



Recovery In Your Own Words: A MAWS Trustee Report

Hello, my name is Ellen N. and I am the MAWS Literature Trustee. I want to keep you informed of the projects that the Literature Committee is working on and, perhaps, get you to contribute!

The biggest project is the Third Edition of *Life With Hope*. The goal is to keep the same feel, style and intention of the current book, yet fix the grammar and punctuation errors that are found throughout the book. An outside professional edited the text, and the Literature Committee has gone through, line by line, all the suggested changes and either accepted them or rejected them. We have completed The Traditions chapters and will be submitting them for approval at the next MAWS Conference.

The Third Edition will also include additional content including new stories added to the back of the book as well as a chapter similar to the "We Agnostics" chapter of the AA Big Book. While there is a subcommittee formed, this chapter has not been written yet. We are currently looking for members to submit their stories to be used in the book as well. Share your experience, strength and hope in print!

Another book project in the works is the MA Daily Meditation book. We are seeking

submissions from the membership, which will be printed on your sobriety birthday.

The last item I want to mention is a new piece of literature that will be added to the MAWS Conference agenda in 2010. It is called "We Recover" and is similar in intent to the AA Promises yet it is comprised from quotes from Life With Hope (from steps 9 and 12). It lists 12 positive results and outcomes in recovery and will be a nice addition to the MA body of literature.

Keep in mind that before anything can be published or read at meetings, all literature must be "conference approved", which means it must be approved by the majority of the delegates at the MAWS Conference. I hope you will take the time to read the upcoming conference motions and speak with your delegate to voice your opinion. The literature that MA provides affects the current membership as well as the addict who has not yet come through the door.

Please consider this an invitation to join the Literature Committee and become involved in any way that you can. Submit your story or a short page for the mediation book, help with the editing of the Third Edition of

Life With Hope or perhaps you can think of a new pamphlet or reading that might benefit the addict who still suffers. There is no better voice to speak to a marijuana addict than another marijuana addict. Your voice can make a difference. Share your recovery, in your own words.

Yours in grateful service,
Ellen N., District 15
Literature Trustee
Literature@marijuana-anonymous.org

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ROVING REPORTER
Question for March

When you first got clean, were there things that you thought you'd never enjoy again?

Step Three

Made a decision to turn our will and our lives over to the care of God, as we understood God.

Third Tradition

The only requirement for membership is a desire to stop using marijuana.

EXTRA!! EXTRA!!

This JUST in!

The 2011 MA Convention will be held in New York City!!

a new leaf

The purpose of A New Leaf is to carry the message of recovery from marijuana addiction. It is through the written experiences of recovering addicts and their stories that we may find experience, strength and hope.

Articles submitted should reflect recovery, unity, and service.

The articles contained in A New Leaf are the sole opinions of the authors and do not reflect the opinions of Marijuana Anonymous as a whole.

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anlp@marijuana-anonymous.org

A New Leaf
P.O. Box 6482
Torrance, CA 90504

or submit online:

www.marijuana-anonymous.org
and click on publications

Roving Reporter Asks...: How do you have fun in recovery?

I have come to accept that fun for me may not be everybody's idea of fun, and that is ok. Things that give me a kick and a natural high include yoga, meditating, walks, hikes, and being in nature. I love to read and write. I like to watch my favorite TV shows. When I was high all the time I had no attention span for reading or TV! I also appreciate eating well and taking time to plan and prepare something, instead of making food a last minute priority.

I enjoy going to meetings. I like the commonality, the laughter, and seeing people take chips and birthday cakes, and watching people have a spiritual awakening and get and share recovery. I love hearing people give a good share.

I enjoy hanging out with my mom and watching movies and our favorite TV shows. I love being with our dog and walking him.

I like sharing with others in recovery online and before and after meetings. I love going to MA campouts and the beach. I love going to conventions and meetings of all kinds.

