



a new leaf

a publication of marijuana anonymous

July 2010

Vol. 20, No. 7

Fall In Love

When I was smoking weed (and drinking alcohol, and doing other street drugs), it was getting high that I loved. I didn't really care about anyone or anything else. As my active using progressed, it got to be that no one or anything was "good enough" for me. The most beautiful dude could have been standing five feet in front of me and I still wouldn't have noticed him. It was the same thing with ignoring God, a loving Higher Power in my life. And then I'd wonder why I was so lonely! I was totally lost, confused, scared, and miserable in

my active disease.

Today, in my recovery, I'm learning to accept and appreciate others. Thanks to the Twelve Steps I'm making amends with my family, developing healthier relationships, enjoying my talents and interests. I'm starting to notice what's right in front of me – including the most beautiful dude-God. Recovery is in the heart (rather than the head). Step Three isn't intellectual – it's really: Fall in Love – and Grow in Love – with my Higher Power. ~ Will F.

What has been for you the greatest gift of sobriety?

The greatest gift of my sobriety is having a connection with a higher power, which means I know I'm never alone. Even though I don't know exactly what or who my higher power is, it is a force of life that guides me and supports me with every breath. The first time I felt the presence of a power greater than myself, I felt reassured and safe. It was the first time since I was a little girl that I knew I was not alone. I'm not alone against my disease of addiction. I'm not alone in the world. I always have support and guidance, if I choose to turn towards my higher power. I can ask questions and receive answers. I can ask for support and know it will always be there. ~ Anonymous

ROVING REPORTER

Question for August

What tools do you use to stay sober if you find yourself in a social situation where others are smoking pot?

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight

Marijuana Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

A Daily Meditation

A life of addiction is a life of self-focus. Our needs become foremost in our priorities – we need our drugs, our satisfactions, and our way in all things. The loudest voice we hear is the one in our heads. In recovery, we learn to wait, to become open to surrendering our wills and our lives to a power greater than ourselves, and to put our needs aside and actively help others. We learn how to listen. We let go of running our own revolution against life and others and become foot soldiers in following the will of our higher power. We learn how to follow directions.

There are really only two prayers that we say, in one form or another. The first is, "Thy will, not my will, be done." We do this prayer when we are allowing ourselves to be open and teachable. This prayer can provide us guidance and answers. The second prayer is, "God, listen TO ME." When we dictate the outcomes we wish to occur or when we simply utter, "Help me," we are saying some version of this prayer. We are asking for our will, dictating results to God, and taking back the management of our own lives.

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.

District Bureau Chiefs

- District 1: Lewis B.
- District 2: Hollis H.
- District 3: Mark S.
- District 4: Tad V.P.
- District 5: John S.
- District 6: Kevin B.
- District 7: Sean G.
- District 8: Larry L.
- District 9: Rockin' Rob
- District 10: Dan K.
- District 11: Lisa C.
- District 12: Jim B.
- District 13: Susie K.
- District 15: Gary K.

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or submit online:
www.marijuana-anonymous.org
and click on publications

Marijuana Anonymous 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.

On page one and below are submissions from members of the fellowship – be sure to write yours now to reserve your date for your submission.

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



Another Daily Meditation

Living just for today relieves the burden of the past and the fear of the future. We learned to take whatever actions are necessary and to leave the results in the hands of our Higher Power.

In our active addiction, fear of the future and what might happen, was a reality for many of us. What if we got arrested? Lost our jobs? Our spouse died? What if we went bankrupt? And on and on. It was not unusual for us to spend hours, even days thinking about what might happen. We played out entire conversations and scenarios before they ever occurred. Then charted our course on the basis of "what if". By doing this, we set ourselves up for disappointment after disappointment.

From listening in meetings, we learn about living in the present, not the prophecies of doom and gloom. We can only deal with what is real today, not our fearful fantasies of the future.

Coming to believe that our Higher Power has only the best in store for us is one way we can combat that fear. We hear at meetings that our Higher Power won't give us more than we can handle in one day. And we know from experience that if we ask, the God we've come to understand will surely care for us. We stay clean and sober through adverse situations by practicing our faith in the care of a Power Greater than ourselves. Each time we do, we become less fearful of "what if" and more comfortable with what is.

I will look forward to the future with faith in my Higher Power.

The Twelve Steps of Marijuana Anonymous

1. We admitted we were powerless over marijuana, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs.

District 5 and MA World Yahoo Groups Site

As Marijuana Anonymous grows it's as if we are becoming further apart. Marijuana Anonymous meetings are now in 38 States and 9 different countries (and who knows how many orphans or orphan meetings there are). There seems to be very little contact between the individual Groups or Districts.

In District 5, we are able to communicate online via a Yahoo Groups site that was set up for use by our District members. All of the members of our District are welcome to join; in fact we have many members from neighboring Districts as a part of our Group site. We use the group site to post our monthly DSC minutes and quorum counts, various District business, as well as our District's and neighboring District's events.

