



A NEW LEAF

SOUTHERN CALIFORNIA MA NEWSLETTER
P.O. BOX 2433
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MARCH 1993
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FAITH



Happy Birthday!!

When I arrived at the doors of this program, I was neither a religious nor a spiritual person. My spirituality almost always centered around pot, and the almost religious ceremony that went with it.

Oh sure I believed in God, but I wasn't quite sure what he had done for me lately. My praying consisted of, "O God please help me get out of this and I promise I'll never smoke pot again." Needless to say I never followed through on my part. Although now that I look back, He never walked away from me.

I don't know when things started to change, but today things are a lot different. Today it's a little easier to deal with feelings, emotions, people, places, and things. I know that when I think of things too long and hard, I end up screwing it up; but if I step aside and let God do his job, I'm better off. Easier said than done. See, old behavior tells me that I need to be the one controlling my life. The second step says: "Came to believe in a power greater than ourselves. . ." I sure couldn't believe that when I got here. Someone greater than me, no way. So I continued to take control of me and you.

Step three says: "Made a decision to turn our will and our lives over to the care of God as we understand Him." How could I do this, I couldn't believe in a power greater than me?

Experience: How many times does one person have to be beaten into the ground until they realize that their will may not be God's will? There finally comes a time when I realized that my life wasn't going to take a turn towards the spiritual until I surrendered my will over to God.

The result of this for me has been faith. A faith that everything is going to work out the way God has planned. There is no need to second guess Him anymore. God has a reason for everything, and it's not my job to figure it out. Today I have faith in God, and today I know I'm in better hands than ever before.

K.C.B.
George B.

ANGEL	FEBRUARY 1	4 YEARS
RICK B.	FEBRUARY 1	4 YEARS
MIKE K.	FEBRUARY 6	5 YEARS
MATTY D.	FEBRUARY 29	5 YEARS
SARAH JOY S.	MARCH 3	4 YEARS
VICTOR W.	MARCH 6	3 YEARS
LYNNE	MARCH 9	5 YEARS
KARRIE M.	MARCH 15	3 YEARS
MATTHEW	MARCH 16	1 YEAR
JANET R.	MARCH 17	5 YEARS
BARBARA S.	MARCH 17	1 YEAR
CAROL ANN M.	MARCH 22	3 YEARS
STEVE M.	MARCH 27	4 YEARS
ANDREA S.	MARCH 29	1 YEAR

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 PRAYER

*GOD, grant us knowledge
that we may write according to Your will.
Instill in us a sense of Your purpose
Your power, Your love, Your way of life.
Grant us a bond of selflessness,
that this may truly be Your work, not ours;
so that no addict, anywhere,
need die from the horrors of addiction.*

A NEW LEAF PURPOSE



The purpose of "A NEW LEAF" is to carry the message of recovery from marijuana addiction. It is through the written experiences of recovering marijuana addicts and their stories that we can find experience, strength and hope. Articles submitted should reflect recovery, unity, and service.

**DISTRICT 5
INTERGROUP**

2nd Thursday of Month, 7:30 pm
REA Community Center, Room 640
661 Hamilton, Costa Mesa

**DISTRICT 6
GSO MEETING**

1st Thursday of Month, 7:30 pm
9919 La Tuna Canyon Road
Sun Valley

**DISTRICT 7
GSR MEETING**

2nd Wednesday of Month, 7:30 pm
Call Jim for Information
310-202-6602

QUOTE OF THE MONTH



*To refuse to forgive is to reject the other as that person is.
As we forgive, so we are forgiven.
As we refuse to forgive, so we are unforgiven.*

Elizabeth Kubler-Ross

THE ROVING REPORTER

A COLLECTION OF VIEWS FROM AROUND THE FELLOWSHIP.

This Month's question: How does forgiveness affect your recovery?

Brian A. 18 mos.
Being able to forgive is true growth. For it shows that you are willing to accept some person, place, or thing that may have hurt or wronged you. When I am able to forgive, I feel much, much closer to my higher power and is that not what we are all striving for.

Rob M. 9 mos.
I know I feel most "recovered" and most "healthy" and most "changed for the better" when I'm able to finally forgive myself for something.

