri R</i>	<i>818-563-6689</i>
<i>Danny G</i>	<i>805-949-9741</i>
<i>Tina K</i>	<i>818-564-1601</i>
<i>Dave K</i>	<i>818-704-8812</i>
<i>Az A</i>	<i>714-288-9139</i>
<i>Grady S</i>	<i>818-363-9510</i>
<i>Fred M.</i>	<i>213-558-3864</i>
<i>Pat R.</i>	<i>619-947-4113</i>

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



Happy Birthday!!

SHANNON S. MAY 5 TWO YEARS
CHARLOTTE M. MAY 6 THREE YEARS
JOHN R. MAY 7 FIVE YEARS
RICK K. MAY 8 ONE YEAR
RON W. MAY 8 ONE YEAR
PATRICK Z. MAY 8 ONE YEAR
DAN R. MAY 15 ONE YEAR
JUDY C. MAY 15 FOUR YEARS
SETH P. MAY 20 TWO YEARS
URSULA P. MAY 22 ONE YEAR
NORMAN B. MAY 30 NINE YEARS



MARIJUANA ANONYMOUS EVENTS CALENDAR UPCOMING EVENTS

MAY 16, 2:00 TO MIDNIGHT

FIRST ANNUAL SUMMER BASH

POT LUCK, SWIMMING, GAMES, TONS O' FUN, SUGGESTED \$2.00 DONATION

CONTACT: CATHY C. 818-980-4932

JUNE 28, 10:00 AM

Picnic

CONTACT: TINA 818-564-1601

Balboa Park

July 24-26

Campout

CONTACT: TINA 818-564-1601

AUGUST 28-30

MA CONVENTION

Details to Follow

DISTRICT 5

INTERGROUP

*Thursday,
May 14, 1992*

*First Christian Church
of Orange
1130 Walnut St.
Orange, CA 92667*

DISTRICT 6

GENERAL SERVICE MEETING

*Thursday,
June 4, 1992 7:00 PM
9919 La Tuna Canyon,
Sun Valley*

**EVERYONE IS
WELCOME!**

DISTRICT 7

GSR MEETING

*Call Fred M. for Info
310-558-3864*

CONNECTION AMIDST ALL THE CONFUSION

As most of us have experienced living here in Southern California, this is one crazy area of the world! (On a trip to Canada, I was informed that people from Los Angeles were from LA-LA Land!) Through the chaos that we've all endured here lately, we need to bond. Staying together and helping each other is at a most vital point. Using will not help matters at all. Staying sober is the key.... The key to living a healthy life. Are you receiving my "Connection Amidst all the Confusion?" I hope so. Please call for further clarification.

