



A NEW LEAF

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

SEPTEMBER 1992
STEVE E. & KARIE M., Eds.
FAX#: 213-261-5192

A CELEBRATION OF TIME

I had my first birthday last week and my emotions are peaking heavily. I feel so lucky to have found the doors that I have, and to have walked through them.

To reflect on what has happened to me in just these few months is, to me, a miracle. Finding my Higher Power, which I choose to call God, was, and is, a major step for me. I believe that without God, my willingness to seek and to touch the pain that I need to would not have occurred.

When MA found me I had entered myself into Kaiser's Drug Treatment Program and was at one of my life's all-time bottoms. I was legally separated with a restraining order from the Courts from my wife and children. This, for me, turned my whole world upside down. Thank God at this time I found the program that I have today. I never wanted to be the person that I had become and I certainly had trouble believing that I was the problem. The ego and humility that I have had to understand, accept and apologize for has gained back for me a lot of self-esteem, pride and respect from all my friends and family. For the first couple of months I did nothing but listen and cry a lot. I was hearing all about me through all of you. Getting to know Carl again and how I feel all by myself sober is, and has been, the miracle.

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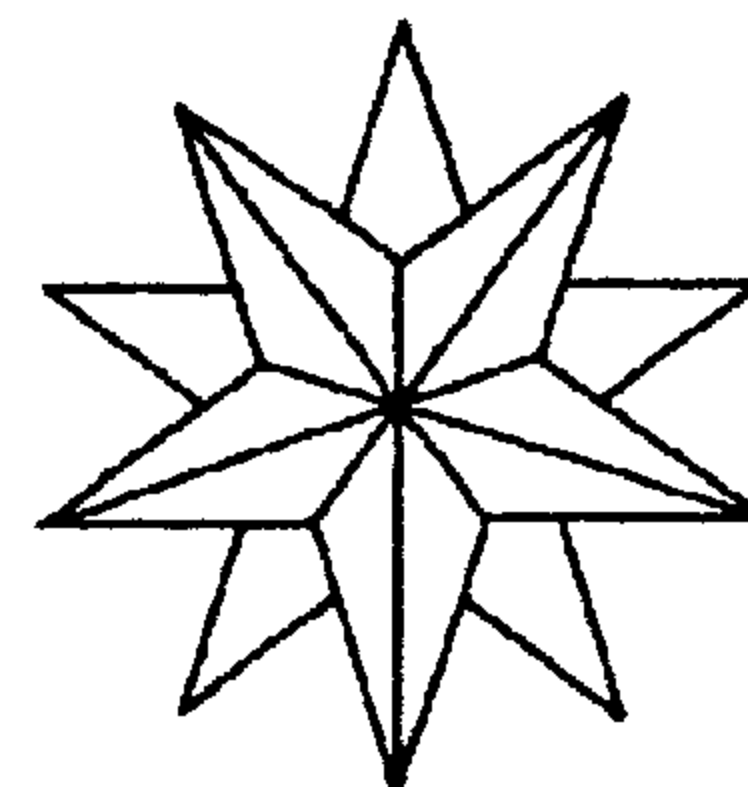
HELPLINE



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!!

- DON AUGUST 14 ONE YEAR**
- AL SEPT 1 THREE YEARS**
- KAREN SEPT 1 ONE YEAR**
- ROGER SEPT 13 SIX YEARS**
- MARTA S. SEPT 14 THREE YEARS**
- JIM L. SEPT 18 THREE YEARS**
- VICKI SEPT 22 ONE YEAR**
- DERRIK SEPT 25 SIX YEARS**
- MICHELLE SEPT 26 THREE YEARS**
- SAL SEPT 26 TWO YEARS**
- AZ SEPT 30 SIX YEARS**

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Today I have my family back and we are very productive together as a unit. Our friends have changed for the better and the 12-Step Programs are a part of our lives. I have even been privileged enough to have participated in several panels to pass the word and share my experience. I love this program and all of you. To the newcomers, just open your hearts and minds and, if you want your life to be yours, accept what the programs have to offer and your wish will come true also.

One grateful alcoholic/addict,
Carl C. ☺ X O

YOUR ARTICLE HERE

You too can write an article for The New Leaf. Every month we barely have enough and this month we came up short. Tear a page out of your journal, write down one of your best shares, and give the gift of sobriety to everyone.

DISTRICT 5

INTERGROUP

*Thursday,
October 1, 1992
First Christian Church
of Orange
1130 Walnut St.
Orange, CA 92667*

DISTRICT 6

GSO MEETING

*Thursday,
Oct.1, 1992 7:30 PM
Andi's 818-713-1006
5438 Lubao Ave.
Woodland Hills*

DISTRICT 7

GSR MEETING

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

QUOTE FOR THE MONTH

**"PROGRESS MIGHT HAVE BEEN GOOD ONCE,
BUT IT HAS GONE ON FOR TOO LONG."**

George B's article last month read, "so if your secretary is drinking, then inventories are being taken..." It should have read, "so if your secretary is drinking, inventories are being taken..." etc. See, George, even ex-editors aren't safe from the dreaded mumble fingers.

LETTING GO

To let go doesn't mean to stop caring,
it means I can't do it for someone else.

To let go is not to cut myself off,
it is the realization that I can't control another

To let go is not to enable,
but to allow learning from natural consequences

To let go is to admit powerlessness,
which means the outcome is not in my hands.

To let go is not to try to change or blame another;
I can only change myself.

To let go is not to care for,
but to care about.

To let go is not to fix,
but to be supportive.

To let go is not to judge,
But to allow another to be a human being

To let go is not to be in the middle arranging outcomes,
but to let others arrange their own outcomes.

To let go is not to be protective,
it is to permit another to face reality.

To let go is not to deny,
but to accept.

To let go is not to nag, scold, or argue,
but to search out my own shortcomings and correct them.

To let go is not to adjust everything to my desires,
but to take each day as it comes and to cherish the moment.

To let go is not to criticize or regulate anyone,
but to try to become what I dream I can be.

To let go is not to regret the past,
but to grow and live for the future.

To let go is to fear less and love more.

These are suggestions on how to let go. Perhaps it is letting go of a rebellious child, or a burden of sorrow, losing a loved one, or learning to live with a heartache. By reading this over, studying it, praying over it, you may find that letting go of whatever you are holding onto will release a peace within you to be free, to completely give it to God so that you may do the real work that is before you to do.

SECRETS

Secrets, like leaves,
fall from the branches
of my frost-touched tree;

Fall to make way for pale
new leaves - unfurling,
uncurling,
reaching for the sun;

Fall to the ground and
reflect the spring day;

Settling into the grass,

Absorbed into the soil,

A foundation for renewal

Anon

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

MARIJUANA ANONYMOUS
P.O. BOX 2912
VAN NUYS, CA 91404

(818)-566-3678
(213)-964-2370
(714)-491-6053