



A NEW LEAF

SOUTHERN CALIFORNIA MA NEWSLETTER
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A SECOND SHOT

I'm an addict. One that has used a lot of drugs and alcohol. I had about five months clean time about four and a half years ago, then I started using again. I feel the reason I began to use drugs and alcohol again is because I was not working this program the way it is intended to be worked: By getting a sponsor and a big book then working the steps. I didn't do any of these things and I was only going to one meeting a week, and soon I stopped going to them altogether.

After a lot of hard falls like losing a very easy job that paid a lot of money, and losing my apartment and my fiancée, I found myself very unhappy with a loss of self esteem. I was becoming very suicidal. You see, I could not see my life as being something I could change or deal with the way it was going, and I wanted it to end.

Then little things started to happen that became a guide back to the program. I went to a meeting on Monday March 27th and I started to go to meetings every day since then. I now have a sponsor and a book and I'm working the steps. Even though life is not perfect it's getting better little by little, and I had 90 days on June 27th.

I have hope, and I pray every day. Little by little I'm regaining my self esteem and my prayers are being answered. But I know without all the support and love of other people in this program I would be lost. So I can only say thank you and I'll keep on trying from now on. Thank you.

Chris E.



Happy Birthday!!

CATHY R.	JUNE 16	1 YEAR
BARBARA H.	JUNE 16	1 YEAR
KATHLEEN A.	JUNE 20	5 YEARS
DEAN W.	JUNE 29	1 YEAR
JOHN McC.	JULY 2	2 YEARS
CHRIS F.	JULY 16	4 YEARS
JOHN R.	JULY 17	7 YEARS
PATRICIA G.	JULY 25	3 YEARS
SCOTT B.	JULY 27	7 YEARS
BRAD	JULY 27	2 YEARS
MARIAN M.	JULY 30	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 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 SERVICE COMMITTEE MEETINGS

DISTRICT 5

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

DISTRICT 6

1st Thursday of Month, 7:30 pm
Ask your GSR for meeting location

DISTRICT 7

2nd Wednesday of Month, 7:30 pm
Call Peri A. for Information
(310) 823-3446

QUOTE OF THE MONTH



*The most profound relationship we will ever have
is the one with ourselves.*



TAKING THE EASY ROAD TO HAPPY DESTINY

What I am about to discuss has to do with what I was going through for about six months after I got sober. I hope by telling my experience, and some of the frustrations I went through, it may help someone else relate to my situation, and feel that they are not alone.

Like most addicts who first get sober, a lot of feelings came up that were not used to being dealt with. Most addicts like myself used to avoid these feelings, especially those which were most painful, like loneliness, anger, or just because they don't want to face the reality life has dealt them.

I think the emotion that came up the most for me was the feeling of being alone and not being loved or having attention. I know I was going through this feeling because I simply wasn't ready to honestly look at me. Instead I took the easy way out by fixing on other things in place of alcohol and pot. By doing this I just knew that the emptiness I felt inside would diminish, but actually things got worse. I began to feel a loss of self respect for myself because I was using others the same way I had used drugs.

I remember my sponsor telling me, "Heather you are playing with fire, and you will

eventually get burnt!" Boy, it sure worked for a while, but I sure did get burnt. Ouch! Now I know what insanity is, when you do the same things, and expect different results. Well I guess I was insane.

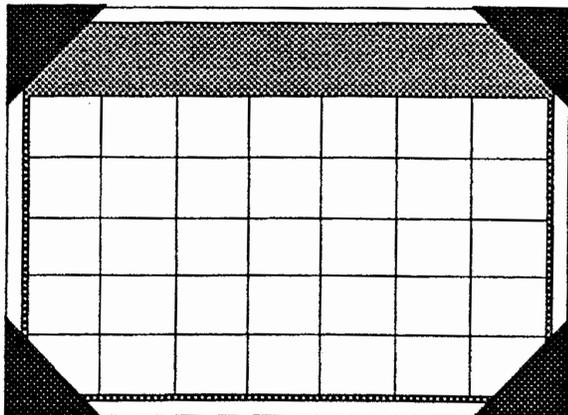
What I have gained from my experience is not to place expectations on what I do because it may end in disappointment, and to know what my intentions are before I do something. Many people including myself try to fix without drugs after getting sober. I have found that this is destructive for me, and has caused me to avoid looking at myself and my own defects.

I have heard that the only way to recover from what you are feeling is to go through the pain. So basically, I have been feeling the feelings of being alone. Sometimes its uncomfortable, but I know this is healthier than what I was doing before.

In conclusion, for those of you who are going through the same thing that I was, don't beat yourselves up, but realize your mistakes and learn from them. This is the most important step you can take in your recovery.

Heather H.

UPCOMING MARIJUANA ANONYMOUS EVENTS



BBQ AND POOL SPLASH
20411 ACRE PLACE
ORANGE

JULY 4TH
12:00PM - 8:00PM
\$5.00 DONATION

SOBER CAMPOUT
LEO CARILLO STATE BEACH

JULY 9TH - 11TH
SOLD OUT

DODGER DAY

JULY 25TH

SOBER DAY AT THE SHORE
PCH AND TEMESCAL CYN.