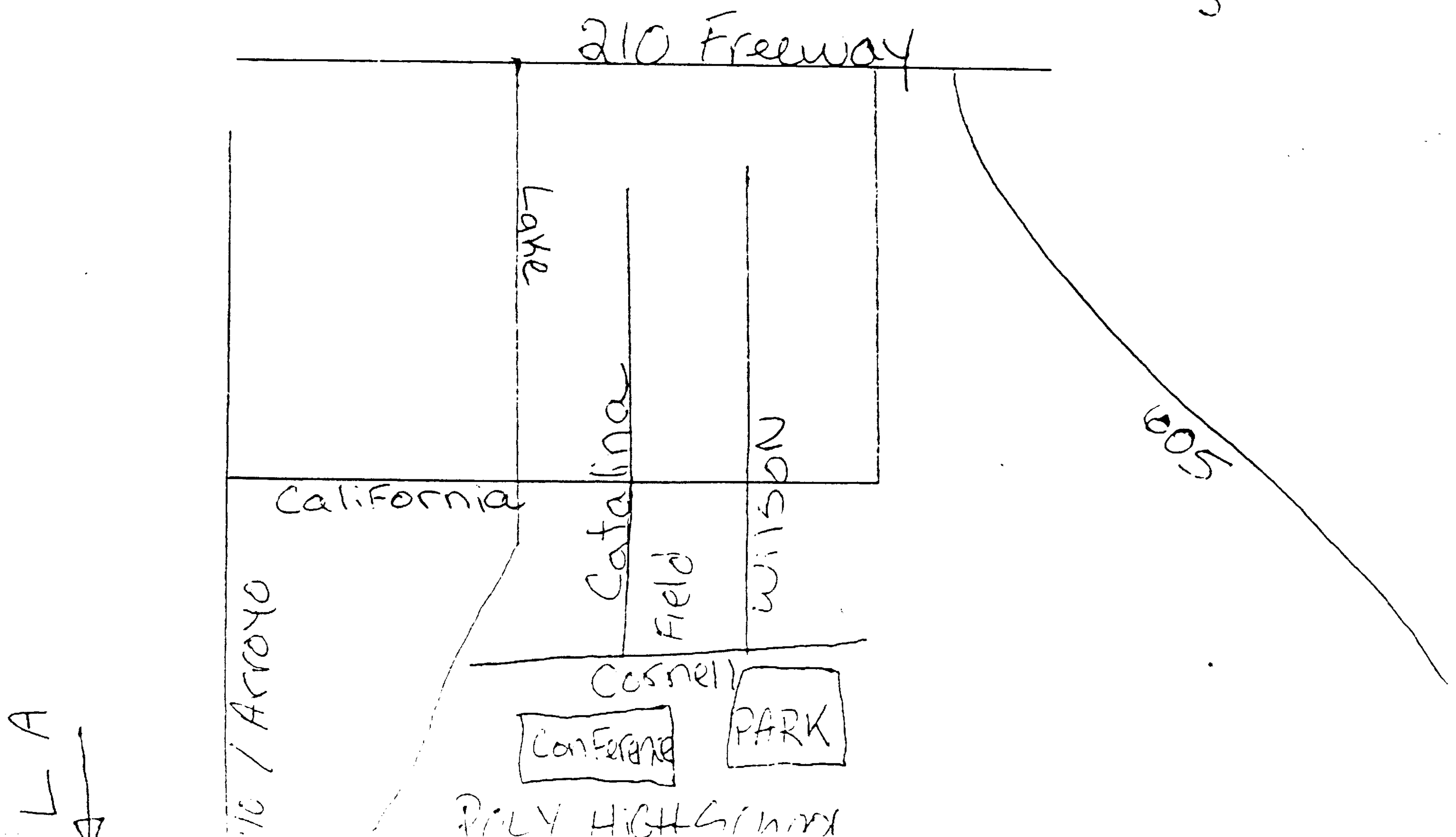
