



a new leaf

a publication of marijuana anonymous

January 2011

Vol. 21, No. 1

Thoughts and Musings while attending MA meetings by Mike M.

I have been in MA for a little over 10 months and I attend 3 meetings a week in the South Bay. During the meetings I tend to write down interesting points people make in their shares or my own thoughts that are triggered by their shares. Someone mentioned at my Sunday morning MA meeting that I should have enough written down for a decent write up in an upcoming New Leaf. I know New Leaf is always looking for new material, so I took this as a sign.

As such, some of my random musings, in no particular order:

One of my favorite points made by a friend of mine is that we would do our best to get totally high and then go out into the world and pretend that we weren't high – where is the fun in that.

ROVING REPORTER

Question for February

What is one basic truth you have learned in recovery?

Step Two

Came to Believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose there is but one ultimate authority, a loving God whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.

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

My poor dog rarely gets walked anymore and my car doesn't get washed as much now that I am not using. I used to always take the dog out for walks – great excuse for getting high. Every night I used to be ready to go out to the store, library or whatever – anything to create an excuse to go get high.

We don't have to know how the 12 steps work, just know that they do. It is like electricity – we don't analyze how works, we just turn on the lights.

I am still working on embracing the whole spirituality part of the program (my sponsor is helping me with that). I have noticed that without faithfully attending these MA meetings I would have a hard time going 2 hours without getting high, let alone 10 months. This is definitely not something I have the ability to do on my own. I am still shocked by the length of time I have gone without smoking.

I always viewed myself as high functioning pothead in that I could function satisfactorily in the work place while being high. Functioning satisfactorily was maintaining the status quo. However, my emotions and dealings with other people (wife, children, etc) did tend to leave a lot to be desired.

Someone mentioned that smoking pot is like sitting in the stands at a sporting event and watching the game of life go by. When not getting high, I can actually get on the court and play the game – that is where the fun and excitement happen.

I always thought I had short

term memory issues, which was why I did not remember my dreams for the last 30-40 years. Now I have learned that smoking pot shuts down the REM part of sleeping and that we actually don't dream. Dreams are supposed to be healthy for us so not sure where that leaves me. Since I stopped smoking, I am having the greatest dreams. I find dreaming to be a lot of fun and enjoy reexamining my dreams during the day.

Humor at the MA meetings helps make my life bearable. I spend a lot of time at meetings and like that we enjoy ourselves. Nothing against other meetings, but I have more fun at MA meetings. Nothing better than getting together with a bunch of pot heads to gain support as we go through life.

Marijuana is insidious (I like that word – perfect description) and we hit higher bottoms. None of us probably woke up in the gutter with a joint sticking out of our arm. One of the reasons I could never quit smoking pot is that I felt I was not addicted. After all, I used to think, pot is not addicting, I just didn't feel like quitting yet. Although that is not quite true - I probably quit 100's of times. It was very easy for me to quit at night when I was totally high. However, the next morning I would think that was a dumb idea. Or I would think, just one bong hit to help me get through the throes of quitting – and after one bong hit, might as well have another and maybe I will just quit some other day.

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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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or submit online:
www.marijuana-anonymous.org
and click on the newsletter tab.

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.

Below is a submission for January 11 – be sure to write yours now to reserve your date for your submission. Send submissions to A New Leaf, Attention: Susan B.

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Response + Ability = Responsibility

Responsibility always seemed like a tremendous burden to me when I was using, something heavy and arduous, like Discipline or Commitment, both of which felt overwhelming. It wasn't until I'd been clean for a few years that I began to cherish my "ability to respond" which means, for me now, the ability to show up (often on time!) and do what needs doing. That includes the basics, like sleeping when I am tired, eating when I am hungry, and calling someone when I am lonely. It also includes the more complex tasks of making and keeping good boundaries.

I have learned that response-ability is about being present, dealing with what is here-and-now, rather than anguishing over past mistakes or future-tripping. Response-ability allows me to be a person of integrity: caring and compassionate for others while at the same time staying aligned with my own goals, needs and values.

SPECIAL NOTICE!

