



# a new leaf

a publication of marijuana anonymous

January 2013

Vol. 23, No. 1

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## We Recover



2013 MA Convention  
Orange County, California

February 15 - 17, 2013

Registration Fees Between  
January 1 - 31, 2013:

Registration \$115 ~ Banquet \$55

**Together \$160**

[www.ma2013convention.org](http://www.ma2013convention.org)

## THE ROVING REPORTER ASKS...

*How was your last  
craving triggered and  
what do you do to  
prevent a reoccurrence?*

(Please submit answers by  
February 17, 2013)

## High No More

I smoked my first blunt when I was about 10 or 11. I remember taking that first hit and the feeling scaring me so much that I ran all the way home (about a 2-mile run). But when I got into the safety of my house, I felt at peace, a peace I'd never felt before. Well, that was until my sister walked in and found me staring at a blank TV screen and told my mom I was high.

I can trace the root of my problem back to my early elementary years. I was my father's pride and joy, his only son, his shadow...until he and my mom divorced. Since then I felt that I didn't belong in my family. When he left I lost him. I saw him at times, occasions that were few and far between. When I did see him, in the summers, he wasn't the dad I remembered. I felt like I had done something to make him not love me anymore. So I did all I could to walk in his footsteps, hoping beyond hope that he would finally accept me. He ran track, therefore, so did I. He was in the military; I joined ROTC to prepare myself for the military. He played football; I tried out but got cut, but I did try.

He was an alcoholic, and I remember that when I was in the 9th grade I told him I was ready to quit it all. And he told me that if I would

continue to go to school, playing sports, and following in his steps as I was that he would quit drinking. Well, he didn't quit, but slowly I did. By 10th grade I smoked like a chimney. I never felt accepted; by my father, as I said before, but also by my family. Out of two seasons of track the only person who had seen me run was my mother. She came to one track meet. No one ever came to a wrestling meet or an ROTC drill competition. I felt that the only time I was noticed was when I messed up. So when my sister messed up, I wore the punishment.

My mom said I was mischievous but I just wanted to be in. Smoking marijuana was my security blanket. When I was high I was like VISA (accepted anywhere). As my addiction grew it went from me smoking marijuana to marijuana smoking me.

On June 28, at the age of 16, my "homeboy", a dude I considered a good friend, asked me to match a bag with him. I agreed. I rolled my bag, he rolled his. We smoked mine as we walked down the street, and as we got to the corner he lit his. It tasted funny. When asked about it he said it was "African Tye". Something exotic. Come to find out, it was a drug called "Love Boat" which is embalming fluid mixed with PCP, that was laced with the weed. A senseless murder happened that day for which

# 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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- Office Manager: Tom W.
- Field Editor: Steve R.
- Publishing Editor: Mark I.
- Secretary: Susan C.
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Send all articles, inquiries and correspondence to:  
anlp@marijuana-anonymous.org

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

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

## High No More

I'm serving life imprisonment without parole. At age 16 I lost my life. Needless to say, I am high no more. I have hit my bottom and now I'm fighting for the top. When I found MA I felt like I found a long lost relative. Today I'm working the Steps, day by day. I'm 25 now and I no longer do things just to get by or to appease others. I strive for the best for myself and my Higher Power, and by doing that, things will be better for myself, my family, and anyone else I can help.

Rarely do you hear of people that know of the existence of MA. I feel it is my duty to be of service to people. I just recently heard of MA myself, and I've been working the Steps for about a year now. Reading the New Leaf for me is like looking in the mirror. Hopefully in the next 3 months I can start a group at this facility; until then I will continue carrying the message in the dorms and on the yards.

### **EDITOR'S NOTE:**

**From all appearances Kenneth will never get to walk into an MA meeting on the outside, but his courage and determination in his circumstance is an inspiration to us all. Check with your Districts H&I and be of service.**

**Tradition One**  
Our common welfare should come first; personal recovery depends upon M.A. unity.

## 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. ▲

### **Step One**

We admitted we were powerless over marijuana, that our lives had become unmanageable.

## Long Term...Ari!

"How remarkable to have long-term recovery! The benefits grow with each year I'm clean! I do feel more truth to the saying that for addicts, our emotional growth is blocked when we are heavily using. For me, I started at 13 and now have been clean for 16 years, and I do feel in many ways that I am emotionally 29 (but my real age is much older).