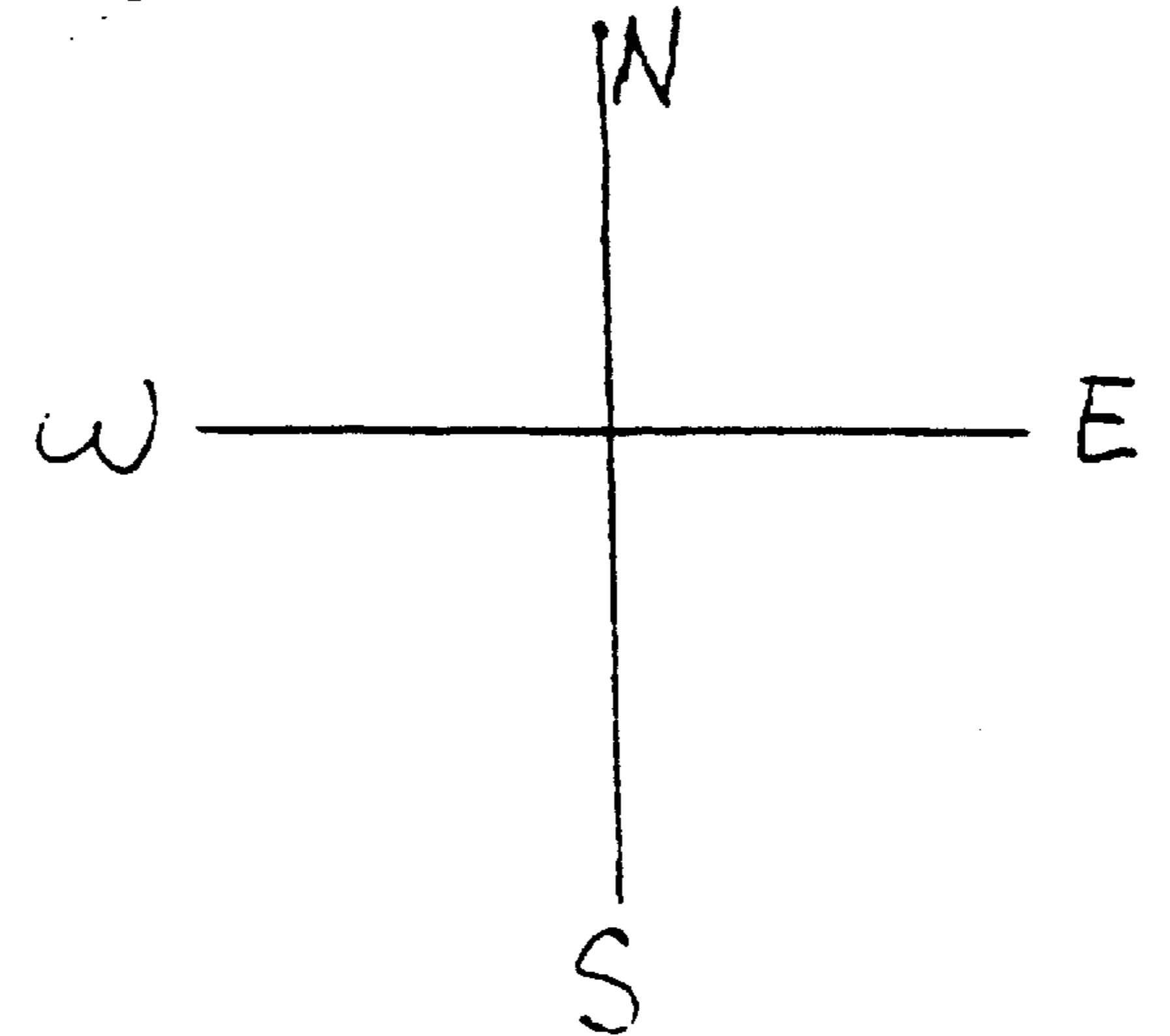
Love to you, Dave 818-704-8812