This is to inform everyone that the
OFFICIAL ADDRESS of MARIJUANA ANONYMOUS
has changed as of **DECEMBER 7, 2010.**

Every effort has been made to account for all the business names that can be used for our address; but please be careful in future to use the address below as the address for ALL official correspondence, including 7th Traditions:

MARIJUANA ANONYMOUS WORLD SERVICES
PO BOX 7807
TORRANCE, CA 90504

PLEASE SPREAD THE WORD! Tell your local meetings, tell your DSC meetings, and especially tell your Treasury and Literature chairs!

This notice will appear on the website, and will be carried in the New Leaf, for a period of a year. Thanks in advance for helping to make the transition a smooth one!

2011 Marijuana Anonymous Convention

February 18–20 at the Jersey City Hyatt



Registration

First Name: _____ Last Name: _____

Address 1: _____

Address 2: _____

City: _____ State/Province: _____ ZIP Code: _____

Country: _____

Phone: _____ E-mail: _____

Other Registration Info

MA Mar-Anon Guest

Special needs: None Deaf/Hearing Impaired Wheelchair Access

Other: _____

I would like to: *(check all that apply)*

Help outreach for MA 2011

Volunteer for service

Be on the monthly e-mail list

Update my Contact information

Registration Prices:

\$45 August 1 - December

\$55 December 2 - February 17

\$60 At the door

Items for Registration

MA 2011 Convention Registration \$ _____

Saturday Banquet: \$50 _____

Saturday Dance: FREE

Total Amount of Check: \$ _____

Name on Check *(if different from Registrant)*: _____

Make Check Payable to "MA District 8"

Send to: MA District 8

PO Box 1244, Cooper Station

New York, NY 10276

Attention: Convention Committee

YOU MAY REGISTER ONLINE USING PAYPAL OR A CREDIT CARD AT MA-NEWYORK.ORG/CONVENTION

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

PO Box 551 Saratoga, CA 95071 408.450.0796

District 4 Western Washington

PO Box 17452 Seattle, WA 98107 206.414.9270

District 5 Orange County

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

District 6 LA County No.

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

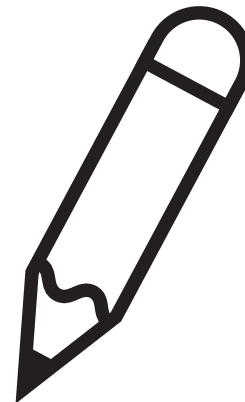
Thoughts and Musings

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I have a friend who told me he was in Saudi Arabia and still would find it necessary to smuggle in pot and hash. These things always make sense when our brains are addled by pot. In retrospect, he is amazed that he thought it was worthwhile – the penalty in Saudi Arabia for smuggling in pot is Beheading. It is hard to beg forgiveness and ask for a 2nd chance after you have been beheaded.

I have another friend who told me years ago he would go along on rides while his friend

delivered pot shipments in Texas. There the possible penalty was life imprisonment. We are whacked out when we are smoking. It is only afterwards when our brains finally clear up that we look back at the things we thought were reasonable when we were getting high and shake our heads at our stupidity. ▲



SUBMIT

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

birthdays

Celebrating 127 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

Eric D. 11/10/09 1 year!
Joe P. 11/12/09 1 year!
 Louise 12/03/07 3 yrs.
Jaron W. 12/15/09 1 year!

District 3

Courtney 11/21/07 3 yrs.
 Chas M. 11/27/04 6 yrs.
 Steve C. 11/27/03 7 yrs.
Jason P. 11/30/09 1 year!
 Frank B. 12/05/07 3 yrs.
Peggy B. 12/06/09 1 year!

District 5

Lisa S. 12/07/93 17 yrs.
 Gary R. 12/10/90 20 yrs.

District 7

Mike H. 11/06/99 11 yrs.

District 8

Nichola S. 12/11/08 2 yrs.

District 10

Eric R. 12/13/08 2 yrs.
 Sara A. 12/11/06 4 yrs.
 Arleigh A. 12/15/07 3 yrs.

District 11

Anthony S. 11/26/00 10 yrs.
 Andy D. 12/02/07 3 yrs.
Owen R. 12/04/09 1 year!
 Cassi S. 12/09/97 13 yrs.
 Mike D. 12/15/97 13 yrs.

Other

Omaha, NE
Patrick D. 12/06/09 1 year!

