



# A NEW LEAF

DISTRICT 6 NEWSLETTER  
2628 PROSPECT AVENUE  
LA CRESCENTA, CA 91214

JULY 1991  
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## THE STORY OF THE LOTUS EATERS

About 3000 years ago, the poet Homer told a story about a man called Odysseus, and his travels as he returned home to Greece from the Trojan Wars. He and his men met up with many adventures along the way, but one I always remembered was when he and his crew landed on the island of the Lotus Eaters.

It was a beautiful island and Odysseus wanted to stay there a while and rest up. So he sent a couple of scouts to see if the natives were friendly. He waited and waited, but the scouts never came back.

What had happened was that they'd met up the locals, the Lotus Eaters, who shared their food with the scouts. But their food, the lotus, was a kind of dope, and the scouts got wasted and forgot all about their mission, about going back to Greece and everything. All they wanted to do was hang out and get high.

Lucky for them, Odysseus came and dragged them back to the ship kicking and screaming, and tied them to their seats and the crew rowed like hell, in case someone else ate the lotus and forgot the way home.

The story of Odysseus is more than just a story about a Greek guy in a boat. It's a story about the journey of our lives, and the obstacles we run into along the way. And for us dopeheads, the story of the Lotus Eaters is our particular lesson. As addicts, we got stuck in a Lotus Land, and we forgot the mission, forgot the other adventures that awaited us, forgot about going home.

Luckily, we each had within us our own Odysseus, our own Higher Power, who grabbed us by the collar and threw us back into the boat. So now we're rowing like hell. We may not know what's going to come next, but we're back on the way again.

Janet F.

## HELPLINE

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

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  
 Al E..... 818-994-3161  
 Karie M..... 818-884-1223  
 Randy..... 818-708-2305  
 Terri R..... 818-563-6689

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



HAPPY BIRTHDAY!!

Margaret M. June 19 One year

Stan July 4 One year

Tom B. July 12 Three years

## INTERGROUP

Thursday, August 1, 7:00 PM  
1111 N. Angeleno St., Burbank, Apt. L

Everyone is Welcome



## **THOUGHTS FROM THE FIELD**

### **"FREEDOM FROM MARIJUANA, ALCOHOL AND ALL OTHER MIND ALTERING SUBSTANCES"**

There was quite a brouhaha about that statement a couple of years ago. Los Angeles County MA had incorporated and the four main groups of recovering pot addicts were unifying. We had a meeting in Balboa Park and the Board of Directors were directed to add that to the By-Laws so there would be no question later as to what our definition of sobriety is. The only requirement for membership in Marijuana Anonymous is a desire to stop using marijuana, but to take sobriety chips (as opposed to chips for "clean time") and to be of service in certain commitments, there is a "sobriety" requirement, defined above.

There are some gray areas with that "all other mind altering substances", but most of our members have been able to deal with that to their own satisfaction. When your doctor (did you tell him you're an addict?) gives you a prescription for pain after you've had surgery, that's not a slip. But when he gives you a prescription of 10 pills, you take 9, and save the other one for "sometime later", you're in a slippery place. Later, when you've had a bad day and you take that pain pill just to numb out or go to sleep, I think you've had a slip.

It is also my own personal belief that doctors are some of the biggest drug dealers in the country. We addicts are able to manipulate them so well, and they are just not knowledgeable enough about addiction to recognize what they're doing. Sometimes the addict doesn't notice what's happening until after it's too late, too. Women are particular victims of the "here, have a pill" type of medical practice. We go in with vague aches and symptoms and rather than tell us "I don't know what's wrong with you", the doctor would rather appear wise, so we walk out with Valium, or Xanax, or some pain pill or muscle relaxant, and a year or so later, we find we can't get through the day (or even part of the day) without our little magic pills.

It's up to us as recovering addicts to take responsibility for our recovery and be aware of the dangers of cross addiction. We are marijuana addicts and have already proven that some substance got out of our control. We can do it again and again until we've finally

tried everything, or we can wake up and make sure we're not putting anything in our bodies that we don't have to, or that we don't take it for any longer than is absolutely necessary. Carol M.

### **STEP ONE**

I have admitted that I am powerless over cocaine, marijuana, my boyfriend and all mind altering drugs.

My life is/was out of control - I couldn't handle my bills and my relationship with my boyfriend. I was having a hard time getting up for work. I was becoming co-dependent and resentful and I'm tired of all this bullshit. My life was becoming unmanageable; I was missing God the most. I had lost my spirituality.

All of these problems are mine. I refuse to blame anyone else but myself. All of these messes I got into were of my choice.