Joellen 30 days
You must forgive to forget in order to grow. If you don't forgive you hold it in and eventually it turns into resentment. Isn't that what recovery is, growing and learning new ways.

Teri R. 2 yrs. 3 mos.
Forgiveness is one of the cornerstones of my recovery. I have had to forgive many people since I began my recovery; however, the most important person I have had to forgive is myself. Without self-forgiveness, I cannot possibly hope to "trudge the road of happy destiny."

Dana 18 mos.
Forgiveness and recovery equals birds flying free

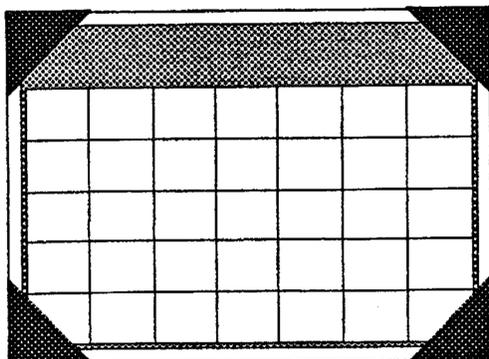
Marc T. 14 mos.
The ability to forgive myself more readily is enabling me to: 1)tolerate, 2)accept, and 3) forgive others much more quickly and thoroughly. If there is no self-forgiveness there is continuation of shame and guilt, both of which lead to loss of self-esteem and the desire to escape into denial by using.

Terry M. 5 yrs.
Holding onto my anger only hurts me. I've been told, "Anger does more damage to the vessel in which it is stored than to that on which it is poured." For me it's true. When I let go of my anger, no matter how justified I may have felt, the forgiveness always feel better.

Joanne R. 4 yrs. 5 mos.
Forgiveness of others frees me to understand and forgive myself. Instead of living through walls of resentment, and focusing on being angry with everyone, it allows me to channel that energy and put it towards loving myself and the people around me. Steps 9 and 10 are about the healing aspect of my program. They remind me that I don't have to live my life perfect but I do have to take responsibility for my mistakes.

Randy M. 7 mos.
To forgive is to be forgiven. To forgive someone is trusting yourself in someone.

UPCOMING MARIJUANA ANONYMOUS EVENTS



3RD ANNUAL YARD SALE
7653 Lindley Avenue, Reseda

MARCH 13TH AND 14TH
8:00 A.M. - 5:00 P.M.
(If raining, the event will be held March 20th and 21st)

2ND ANNUAL MURDER MYSTERY PARTY
[Redacted]

APRIL 17TH, 7:30 P.M.
\$15.00 Donation, [Redacted]
(Sign-up Deadline April 1st)

RECOVERY AND RELAPSE

As of this writing I'm gratefully experiencing my 110th day of complete sobriety. It's pouring down rain outside my bedroom window as blissful sounds of mellow jazz play on my stereo. Despite the serenity I'm feeling, this rainy weather brings back dark and cloudy memories of choosing to stay indoors to smoke endless bong loads.

Today I've chosen not to get high but to share with you my personal experience with how and why I relapsed while in M.A., and what it took to finally surrender myself to this wonderful program.

After a year of unsuccessfully trying to quit smoking pot on my own, I finally realized I needed help! I could not quit using by myself. On Monday May 11, 1992 I walked into my first M.A. meeting. I was quite nervous because it was my first experience with any kind of anonymous program. That first meeting had quite an impact on me. I knew M.A. was where I belonged.

For the next 78 days I stayed sober, but was only attending about 1 meeting a week (I thought that's all I needed). Without warning I relapsed on my 79th day of sobriety. I hadn't been to a meeting in two weeks and was hanging out with an old using buddy when my relapse occurred. Being high again wasn't the same. I became scared nervous and confused. The next day I got myself to an M.A. meeting, and shared with a few people that I had regrettably relapsed.

Despite my one day relapse back into the world of weed I still continued to only go to one or two meetings a week. Looking back upon that confusing period, I wasn't even using many of the simple tools M.A. suggests for recovery. I didn't have a sponsor, didn't use the phone to call other M.A. members, rarely opened the Big Book, never attended fellowship, rarely shared, and didn't believe in a higher power. I just went to a few meetings and wasn't yet willing to surrender to the M.A. program.