I really enjoy going to karaoke and performing and watching others perform. I love going to concerts. I was able to see some wonderful performances and not have to succumb to all the pot smokers and alcohol drinkers around me, and to remember when I felt annoyed with them, that I used to be one of them and inconsiderate of those around me. I was able to

be there clean, sober and present because of the step work and having a spiritual connection. ▲

I tried everything in the world to get sober. The only thing that worked was admitting that I couldn't get sober -- not by myself, or by any way I would ever come up with. I was defeated. THEN I was ready to hear a solution that wasn't from me, which in fact was greater than me. That solution was MA. As long as I kept telling myself I could handle my pot smoking, I would never come to MA. And without MA, I never would have gotten sober. ▲

I have fun in recovery by trying to keep within my boundaries of what I know is good for me. This has not always been easy, as I have had to learn from experience and have made the same mistakes quite often. The aversive consequences of doing the same things for short term gain had finally outweighed any pleasure that I was getting.

That said I now know what I can do and what I can't do. I believe that it is different for each person. I meet up with fellow addicts in recovery at last once a week and we go for coffee and have a good laugh about some of the more benign aspects of our thinking and how it can affect us day to day. There is always good comedy material in our day to

(Continued on page 3)

Roving Reporter Asks...

(Continued from page 2)

day brushes with reality. We also support each other with the more serious issues that are concerning us in a non-judgmental way. As time goes by in recovery I have found a few people who I can share deeply with.

Music is a big part of my recovery, as are films. Live music is one of the best things about being in recovery. Sometimes I go on my own to see a band and sometimes I go with people in recovery. Other times I meet up with people who are not in recovery and enjoy their company within the context of the venue. I don't get into buying rounds, I stick to my own drinks that way I can be sure. I have found that most people are quite happy with this arrangement. If I were to have an alcoholic drink I would have the cravings to use marijuana ten-fold so I just don't go there. ▲

Most of us think we will never have any fun again after giving up marijuana! I am learning the opposite is actually true. Using ate away ambition and made me lazy, and affected my adventurous side in a big way. I used to go bicycling, backpacking, hiking, skiing, canoeing, and exploring. Now in order to live a better life, I need to find a way to get back to those activities.

Getting back into the social scene is also difficult, but it's absolutely necessary if I am willing to go to any length to stay clean. Whether it is attending

land meetings, church, concerts, seeing friends and family, or any new pursuit, I need to get out of my old behavior and recliner in order to recover. I've only been clean 2-1/2 months at this point, but I already have plans to take my bicycle in to get a few parts replaced for spring. Today I went out for a short cross-country ski. My health does prevent me from experiencing the stamina of earlier years, but I know if I am willing there will be progress, not perfection.

At 51, I ventured into "new" technology for the holidays and

bought an iPod. Then I went snow tubing with my son and grandson. I wore the iPod while tubing that night and I don't think I've ever had a better "natural high" in my life! It was a spiritual experience. Now, I couldn't afford things like that in the past but giving up the weed and cigarettes has put a few bucks back in my pocket. With your help I am very grateful to make progress. ▲

16th Annual MA World Convention - Building Bridges
February 12-14, 2010 Portland, Oregon

REGISTRATION FORM

www.maconvention.org



HOTEL

The Doubletree Lloyd Center
1000 NE Multnomah Street, Portland
(503) 281-6111
\$104 per night, up to 4 people
Call direct, ask for MA's group rate to save \$, or use the Hotel link on our website: www.maconvention.org

COSTS

REGISTER EARLY AND SAVE
\$35 before 12/1//09
\$45 between 12/1/10 - 1/20/10
\$55 after 1/20/10
\$45 Sat. banquet
\$5 Sat. Dance featuring
Dist. 4's The Resentments!