What has hurt me is drugs. They put me into a fantasy world. They led me down to another bottom. Also, my obsession with my boyfriend included dreaming he would make it. And, of course, his drug of choice again put him into another bottom. I was becoming very co-dependent and unmanageable.

My daughter was around all of this. She didn't see the drugs, however, I know she could sense changes in my attitudes. She heard my boyfriend and I fight; they were insane fights. I am laying all of this out on the table. My life again had gone down the drain. I can not drink, do dope or any mind altering drugs. I am powerless over these things and the outcome is horrifying.

Using and drinking had clouded my vision. I was not loving myself properly. I was going down. I am grateful I didn't have a heart attack. Let's not forget that I was not loving my daughter like a true mother. I was living an ugly life. I have had enough!!

I've tried a lot of time to get on top of my problems; I'd end up right back on drugs; I couldn't do it myself.

I want out of all my problems; I will do it one day at a time. I am almost 30 days clean and sober. I am very emotional. I want peace and serenity. I believe I will have this and more.

God Bless me and keep me safe  
I love myself...

Anna T.

## **HEALING IN SOBRIETY**

*Recovering in sobriety is like maturing in life; it is almost impossible not to do. Sobriety is simply the absence of mind altering chemicals influencing the body, but recovery encompasses so much more.*

*Recovering is working on oneself, growing personally, experiencing and accepting life's daily ups and downs. Recovery is releasing resentments and contributing goodness. It is allowing self forgiveness and personal healing. Recovery is healing.*

*It is the process of mending oneself and becoming the person God created us to be. It is the process of becoming the best person we can possibly be. Healing is sometimes fast and sometimes slow. Many times we are not even aware of our recovery or progress until it is pointed out to us. Often times it is the realization we no longer need or do something that we once did.*

*Healing can sometimes be an unbearably painful experience. It requires more prayers, more character, more willingness and more determination than the use of drugs ever did. Healing is the process, as addicts in recovery, that we get better.*

*The tools used for self growth, maturing and healing in recovery are all so familiar to us and yet sometimes so hard to use.*

*Tools such as our Twelve Steps, the telephone, working with other practicing addicts, working with other addicts in recovery, calling one's sponsor or being of service are all gifts of Marijuana Anonymous. The tools in recovery are the answers. The willingness to use these tools is the key and the freedom we obtain through their use is the healing we find in recovery.*

*Kathy C.*

## **SOMEONE ELSE'S PROBLEM**

After knowing and working on the twelve steps for 2-1/2 years, due to my concern over someone else's drinking, I came to the

realization that honesty was missing in my life. Constant use of marijuana hadn't concerned me as I saw people at meetings chain smoking cigarettes. "It's all a matter of choice", I rationalized. The question of honesty was raised at a moment when I was particularly receptive. For four months, I'd tried to follow the guidance of a therapist who'd suggest that smoking pot would probably interfere with the search for reality we were pursuing. I could never go a full week without reefer and it bothered me.

A few days before my 2,500 mile move to California, an AA acquaintance causally mentioned that what he loved most about his program was the honesty in his life. I made a decision that night that I would not look for a drug supplier when I arrived here. I also knew that my success rate stopping on my own had been a joke. The day after I arrived in this state, I attend my first NA meeting. While I found that group minimally similar to me, going there kept me clean.

After a few weeks, I was persuaded that abstinence from alcohol also made sense. It was explained that even though I didn't consider myself a consistent problem drinker, I was likely to increase my alcohol consumption if I weren't smoking. It also made sense that drinking might make me more receptive to slipping if I were offered pot while tipsy.

I was six month's clean before being introduced to MA. I felt immediately comfortable. The people in our program are more similar to my story than those in any other rooms.

With 10 months of sobriety, I continue to make recovery the most important focus of my life. I go to no fewer than five meetings per week – often many more. I have commitments at 2 MA meetings, do lots of reading in the Big Book, use the phone regularly and have recently found a sponsor. I am hopeful about my future today regardless of many uncertainties. My relationship with my Higher Power continues to grow now that I have found the honesty that was missing from my life for 20 years!.

Joyce M.



# Southern California Marijuana Anonymous Schedule of Meetings

Updated 7-10-91

## 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)
- 7:45 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)
- 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)
- 8:30 PM** 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

## 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** Costa Mesa - Topic  
350 W. Bay St.  
(Starting Point)
- 8:30 PM** Woodland Hills - Participation  
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)

## 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

- 6:30 PM** 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

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

**For Information on Meetings  
in Other Areas, Call**

**1-800-766-6779**