AUGUST 1
PICNIC AREA

OUR PURPOSE VS. MY PURPOSE

These days I'm starting to make a distinction between "our" primary purpose, and "my" primary purpose.

"Our" fellowship's reason for existence is to help the addict who still suffers. Before going to a meeting, I always remind myself how I felt when I first walked in the door. I try to remember the people I met, the things I heard, and the feelings I felt in my first meeting. Those were the things that helped me stay clean those first few hours, days, weeks, and months. I want to do everything I can to make sure that today's newcomer can hear, see, and experience those things too. I don't ever want to lose sight of the greatest miracle of this program. The miracle is that I don't have to use anymore. When I came in the door I thought that sobriety was impossible, and to my amazement, not only was it possible, but the obsession to use was also taken away.

Now that some time has gone by, I'm finding that I have a lot of work to do on me. ("my" primary purpose).

When I came to the fellowship, I only had one problem. I couldn't control my drug use. I was totally powerless and my life had become utterly unmanageable. I was existing in a drug-fogged state of fear, loneliness, and hopelessness.

Now I've got lots of problems. It may not sound like a great trade at first, but I'm in a much different place. Now I've got a year of learning, a year of sharing, and a year of taking direction to help me through. I've taken 7 of the 12 Steps. I've got a new relationship in my life too. A relationship with my higher power. I've got friends I can depend on for help and support.

Life has not become a bed of roses or a bowl of cherries, it has become a challenge. It has become hard work. When I was using, I didn't think of life on those terms. I avoided challenges and hard work, unless of course I was trying to score. My main strategy was to make enough money to be able to stay high all the time and to satisfy my immediate wants. The achievements and accomplishments of my life from age 16 to 37 consisted of whatever I could manage without having to work too hard. I avoided anything that might interfere with my drug use. I skated through.

So now I find my self unemployed and wanting to start a whole new career. I can't use pot to make the feelings of uncertainty, fear, and inadequacy go away. It's a good thing too, because if I was still getting high, I wouldn't stand a chance. I use the tools of the program to keep my head together. I try to live in the now and simply apply myself to today's task. What can I do today to further my goal. I try not to worry about the outcome. I try not to obsess on my feelings of fear, inadequacy, and timidity. If I can't shake the fear I call my sponsor or a fellow in the program and talk about it. I pray that the fear be taken away and that I be granted the strength to do what I have to do. I ask my higher power to take away my tendency to procrastinate.

My sponsor reminds me that feelings aren't real, they are just my committee trying to run the show. With time they always change or go away all together. So far he's been right. So I try to practice these principles one day at a time. I know I can depend on the love and support of my fellows and my God. How can I go wrong?

Rob M.

ONE WOMAN'S VIEW

The man-woman issue, universally, is multi-faceted and potentially complicated. For us in recovery, however, it is often an issue in need of healing, new awareness, and a new approach. In my four months in MA I've repeatedly heard the concept of "women sticking with women" and "men sticking with men", so much so that it seems to have a life of its own as an unofficial tool of the program, and that concerns me.

I have heard women share that they have an untrusting and rocky history with women, their friends have always been "the guys", and they now want to learn how to have women as friends; or, that they have a history of abuse at the hands of men and now need to be with women who have had similar experiences. Many of these women, and those with other issues as well, are just discovering how incredible they, as women, are; how incredible "sisterhood" can be with its validation, solidarity and nurturing. The most appropriate and absolutely perfect thing for these women to do, at this point in their recovery, is to "stick with women".

I have heard men share that they have a history of acting out sexually and now want to abstain from that behavior; or, that they have had to be unbreakably strong all of their lives for their mothers, sisters, lovers or wives, and now want to allow themselves to break a little, to be more vulnerable. What better way for these men to heal than to "stick with men" who have similar issues?

But let's look at another facet for a moment. I am a woman who has a history of celebrating and cherishing her friendships with women. I am also a woman who was shipped off to an all girls Catholic high school and then to an all women's college. Boys, and then young men, were not a part of my day-to-day life for eight of my developmental years, and it left me at a great disadvantage when I was cast out into the real world. Having had no experience at competing with boys in the classroom, I had no tools to compete with men in the work place. Having had very little opportunity to be friends with "the guys", I had very little know-how in becoming friends with men. Twenty-three years in addiction and isolation didn't help matters much.

Today, in my recovery and in MA, it is very important that I be with and develop friendships with men. At the same time, it is just as important that I stay aware of and away from the tendency to want to "quick fix" with romantic or sexual involvements, and that I "stick with" a woman sponsor for the common ground and emotional safety it provides.

We go through many phases as we peel away the layers of hurt and dysfunction. My concern is not that there are women in the phase of needing to "stick with women" or men in the phase of needing to "stick with men". My concern is that a mythology is developing in MA that is teaching us that "like-with-like" is a prerequisite for recovery for everyone. This mythology is potentially dangerous in that it, inadvertently, discounts those of us in a phase with different needs than "like-with-like". We must respect and honor each of the phases of all of our members.