When it was time for me to do my 4th Step, I was annoyed with myself that I could not take the papers out and begin. I wanted to do the work, but my fear of what I might discover aroused so much denial that I carried my 4th Step in my briefcase for over a year without writing even one entry.

Finally, my therapist (who was also a 12 Step person) said, "Why don't you start writing today after work, and don't go to sleep until you are done?" This was the motivation I needed to do the work, and I did all the writing in about 6 hours, and I was over 3 years clean & sober at that time. I've shared at many meetings how amazed I was that 6 hours of writing could block me up for such a long time, and how much enormous relief I experienced when I did the writing.

I have been lucky to work with many sponsees over the years. Recently, a sponsee mentioned that he wasn't contacting me because he was ashamed for not having worked on

his 4th Step. He is just over 18 months clean. I wrote him this (below), and I wonder if perhaps it might help other people?

RE: 4th Step --> I encourage you not to be embarrassed at your lack of progress, but rather to be curious. What are the obstacles? Are you encountering fear? Can you identify the fear? Are you hitting a 'character defect' (I prefer 'character default' or 'character imbalance') which is part of making this difficult?

A few of my views on Steps and Step Work:

Steps are not shitty tasks that recovering addicts 'have to' do. Steps outline a spiritual path that addicts can deeply benefit from by growing beyond the limitations of ego and fear. It's an opportunity, not a chore.

Step work is an opportunity to be kind to oneself, not to self-criticize. Motivation to do Steps comes from wanting a thorough recovery.

When doing Step work, the ego can be an obstacle. Honesty, open-mindedness and willingness are more helpful -- in fact, that's HOW it works.

Rather than focusing on guilt, shame, failure, or personal lackings when looking at Step progress (or lack of progress), look at personal growth, spiritual growth, life benefits, new understandings, and character development gained by previous Step work. Then consider the

phrase, "when I did that work I recovered this, so maybe if I do the next Step, I might gain something else?" Some things I've recovered by doing Step work include:

**self-acceptance,  
tolerance,  
self-awareness,  
salvaged relationships,  
awareness of personal obstacles,  
progress with personal obstacles,  
improvement in my relationships,  
recovery of relationships,  
self-esteem,  
acceptance of life on life's terms,  
letting go of control,  
new willingness to take healthy risks,  
new life goals, and more.**

Maybe this inspires you to forgive yourself for your resistance to work on 4th, and remember this: you've already come a long way, and you've already had a lot of success already!"

Ari K.

*We Recover*



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# marijuana anonymous worldwide

**District 1 San Francisco**

www.ma-sf.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 323.943.9228

**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

**District 18 Sacramento**

www.sacramentoma.org 916.341.9469

For a complete listing of all meetings visit [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

## The Twelve Traditions of Marijuana Anonymous

1. Our common welfare should come first; personal recovery depends upon M.A. unity.
2. 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.
3. The only requirement for membership is a desire to stop using marijuana.
4. Each group should be autonomous except in matters affecting other groups or M.A. as a whole.
5. Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.
6. M.A. groups ought never endorse, finance, or lend the M.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every M.A. group ought to be fully self-supporting, declining outside contributions.
8. Marijuana Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. M.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Marijuana Anonymous has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, t.v., film, and other public media. We need guard with special care the anonymity of all fellow M.A. members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. ▲

**WE NEED  
YOUR  
STORY!!!!**

## Birthdays

**Celebrating 136 years of sobriety in this issue!**

Want your sobriety date published? **Let your Bureau Chief know or see ANLP 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 5*

Larry C.	11/28/99	13 yrs
Joe W.	11/19/11	1 YEAR!
Lisa S.	12/7/93	19 yrs
Gary R.	12/10/90	22 yrs
Ehsan	11/20/11	1 YEAR!
Ed J.	11/11/11	1 YEAR!
Robert M.	12/11/11	1 YEAR!

*District 8*

John M.	12/8/94	18 yrs.
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*District: 11*

Surfer John.	1/1/99	14 yrs.
Anthony S.	11/26/00	12 yrs.
Andy D.	12/2/07	5 yrs.
Cassi S.	12/9/97	15 yrs.

*District: 13*

Willow	12/3/98	14 yrs.
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