



A NEW LEAF

DISTRICT 6 NEWSLETTER
2628 PROSPECT AVENUE
LA CRESCENTA, CA 91214

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

GREEN DRAGON

I find I must be wary of dragons
 Because some are recognizable,
 And some are not
 Once in my youth
 A green one
 Came along
 Chameleon-like with charm
 Breathed his vapors on me
 And smelling their sweetness
 I rode with scaley scaley visions
 Replacing all of my dreams
 With empty dragon smoke
 I couldn't see
 That under the tie dye and love beads
 A sinister reptile lurked
 For twenty two years
 Night and day
 I rode him
 Till he rode me
 Marijuana
 Insidious dragon
 "Can't hurt you, cant' hurt you, can't hurt
 you"
 He says, snaggle toothedly grinning
 Twenty two years
 I rode him till he rode me
 And for a while
 I became a dragon too
 Lurking and luring
 Little green buddies to my fold
 I don't know how
 But one day I turned, lance in hand
 To spear his surprised naked throat
 And though he didn't bleed
 I often remember the smell of the smoke as
 he burned and died
 Sweet

So now I must be diligent
 Forever wary or dragons
 For some are recognizable,
 And some are not

Joel

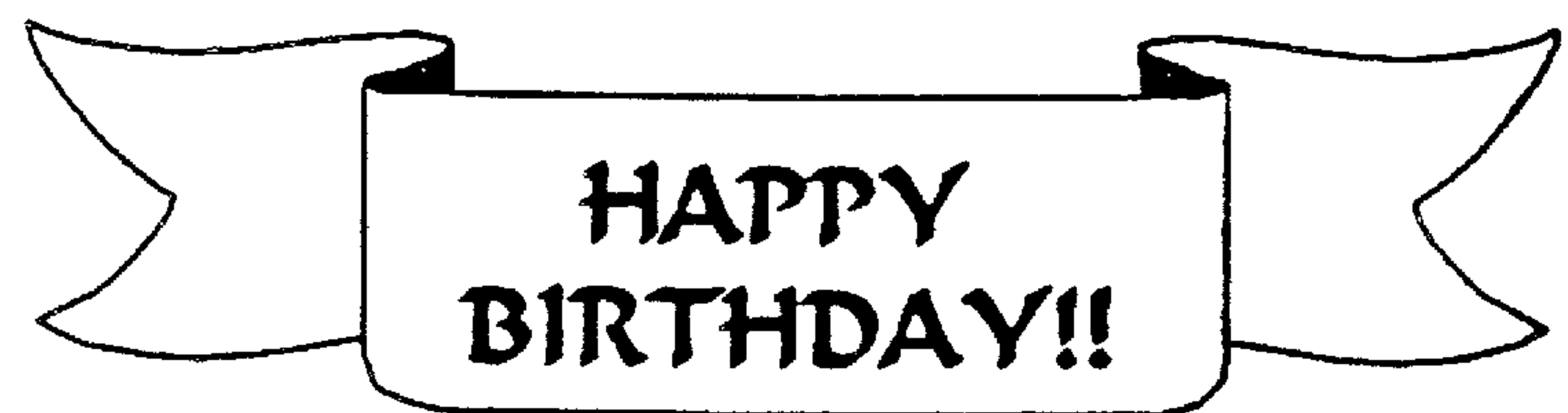
HELPLINE



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

Terry M	818-795-8171
Carol M	818-708-0717
Loren N	818-509-1715
Al E	818-994-3161
Michelle 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.*



Brian D.	October 16	4 years
Kathy C.	October 21	8 years
Sanford G.	October 25	3 years
Randy F.	October 25	4 years
Rene S.	October 31	3 years

GENERAL SERVICE MEETING

Thursday, November 7, 1991 7:00 PM
 7653 Linley Ave., Reseda

EVERYONE IS WELCOME!

Addicts on Wheels



As the sun played hide and seek with the low level clouds hovering over the Southland, a group of MA members gathered in the parking lot of Venice Beach for District Six's first scheduled group bicycle ride on September 21st.

Packing lunches and water bottles, the riders pumped up their tires, strapped on helmets and waited for the signal for the ride to begin.

Then six riders in all with one child in tow departed for the white sands and tanned sights of Manhattan Beach (two others enjoyed their own ride, having misinterpreted the directions to the meeting place).

