

# A NEW LEAF

SOUTHERN CALIFORNIA MA NEWSLETTER  
5616 FOXWOOD DR., STE. E  
AGOORA HILLS, CA 91301

NOVEMBER 1992  
Editors: PATRICIA G./MARK S.  
PH/FAX (818)991-8294/980-0438

## FREE MONEY AND HOW TO GET ALL THE SEX YOU WANT!!!

*Now that I have your attention* I want to share one thing that has helped me in my recovery. **WRITING!**

When my head spins, I've learned that calling another addict is extremely valuable, but this is only one of the ways I've learned to slow my clicking wheels down.

Writing enables me to look at my thoughts and feelings outside myself and evaluate my situation a little more objectively. It's also great for "dumping."

Putting my thoughts and feelings down on paper also enhances the relationship that I have with me. I learn a lot about how I am and how I was.

As I look back on writings that I did when I was newly sober there is much progress to be seen. In fact, I can see progress from a year or even a few months ago!

Of course, we write out our fourth, eighth, and tenth steps, don't we? Sometimes we write out all of the steps. But, at least those three.

So, when you feel that your head is going to explode, or you just can't understand why you feel this way, try to put good old pen to paper and see if it works for you. And if it does, then pass this information along. Thanx for letting me share.

Love,  
Sanford

- RECOVERY TODAY -  
- RELIEF AND HOPE -

After starting my 4th step about two months ago, I snowballed much fear and laziness into only one page of writing. Today, I spent about two hours starting to add to my list of fears. I've spoken to people, read my A.A. Big Book and 12 x 12. Today was growth...I wrote! It feels good! I felt some relief from writing. I do have faith that completing my inventory will open the doors of freedom. I will be happy and joyous. I have hope today that I will take these steps. By living God's will and taking action, my life will be full of all I need.

Anonymous

## HELPLINE



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

- Al & Michelle E. . . . . 818-994-3161*
- Karie M. . . . . 818-884-1223*
- Terri R. . . . . 818-563-6689*
- Danny G. . . . . 805-949-9741*
- Tina K. . . . . 818-957-3584*
- Dave K. . . . . 818-704-8812*
- Az A. . . . . 714-288-9139*
- Grady S. . . . . 818-363-9510*
- Fred M. . . . . 310-558-3864*
- Matt D . . . . . 619-943-9442*

*Remember, we are not alone!  
We're here to help each other!*



## **Happy Birthday!!**

- STEVE C. - SEPTEMBER 14 - 4 YEARS**
- LARRY F. - OCTOBER 20 - 1 YEAR**
- JOANN R. - OCTOBER 22 - 4 YEARS**
- BURT Q. - NOVEMBER 5 - 4 YEARS**
- DAN E. - NOVEMBER 11 - 5 YEARS**
- GERALD F. - NOVEMBER 12 - 2 YEARS**
- DAVE M. - NOVEMBER 17 - 2 YEARS**
- TERRI R. - NOVEMBER 18 - 2 YEARS**

### **NOTE:**

If you're having an M.A. birthday and would like to be listed here, please contact one of the New Leaf Co-Editors.

### A NEW LEAF PURPOSE



Articles submitted should reflect recovery, unity, and service. The purpose of A New Leaf is to carry the message of marijuana addiction recovery. It is through the written experiences of recovering marijuana addicts that we can find strength and hope.

**DISTRICT 5  
INTERGROUP**

*November 12, 1992, Thurs., 7:30 pm  
First Christian Church of Orange  
1130 Walnut St., Orange, CA 92667*

**DISTRICT 6  
GSO MEETING**

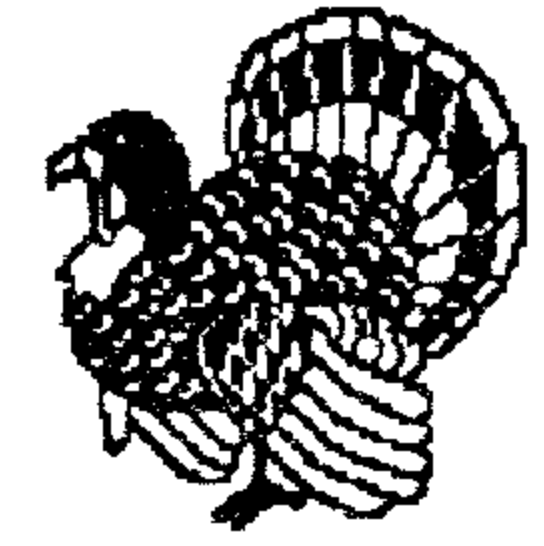
*November 5, 1992, Thurs., 7:30 pm  
9919 La Tuna Canyon Boulevard  
Sun Valley, California 91352*

