



# A NEW LEAF

SOUTHERN CALIFORNIA MA NEWSLETTER  
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## COMING HOME

When I first came through the doors of M.A. I didn't have a problem. Marijuana had masked my problems for years. My first night at the Tuesday meeting in the French Quarter I knew I had found home - even though I didn't have a problem, and I wasn't an addict.

Something that everyone said that night touched me, especially a comment that one person said about giving up his best friend. It was the same for me. Marijuana had always been there. It had never let me down until the end when it stopped working.

I don't know what drug I would have gone on to next if I wouldn't have found M.A.. I'm grateful that I didn't have to find out. When marijuana stopped working I was terrified. When I found M.A. I found something that always works if I work it. It works if I apply the principles of the program, and use the tools you people have taught me. Those little cliches have saved my life.

"HOW?" you asked. Until you are willing to be Honest, Open minded, and Willing you won't benefit from the program.

"Happiness is an inside job". Finally after 3 years and a lot of stubbornness I've started to get it. I think my first year was just about detoxing, not using, and learning to trust people. My second year I started to let down my walls and accept the unconditional love that people offer here.

What we say is true, "let us love you until you can learn to love yourself". I can finally say I'm starting to learn to love myself. Because of this program I have reconnected with my higher power. Once again I feel him in my life. I get on my knees and talk to him almost every day.

The biggest miracle is that I prayed that the obsession to smoke every day be removed, and He did just that. Thank you God for being there for me. Thank you Bill W. and Dr. Bob, and thank you to all the people in M.A. that I love so much. Keep coming back.

Vicki



## Happy Birthday!!

MARIAN M.	AUGUST 1	2 YEARS
VICKI	AUGUST 1	1 YEAR
JOYCE	AUGUST 5	3 YEARS
WADE C.	AUGUST 6	3 YEARS
DANA	AUGUST 13	2 YEARS
COLEMAN G.	AUGUST 13	1 YEAR
MARK K.	AUGUST 14	1 YEAR
KURT S.	AUGUST 16	1 YEAR
DAVE M.	AUGUST 20	2 YEARS
LISA T.	AUGUST 21	3 YEARS
CINDY C.	AUGUST 26	4 YEARS
STEVE N.	AUGUST 31	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 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

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### QUOTE OF THE MONTH



*DREAMS THAT WE GAVE UP LONG AGO  
CAN NOW BECOME REALITY*



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#### A SUMMER RECOVERY POEM

Pot, heat, and smog, all is a haze,  
I no longer want that painful haze.

Buds, summer, Los Angeles, and the rest,  
Now I've got 12 steps to go for best.

To use spells disaster, death, it kills,  
Today I make progress using God's will.

I have a choice, action to take,  
With sobriety alone, I'm still a fake.

Growth and recovery, by no means comfortable  
Changing emotions, feelings and all,  
That little boy need not slam the wall.

What a deal only a dollar a day,  
Be a winner, save a life, and get to play!

The book, meetings, commitments, and friends,  
Willingness, honesty, open mindedness,  
One day at a time, recovery never ends.

To close, I'm an addict, true and through,  
Thank God for our program, I love all of you.

Steve G.

#### CHANGING

I ended my smoking,  
Six weeks ago,  
I'm no longer choking,  
On my ego.

Life has been foggy,  
True friends have been few,  
My lungs are no longer smoggy,  
And the sky is now blue.

It is M.A. that I have found,  
Three meetings a week,  
The fellowship is sound,  
For it is new friends I seek.

I am completely sober,  
Full of energy,  
I love my neighbors,  
I hope they love me.

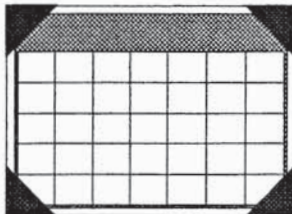
M.A. has shown me,  
An alternative style,  
Clearly do I see,  
After being sober for awhile.

Reactions may differ,  
Opinions may sway,  
I hope I can stay sober,  
For just another day.

Cary G.

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### UPCOMING MARIJUANA ANONYMOUS EVENTS



NO NEWS OF ANY UPCOMING MA EVENTS

TAKE THE TIME TO WORK THE STEPS

LOOK FOR UPCOMING EVENTS ON YOUR MEETINGS  
LITERATURE TABLE AND IN FUTURE "A NEW LEAF" EDITIONS

## A RECURRING DREAM

I've had a recurring nightmare since I was a kid, which I seem to dream during stressful periods in my life. I'll be on a beach looking out at a stormy turbulent ocean. I know there are tempting treasures at the bottom of the sea, but the water is dangerous, with powerful threatening creatures lurking beneath the surface. Suddenly a huge tidal wave rears up from the horizon and races towards me. I run up to the beach but a cliff bars my way. Frantic to escape, I try to scramble up the cliff but the tidal wave crashes down on me, and tears my hold away from the rocks. I am tossed and tumbled in the wave, and swept out to sea. I usually wake up then, feeling I am drowning.

After I'd been in M.A. a couple of months, my sponsor asked me to write a piece for "A New Leaf." That night I had a new stormy sea dream.

This time, there were other people on the beach with me. They were talking about another land that they believed lay across the ocean. Some of the people were afraid to hear about it, and insisted that there was nothing out there, that the beach we stood on was the only land there was. But the more I heard about it, the more I believed in it, and I decided I wanted to see the new land. The people who believed in the new land had a boat to sail across the ocean, and I joined them on the boat despite all the urging of the frightened people who stayed behind.

