



A New Sober Date

My first sponsor asked me if I had a prescription “for that.” I remember driving home having ingested two codeine tablets for a lot of back pain after a full day of indoor volleyball. Somewhere during the 250-mile drive it occurred to me, “Oh my God,” I just took a drug. Cunning, baffling, and powerful. Thankfully so. I knew I would tell my sponsor, and I thought correctly, that I would have to set a new sobriety date. I was going to a lot of meetings, taking commitments, and seeing my sponsor quite often.

When I had strained my lower back, my best friend asked me if I wanted some codeine. He held out his hand to show me two white pills. I asked him how many he took when needed and he said, “One.” “I’ll take two, thank you.” Go figure.

My mom used to point the finger at most of my high school friends as “bad influences.” She didn’t know that I was convincing my pals to use angel dust just before dinner with their families. I remember being high so many times, choosing my drugs over promises to friends, and family. I did not want to deal with homework, housework, family gatherings, parental responsibilities, etc.

I started with a new sobriety date. It was perfect that I used prescription pills without a doctor’s consent on December 30th, 2000. My new sober date became a New Year’s resolution. Boy, was I worried that others might think I made a “resolution.” That this was some sort of passing fad. Wow, how selfish of me.

As I write this, I realize that I was resolute in my wanting a new sober date. I was, and am, thankful that my friend offered to help me with my back pain. That starting over may have been extremely helpful in my continuing journey and trudging the path, if you will. I saw just how insidious this disease can be, and is. Being resolute is having a firmness in purpose and belief. (I looked it up)

That kind of reminds me of Step Two, “...came to believe.” How about that for magic and a miracle?

Mark R.
District 7 - Los Angeles

I Didn’t Know

What Sobriety Was

I’m Joe, grateful marijuana addict. I identify myself this way because my sobriety depends on it. If I lose hold of this gratitude and fall back into the “stinking thinking” of self-will, my sobriety will be lost.

I used marijuana addictively for many years and over that time the drug got more and more powerful. My dependency on pot grew to its limit about ten years ago. I began to smoke it if and when at all possible. I tried to shape “my world” in a manner so I could use at any time I wanted; this “shaping” caused an enormous amount of wreckage in my life. I pushed away friends and family, my wife of 34 years had enough and left me. I had shaped it just about perfectly!

For the next two years I did major cannabis research, growing it, baking it, eating it, smoking it, smoking it, smoking me. This is what I found... “MY ROCK BOTTOM.”

My wife, Sue told me that I was a drug addict and that she could not live with one. I knew she was right but rejected this anyway. Who was she to say what “she could live with?” A while later she tried again. This time she offered a solution that I believed saved my life. “Why don’t you check out a Marijuana Anonymous meeting?” Thank you!

I’ve been clean from marijuana and all mind-altering substances for more than 3 years now. I say “clean” and not sober because my

continued on pg. 3

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:	Mike M.
District 2:	Tim V.
District 3:	Mark S.
District 4:	Michael S.
District 5:	Ryan
District 6:	Carol R.
District 7:	Nick D.
District 8:	Evan F.
District 10:	Kim "Van Dyke"
District 11:	Susan C.
District 12:	Jim B.
District 13:	Ray C.
District 15:	Joe J.
District 18:	OPEN

ANLP Staff

Chairperson:	Alan B.
Treasurer:	Chrysanthemum H.
Secretary:	Louise
Office Manager:	Tom W.
Publishing Editor:	Steve R.
Field Editor:	Ron H.

Send all articles, inquiries and correspondence to:
stories@anewleafpublications.org
or submit online:
www.marijuana-anonymous.org/anl
and click on the [newsletter](#) tab.

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

(The following is a submission for the upcoming MA Daily Meditations book currently in development)

The Absence of Pain

We addicts seem to share an overzealous aversion to pain; we often go to absurd lengths to avoid it. As opposed to merely suppressing pain, living pain-free is a noble goal.