Negotiating the perilous traffic of Washington Blvd., the group cut southward through the Marina del Rey boat slips, and then rode parallel along the wetlands of Playa del Rey. Along the way, they made numerous rest stops, taking the opportunity to get to know each other better; sharing their strength, experience and hope on all matters of bicycle riding and the latest "in" gear; and catching their breath while trying to understand the elusive spiritual principles of exercise.

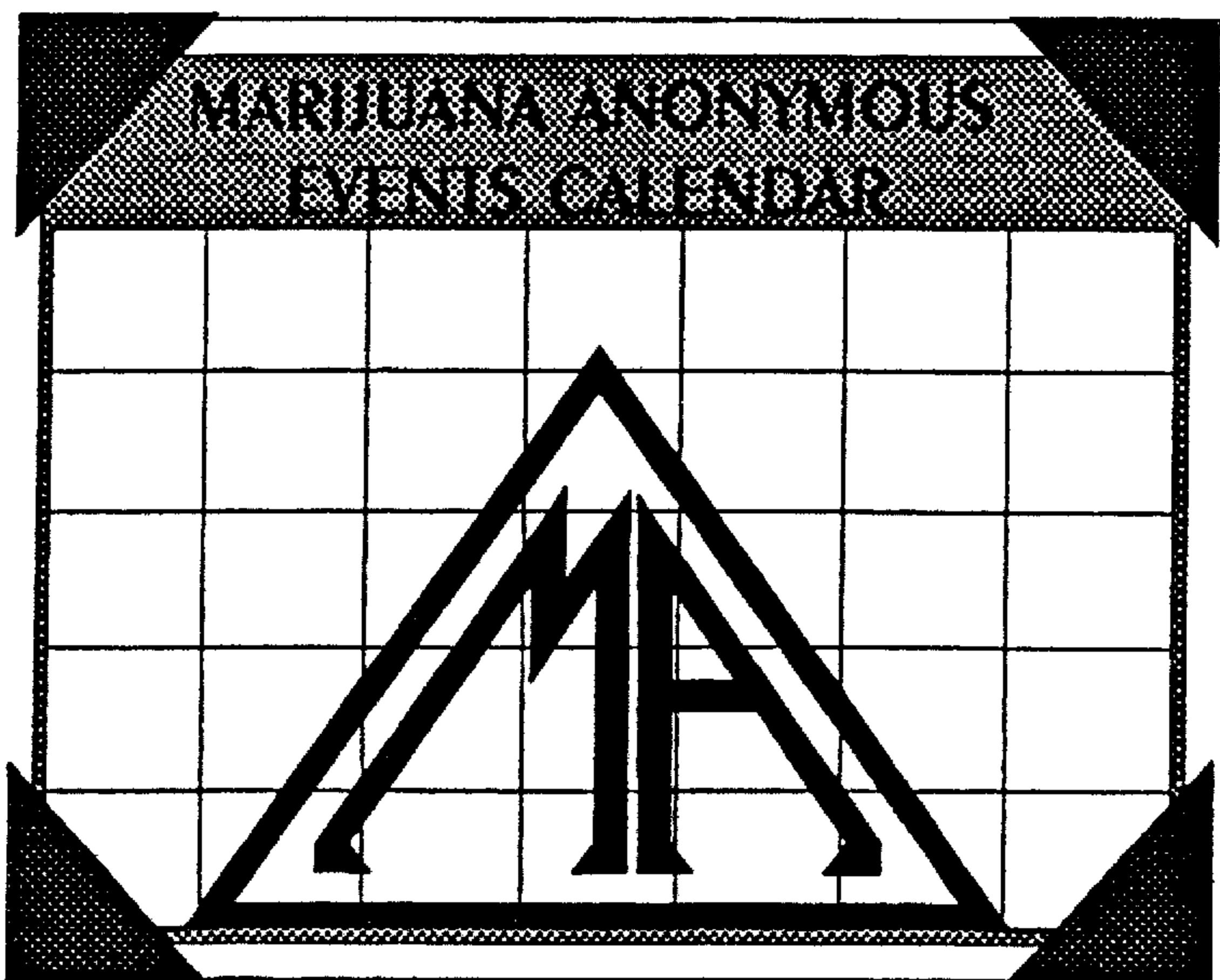
Nearing the border of Manhattan Beach, the group of riders took in a shore-side concert at the Edison refinery, and graciously accepted free orange juice from the employees.