CONFERENCE DIRECTIONS

POLYTECHNIC HIGH-SCHOOL, CATALINA ST. AND CORNELL ST.: 2 BLOCKS EAST OF LAKE ST. AND 1 BLOCK SOUTH OF CALIFORNIA; THOMAS GUIDE COORDINATES - PAGE 27, C-5.

DIRECTIONS FROM THE EAST OR WEST: Exit the 210 Freeway at Lake St. and head south, away from the mountains (If coming from the West, turn right on Lake, if coming from the east, turn left on Lake. Take Lake for about two (2) miles, turn left on California Bl., turn right on Catalina (second street after you're on California, Catalina runs right into the school, either park on the street or turn left on Cornell and park in the parking lot on your right, Look for the signs. The conference will be congregating in the courtyard.

DIRECTIONS FROM THE SOUTH: Take the 110 (Pasadena) Freeway north until it ends and becomes Arroyo Blvd., take Arroyo Blvd to California and turn right, continue straight on California through Lake St. and turn right on Catalina (second street after you're on California, Catalina runs right into the school, either park on the street or turn left on Cornell and park in the parking lot on your right, Look for the signs. The conference will be congregating in the courtyard.



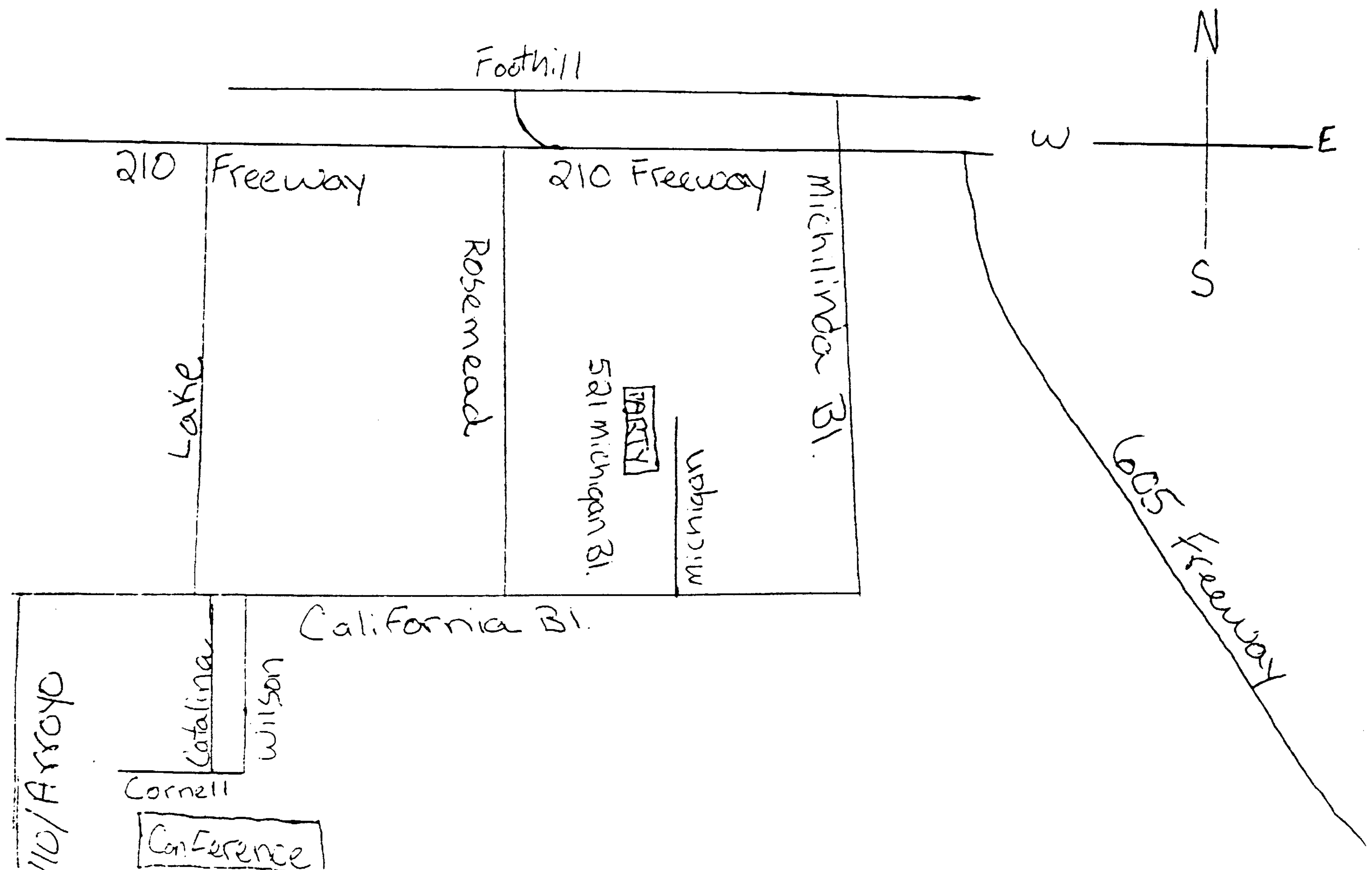
SATURDAY NIGHT PARTY DIRECTIONS

521 MICHIGAN BLVD., PASADENA: 1 BLOCK EAST OF ROSEMEAD BLVD. AND 1 BLOCK NORTH OF CALIFORNIA ST.; THOMAS GUIDE COORDINATES - PAGE 28, B-5; PHONE NUMBER (818) 795-6130 - ASK FOR TOM B.