We set sail and soon we were out of sight of land, on a vast expanse of ocean. The sky began to darken, and the waves began to build. It was getting stormy. I was nervous, yet a friend from the boat persuaded me to join him on a small inflated raft. He said he would show me how to ride the waves. Off in the distance, I saw a tidal wave form and begin to bear down on us. I was frightened, but my friend - I didn't know who he was, only that he was a trustworthy friend - showed me how to position the raft like a surfboard about to catch the wave. He told me to hold on tight because it was going to be a wild ride. The tidal wave crashed down on us, but instead of smashing us, it drove the raft before it, accelerating us along a swooping, soaring, breathtaking race. I was still frightened, but I was also exhilarated by the speeding flying sensation.

I clung tightly to the raft, and eventually the tidal wave dissipated, leaving us bobbing in the sea once more. I asked my friend if it was possible to ride all the waves like that. He told me I could most of the time, but then he cautioned me, "The only time it doesn't work is when the waves come from both directions at the same time. You're going to get hit, you're going to get tumbled around."

As he spoke, I saw two new tidal waves from in the distance, one on either side of me and they started racing in. "What do I do then?" I asked frantically, knowing I was about to get creamed. "Keep holding on to the raft," he advised me. "No matter how bad it gets, the raft will bring you back to the surface in the end."

Well the waves did collide right over me, and I was driven under and tossed wildly around, but I clung to the raft and it did bring me back to the surface. We rejoined the others on the boat, and we did reach a new land on the other side of the ocean.

I'm sure this dream can be interpreted in a number of ways, and I don't know that any particular one is "right." But I have a feeling that the fearful people on the beach were addicts, and the boat M.A., and the raft was the program, and the friend was my higher power, and the new land, was a new (sober) life. I'm still scared when I think of the tidal waves lurking out there, waiting for me, but I believe now I can ride them out, or at least hold on until they pass.

Bonnie

## RECOVERY OR RESENTMENT: A FINE LINE

To leave an M.A. meeting with feelings of anger, resentment, and confusion, rather than hope and serenity, is a very sad comment on the program. Patience, tolerance, consideration, compassion, and unconditional love are just a few of the spiritual principles discussed in the big book (pgs. 28, 66-70, 82, 90, 98, 108, 111, 118, 123, 126, 160, 451, 570). I try to practice these principles in all my affairs, but especially among my fellow addicts.

Addicts are afflicted with a disease no less fatal than AIDS or terminal cancer. To say to an addict, "you are making me angry because you do not talk and behave like a person who wants to recover," will not elicit a positive response. Moreover, it is a violation of the spiritual principles.

Ironically, the sickest addicts in these rooms are not the newcomers. Rather, it is the addicts who have taken a few birthday cakes, read the big book countless times, formed a conscious contact with a higher power, and can talk a good program. But knowledge of addiction and the spiritual principles means nothing unless applied constantly. Sobriety time does not equal recovery and spiritual progress.

When an addict decides to take the inventory of an entire meeting, or another addict in front of the entire meeting, the spiritual principles are being violated, misinformation is being spread, and newcomers are being driven away. No disclaimer can exonerate such behavior, or relieve the responsibility for hurting the other addicts.

If not enough recovery is being shared please share about recovery. To comment and criticize other addicts for not sharing recovery is to spread misinformation, anger, resentment, and engage in sick behavior.

I pray for the addicts still suffering in these rooms. But that is not enough. I must also share in meetings with patience, tolerance, compassion and consideration for others. I know the majority of M.A. members share the opinion I have expressed in this article. Unfortunately, you are the silent majority.

Please speak out at meetings. Send the message that it is alright to share about the pain and problems of life. Let your fellow addicts know that the meetings are a safe place where criticism and judgment will not be tolerated, and where love, understanding and tolerance abound.

Tommaso

## ON THE WINGS OF PRAYER

Just close your eyes and open your heart  
And feel your worries and cares depart,  
Just yield yourself to God above  
And let Him hold you secure in His love.  
For life on earth grows more involved  
With endless problems that can't be solved  
But God only asks us to do our best,  
Then He will take over and do the rest.  
So when you are tired, discouraged and blue,  
There's always one door that is open to you  
And that is the door to the house of prayer  
And you'll find God waiting to meet you there.  
And the house of prayer is no farther away  
Than the quiet spot where you kneel and pray.  
For the heart is a temple when God is there  
As we place ourselves in His loving care.  
And He hears every prayer and answers each one  
When we pray in His name, "Thy Will Be Done".  
And the burdens that seemed too heavy to bear  
Are lifted away on the wings of prayer

Anonymous



# Southern California Marijuana Anonymous Schedule of Meetings

Updated 8-1-93



## SUNDAY

- 10:00 AM Redondo Beach  
Participation  
2000 Artesia Blvd., at Green St.  
(David Hayward Comm. Center)
- 11:00 Chatsworth  
Men's Stag  
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"  
8939½ 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  
19616 Ventura Blvd.  
(Above Corbin Bowl)

## WEDNESDAY

- 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)
- 8:00 PM 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

- 7:00 PM Lancaster H/A  
Step Study/Participation  
725 East Avenue J  
(Lutheran Church)
- 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

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

## 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  
8939½ 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
- 12 Noon Covina (Starting 8/28/93)  
210 W. San Bernardino Rd.  
Inter Community Medical Center  
(Classroom A, in basement)
- 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)

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