A NEW LEAF

DISTRICT 6 NEWSLETTER 2628 PROSPECT AVENUE LA CRESCENTÀ, CA 91214 JUNE 1991

FAX#: 213-261-5192

DOIN' WHAT FEELS GOOD

I have always had difficulty understanding how and why people don't do a lot of what feels good. In other words, when I first began smoking pot, it felt very good, so I did it a lot. Sex is the same thing. It feels good, so I do it and do it a lot. I understand now, though, that too much of anything can be harmful, whether it is sex, drugs or rock-n-roll. Sobriety to me means many things. It means finding a healthy balance in life. That goes for all aspects of life too. It is not easy, but it is simple. Believe it or not, human beings are extremely complex things. Our minds are soo powerful that sometimes I think they are more powerful than any drug. Smoking marijuana allowed me to remain on the same level, even the few occasions that I was sober (during my using years). I found myself on almost the same, dull level I was on when I was stoned. For a long, long time though, I seemed to enjoy that level.

Today, the levels I encounter are dealt with up front, sober. Actually, I couldn't face life today (the way I have for the past 28 months) without being sober. I feel many, many feelings today.... and I love it! Sometimes, I feel feelings I have never felt before or I don't understand why I feel certain feelings, but I am very grateful, happy and accepting of the fact that I do feel. When I was stoned, I <u>thought</u> I felt, but I didn't. Today I feel, sometimes even too much, but I'd rather feel too much than not feel at all. I'd rather be in love, have my heart broken, almost kill myself and recover than to never have love. That's my honest opinion!

I have been sober and on a recovery road ever since my first MA meeting. I felt (and do feel) accepted, loved unconditionally and supported, even in my first meeting. I love life and life, to me, is not real unless <u>I'm</u> sober. My sobriety is based quite a bit on Marijuana Anonymous. Therefore, MA and life go hand in hand.

I hope all of you that are reading this just accept things and facts for the way they area, there's usually a meaning for it! For me, acceptance is the key. Don't be shy and don't get high, no matter what. I love people. Love, Dave K.

HELPLINE

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

Terri R	818-563-6689
Geoff F	818-563-4730
Albert J	213-661-2449
Terry M	818-795-8171
Carol M	818-708-0717
Loren	818-509-1715
Steve E	818-248-9238
AI E	818-994-3161
Karie M	818-884-1223
Randy	818-708-2305

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

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BIRTHDAYS!

Regina H. June 8 6 years

Carol M. June 23 3 years

Linda W. June 10 3 years

Congrats, Oldtimers!

INTERGROUP

Thursday, July 11, 7:00 PM 10621 Victory Blvd., North Hollywood (Training Center)

Everyone is Welcome

hey, what's the basket for?

The monies collected during our seventh tradition ultimately goes to carrying the message of Marijuana Anonymous, not only locally, but worldwide. When this is hampered, the addict is the one who suffers or dies.

Most of us figured that the basket money went to rent, literature, coffee, and cookies. Whatever was left over would go the district or World Services to pay their expenses, etc. Well folks, the "etc." is carrying the message, and the message needs our combined support.

Let's face it, the dollar cost of recovery from active addiction in **MA** is CHEAP! Under four hundred bucks a year if you go to a meeting every day and put a dollar in the basket. That wouldn't buy you four sessions with a shrink. That wouldn't have kept you loaded for a (check one) ____ day, ___ week, ___ month. Think about how much you used to spend on insanity.

So please remember that our donations go far beyond just paying the rent. <u>They save lives!</u> So when that basket comes around and you're <u>clean</u> today, go ahead and double up or do whatever you can. And of course, if you're <u>clean and sober</u>, you should just naturally pop the two bucks in the basket - one for each.

Loren N.

hugs, service and sobriety

Words can't begin to express my feelings or explain the love that was generated through the 1991 World Conference. When I got clean and sober almost 18 months ago, I honestly didn't think I'd have a good time doing it! I had a chance to be of service this weekend and to give back some of the things that I've gotten from this program. Being the party animal that I am, I expected the party Saturday night to be the "highlight" of the weekend, but I was amazed by how much fun the actual conference was. I got a chance to really get to know the people that I've depended on for the last year and a half. For the first time in my life, I felt a part of something! I met people from San Francisco, Santa Cruz, Seattle and Orange County. We all shared a common bond called drug addiction and for once in my life, it has worked for my recovery instead of against it. I'm very proud to be a part of District #6. This weekend went very smoothly and we got a lot of compliments on what a great job we did! Thanks again to everybody who helped and I greathy encourage everybody to get involved next year!

I love you guys! Tina K.

P.S. I just want to thank everybody at the conference for the great hugs! They will definitely keep me coming back!!

Our **Committee Coordinators** are: H & I - Al. E., LA North, PI - Geoff F., LA North, National N.L. - Kathy C. LA North, Chips - Joyce, LA North, Literature - Joanne R., San Francisco and Publications - John D., Santa Cruz.

CARRYING THE MESSAGE

The Twelfth Step tells us, having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts and to practice these principles in all our affairs. I learned very early on in MA that service would help to keep me sober. It kept me going to meetings when the rigors of every day life seemed more important. It brought me out of the woodwork and make me feel a part of the group. This past Memorial Day Weekend, when I had the privilege to serve as a delegate from our district to the Fourth Annual MA World Conference in Pasadena, service allowed me to see the large foundation upon which my own program of recovery is based. The conference brought together delegates from all over California and Washington for three days of hard work, much needed MA meetings and a sprinkling of fun.

