



# A NEW LEAF

DISTRICT 6 NEWSLETTER  
2628 PROSPECT AVENUE  
LA CRESCENTA, CA 91214

August  
JULY 1991  
STEVE E. & GEORGE B., Eds.  
FAX#: 213-261-5192

## ONWARD SOBER SOLDIERS

I am engaged in a war with a beast that lives inside of me. It is old, born in the garden of Eden, enslaving all addicts. It is no coincidence that the Jewish holiday of Passover fell while I was detoxing, for this holiday celebrates the release of Jews from slavery. I can't fight this beast alone. I have tried in vain. He has and will win. But there is help. There is God and God's vessel, the group, and there are the Twelve Steps. With these beside me, the beast will lose. The battle is a daily one. At night he sleeps and in the morning, is strong. I can only ask for a daily reprieve. Twenty-four hours is all I need. That is the life-span of the beast, twenty-four hours. At the end of the day, it is apparent who won, me or the beast. Meetings alone are not enough. Only a conscious contact with God, mixed with a group conscience and a thorough working of the Twelve Steps will do. I see this as a battle and detox as boot camp. There are those who feel that thirty days are enough. They are wrong. There is a boat leaving, I will name it Lady Sobriety. It will take only a handful of us, the willing. It takes strength to row this boat but there is salvation on the other side and a new life. You don't need a ticket, you just get on board, and then you work. Who among us will go to meetings, take commitments and work the steps, all on a daily basis? Who are the weak and who are the strong. Which of us are ready for battle and who dares to do it alone. Not me, for I need help and I know what scares the beast. God, the group and the Twelve Steps. God save the addict, God save me.

Anon.

## HELPLINE

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

Albert J..... 213-661-2449  
Terry M..... 818-795-8171  
Carol M..... 818-708-0717  
Loren N..... 818-509-1715  
Al E..... 818-994-3161  
Karie M..... 818-884-1223  
Randy..... 818-708-2305  
Terri R..... 818-563-6689  
Tina K..... 818-564-1601  
Joyce M..... 818-985-7097

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



**HAPPY  
BIRTHDAY!!**

Robert F. One Year August 1st

## INTERGROUP

Thursday, September 5, 1991 7:00 PM  
21021 Vanowen Ave., #B, Canoga Park  
Everyone is Welcome



### WOODLAND HILLS MOVES TO WEST HILLS

On June 4th, one of the Valley's oldest meetings (May 3, 1988) moved from Woodland Hills to West Hills. The meeting would have had to pass the basket twice just to make the new rent and it was decided to try for another site.

The new location is 7475 Fallbrook, just one half block south of Saticoy at the West Valley Baptist Church. (Exit the 101 at Shoup and Ventura, west to Fallbrook, then north - or exit the 118 at Topanga, south to Saticoy, west to Fallbrook, then south to the church.) The meeting room is much larger than the old one in Woodland Hills, and that's another big plus as the old one was definitely getting crowded.

So come on down! Get yourself some Tuesday Sobriety!

### NEW PAMPHLET ON DETOXING

For quite some time now, District 6 (LA North) has had a one page essay on detoxing. We'd now like to expand that into a pamphlet. Please send us a one paragraph description of what it was like for you to detox. Did you have no physical symptoms at all, or were you a basket case! We'd like to include the whole range of experiences so our newcomers won't be surprised at any of the symptoms they could possibly experience (or not!). Here's one story:

The last few years of my using, every time I tried to quit pot, I kept getting sicker and sicker. I had sweats, nausea, chills, headaches, crying jags, and uncontrollable shaking. When I finally decided it was quit or die, I was afraid to try alone again and checked into a hospital. It seemed like a rather dramatic step for "just marijuana", but I did the right thing for me. I had all the usual symptoms I'd had before, as well as "dry heaves". On the third night there I had a seizure, with three nurses hold me down and a padded stick between my teeth. It was the most frightening thing my body has ever done to me. I had no control over my body, could not stop the jerking and shaking, and couldn't even speak, although "I" was awake and trapped inside my head. By the seventh day when I checked out, just about all of the really unpleasant symptoms were gone and I was mostly weak, had no appetite, and was experiencing vivid nightmares when I did manage to get to sleep. Those symptoms were gone by the end of the month and soon I was healthier than I had been in years. I still am, and I'm very glad to be sober today!