As men and women committed to recovery we have the unique opportunity to define and heal some of the wounds between the sexes, to develop and practice boundaries, to not allow each other to get away with inappropriate behavior, to teach one another how we need and deserve to be treated. I want to be a woman who "sticks with women" and "sticks with men", who helps to nurture our common ground and heal our differences. I spent a lifetime apart from. It's time for me to be a part of.

Kathryn R.



Southern California Marijuana Anonymous Schedule of Meetings

Updated 7-1-93



SUNDAY

- 10:00 AM Redondo Beach
Participation
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
- 5:30 PM Glendale
Discussion
225-D N. Maryland Ave., Upstairs
(PositiveDirections Activity Ctr)

MONDAY

- 7:30 PM Orange H/A
Participation
1200 W. Palmyra
(Sister Elizabeth Building)
- 7:30 PM Sun Valley
Tradition Study
(ONLY Meets 2nd Monday of Month)
9919 La Tuna Canyon Boulevard
- 8:00 PM North Hollywood (NEW LOCATION)
Participation - Newcomers
11960 Victory Blvd.
(Trinity Pres. Church)
- 8:30 PM West Hollywood
"Rastaman Vibrations"
8939 1/2 Santa Monica Bl., Upstairs
(W. Hollywood Drug & Alcohol Ctr)

TUESDAY

- 7:45 PM Orange H/A
"Roach Motel" (NEW TIME)
As Bill See's It
401 S. Tustin Ave., Conf. Rm.
(Orange County Comm. Hospital)
- 8:00 PM Mar Vista
Participation
3590 Grandview Boulevard
(2blk N. Venice-1blk E. Centinela)
(St. Bede's Episcopal Church)
- 8:00 PM Tarzana
Participation (NEW LOCATION)
19616 Ventura Blvd.
(Above Corbin Bowl)

WEDNESDAY

- 7:00 PM Lancaster H/A
Step Study/Participation
44743 Yucca Avenue
(Old Skating Rink)
- 7:00 PM Pasadena
2900 East Del Mar Boulevard
(Las Encinas Hospital)
- 7:30 PM Culver City
Beginner's Meeting
3853 Dunn Drive
(1blk E. Clarington-N. Washington)
(Cornerstone House)
- 8:00 PM Costa Mesa H/A
A.A. Big Book Study
661 Hamilton, Room 640
(REA Community Center)
- 8:00PM Canoga Park C
Participation (1 yr. to share)
22021 Sherman Way
(Serenity West - Back Door)
- 8:15 PM Van Nuys H/A
Big Book & Step Study
15220 Vanowen Boulevard
(Van Nuys Hospital, Room C)
- 8:15 PM Hollywood
Participation (ALL WELCOME!)
1625 N. Hudson - Parking in Rear
Gay & Lesbian Comm. Serv. Center

THURSDAY

- 7:30 PM Van Nuys H/A
15220 Vanowen Boulevard
(Van Nuys Hospital, Room C)
- 8:00 PM Mar Vista
3590 Grandview Boulevard
(2blk N. Venice-1blk E. Centinela)
(St. Bede's Episcopal Church)
- 8:00 PM Mission Viejo H/A
"Last Connection" - Step Study
23228 Madero, Conference Room
Mission Viejo Charter Hospital

FRIDAY

- 6:30 PM Pasadena H/A
131 N. El Molino, Suite 320
(Council on Alcohol/Drug Dep.)
- 7:30 PM Orange H/A
"TGIF" Participation
812 Town and Country
(Ground Floor, Room 13)
- 8:00 PM Northridge H/A
Participation
18420 Roscoe (at Reseda Blvd)
(Pavilion Plaza)
- 8:30 PM West Hollywood
"Resin Resisters"-Step Study
8939 1/2 Santa Monica Bl., Upstairs
(W. Hollywood Drug & Alcohol Ctr)
- 8:30 PM Alhambra/Rosemead
Participation
Ingleside Hosp (Adolescent Unit)
7500 Hellman Avenue

SATURDAY

- 10:30 AM Hollywood
Speaker Meeting (ALL WELCOME!)
1625 N. Hudson - Parking in Rear
Gay & Lesbian Comm. Serv. Center
- 10:30 AM Woodland Hills
"Saturday Morning Live" Spkr Mtg
21338 Dumetz Avenue, Room 202
(Woodland Hills Community Church)
- 12 Noon Whittier
Participation
12200 Washington Blvd. Room #N
- 6:00 PM San Diego H/A
"Weed Whackers"
9184 Gramercy Drive
(Von's Shopping Center:
Serenity Shop - Back Door)
- 6:00 PM Fountain Valley H/A
N.A. Book Study
16533 Brookhurst
(Elaine's Gifts - Back Door)

LEGEND: H/A - Handicapped Accessible
C - Closed, Addicts Only

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)-999-9409