



A NEW LEAF

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

AUGUST 1992
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FAX#: 213-261-5192

FIRST STEPS

I am powerless over everything in this world except my own thoughts, where thinking leads to feeling leads to doing. My addiction has helped me in believing I could control everything around me by blunting the feelings of fear, anger, frustration, sadness, **powerlessness**, that arose when I believed I could control all these things in the world.

I am indeed powerless over my addiction, and my addiction symbolizes my powerlessness over the universe outside myself. My addiction comes from a place of fear where my ego whispers that it is not only possible to control the universe, it is my duty to try. My fear and agony over my continuing inability to do the ego's bidding is tremendous - devouring - and so I use; to blunt the all-consuming fear and reduce the ego's urging to mere murmurings (now distant, yet always present and never completely silenced).

By changing my thinking and accepting that I can control only my own thoughts, I give control for the universe over to my higher power. I listen to my higher power instead of my ego and the fear is removed, the addiction is alleviated. As long as I listen to my higher power, I come from a place of love, and there is no need to use because there is no more fear.

Anon.

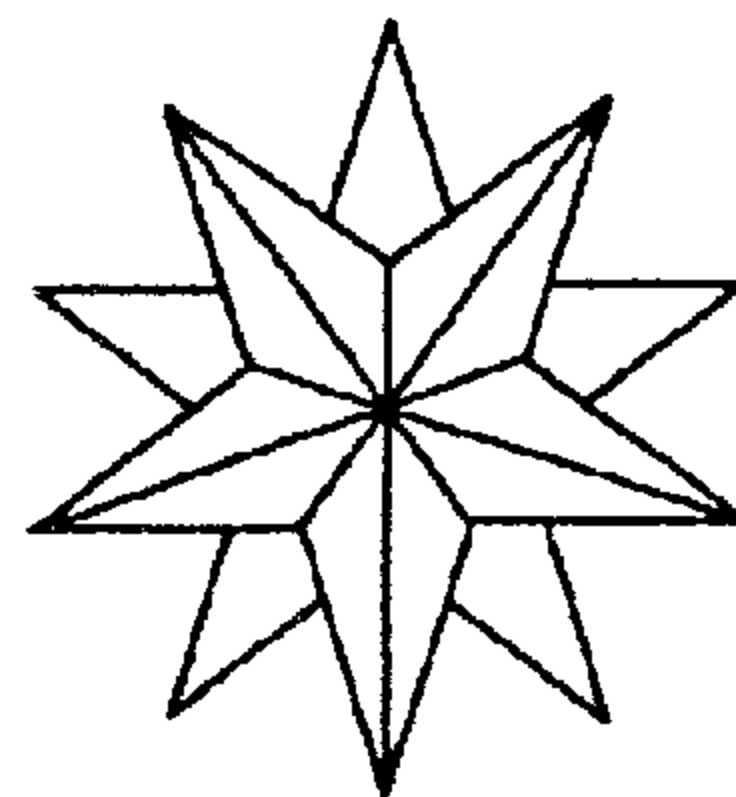
HELPLINE



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>818-957-3584</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>Matt D</i>	<i>619-943-9442</i>
<i>Pat R.</i>	<i>619-947-4113</i>

