



A NEW LEAF

DISTRICT 6 NEWSLETTER
2628 PROSPECT AVENUE
LA CRESCENTA, CA 91214

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

GOING OUT, ANYONE?

The last meeting I went to, a lot of people were talking about how slippery the holidays were and how many people go out during the "Christmas Season". It can be a time of loneliness for some and certainly a time when those of us from dysfunctional families can be reminded of how our families aren't like those great families on the television set (do they exist anywhere else?).

Well, I don't buy it. Certainly there are plenty of reasons to go out, just no good ones. Personally, I would be more likely to go out just 'cause I felt like it, than from any real tragedy or problem. My addict mind can forget very easily just what it was I was escaping from when I first decided to come to an MA meeting. I could just as easily remember sweetly the good feeling being stoned would give me. But that is fool's gold. Being stoned was isolation, fear, diminished capacities and suppressed feelings and it would be that again, *only much worse*, if I would go back to that now.

We who have come to MA and heard the stories and read the books and worked the program will never be able to return to *normal* drug use. We know better now. If marijuana ever worked, it will no longer work for us. We have no real choice. Sure, you could go out, but there would be no fun in it anymore. You wouldn't be able to bullshit yourself anymore about what it was you were doing. This was true for me almost as soon as I started the program and now, after 2-1/2 years, it is etched in stone: Marijuana won't make things better anymore. It won't get you friends like it did in high school. No one will think you're cool if you get high. You won't be part of some secret society of stoners, intellectuals or artists or whatever you told yourself at the time. You'll just be some pathetic drug addict now and, best of all, you'll know it.

So what's the choice? Be on the borderline, going in and out of the program but not staying sober; be some white-knuckle dry drunk

who stays sober, but just barely; or try some real recovery? You can't go back, you can't sit on the fence for the rest of your life, so why not get well and build some real serenity and peace. Well?
Steve E.

HELPLINE



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

<i>Terry M</i>	818-771-0125
<i>Carol M</i>	818-708-0717
<i>Loren N</i>	818-509-1715
<i>Al E</i>	818-994-3161
<i>Michelle E.</i>	818-994-3161
<i>Karie M</i>	818-884-1223
<i>Randy</i>	818-708-2305
<i>Terri R</i>	818-563-6689
<i>Tina K</i>	818-564-1601
<i>Joyce M</i>	818-985-7097
<i>George B</i>	818-771-0704

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



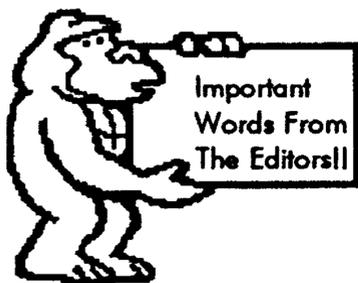
**Happy
Birthday**

Steve E. December 30 1 year

GENERAL SERVICE MEETING

Thursday, January 2, 1991 7:00 PM
7653 Linley Ave., Reseda

EVERYONE IS WELCOME!



Dear Readers,

We keep asking and asking and we will continue to ask and ask... please send articles for this newsletter!!!

We need personal stories, commentaries, announcements about your meeting (Did it move, change secretaries, change time?), essays and even letters to the editors. Did you go out of the area and attend an MA meeting in another district? How did you find MA in the first place! Are you the only one in your family in recovery?. What does Step Three mean to you? Send your articles to the address or FAX on the masthead. If we're going to keep this newsletter interesting and current, we need your input.

hey, what's the basket for?

The monies collected during our seventh tradition ultimately goes to carrying the message of Marijuana Anonymous, not only locally, but worldwide. When this is hampered, the addict is the one who suffers or dies.

Most of us figured that the basket money went to rent, literature, coffee, and cookies. Whatever was left over would go the district or World Services to pay their expenses, etc. Well folks, the "etc." is carrying the message, and the message needs our combined support.

Let's face it, the dollar cost of recovery from active addiction in MA is CHEAP! Under four hundred bucks a year if you go to a meeting every day and put a dollar in the basket. That wouldn't buy you four sessions with a shrink. That wouldn't have kept you loaded for a (check one) ___ day, ___ week, ___ month. Think about how much you used to spend on insanity.

So please remember that our donations go far beyond just paying the rent. They save lives! So when that basket comes around and you're clean today, go ahead and double up or do whatever you can. And of course, if you're clean and sober, you should just naturally pop the two bucks in the basket - one for each. Loren N.