Then after making the stated goal of reaching "Manhattan Beach or Bust," the group turned about and quickly sped to the Marina's Fisherman's Village (a few of us forgot to pack lunches). There the group lunched on pizza and salads, and co-mingled with the other bicycle riders and Japanese tourists.

Fully rested and feeling serene, we departed for Venice, and completed the trip -- a total of 18.75 miles -- in under three hours, plus an hour out for lunch. Along the way, we suffered no injuries, and lost only two bicycle chains in the process.

Everyone reported having a great time, and all plan to "keep coming back" for future rides.

Brian K.



UPCOMING EVENTS

OCTOBER 12
Call DAVE K.
NOVEMBER 1
Call NICOLE S.
NOVEMBER 23
Call KATHY C.
Call TINA K.
DECEMBER 14
Call TINA K.
Call MIKKI I.

SOFTBALL GAME & Picnic
818-348-3180
HALLOWEEN PARTY
818-286-8545
MURDER MYSTERY PARTY
818-980-4932
818-546-1601
HOLIDAY BASH
818-564-1601
818-577-8974

(WE NEED HELP FOR THESE EVENTS)



THOUGHTS FROM THE FIELD

The First Step

I am a marijuana addict because when using pot, it was the most important thing in my life. More important than anybody or anything. It helped to suppress all the inadequacies I felt. It helped me not to feel the pain of not living up to expectations. It enabled me not to worry about anything. It helped me to not care about the things I really cared about. It enabled me to stay in my own little world of reality and not deal with emotional feelings that would continually come up when I wasn't smoking. It would drive the fear away, but after awhile it would return.

Pot helped me not worry about not having a relationship with women, even though I wanted this to happen. Because of negative feelings about myself, I always thought deep down that I was worthless and didn't deserve to be happy. Instead of dealing with these issues I would smoke pot and they would go away. Therefore, I never learned very many social skills or much problem solving. Problems would come up and they would seem too huge to deal with. I would smoke pot and look for the answers after smoking, because then the problems seemed smaller. But, in reality, they were only day to day issues that could be resolved if dealt with instead of running away from them. I never learned to solve problems - only run from them. I would smoke and not deal with them and let them fester inside until I thought I just can't handle it and I would run from them as far as possible, try not to think about them, or go somewhere where I could start all over, escape and hope that that would teach me how to deal with them the next time - but the next time, they would continue and I would do the same thing over and over until it was killing me.

Later, I started to turn to other things (i.e., alcohol, cocaine, gambling) in the hope that these things would give me pleasure, or at least let me not care about the problems that followed me wherever I went so that these feelings I carried around would go away. They didn't. All the

alcohol and drugs did was push me farther down to the point that I finally thought there has got to be a better way. I gave in and sought help.

Anon

THE DAY HAS COME

The day has come to take an accounting of my life. Have I dreamed of late of the person I want to be, of the changes I would make in my daily habits, in the way I am with others. Have I reviewed my vision of the world I want to live in. I who am my own kind of needy person have been afraid of visions. Have I faced up to the needs I really have, not for comforts which shelter my unsureness. I need to come in touch with my own power, not titles, possessions, money, or high praise, but the power that is mine. So strong that I can risk the love of someone else, so sure, that I can risk to change the world. And I know that even if it all comes crashing down, I shall survive it all. Saddened a bit, shaken perhaps, not unvisited by tears. But my dreams shall not crash down, my visions not go glimmering. So long as I have breath, I know I have the strength to transform what I can be to what I am.