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

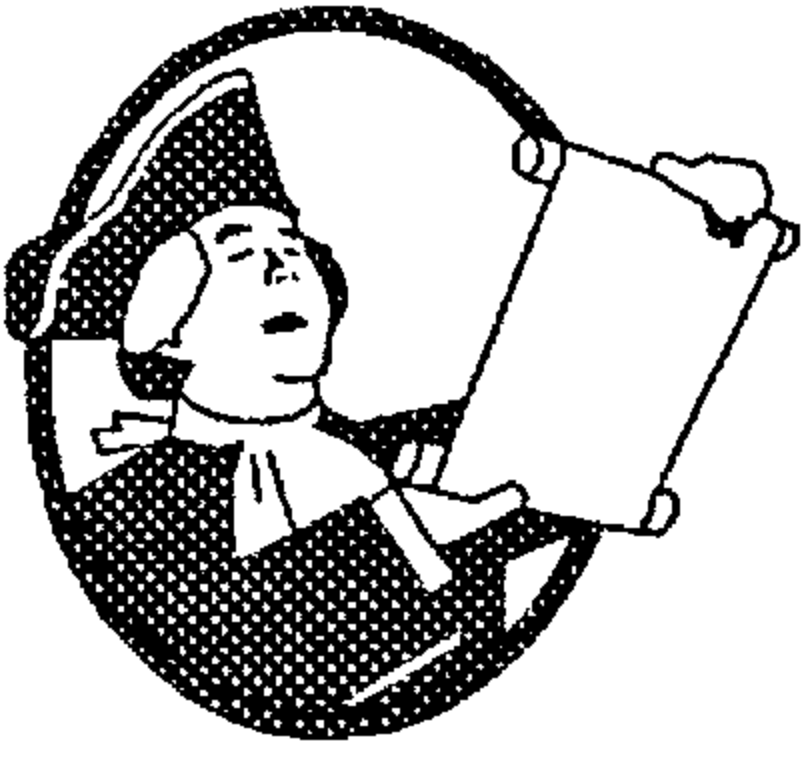


**Happy
Birthday!!**

**ED D. AUGUST 3 SEVEN YEARS
DAVE W. AUGUST 15 ONE YEAR
DANA AUGUST 18 ONE YEAR
TIM L. AUGUST 18 ONE YEAR
JOYCE AUGUST 20 TWO YEARS
LISA T. AUGUST 21 TWO YEARS
ANDI AUGUST 29 FOUR YEARS**

QUOTE FOR THE MONTH

"Strangely enough, this is the past that somebody in the future is longing to go back to."



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

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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

THE TWELVE TRADITIONS

Already, some of you are turning away and looking to see what the next article is. Why are so many of us unwilling to understand what these Twelve Traditions are all about? How many of us realize that they came about from the trials, tribulations and growing pains of A.A.

Being of service at the local and world service level, too often I hear members choose to use half a tradition to express their displeasure at something they don't agree with or don't understand.

I often hear Tradition Two referred to as *"Our leaders are trusted servants, they do not govern"*. But they forget that the first part states *"For our group purpose, there is but one ultimate authority - A loving God whose expression may come through in our group conscience"*, meaning we elect our leaders by a group conscience and they can be removed by the same process. When elected, these people are given the responsibility to make decisions for us, using their best judgement as to what is best for MA. Keeping these Twelve Traditions in mind, they are trusted servants - we trust them to do the best they can.

Tradition Four is often misused. *"As each group is autonomous"* (so don't tell my meeting what to do), but the truth is that it also says *"except in matters affecting other groups or MA as a whole"*. So if your secretary is drinking, then inventories are being taken, traditions are being violated and newcomers and members from other Twelve Step programs are being driven away. Does this affect other meetings or MA as a whole?

Every meeting has a duty to focus on Tradition Five. *"Each group has but one primary purpose, to carry its message to the addict who still suffers"*. That's me, you and those that haven't got here yet. This means that we focus on recovery and speaking the message, not on old behavior such as taking the inventories of other members, other meetings, other Twelve Step programs, the general service, or World Services. If we have a problem with any of these we take it to them.

The two most important traditions may be Tradition One, *"Our common welfare should come first. Personal*

recovery depends on MA unity" and Tradition Twelve, *"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities"*. These are pretty self-explanatory, but I would suggest that we all take a good look at the "Twelve and Twelve" and for great explanations by Bill W. on all the traditions, pick up the book, "Language From the Heart".

I don't understand why so many of us choose to overlook the Twelve Traditions. They are as important to our personal growth and the growth of the MA program as the Steps are. By understanding the traditions, we can move towards understanding a new way of life. George B.

Homework

My name is Steven and I am an addict. The original article that I wrote for the New Leaf was misplaced. It dealt with fear and expectation. But today God didn't want me to give that article to Karie, so I must learn the lesson of patience. Right now I am sitting in the Tuesday night meeting writing the replacement article. My old ideas and ways don't work anymore. I'm at the place in my sobriety where I'm learning that my true intuition is probably God's will for my life. If I'm doing the right things, everything will be the way it should be. I pray often and I believe I have faith.

I feel right now the way I did when I was in school. I used to go to class and know that about 15 minutes later the teacher would collect the homework. Mine would not only not be completed, it usually had not been started. So I would miss a lecture, notes, or review, just completing yesterday's work. I've already missed the opening, chips and a cake in this meeting. I must pay attention. I need, want and enjoy meetings, fellowship, friends and I'm very grateful for Marijuana Anonymous. Steve G.

The articles contained in the New Leaf are the opinions of the writers of the articles and do not necessarily reflect the opinions of MA as a whole.



Southern California
Marijuana Anonymous
Schedule of Meetings
Updated 8-4-92



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)

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. Hllywd "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

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 Cncl 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

10:30 AM Woodland Hills - Spkr Meeting *(12/E5)
Saturday Morning Live!
21949 Ybarra Rd.
Woodland Hills

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

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P.O. BOX 2912
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(818)-566-3678
(213)-964-2370
(714)-491-6053