UPCOMING EVENTS

DECEMBER 14

Call Tina K.

Call Mikki I.

JANUARY 9

9919 LA TUNA CANYON,

SUN VALLEY

Call TERRI M.

HOLIDAY BASH

818-564-1601

818-577-8974

H & I PANEL ORIENTATION

AND DISCUSSION 7:00

818-771-0125



THOUGHTS FROM THE FIELD

CAN I REALLY ASK FOR WHAT I WANT?

One thing that I have learned in this program is that if you don't look at the past and "let go Let God" so to speak, those resentments and "I deserved it" feelings don't go away.

By the grace of God, not only have I found this 12 Step Program, but I have also found a wonderful 12 Step Therapist. In working with him I have been able to look at some of my past and realize how I bring those feelings of "I deserved it" into my experiences of today. Well, I can tell you one thing in my life that I definitely deserve, It the wonderful friends I have made in this program. I now know that if I just ask for what I want, 9 out of 10 times those unconditional people in my life will be there, I don't remember any of my using friends ever to be unconditional.

I'm so grateful to those people that are in my life. The good feelings I get when I miss one of my regular meetings and the next day the phone rings letting me know how much I was missed, not because they didn't have enough drugs, but just because they missed me. I have relationships with women in this program today. I feel they are sisters that I wished for but never had. I can have a relationship with men in this program without trying to get them to fall in love with me or having to set them up with my bet's friend so they would want to be around me more. My friends today are truly friends.

Because of this program I have been able to have a better relationship with the members of my immediate family. I know that this could not have been possible if it was not for the family that I have found in the rooms of MA. If we all just keep coming back and opening ourselves just a little

more to let someone else see that inner child screaming for love, we all can have get same unconditional love and relationships.

I just want to thank you all for being so unconditional and for no matter what just being there. Loving me before I could love myself. For giving me a place to belong. My heart is filled with your love.

Unconditionally,

Karie M.

THOUGHTS FROM Ashley B.

TO WHAT EXTENT AM I CAUSING MY OWN UNHAPPINESS? ISN'T THERE SOMEBODY ELSE I CAN BLAME?

MENTAL HEALTH DOESN'T MEAN ALWAYS BEING HAPPY -- If it did, nobody would qualify.

THE ONLY REQUIREMENT FOR EVENTUALLY GETTING THERE IS TO KEEP GOING IN THE RIGHT DIRECTION.

ANY GOD YOU FIND WITHIN YOURSELF WOULD PROBABLY BE VERY HARD TO LOSE AGAIN.

I CAN'T ADMIT THAT MY PROBLEMS ARE MY OWN FAULT -- THAT NEVER GETS ME ANY SYMPATHY.

YOU'D BE SURPRISED HOW OFTEN I HAD TO GO BACK IN ORDER TO COME THIS FAR FORWARD.

THE MORE I NEED HELP, THE MORE EMBARRASSING IT IS TO HAVE TO ASK FOR IT.



Southern California
Marijuana Anonymous
Schedule of Meetings
Updated 12-4-91



SUNDAY

- 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 Bch - Open Panel *(33/C4,OC) 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 - "Roach Motel" *(31/D1)
350 W. Bay St.
(Starting Point)

8:30 PM Woodland Hills - Participation *(13/D1)H/A
20969 Ventura Blvd. #19
(French Quarter Building)

WEDNESDAY

7:00 PM Lancaster - Step Study/Partcptn *(160/B5)
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)

8:00 PM North Hollywood - Discussion *(15/F5)
6323 Woodman Ave (1/2 blk S. of Victory)
(Crossroads Hospital)

8:00 PM Van Nuys - Book & Step Study *(15/C4)
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 Mission Viejo - 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 "TGIF" Step Study*(17/B4,O.C.) H/A
777 S. Main Street, Room 104
(Mariposa Women's Center)

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 - All Welcome *(34/B4)
1213 N. Highland Ave
(at Santa Monica)
Gay & Lesbian Comm. Services Center

12:00 Noon Woodland Hills - Spkr Meeting *(12/E5)
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

For Information on Meetings
in Other Areas, Call
1-800-766-6779

MARIJUANA ANONYMOUS
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VAN NUYS, CA 91404

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