It's no wonder that I relapsed once again on my 73rd day of sobriety. This time I went out for 4 days. I was hanging out with my old using buddies once again. They welcomed me back into their loop with open arms, and countless bong loads. Smoking weed again became a nightmare, but I continued to smoke hoping to feel better. What was I thinking? On my 4th day of using I felt too sick to smoke anymore pot. I stayed sober for the next 3 days, but then found myself getting drunk on Halloween night. My lungs hurt too much to get high so I drank. To this day I regret missing that M.A. Halloween party.

I now regrettably had 3 relapses under my belt. I was on a roll. I was faced with the decision to continue to get high or to finally surrender myself to the M.A. program. On Monday November 2nd 1992 I finally surrendered. I admitted that my life had become unmanageable. I haven't used since that day!

I now have a sponsor, call other M.A. members, read the Big Book, attend fellowship, share at meetings, have a higher power, and attend 5 to 6 meetings a week. This program really works if you work it. Unfortunately it took me 3 relapses in M.A. to figure that out. I thank God that I kept coming back to M.A. meetings despite my relapses. I'm just grateful to M.A. and I plan to - Keep coming back. . . One day at a time.

Robert W.

15 REASONS TO CONTINUE THE PROGRAM AND STAY SOBER

- 1) I want to stay clean and sober
- 2) I like where I am now
- 3) I may not like all the feelings and emotions I feel, but I do feel them.
- 4) I trust and enjoy being with the people I have met in the program (most of them).
- 5) The reawakening of my spirituality would not be possible if I was still using.
- 6) Being able to remember the experiences I have now is good
- 7) My attitude towards life in general is better.
- 8) I am not throwing away what little money I am able to make on drugs
- 9) My self respect is growing and will continue to do so as long as I stay clean.
- 10) Being able to share at meetings and outside meetings helps me stay clean
- 11) The relationship with my daughter is improving, there is more respect on both sides.
- 12) By working the program I can share what I have found with others.
- 13) I am learning to let go and let God.
- 14) By turning my will over to God I know my life will be better.
- 15) By working the program and following the twelve steps, I know my relationships with others and myself will constantly get better.

It has taken me some time to come to the realization that I am powerless over drugs and alcohol. By knowing and admitting to myself I can never use either again, with any margin of safety, I must abstain. I need the belief in a higher power to maintain my sobriety. I cannot do it on my own.

By working the steps and putting one foot in front of the other, God will open the doors I am supposed to go through. He will close doors or avenues I am not supposed to traverse.

Captain

SPECIAL ANNOUNCEMENTS

WORLD CONFERENCE

World Conference Ad Hoc Committee meets 2nd Wednesday of the month at 7:00 at the same location as the Wednesday night Costa Mesa Meeting.

Anybody who wants transportation or housing for the World Conference; or has any special housing requirements (ie., pet free, smoke free, or gender), please call Lisa T. at (310)493-4868.

SAN FERNANDO VALLEY WOMEN'S STAGG

NEW ROTATING FORMAT: Each week there will be a new format. 1st Week - Topic/Discussion, 2nd Week - Speaker, 3rd Week - Step Study, 4th Week - Big Book Study.

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 3-1-93



SUNDAY

10:00 AM Redondo Beach
Participation (NEW LOCATION!)
2000 Artesia Blvd., at Green St.
(David Hayward Comm. Center)

11:00 Chatsworth
Men's Stag
(meets 2nd & 4th Sunday only)
9861 Andora (The Eagle's Nest)
Fireside Chat & Brunch

4:30 PM Montebello *(46/B6)
Participation
2518 Beverly Boulevard

5:30 PM Glendale *(25/C4)
Discussion
225-D N. Maryland Ave., Upstairs
(PositiveDirections Activity Ctr)

MONDAY

7:30 PM Orange *(17/B3,O.C.) H/A
Participation
1200 W. Palmyra
(Sister Elizabeth Building)

7:30 PM Sun Valley *(9/F5)
Tradition Study
(ONLY Meets 2nd Monday of Month)
9919 La Tuna Canyon Boulevard