Please send your stories to:

Carol M.  
7653 Lindley Ave.  
Reseda, CA 91335



### HOSPITALS AND INSTITUTIONS PANEL ORIENTATION

Aug 22, 1991, 7:30

For more information contact:



If you would like to  
join our events  
committee and be a  
part of planning and  
ideas, contact:

Terry M. 818-795-8171

Tina K. 818-564-1601



THOUGHTS  
FROM THE  
FIELD

## LOVE AND UNDERSTANDING

In the book, "The Road Less Traveled", Scott Peck defines love as "the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth". One of the first things I remember being told when I reached these rooms was "we will love you until you learn to love yourself".

This concept was very appealing to me for two reasons:

1. My entire life was motivated and aimed at finding love and understanding.
2. I really hated the person that I was.

Suddenly, I found myself in a place where many people were extending this will to love me, unconditionally. I could feel it. I felt understood. All my life I had people telling me "I love you", "I understand", however, this was the first time I felt it.

For many years I believed love was the way you felt about somebody. Today I know love is not a feeling. It is an action, it's the way you treat yourself and the way you treat other people.

Before sobriety, there were only a few people I loved and I was not one of them. Today they number in the hundreds and I am happy to say that, most of the time, I am included.

When I see someone come into these rooms for the first time, I see myself in them, I feel their pain and I understand. I give them a hug and tell them it will be okay and that they're in the right place. I simply give to them what was so freely given to me.

I remember the first meeting I went to. I was scared and did not know what to expect. I mean I had never seen before walked up to me and wrapped his arms around me and said "welcome,

you're in the right place". I didn't know how I knew he was right, but I did. Shortly after, I asked him to be my sponsor.

After two failed attempts at accepting the love the rooms had to offer (each failure resulting in two more years of drug use), I found myself in the mountains, off the beaten trail, laying on a bed roll doing the only thing I knew how to - denying my feelings. With a joint in one hand and a beer in the other, God provided me with an "eskimo". A group of obviously lost hikers came walking through my camp site. Much to my surprise, my former sponsor, John, was at the head of the pack. Well, seeing him and being caught by him brought up the fear I felt as a child. I remember jumping to my feet, beer and joint dropped at my side and waiting for the scolding/abuse I was sure I was going to receive. When he got a few feet away from me, he lifted his arms and gave me a hug and said, "We miss you, we love you and I'm saving your chair".

Looking back, I have to laugh. It is so obvious now who was lost.

After 3-1/2 years of recovery (being clean and sober, working the steps and practicing the principles in all my affairs - to the best of my ability), I love myself most of the time and I am getting a better understanding of who I am.

Bob (Earle) defines intimacy as "me being me and letting you see me". I am intimate with myself and I am intimate with others and in so doing, find love and understanding beyond my wildest dreams.  
Terry M.

### *Blakes "Auguries of Innocence"*

*We are led to Believe a Lie  
When we see not Thro' the Eye  
Which was Born in a night to perish in a Night  
When the soul Slept in Beams of Light.  
God Appear and God is Light  
To those poor souls who dwell in Night,  
But does a Human Form Display  
To those who Dwell in Realms of day.*



# Southern California Marijuana Anonymous Schedule of Meetings

-Updated 7-18-91

8/1/91

## 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)

## 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 W. Hollywood "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)
- 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 \*(31/D1)  
350 W. Bay St.  
(Starting Point)
- 8:30 PM Woodlands 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)
- 8:00 PM Costa Mesa - Big Book Study \*(31/C1, O.C.) H/A  
661 Hamilton, Room 640  
(REA Community Center)
- 8:00 PM North Hollywood - Discussion  
6323 Woodman Ave.  
(Crossroads Hospital)
- 8:00 PM Van Nuys - Book & Step Study  
15220 Vanowen Blvd.  
(Van Nuys Hospital, Room C)
- 8:15 PM Los Angeles Gay & Lesbian \*(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 Lake Forest - Step Study  
23228 Madera, Conference Room  
Mission Viejo Charter 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 - 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

- 10:00 AM Los Angeles \*(34/B4) All Welcome  
1213 N. Highland Ave  
(at Santa Monica)  
Gay & Lesbian Comm. Services Center

- 6:00 PM San Diego  
9184 Gramercy Dr. (Van'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**