



A NEW LEAF

SOUTHERN CALIFORNIA MA NEWSLETTER
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NOVEMBER 1993
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TOOLS

There are many tools in this program which we can use to help us stay sober: meetings, the Big book, a sponsor, and the telephone. One tool which is sometimes overlooked is commitments. Having a commitment at a meeting is special. There were many times when I really didn't want to go to a meeting, but I knew I had to go because of a commitment.

Commitments are special because you are not only keeping yourself sober, but you are being of service to others. I have held many commitments in MA: refreshments, secretary, GSR, etc. I remember taking a refreshment commitment at about 60 days sober. It meant that I had a responsibility to the meeting and, even when I didn't want to go, I didn't want to let you guys down. I once heard someone say that, "Many times I came for you guys, even when I didn't want to come for myself".

As I got more time under my belt, I got involved in panel work. For me, this is the best way to be of service. Panel work is 12th Step work; passing the message to others. I feel so good when I leave a panel. I leave a hospital after a panel hoping that what I, or one of the other panelists, said may have planted a seed for one of the patients. Maybe they have seen that it can be done. You can live sober.

I don't think there has been very much time in the past two years that I haven't had a commitment. It really seems to round out my program. I have a sponsor, I read the big Book, I go to meetings, and I talk on the phone with other addicts. Having a commitment and being of service to others is a very important component of my program. There is a lot of opportunity in MA. There are commitments at the meeting level, at the district level as a GSR or on one of the committees, and even at the World Services level. Whether it is bringing cookies to a meeting, or being a trustee, get involved! After all, we can only keep what we have by giving it away!

Terri R.



Happy Birthday!!

ROCCO S.	SEPTEMBER 10	1 YEAR
RAY G	OCTOBER 18	4 YEARS
JACK B.	NOVEMBER 1	1 YEAR
ROBERT W.	NOVEMBER 2	1 YEAR
DAN E.	NOVEMBER 11	6 YEARS
GRASSHOPPER	NOVEMBER 11	1 YEAR
GERALD F.	NOVEMBER 12	3 YEARS
CHRIS M.	NOVEMBER 15	1 YEAR
STEVE D.	NOVEMBER 16	19 YEARS
TERRI R.	NOVEMBER 18	3 YEARS
THEODORE	NOVEMBER 25	1 YEAR
ERIC	NOVEMBER 28	1 YEAR
LISA	NOVEMBER 28	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.

**A NEW LEAF WELCOMES BRIAN K.
AS A NEW CO-EDITOR,
AND THANKS PATRICIA G. FOR
ALL HER SERVICE OVER THE PAST YEAR.**

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



AS WE LEARN HOW TO PRACTICE SPIRITUAL
PRINCIPLES IN ALL OUR AFFAIRS,
THE QUALITY OF OUR LIVES IMPROVES.



THE ROVING REPORTER

A COLLECTION OF VIEWS FROM AROUND THE FELLOWSHIP.

This Month's question: How has cross addiction affected your recovery?

Andi A. 5 yrs. 2mos.
I can't say that cross addiction has affected my recovery as much as it was a significant part of my disease. Marijuana was always there, but many other drugs and alcohol helped to drive me to my bottom. So, when I got here, to M.A., I know that I was an addict, and that recovery meant sobriety from all mind altering chemicals.

Vicki M. 1 yr. 3 mos.
I switched from marijuana and alcohol to men and relationships. Because of that my recovery has been very slow. Thank God that my higher power has always been there for me.

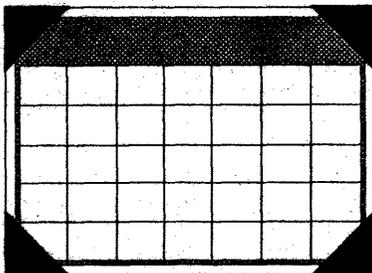
Stacy S. 14 mos.
I never had any concept that besides pot I had any other addictions until I joined M.A. After being around for a time, I realized that I am an addict, and that if I like something I want it now, and more of it. Today I catch myself being a workaholic, shopaholic, studyaholic etc. Reality is that I am just an addict, and if I take away one addiction I find another. Today though I do try to use the 12 steps in all my affairs, and pray regarding whatever is controlling my life at the time.

Robert W. 1 yr.
I practiced cross addiction by drinking alcohol, but not smoking pot. But when I went out after 70 days of sobriety I considered that "going out". It wasn't until I finally surrendered to this program that I realized that I have a problem with all mind altering chemicals. I thank M.A. for helping me understand that cross addiction can't be practiced in recovery.

George B. 5 yrs. 8 mos.
By switching my addiction from one thing to another, I put off addressing feelings because my attention is diverted by my use of other substances; whether its drugs, alcohol, sex, shopping, eating, or gambling.

Steven R. 4 mos.
My beast will attempt to draw me towards the flame of desire. Its power grows as my obsessions multiply. When I stay in the now it stays in its cage. Always inside with an eye of the tiger towards movement, easily stirred; but I also keep one eye open. I am the master, it must obey me. Stay hungry beast you will not feed with me

UPCOMING MARIJUANA ANONYMOUS EVENTS



CAMPOUT
STONE CREEK CAMPGROUND

NOVEMBER 19 - 21
FOR MORE INFO CALL
MIKE LB. (714)997-4998

MARIJUANATHON
A DAY IN THE LIFE OF RECOVERY

NOVEMBER 26, 8:00AM - 9:30PM
18420 ROSCOE (AT RESEDA)
PAVILION PLAZA

HAVE A HAPPY THANKSGIVING!