DIRECTIONS FROM THE EAST: Take the 210 Freeway west and exit on the Rosemead/Michilinda offramp, take first right (towards Michilinda), turn right at the stoplight (Foothill Blvd.), turn right at next light (Michilinda), continue straight through Colorado Blvd. and turn right on California St., and take your second right, which is Michigan Blvd. The house is at the top of the street.

DIRECTIONS FROM THE WEST: Take the 210 Freeway east to the Rosemead Blvd. South offramp (First Rosemead exit), you won't have any choice but to go right on Rosemead, take Rosemead straight through Del Mar Bl., and turn left at the next light which is California, turn left on Michigan (There will be a median with a sign saying keep right, take a hard left in front of that sign...trust us). The house is at the top of the street.

DIRECTIONS FROM THE SOUTH: Take the 110 (Pasadena) Freeway north until it ends and becomes Arroyo Blvd., take Arroyo Blvd to California and turn right, continue on California for about five (5) miles, when you get to Rosemead, you're getting close, continue straight through Rosemead Bl. and turn left on Michigan (There will be a median with a sign saying keep right, take a hard left in front of that sign...trust us). The house is at the top of the street.



WHEN ALL ELSE FAILS, GO TO A MEETING

I was cruising through my first 37 days of sobriety. I was going to meetings, meeting new people, my self-esteem was very high and I was beginning to work the second and third steps. Then I hit a roadblock. Everything had changed. I no longer felt good about myself or the MA program. I had abandoned the idea of a higher power in my life. I was suddenly confused and upset. What had happened that changed my feelings? I couldn't put my finger on it but I knew something was wrong.

Then I went to a meeting. I took a thirty day chip and that made me feel a little better. Then I shared and listened to other people share and I felt a little better. After the meeting, some of us went outside and started talking. I really felt as though I was among my true friends. My using friends don't really know what I'm about. But my fellow MA's do. Then I started talking to a newcomer. He started asking me all of the questions that I was asking myself when I hit my roadblock after 37 days. The funny thing is I had all the answers!! I gave him my 30 day chip so he could have something to shoot for and I gave him my phone number. By helping him and talking and sharing myself with him, I realized how stupid I was and how I magnified something so trivial into something potentially devastating. My self-esteem came back up and I felt great.

This program has done wonders for me in a short period of time. I can actually not be afraid to feel. When you're stoned all the time, you have the luxury to bottle up all your feelings, but when you're sober, they all come out in the open and you actually feel like a whole person. Thank you, MA! Keep coming back! One day at a time! Frank J.

FIRST THINGS FIRST

Back in my using days, I used to be happy (or seemed happy) with just spending my time doing nothing - or as little as possible.

Ist wanted to bong out and then bong out some more. I was a champion procrastinator. But we'll get to that later. "Progress not Perfection".

I have so much that needs to be done in my sobriety and recovery that sometimes I don't know where to begin. The important thing now is that I do begin somewhere. Looking at the whole picture of what I have to do really makes me nuts, so what I do now is that the thing I can do now, even if it is in little baby steps, and I start to take the action that needs to be taken.

Lately I have been able to accomplish things that seemed impossible before. I use a very simple formula. A. I find out what needs to be done. B. I write it down. C. I decide what comes first. D. And then I take the action and DO IT! What a concept!

I am amazed at the things I can accomplish with the help of God and the willingness of me. Keep trudging the road of happy destiny!! Love, S.G.

MATTERS OF CONFUSION

Passage of growth

Progression of wholeness

Reconcile of this leads to confusion of that.

Visions of completeness is our goal....

Still we set goals unattainable.

We seek peace in understanding.

Yet peace exists in humility.

The heart struggles with what the mind cannot hold.

The mind will simply deny thing without the humility of the soul.

To be at peace with questions gone unanswered is serenity, to accept them is bliss.

Hence the soul gives the heart and mind release.