Anon

Surrender

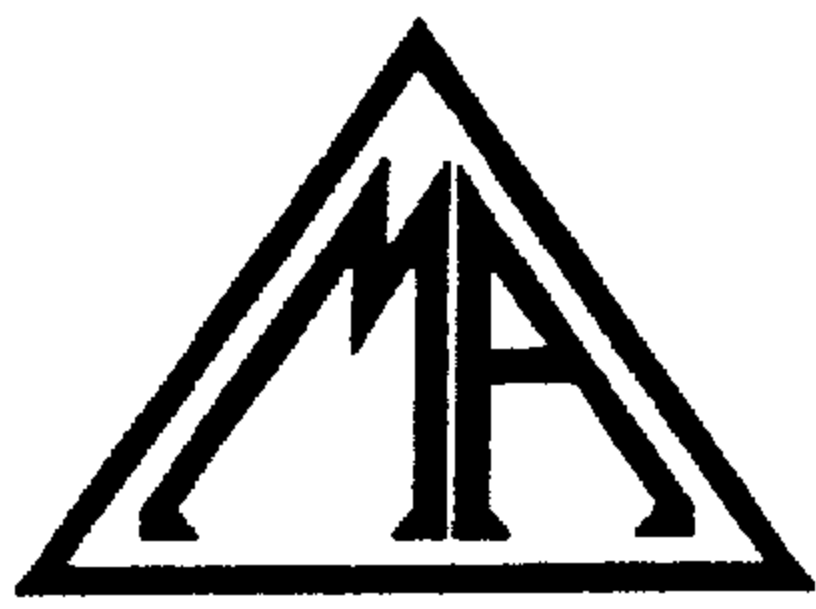
In reality, there is only one thing you dread: letting yourself fall, taking the step beyond all the securities that exist.

And whosoever surrenders himself one single time, whoever has practiced the great act of confidence and entrusted himself to fate, is liberated.

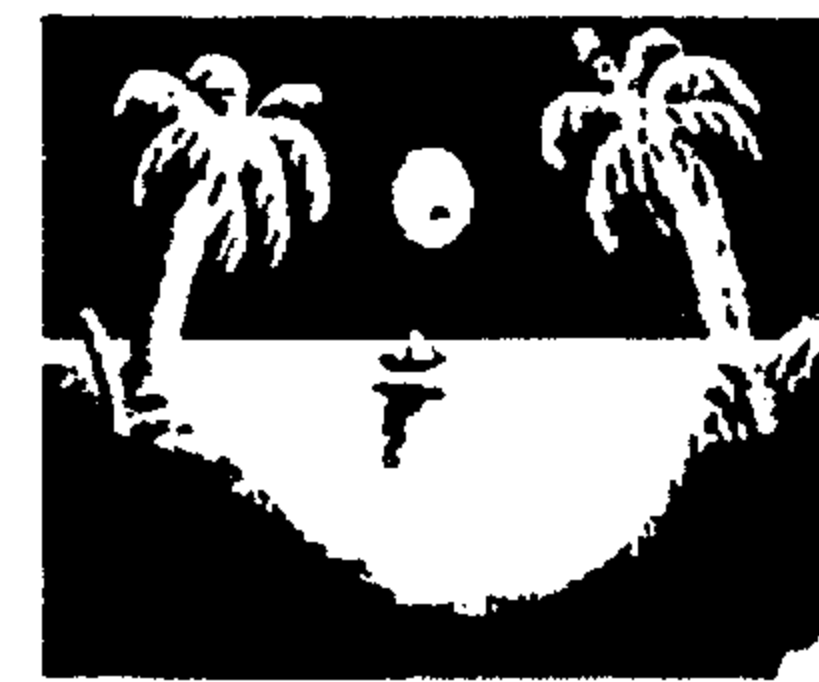
He no longer obeys the laws of earth; he has fallen into space and swung into the dance of the constellations.

That is it - it is all so simple.

Anon



Southern California
Marijuana Anonymous
 Schedule of Meetings
 Updated 10-1-91



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 - Disc. *(33/C4, O.C.) H/A
 301 Newport Blvd.
 (Hoag Hospital Chemical Dependency Unit)

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) H/A
 6455 Coldwater Canyon Blvd.
 (Life Plus Institute)
- 8:30 PM** W. Hillywd "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)

8:00 PM West Hills - Participation
 7475 Fallbrook (1/2 block S. of Saticoy)
 (West Hills Baptist Church)

WEDNESDAY

7:00 PM Lancaster Step Study/Participation
 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
 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)

8:00 PM North Hollywood - Discussion
 6323 Woodman Ave (1/2 blk S. of Victory)
 (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 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 - 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

12:00 Noon Woodland Hills Speaker Meeting
 6201 Winnetka Avenue
 (Pierce College Campus Center)

6:00 PM San Diego
 9184 Gramercy Dr. (Von's Shopping Center)
 (Serenity Shop - Back Room)

LEGEND

* - Thomas Guide Coordinates
 H/A - Handicapped Accessible
 (All meetings are non-smoking)

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