**DISTRICT 7  
GSR MEETING**

*Call Fred M. for Information at:  
310-558-3864*

**QUOTE FOR THE MONTH**

WORK THE STEPS TO COMFORT IN YOUR LIFE



*"Working the:  
-First step brings honesty and eliminates dishonesty;  
-Second step brings hope and eliminates despair;  
-Third step brings faith and eliminates fear;  
-Fourth and Fifth steps brings mental courage and eliminates mental cowardice and procrastination;  
-Sixth and Seventh steps brings humility and eliminates arrogance;  
-Eighth and Ninth steps brings restitution and eliminates guilt and shame;  
-Tenth step brings preservation and suspends regression;  
-Eleventh and Twelfth steps brings spirituality and sharing it with others eliminates mental selfishness."*

*An Anonymous Speaker-October 1992*

**THE LEGACY**

*By Tomaso*

*My father succumbed to alcoholism  
in the summer of 1980.  
Leaving behind three boys  
and a very tired old lady.*

*Although my father was more  
like a stranger to me,  
kneeling beside his open casket,  
I wept inconsolably.*

*I was not crying because I lost  
a father I never had, but  
because I had become an addict  
just like my dad.*

*Realizing no escape,  
resigned to dying young,  
I "lived" the next eleven years  
comfortably numb.*

*No one else mattered.  
No one else was to blame.  
I did not care enough  
to become willing to change.*

*No one else mattered,  
(or so I thought) until  
the person I had spent ten years with  
was ready to walk.*

*So I tried for her, until  
I could try for myself.  
I came to these rooms where  
I found understanding and help.*

*I listened, I shared, I worked  
through some of the pain.  
Today, I am not cured, but  
I am truly living again.*

**A POEM**

*By Lance*

*Thank you Lord  
For the trials that have come my way;  
In that way I can grow each day  
As I let you in.*

*And I thank you Lord  
For the patience those trials bring  
In that process of growing  
I can learn to live.*

*But it goes against the way I am  
To put my human nature down  
And let the spirit take control  
Of all I do.*

*Cause when those trials come  
My human nature shouts the things to do  
And God's soft calling can so easily be ignored*

*But I thank you Lord  
For each trial I feel inside  
That you're there to help lead and guide  
Me away from wrong.*

*Cause you promised Lord  
With every testing  
That your way of escaping  
Is easier to bear.*

*But it goes against the way I am  
To put my human nature down  
And let the spirit take control  
Of all I do.*

*Cause when those trials come  
My human nature shouts the things to do  
And God's soft calling can so easily be ignored*

*Yes I thank you Lord  
For the victory that growing brings  
In surrender of everything  
Life is so worthwhile.*

*And I thank you Lord  
That with everything put in place  
Outfront I can see your face  
And it's there you belong  
I can see your face  
And it's there you belong.*

## HOW I STAYED CLEAN AND SOBER THROUGH MY TEENS

Here's a little bit of my background and my family life: My maternal grandmother was an alcoholic; My parents were compulsive overeaters and also liked to drink alcohol. I grew up in a dysfunctional family like most of us did. I am the youngest of five boys.

I started my addictions around eleven years old. I smoked part of a joint and didn't get high. Instead, I got a slight head-rush. I remember vividly the second time I got high, I smoked too much. I got really light-headed and threw up. It was not fun. I was thirteen or fourteen then.

In 1984 I got busted for trespassing on my neighbor's property.

I continued on that hopeless path to nowhere. I had no intentions of stopping. I had no idea about my last high...not a clue. I went to school, kinda stoned, got busted and was sent to IADARP, an outpatient drug program. They gave me random drug tests. I hated going.

My first day of sobriety was October 16th, 1987. It was four months before my seventeenth birthday.

Alright, onto my first AA meeting, which was the Valley Club. The counselor at IADARP had me get my meeting card signed, which was difficult at first, but that passed quickly, thank God. I stayed sober at first for my mom and school, so I wouldn't get kicked out. The special school that they finally got me in, which I'm forever grateful, for they provided me with guidance.

The roughest time in sobriety has to be dealing with the fact that my dad had Alzheimer. He had it for about ten years, which was a long period of my life not to have a father to share the good times or talk to him father to son. My father started to really deteriorate in 1988. He could no longer take care of himself, so we put him into a board and care home. It was very sad to watch my father go through this time. He couldn't even dress, bath or take care of his personal needs. My brothers and I would go visit my dad. It was very difficult.

Another hard time was when I left home to go to the California Conservation Corps. It's a work and live program with the state. It was cool. I got to go to AA and NA meetings. I could relate with the counselors there.

I left because I got very depressed. The people I was working and living with were using and I was not. It just didn't work anymore.

My father had a severe heart attack in September of 1990. I was very emotional. I cried and prayed that my dad would be alright. His life-support wasn't working. I showed up in time. I talked to him and told him much I loved him, how much I was going to miss him and said a few "Our Father's." My family is Catholic. That is why I

believe in God so strongly. My family and relatives showed up. We all held hands and prayed and my father passed away.