RELATIONSHIPS IN RECOVERY

To be or not to be, that is the question.

It has been "suggested" that we make no changes as to relationships for our first year in recovery. This makes very good sense. How can we have any kind of a relationship with some one new when we don't even know who we are?

I was lost in my disease for so many years I had lost me. Pot never gave me the insight to my inner thoughts I had hoped for, but was able to escape from all reality. After I had been clean for awhile and my thought process stopped rattling around in my head like a B-B in a box car, I was able to enter recovery.

I have seen others get into a new relationship early in recovery and their program suffers. How do you have time to work your program, give of yourself in a relationship, and support yourself all at the same time? It can be quite difficult!

The advantage to having a relationship with someone in the program is that hopefully they know and understand what you are going through. The new growth, the fears, and the doubts. I was wary of ladies in the program, only because that is what was suggested. The men should stick with the men and the women with the women. Mixing doesn't get it.

Good idea, but I was lonely. I just wanted to share some fun with someone I could be myself with. I don't have to explain or lie about not having a beer or glass of wine, or even share a joint. I didn't want a relationship, just an occasional date other than a meeting or fellowship after a meeting.

Alas, it happened. I have been with the same lady for nine months. I thank her for the help in my growth. Being a program person, she doesn't let me get away with any bull s---. Rigorous honesty, sometimes it can be a bitch. We can talk about feelings. I never did before. We can also be open and honest together. I didn't do that very well before either.

I have heard others in the fellowship say, "Why would you want to date or have anything to do with a woman in the program? Would you shop for a car in a junk yard?" With that attitude, I wonder who would want them. I think all of us in program are like classics. We just need some rebuilding. Some of us put all the efforts in paint and wax to look good on the outside, while the engine and running gears are barely working. Others of us put more effort into the heart and soul of rebuilding ourselves, and the inner glow will shine through the dust and dings of the exterior. The longer we are in recovery, and be honest with ourselves, that glow will shine through to others.

I am proud to have a relationship with someone in the program and into recovery. This is the most honest and real relationship I have ever had with someone. It helps that I am now able to be honest (or more so) with myself. We are able to share many things including a Higher Power, the program, and our lives. KCB.

Captain Kurt

SOBRIETY OR SERENITY

As a member of different anonymous fellowships I've heard the words sobriety and serenity used interchangeably at times. Although they are related, in my opinion, they are very different words. I believe the word sobriety means being of sound and clear mind and not being under the influence of marijuana, alcohol, or any other mind altering substance. In other words, it simply means to be sober.

The word serenity, I believe can also mean to have a clear mind, but I think peacefulness, and calmness is what is really meant. At least that is what it says in the dictionary. For many years I believed pot gave me serenity. In reality, although it made me feel calm, what it really gave me was insanity.

In my sobriety I have discovered serenity. Sobriety is a key ingredient of serenity. That is very difficult to see when one is always under the influence of mind altering substance. However, sobriety per se is not serenity. True serenity can only be achieved by knowing God. He will guide you through the steps of recovery. This can only be accomplished through sobriety. In conclusion, sobriety can lead to recovery which is the ultimate serenity.

Bob L.

FAITH IS A MIGHTY FORTRESS

We look ahead through each changing year
With mixed emotions of hope and fear,
Hope for the peace we long have sought,
Fear that our hopes will come to naught...
Unwilling to trust in God's will,
We count on our logic and shallow skill
And, in our arrogance and pride,
Man is no longer satisfied
To place his confidence and love
With child like faith in God above
But tiny hands and tousled heads
That kneel in prayer by little beds
Are closer to God's heart
And of his kingdom more apart
Than we who search and never find
The answers to our questioning mind,
For faith in things we cannot see
Requires a child's simplicity...
Oh, God, grant once more to men
A simple childlike faith again,
Forgetting color, race and creed
And seeing only the heart's deep need...
For faith alone can save man's soul
And lead him to a higher goal
For there's but one unfailing course -
We win by faith and not by force.

Anonymous

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 10-1-93



SUNDAY

- 10:00 AM Redondo Beach**
Participation
2000 Artesia Blvd., at Green St.
(David Hayward Comm. Center)
- 5:30 PM Glendale**
Discussion
225-D N. Maryland Ave., Upstairs
(Positive Directions Activity Ctr)

MONDAY

- 7:30 PM Orange H/A**
Participation
1200 W. Palmyra
(Sister Elizabeth Building)
- 8:00 PM North Hollywood**
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

- 8:00 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
(St. Bede's Episcopal Church)
- 8:00 PM Tarzana**
Participation
19616 Ventura Blvd.
(Above Corbin Bowl)

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

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)
- 8:00 PM Van Nuys (11/15 last day)**
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 (11/15 last day)**
15220 Vanowen Boulevard
(Van Nuys Hospital, Room C)
- 7:30 PM Northridge H/A, B**
Women's Stegg
1764 Devonshire St.
(Temple Ramat Zion Rms. 5 & 6)
- 8:00 PM Mar Vista**
3590 Grandview Boulevard
(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
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 Canoga Park**
"Saturday Morning Live" Spkr Mtg
22021 Sherman Way (New Location)
(Serenity West - Back Door)
- 12 Noon Whittier**
Participation
12200 Washington Blvd. Room #N
- 12 Noon Covina (Starting 8/28/93)**
210 W. San Bernadino 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