



a new leaf

a publication of marijuana anonymous

September 2010

Vol. 20, No. 9

...The Story Could Have Been About Me...

I am a marijuana addict. Back in 2000– 2001 I was the online trustee. Any emails asking for help or a meeting were sent to me. I received a lot of emails during that one year. Emails from addicts looking for help, looking for a meeting near them, or what to expect from a Land - Online meeting. The following are excerpts from a handful of those emails. I highlighted some sentences that I've heard expressed in rooms before; maybe you have too?

I am a marijuana addict. I am struggling and I feel insolated.

My name is _____. I am 17 going on 18. I need to talk to someone. I am an addict. I have relapsed 25 times since I got out of drug treatment. **I needed to say that, kinda get it off my chest.**

ROVING REPORTER

Question for October

How does attending an MA social event, like the convention, help keep you sober?

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten

Marijuana Anonymous has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.

Submit your answers to your Bureau Chief, or or online, by August 17.

31 year habit. I am going out of my mind without pot. HELP.

I want to stop smoking. **I wasn't even sure that I was addicted until I answered YES to ALL 12 questions.** There aren't any meetings in my area, so who can I turn to for help? Thanks

My boss just had to quit [smoking] for probation and he lost it. He went freaking nuts - really angry at everyone and everything. I would rather smoke pot for the rest of my life than act like that. Is this common?

Please help me I feel like I am coming to a crossroads in life and I have faith that everything will work out. I still have huge dreams but how exactly will they become concrete. **Do I really need to quit smoking pot?**

PS I live nowhere near any actual meeting sites and I work during all of the online meetings.

I am trying really hard, but afraid to fall back. That's my problem; I really love it, still do, and wish I was smoking right now. **I really cannot accept having to give it up.** Everything I do is better when I'm high. I am really anxious and unhappy trying to stop. It's been a month and I feel myself slipping. I've never used anything else, don't want to. I've been smoking for 27 years. Started when I was 27, so that's half my life. It's so hard. Any tips?

Hi again. I live with my boyfriend and we share this computer. Thank you for getting back to me so quickly. He doesn't know I have looked into

this. He's never said anything about my pot smoking, but I am pretty sure he wishes I didn't do it. You sound like a dumb-ass to someone when you are stoned and they aren't. **I feel stuck, between quitting and not quitting.** And I feel afraid. Well, I guess I should go before I say more than I'd like. Thank you so much for your help. I will look into the non-AOL meetings.

I am reading the info at the MA web site with tears streaming down my face. **Sometimes I think or I KNOW I need to stop, but then I say it's OK.** It's been 13 years. Sometimes on & off, but the last 6 years have been on. I have driven for miles to buy it. I am afraid when I can't find any. I don't know anybody who is in my position and I have no help. Can you help me? Or maybe you know someone who can. I bet if I got all my money back, I could move next door to Madonna. I feel like a loser and I don't know if I can go to NA meetings, because I feel like it's not a real drug. I have never done other drugs, a little experimenting, nothing habitual. I just always loved my weed. Do I sound crazy or worse, weak?

I live in Vermont and there is not an MA meeting anywhere in the state that I know of. I have tried AA but it just doesn't seem to "fit" what I am looking for. **I have been trying to recover on my own for some time now and it is very hard.** I hope to hear from you soon.

I never thought I would write this. Right now I don't think I could say it.

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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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www.marijuana-anonymous.org
and click on the newsletter tab.

...Been About Me...

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But now that I am almost 36 and have been smoking pot every day since I was 14, I know I have a problem. Right now I can't imagine life without smoking. I smoke first thing in the morning, all day long, and to go to sleep at night. Over the last year or two I've also started drinking almost every night to the point of being drunk. I've always justified it to myself by doing well in school and being very successful in business and not being like "those other people" who smoke pot. But now I don't have much motivation left, I am on medication for depression and anxiety, and my relationship with my wife and family is strained by my behavior. **And as bad as I feel, I still can't imagine life without pot.** Help!

I ran into this site while surfing around. I have been trying to quit for about a year. I keep saying tomorrow I'll quit, but I never do. Pot has really made my life go downhill and it's only getting worse. **I want to quit, but it's so hard, too.** Any advice would be appreciated. I'm going crazy here.

I am not sure about all of this. I know getting high is keeping me from getting anything done. I know when I am not using I get stuff done. Now I can't get up any passion for anything. I just don't give a damn. I don't have a job and I can't get myself together enough to make a resume. I think I can quit again, but I am afraid it will come back in my life and I will find reasons to screw things up again. **But it is such a good friend.**

I'm in the UK and have been desperately trying to find help and support to stop using my drug of choice. I have kept coming back to MA's web site because it seems to relate to me. **In fact, I was reading on the personal experiences of someone and it made me cry because the story could have been about me.** I have already found a lot of info about my problem but I don't think I can go it alone. I've tried!

Each of these folks found a place to come to. They may still have had questions and fears about stopping but they found they were

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REGISTER NOW!

2011  Convention

★ FEB. 18-20, 2011 ★

★ www.ma-newyork.org/convention ★




Now You're Clean
Time to Recover
NYC • 2011


The Joy of Life had Gone.

As of today, it's been 13 days since I quit smoking marijuana. I started smoking it 10 years ago and it became an everyday thing. Sometimes I'd even smoke it in the morning before going to work, but for sure as soon as I got home I'd light one up and spend the rest of the evening vegged out on the couch watching television, refusing to answer my phone or talk to anybody that might catch on and know that I was high. It was my little secret. I'm a woman and it seems uncommon for us to be potheads; usually it's more acceptable in men for some reason.