I know almost everyone in my District but really very few people in the neighboring Districts. And I'd be willing to bet that's true throughout most of the Fellowship. So this is where MA World comes in. This is a group site open to the entire Fellowship of Marijuana Anonymous; where ALL members from ALL Districts of the Marijuana Anonymous Fellowship world-wide can come together and meet one another, get to know one another and to share about themselves, their Districts and Meetings and, above all, their recovery.

MA World is a place where members can all reach out to one another, post information regarding events from the various

MA Districts and Meetings, post photos from those events held by the Groups, and where member can discuss interests. MA World is a place where members can begin to get to know one another.

MA World is also a place where members can discuss the goings-on at Marijuana Anonymous World Services and A New Leaf Publications. A New Leaf is always looking for articles and stories. This might be a place where members of the Fellowship from opposite sides of the planet can work together on a story of recovery. Issues concerning the Fellowship of Marijuana Anonymous can be discussed year-round; ideas for Conference agenda items can be hatched and worked on prior to Conferences. The idea is to create a forum for ALL members of Marijuana Anonymous, worldwide, to have a place to share and to be heard.

This Group Site is in no way affiliated with MAWS or ANLP but with the Fellowship of Marijuana Anonymous as a whole, started by a member of the Fellowship of Marijuana Anonymous. This Group Site is open to ALL MA members. Anyone heckling, advocating drug or alcohol use or violating the intent of this site will be removed from the site at the founder's discretion.

Here's the link: <http://health.groups.yahoo.com/group/maworld/>

Please pass this site along to all of your Fellow MA Members.

Enjoy the day! ~ Ron L., Dist. 5 ▲



marijuana anonymous worldwide

MA World Services

PO Box 2912, Van Nuys, CA 91404 800.766.6779
 www.marijuana-anonymous.org
 email: office@marijuana-anonymous.org

District 1 San Francisco

www.madistrict1.org 415.325.4785

District 2 East Bay

PO Box 20484 Oakland, CA 94620 510.287.8873

District 3 South SF Bay Area

P.O. Box 551 Saratoga, CA 95071 408.450.0796

District 4 Western Washington

PO Box 17323 Seattle, WA 98107 206.548.9034

District 5 Orange County

1439 W. Chapman Av. PMB#215 Orange, CA 92868 714.999.9409

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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

What is a Bureau Chief?

Recently, I was asked "What does a Bureau Chief do?" I consulted the MA Service Manual and have paraphrased here the role of a Bureau Chief for anyone who is interested.

A Bureau Chief is the connection between the Districts and A New Leaf. Bureau Chiefs are selected by the Districts and have at least one year clean from marijuana and other mind-altering substances.

The Responsibilities of Bureau Chiefs are as follows:

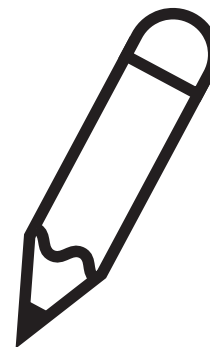
a) Solicit articles reflecting [a spirit

of] recovery, unity and service for ANL from Marijuana Anonymous Members within their District and submit them promptly.

b) Collect Birthdays and local Event Information within their District for possible publication in ANL and see to it that the information is submitted promptly.

c) Receive, distribute (or coordinate distribution of) each month's issue of ANL at the District's monthly business meeting or by whatever method the District wishes it done.

d) Maintain contact and communication with the Editors as needed to fulfill the above duties.



SUBMIT

Share your experience, strength and hope! Submit your article to your Bureau Chief or see page 2 for contact information.

birthdays

Celebrating 161 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANL contact information on page 2. Bureau Chiefs are encouraged to submit Birthdays that, a) HAVE occurred, b) HAVE NOT been published and, c) are not older than 45 days.

District 1

Dawn L. 6/1/09 1 year!

District 5

John 5/26/00 10 yrs.
 Trudie 6/1/98 12 yrs.
 Brad 6/3/97 13 yrs.

District 6

Mike D. 6/6/03 7 yrs.
 Mark I. 6/21/99 11 yrs.

District 7

Dianne O. 2/17/04 6 yrs.
 Ryan 4/5/04 6 yrs.
 Scott H. 5/20/06 4 yrs.
 Ben R. 6/1/07 3 yrs.
 Ruel T. 6/4/02 8 yrs.

District 8

Leo W. 2/3/03 7 yrs.
 Ell Dee 2/11/96 14 yrs.
 Darin D. 3/15/99 11 yrs.
 Larry S. 5/23/04 6 yrs.

District 7 cont'd

Larry L. 5/28/05 5 yrs.
 Joseph C. 7/4/04 6 yrs.

District 10

Allison B. 6/10/09 1 year!

District 11

Scott B. 5/16/07 3 yrs.
 Craig S. 5/26/87 23 yrs.
 Ron P. 6/7/08 2 yrs.
 Lisa C. 6/8/08 2 yrs.