I was amazed at the working structure that already existed for getting things done. We met in committees for the first day and a half, sharing ideas and preparing materials and motions to bring to the larger group for the second day and a half. Some of the many accomplishments of this conference included an H & I manual, an expanded new starting pack, and MA business letter to aid intra-district communication and plans for an MA service manual to be written over this coming year by a committee of delegates. Old friendships were renewed, new friendships were made and all of us had the opportunity to participate in our own sobriety and in sobriety of those who have not yet, but hopefully will, reach the doors of MA. When they do, we will definitely be there for them. Thank you for letting me be of service, it was truly a gift. Andi A.

PROGRESS NOT PERFECTION

The Fourth MA Conference meant progress and letting go for me.

Just under two years ago, it was "us" versus "them" and now it is "we", a true unified entity of marijuana addicts in recovery. My how far we have come. Imagine through all the different opinions and personalities, Marijuana Anonymous maintains its common bond which is our primary purpose to help marijuana addict who still suffers. The principles in action!

I came to the conference feeling overwhelmed and even burnt out. I could only think about how much we had to get done. All of a sudden I remembered the infamous slogan "progress, not perfection" which allowed me to let go and focus on doing only that which we could get done.

In addition, this conference represented the letting go of a three year commitment to MA World Services, which brought up many emotions. I wanted to continue on with public information as that is where my interests lie, yet my recovery comes first. I learned that I can now remain committed to MA and do that service which God puts in my path - namely the newcomers.

I want to thank MA and all of you as I can not express enough how much you all have given me. Keep coming back, Mariska P. (Seattle)

P.S. District #6 did a dynamite job! Thanx.

To God with Love, Goodby to Drugs

God, I get so disgusted with myself When I refuse to knock the drugs Blow it away with one giant breath, Breath in beauty and blow out death.

The pain is like saying farewell To the potions that made me do dares well Far away was never far enough to run, Chasing that next hit hasn't been all fun.

The decision to surrender is so very scary But when I get high I consider hari-kari. God, it never reached the point that You shut me out of your heart;

I shut the door on my heart With the drug that left its mark I'm dying and it just now hit me The Queen Lady Snow tackled me and bit me

She lied and deceived me, Your Love retrieved me Thank you, Father, for giving me reality I offer to you my sobriety

One day at a time, until your eyes meet mine

Regina H. 6/8/85 (See Page 1 - Ed.)



Southern California Marijuana Anonymous

Schedule of Meetings

Updated 6-5-91

SUNDAY

<u>10:00 AM</u>	El Segundo 'Sunday Morning Joint Effort" 550 N. Continental Blvd., Suite 130 (W. of Aviation, N. of El Segundo)
<u>4:30 PM</u>	West Hollywood *(33/F4) 1296 N. Fairfax (corner of Fountain) (United Methodist Church)

- 5:30 PM Glendale Discussion *(25/C4) 225-D N. Mayland Ave.
- (Positive Directions Activity Center) <u>7:45 PM</u> West Hollywood - Men's Stag *(33/D5) 8939-1/2 Santa Monica Bivd., Upstairs (W. Hollywood Drug & Alcohol Center)
- (W. Hollywood Drug & Alcohol Center) 8:00 PM Newport Beach - Discussion *(33/C4,O.C.) H/A
- 301 Newport Blvd. (Hoag Hospital Chemical Departency 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 Carryon 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 350 W. Bay St. (Starting Point)
- 8:30 PM 7475 Fallbrook (and Saticoy) (West Valley Baptist Church)

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)

MARIJUANA ANONYMOUS P.O. BOX 2912 VAN NUYS, CA 91404 (818)-566-3678 (213)-964-2370 (714)-491-6053

- 8:00 PM Costa Mesa Big Book Study *(31/C1,O.C.) H/A 661 Hamilton, Room 640 (REA Community Center)
- 8:00 PM Van Nuys Discussion 6323 Woodman Ave. (Crossroads Hospital)
- 8:00 PM Van Nuys Book & Step Study 15220 Vanowen Blvd. (Van Nuys Hospital, Room C)
- <u>8:30 PM</u> Manhattan Beach 1001 N. Rowell (At the church, East of Sepulveda) (South of Manhattan Beach Blvd.)
- 8:30 PM Los Angeles Gay & Lesbian *(43/B4) 1213 N. Highland Ave, Room 207 (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 Lake Forest Step Study 23228 Madero, Conference Room Mission Viejo Charter Hospital
- 8:30 PM Pomona *(90/F6) H/A 1289 Park Avenue (Serenity House)

FRIDAY

- <u>8:30 PM</u> Pasadena *(27/B3) H/A 131 N. El Molino, #320 (Pasadena Council on Alcoholism/Drug Dep.)
- 7:30 PM Orange Step Study *(17/B4,O.C.) H/A 777 S. Main Street, Room 104 (Mariposa Women's Center)
- 7:30 PM Costa Mesa 150 Paulerino Avenue, Suite 165
- 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)

LEGEND

* - Thomas Guide Coordinates H/A - Handicapped Accessible

For Information on Meetings in Other Areas, Call

1-800-766-6779