When I first started smoking I LOVED how it made me feel. I laughed a lot and slept so well at night, I couldn't find anything wrong with it at all and couldn't understand why everybody didn't smoke it. But after a few years had gone by I noticed that I stopped doing the things I used to love doing, like hanging out with friends or shopping or anything else involving groups of people. I had the fear that I might run into somebody I knew and they would see I was stoned. I just wanted to sit at home and get high and I didn't want to tell anybody because I didn't want anybody judging me or telling me I should quit; deep down I knew I had to quit. I turned down invitations, made excuses, lied about having other plans...how could I stay sober until the time of whatever event was going on? On the weekends I was high about half an hour after waking, I used to call it a "wake-n-bake" and was perfectly content with just doing nothing at home, alone. I blamed my paranoia and depression on the things going on in my life, I hated myself and I hated the people in my life as well. Work sucked,

FEB. 18-20, 2011 ★ www.ma-newyork.org/convention

ENTER THE 2011 CONVENTION HOTEL ROOM RAFFLE:
\$15 PER TICKET TO WIN:



Now You're Clean
Time to Recover
NYC • 2011



1st PRIZE: Complete package! This includes Friday and Saturday nights at the Hyatt Regency Hotel in Jersey City, Convention Registration and the Banquet fees

2nd PRIZE: Convention Registration and Banquet fees

3rd PRIZE: Convention Registration fee

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★


Mail in your ticket, along with check or money order to:
MA District 8
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P.O. Box 1244
Cooper Station
New York, NY 10276

Include your email address, we will send you a receipt!
Good Luck!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Name: _____ Email: _____

of tickets: _____ Amount enclosed: _____

Hosted by  New York, Rockland, & Westchester, & Philadelphia

family sucked, friends sucked...I just wanted everybody to leave me alone. The joy of life had gone.

I'm not a religious person, I have my doubts about everything involved with religion, but a few weeks ago I decided to pray and ask for the strength to just stop doing what I was doing, because I knew I didn't really want to stop on my own, I didn't think I could. I hated myself and I felt like I was wasting my life in this cloudy haze of smoke.

Finally my stash ran out and I decided I'd try to go one night without it...if it didn't work out I could always get another stash tomorrow. This was my test. After being stoned for 10 years of my life, I had to see if I could go one night without it. It was hard for the first day, my head felt so messed up, I was disorientated and had a slight headache that wouldn't go away. BUT, since I had gotten through one night, I was so proud of myself that I tried for another night. I'm into day 13 and I still don't feel like I'm 100%, but at least I'm closer than I was 13 days ago. One day at a time. ~ Pauline A.

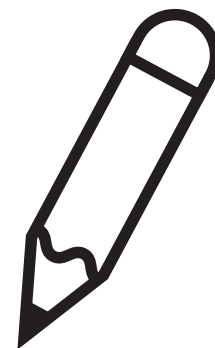
...Been About Me...

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not alone. Each of them found a place where they were welcomed and understood. They found a source of help.

Not sure if anyone of these folks got sober or stayed sober. But if you did and you recognize your email, please write and let us know what has happened since writing this.

Thanks for letting me share.
G/A



SUBMIT

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

marijuana anonymous worldwide

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District 4 Western Washington

PO Box 17452 Seattle, WA 98107 206.414.4270

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District 8 New York

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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

Roving Reporter – August:

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

If I were in a social situation with pot smokers, I would stay as far away as I could. If I needed to stay in the situation, I would engage with others at that gathering, get into some constructive or fun activity - often playing music, in my case. If need be, I would call my sponsor or other support. I would

even call the local Crisis Line - that number is stored on my phone - if there was no one else to talk to. And I would pray, asking for remembrance of where that path took me, in the 25 years I used.

~ Doug B, District 4

I ask God to show me if any

of the pot smokers present are candidates for 12-step work or maybe just want to hear my story of recovery out of curiosity. You never know why God allows us to be where we are, or who we may be able to help. If the topic of recovery seems inappropriate at the time of this particular situation, perhaps a future connection with one or more of those present is possible. Remember Step 12 - it's our reason for living most times. ~ Ed T. ▲

birthdays

Celebrating 266 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 2

Ari K. 07/03/96 14 yrs.
 Vicki S. 07/05/06 4 yrs.
 Michael D. 07/06/87 23 yrs.
 Bob H. 07/14/88 22 yrs.
 Rick G. 07/22/08 2 yrs.
 Kevin V. 07/24/85 25 yrs

District 4

Ryan H. 07/04/09 1 year!

District 5

Coleman G. 08/13/92 18 yrs.
 Lisa T. 08/21/90 20 yrs.

District 6

Karl L. 06/26/06 4 yrs.
Rick T. 07/06/09 1 year!
 Greta C. 07/17/06 4 yrs.

District 7

Bhavato 07/12/02 8 yrs.
 Steven R. 07/21/06 4 yrs.
 Patricia W. 07/25/90 20 yrs.
 Kim M. 07/31/04 6 yrs.
 Gary 08/05/07 3 yrs.
 Robin D. 08/10/08 2 yrs.

District 8

Portia W. 01/17/87 23 yrs.
Al M. 07/27/09 1 year!
Allison F. 07/21/09 1 year!

District 10

Kellogg B. 03/14/07 3 yrs.
 Josh H. 07/03/08 2 yrs.
 Stan R. 07/03/90 20 yrs.
 George G. 07/07/94 16 yrs.
 Cody L. 07/10/06 4 yrs.

District 10 cont'd

Angela V. 07/21/05 5 yrs.
 Alex L. 07/24/07 3 yrs.
Carlos M. 07/26/09 1 year!
Raj C. 08/04/09 1 year!

District 11

Rodney T. 08/06/09 1 year!

District 15

Barbara S. 07/14/08 2 yrs.

Other

Omaha, NE
 Sammie S. 07/09/08 2 yrs.