I attribute the way I am to the fact that I had unconditional love when I was growing up. I would never trade (not even one day) of my life which I treasure so much. God is in each and every one of our hearts.

I've had my share of ups and downs, but to let you know how difficult it was to go through all that with my dad, God bless his soul, it made me mighty strong. There's no reason for any of us to have to use and feel that awful confusion and fear ever again with help from each other and, of course, the love we receive from God. Its not the elephants that get us, its the ants. I just take it one day at a time, 'cause God doesn't give me more than I can handle at one time.

Love and tolerance is our key to happiness; to be comfortable in our skin. Don't leave five minutes before the miracle. We have a priceless gift from God. I truly believe that if you try to be the best person you can be, that's all anyone asks. Life is a big learning experience. Don't beat yourself up when you goof; move on and learn from mistakes.

Time to wrap it up. I love each and every one of you with all of my heart. I encourage all of you, even myself, to keep **trudging** that road to happy destiny. May God bless you and keep you in the life of serenity.

Anonymous

---

!!! You can be a **\*STAR\*** at !!!

\*\*\* **MOVIE NIGHT!** \*\*\*

Saturday, November 14th, 1992 - 7:00 pm

Meet In front of the Universal Odeon Theaters

\*For More Information Call Dana: (818) 878-9901\*

---



**P.I. SUBCOMMITTEE MEETING**

November 19th - 7:30 pm

All interested, call Bill at:

818-357-5336

---



Don't miss out on the



**Holiday New Year's Party**

coming on Thursday, December 31st !!!

---

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.

---

**DISTRICT 5  
INTERGROUP**

*November 12, 1992, Thurs., 7:30 pm  
First Christian Church of Orange  
1130 Walnut St., Orange, CA 92667*

**DISTRICT 6  
GSO MEETING**

*November 5, 1992, Thurs., 7:30 pm  
9919 La Tuna Canyon Boulevard  
Sun Valley, California 91352*

**DISTRICT 7  
GSR MEETING**

*Call Fred M. for Information at:  
310-558-3864*

---

**QUOTE FOR THE MONTH**



**WORK THE STEPS TO COMFORT IN YOUR LIFE**



*"Working the:*

- First step brings honesty and eliminates dishonesty;*
- Second step brings hope and eliminates despair;*
- Third step brings faith and eliminates fear;*
- Fourth and Fifth steps brings mental courage and eliminates mental cowardice and procrastination;*
- Sixth and Seventh steps brings humility and eliminates arrogance;*
- Eighth and Ninth steps brings restitution and eliminates guilt and shame;*
- Tenth step brings preservation and suspends regression;*
- Eleventh and Twelfth steps brings spirituality and sharing it with others eliminates mental selfishness."*

*An Anonymous Speaker-October 1992*

---

**THE LEGACY**

*By Tomaso*

*My father succumbed to alcoholism  
in the summer of 1980.  
Leaving behind three boys  
and a very tired old lady.*

*Although my father was more  
like a stranger to me,  
kneeling beside his open casket,  
I wept inconsolably.*

*I was not crying because I lost  
a father I never had, but  
because I had become an addict  
just like my dad.*

*Realizing no escape,  
resigned to dying young,  
I "lived" the next eleven years  
comfortably numb.*

*No one else mattered.  
No one else was to blame.  
I did not care enough  
to become willing to change.*

*No one else mattered,  
(or so I thought) until  
the person I had spent ten years with  
was ready to walk.*

*So I tried for her, until  
I could try for myself.  
I came to these rooms where  
I found understanding and help.*

*I listened, I shared, I worked  
through some of the pain.  
Today, I am not cured, but  
I am truly living again.*

**A POEM**

*By Lance*

*Thank you Lord  
For the trials that have come my way;  
In that way I can grow each day  
As I let you in.*

*And I thank you Lord  
For the patience those trials bring  
In that process of growing  
I can learn to live.*

*But it goes against the way I am  
To put my human nature down  
And let the spirit take control  
Of all I do.*

*Cause when those trials come  
My human nature shouts the things to do  
And God's soft calling can so easily be ignored*

*But I thank you Lord  
For each trial I feel inside  
That you're there to help lead and guide  
Me away from wrong.*

*Cause you promised Lord  
With every testing  
That your way of escaping  
Is easier to bear.*

*But it goes against the way I am  
To put my human nature down  
And let the spirit take control  
Of all I do.*

*Cause when those trials come  
My human nature shouts the things to do  
And God's soft calling can so easily be ignored*

*Yes I thank you Lord  
For the victory that growing brings  
In surrender of everything  
Life is so worthwhile.*

*And I thank you Lord  
That with everything put in place  
Outfront I can see your face  
And it's there you belong  
I can see your face  
And it's there you belong.*