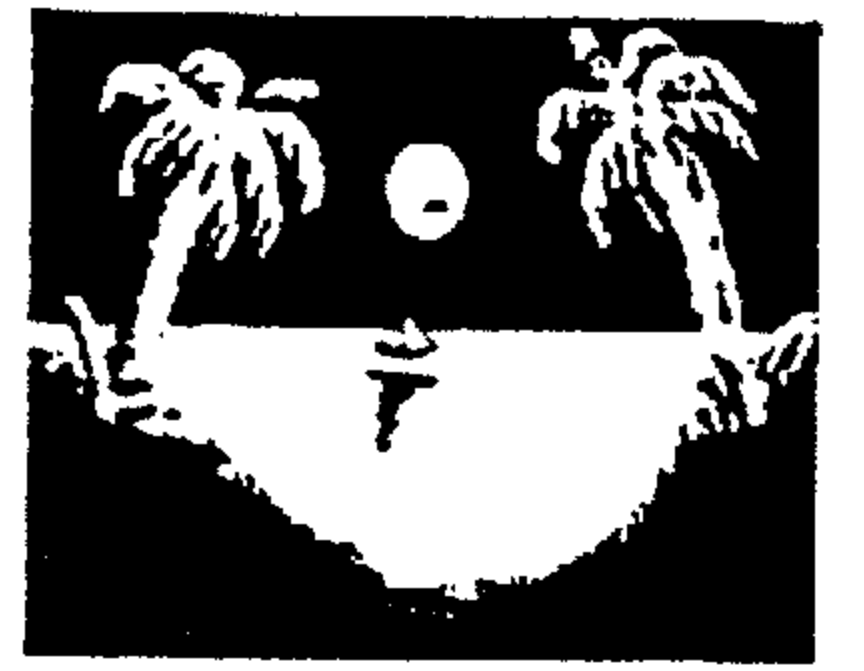
Only God gives us peace in matters of confusion

Known as life....

Anon



Southern California
Marijuana Anonymous
Schedule of Meetings
Updated 3-31-92



SUNDAY

10:00 AM Torrance - Participation *(67/F5)
4025 W. 226th St.
(Suncrest Hospital)

4:30 PM West Hollywood - Book Study *(33/F4)
1296 N. Fairfax (at Fountain)
(United Methodist Church)

5:30 PM Glendale - Discussion *(25/C4)
225-D N. Maryland Ave., Upstairs
(Positive Directions Activity Center)

7:00 PM Newport Bch - Open Panel *(33/C4,O.C.) H/A
301 Newport Blvd. (Patient Lounge)
(Hoag Hospital Chemical Dependency Unit)

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)
6455 Coldwater Canyon Blvd., Upstairs
(Life Plus Institute)

8:30 PM W. Hillywd "Rastaman Vibrations" *(33/D5)
8939-1/2 Santa Monica Blvd., Upstairs
(W. Hollywood Drug & Alcohol Center)

8:30 PM Hesperia H/A
15800 Main Street, Suite 170
(Traffic School Office)

TUESDAY

7:30 PM Orange - Women's Stag *(17/E2, O.C.)
401 S. Tustin Ave.
(Orange County Comm. Hospital)

7:30 PM Orange - "Roach Motel" *(17/E4, O.C.)
401 S. Tustin Ave.
(OC Comm. Hospital Cafeteria)

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

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

WEDNESDAY

6:30 PM Van Nuys - Disc. *(15/C4) H/A
15107 Vanowen Street, 3rd Floor
(Valley Presbyterian Hospital)

7:00 PM Lancaster - StpStdy/Partcptn *(160/B5) H/A
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)

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

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

THURSDAY

7:30 PM Van Nuys *(15/C4)
15220 Vanowen Blvd.
(Van Nuys Hospital, Room C)

8:00 PM Mar Vista *(49/F2)
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 Cnd 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 - Speaker Meeting. *(34/B4)
1213 N. Highland Ave
Gay & Lesbian Comm. Services Center
All Welcome

12:00 Noon Woodland Hills - Spkr Meeting *(12/E5)
6201 Winnetka Ave. Rm 1109, Pierce Coll.
(Social Sience Bldg, Winnetka Entrance)

12:00 Noon Whittier - Participation *(55/D6)
Room #N
12200 Washington Blvd.

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

6:00 PM Fountain Valley Participation
16533 Brookhurst
(Elaine's Gifts Back Door)

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