8:00 PM North Hollywood *(16/A5)
Participation - Newcomers
6455 Coldwater Cyn Bl., Upstairs
(Life Plus Institute)

8:30 PM West Hollywood *(33/D5)
"Rastaman Vibrations"
8939 1/2 Santa Monica Bl., Upstairs
(W.Hollywood Drug & Alcohol Ctr)

TUESDAY

7:30 PM Orange *(17/E4, O.C.) H/A
"Roach Motel" (Topic/Discussion)
As Bill See's It
401 S. Tustin Ave., Conf. Rm.
(Orange County Comm. Hospital)

8:00 PM Mar Vista *(49/F2)
Participation
3590 Grandview Boulevard
(2blk N.Venice-1blk E.Centinela)
(St. Bede's Episcopal Church)

8:00 PM Woodland Hills *(13/F1) H/A
Participation (NEW TIME)
5530 Corbin Avenue, Suite 328
(So. of Ventura, Undrgrnd. Parking)

WEDNESDAY

7:00 PM Lancaster *(160/B5) H/A
Step Study/Participation
44743 Yucca Avenue
(Old Skating Rink)

7:00 PM Pasadena *(27/F4)
2900 East Del Mar Boulevard
(Las Encinas Hospital)

7:30 PM Culver City *(42/C6)
Beginner's Meeting
3853 Dunn Drive
(1blk E. Clarrington-N. Washington)
(Cornerstone House)

8:00 PM Costa Mesa *(31/C1,O.C.) H/A
A.A. Big Book Study
661 Hamilton, Room 640
(REA Community Center)

8:15 PM Van Nuys *(15/C4) H/A
Big Book & Step Study
15220 Vanowen Boulevard
(Van Nuys Hospital, Room C)

8:15 PM Hollywood *(34/C3)
Participation (ALL WELCOME!)
1625 N. Hudson - Parking in Rear
Gay & Lesbian Comm. Serv. Center

THURSDAY

7:30 PM Van Nuys *(15/C4) H/A
Men's Stag
15220 Vanowen Boulevard
(Van Nuys Hospital, Room C)

8:00 PM Mar Vista *(49/F2)
3590 Grandview Boulevard
(2blk N.Venice-1blk E.Centinela)
(St. Bede's Episcopal Church)

8:00 PM Mission Viejo *(29B/A4,O.C) H/A
"Last Connection" - Step Study
23228 Madero, Conference Room
Mission Viejo Charter Hospital

8:00 PM San Fernando Valley
Women's Stag (Rotating Format)
For Directions Call: (818)
Stacy 990-5087/Cindy 501-7860

FRIDAY

6:30 PM Pasadena *(27/B3) H/A
131 N. El Molino, Suite 320
(Council on Alcohol/Drug Dep.)

7:30 PM Orange *(17/C4,O.C.) H/A
"TGIF" Participation
812 Town and Country
(Ground Floor, Room 13)

8:00 PM Northridge *(14/C1) H/A
Participation
18420 Roscoe (at Reseda Blvd)
(Pavilion Plaza)

8:30 PM West Hollywood *(33/D5)
"Resin Resisters"-Step Study
8939 1/2 Santa Monica Bl., Upstairs
(W.Hollywood Drug & Alcohol Ctr)

8:30 PM Alhambra/Rosemead *(46/D1)
Participation
Ingleside Hosp (Adolescent Unit)
7500 Hellman Avenue

SATURDAY

10:30 AM Hollywood *(34/C3)
Speaker Meeting (ALL WELCOME!)
1625 N. Hudson - Parking in Rear
Gay & Lesbian Comm. Serv. Center

10:30 AM Woodland Hills *(12/E5)
"Saturday Morning Live" Spkr Mtg
21338 Dumetz Avenue, Room 202
(Woodland Hills Community Church)

12 Noon Whittier *(55/D6)
Participation
12200 Washington Blvd. Room #N

6:00 PM San Diego *(53/F3,S.D.) H/A
"Weed Whackers"
9184 Gramercy Drive
(Von's Shopping Center:
Serenity Shop - Back Door)

6:00 PM Fountain Valley *(21/F5 O.C.)
N.A. Book Study H/A
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)-999-9408