TRANSPORT

The hotel is relatively close to the Portland International Airport (PDX). There is inexpensive public transportation (MAX Light Rail) that is almost door to door from the Airport to the Hotel. Please use the online Trip Planner at: http://trimet.org

One registration form per attendee please

Name: _____

Address: _____

Phone: _____

Email: _____

Registration: \$35 (before 12/1) \$45 (12/1 - 1/20) \$55 (after 1/20) \$ _____

Banquet: \$45 (please specify) veggie _____ meat _____ fish _____ \$ _____

Dance: \$5 \$ _____

Raffle Tickets: \$1 Number of Tickets: _____ \$ _____

TOTAL \$ _____

Registration and payment can be made through the website. Otherwise, please mail a check or money order with this form to:

MA District 11 • P.O. Box 2012 • Portland, Oregon • 97208-2012

For most current information please visit: www.maconvention.org
We welcome any questions you may have! Please email us: info@maconvention.org

marijuana anonymous worldwide

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www.marijuana-anonymous.org

email: office@marijuana-anonymous.org

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District 3 South SF Bay Area

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District 4 Western Washington

PO Box 17323 Seattle, WA 98107 206.548.9034

District 5 Orange County

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PO Box 2433 Van Nuys, CA 91404 818.759.9194

District 7 LA County So.

PO Box 3012 Culver City, CA 90231 323.964.2370

District 8 New York

PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

District 10 LA County East

PO Box 94400 Pasadena, CA 91109 626.583.9582

District 11 Portland

PO Box 2012 Portland, OR 97208-2012 503.221.7007

District 12 North Bay, CA

PO Box 2842 Petaluma, CA 94952 415.419.3555 707.583.2326

District 13 MA Online

www.ma-online.org

District 14 London, England

07940.503438

District 15 Long Island, NY

www.ma-longisland.org 516-568-5883

District 16 Melbourne, Australia

24HR. info 0403 945 083 from overseas +61 403 945 083

District 17 Denmark

info@ma-kbh.dk

For a complete listing of all meetings visit www.marijuana-anonymous.org

MA Daily Meditation Book

We're looking for YOUR writing to fill a year's worth of daily meditations, focused on MA recovery from marijuana addiction. The writings should be approximately 250 to 500 words, and focused on recovery. What would you want to read every day on your sobriety birthday? Send your submission and we'll print it on YOUR

recovery birthday. If you feel so moved, send in more than one. If you need inspiration, take a look at daily meditation books from other fellowships.

Be sure to write yours now to reserve your date for your submission.

Send submissions to A New Leaf, Attention: Susan B.

WE'RE INTERESTED

Please keep an open ear at the meetings you attend, share a copy of A New Leaf and perhaps suggest members submit their stories. It may be that some members are shy or don't think their story is worth sharing... an encouraging word could make all the difference.



birthdays - Celebrating 228 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANL contact information on page 2.

District 1

Clarissa S.	01/01/08	2 yrs.
Lori B.	01/11/02	8 yrs.
Brian S.	01/13/07	3 yrs.

District 2

Jonik	12/30/07	2 yrs.
Matt C.	12/21/94	15 yrs.
Tim K.	12/25/06	3 yrs.
Jon	12/31/90	19 yrs.
Robert	1/3/08	2 yrs.

District 4

Thor H.	12/6/02	7 yrs.
Mary S-D	1/1/98	12 yrs.
Erica S.	1/1/02	8 yrs.
Scobie P.	1/7/01	9 yrs.

District 5

Tony R.	01/01/03	6 yrs.
John S.	01/05/07	3 yrs.
Jon C.	01/07/07	3 yrs.
Shawna B.	01/09/09	1 year!
Melody C.	01/16/89	21 yrs.

District 6

Brian R.	11/13/08	1 year!
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District 7

Debra M.	01/03/95	15 yrs.
Alicia F.	01/05/01	9 yrs.
Rob R.	01/06/06	4 yrs.
Keith G.	01/16/09	1 year!

District 10

Noelle A.	12/21/07	2 yrs.
Mike B.	12/21/01	8 yrs.
Aaron G.	12/25/06	3 yrs.
Conrad G.	1/08/01	8 yrs.
Rachael K.	1/15/02	7 yrs.

District 11

Mike D.	12/15/97	13 yrs.
Mike F.	12/28/98	11 yrs.
John C.	1/1/99	11 yrs.
Tommy S.	1/12/04	6 yrs.

District 13

Ty B.	12/7/08	1 year!
Jeremy	12/29/06	3 yrs.
Gareth	1/10/08	1 year!