For the longest time many of us lived in pain. We tried to bury painful feelings using our drug of choice. But no amount of marijuana is enough in the end to suppress the bubbling

volcano of emotions within us primed to erupt.

Pain is the great motivator. For all our differences, it seems that the one thing we all share is that pain gets us in the door. At meetings we talk about painful emotions that have dogged us, and listen to how others have dealt with them. We learn about tools to help us begin to face these issues. When we use the tools and practice the principles of the program, the results are palpable. Lifelong obstacles begin to fade away as we take action to live a healthier life.

Then a funny thing happens – we get better. The pain subsides.

It is sort of like when we badly stub our toe. The

crippling pain is all encompassing and we can think of nothing else. The aftermath of the stubbed toe often sounds like "#%* DAMMIT MY TOE HURTS!" But usually a few minutes later we have completely forgotten about the pain. It's most unlikely we will similarly exclaim inverse sentiments such as, "Oh #%\$.... WOW, my toe feels so darn GREAT!" The absence of pain is a subtle and challenging thing to notice.

Cheyney

District 1 - San Francisco

Just for today-

I will make an effort to remember the feelings I had upon entering MA. I will make an effort not to forget. Furthermore, throughout the day I will take time to pause and notice the lack of pain I am currently feeling. I will hold onto the joy of living life with less pain, and try to help those in pain along a healing path.

Your Story is Worth Telling - Act Now

a new leaf

Share Your Experience, Strength & Hope

"After all, we learn from each other's experiences; the more diverse our groups become, the more experiences we have to draw from." - Tradition Three

Your story is a valuable addition to the diversity, mission and vision of our fellowship. There is someone waiting to hear it.

Share yours today.

I Didn't Know What Sobriety Was

cont'd from pg. 1

sobriety is a process. I'm learning what it is. I used to think that if I didn't smoke for a few hours or if I didn't drink for a day that I was sober. These days, I research sobriety by attending 3 or more meetings a week, working the 12 Steps with my sponsor, working the Steps with others and carrying out my commitments. "Cleaning house, trusting God, and helping others" is the most fulfilling thing I get to do in my life today. The results of these actions are not in my hands; they are in the hands of my Higher Power, which I call God.

God has made my life much better than I could have dreamt. My marriage has been saved and we share a wonderful life together. I am connected to my family and friends like never before. I am able to love and accept love and able to be there, no matter what.

I am so very grateful for all who have helped me in Marijuana Anonymous, the ones who were there when I came in as well as the newcomers who share their stories that I may learn more of "what sobriety is."

Joe M.

District 5 - Orange County

The 12 Questions of Marijuana Anonymous

The following questions may help you determine whether marijuana is a problem in your life.

1. Has smoking pot stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you smoke marijuana to avoid dealing with your problems?
6. Do you smoke pot to cope with your feelings?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your dope smoking?
9. Has your use of marijuana caused problems with memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your pot smoking is damaging your relationship with them?

If you answered yes to any of the above questions, you may have a problem with marijuana.

MA To Go

Our Fellowship now has a recovery app: MA Mobile. The smartphone-tablet app is free and is available for Android in the Google Play Store and for iOS at the App Store. It is easily found by searching for "Marijuana Anonymous." The app features GPS-enabled meeting search, all MA literature, access to our online forum and MA Online (District 13) meetings, and a marijuana sobriety counter. Visit your preferred apps vendor to read about additional features.



Scan to install for Apple Apps



Scan to install for Android

marijuana anonymous worldwide

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

MA World Services

PO Box 7807 Torrance, CA90504 800.766.6779
www.marijuana-anonymous.org
email: office@marijuana-anonymous.org

District 1 San Francisco

www.ma-sf.org 415.325.4785

District 2 East Bay

www.madistrict2.org 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 310.494.0189

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 626.869.6210

District 11 Portland

PO Box 2012 Portland, OR 97208-2012 503.567.9892

District 12 North Bay, CA

PO Box 2842 Petaluma, CA 94952 415.419.3555 or 707.583.2326

District 13 MA Online

www.ma-online.org

District 14 London, England

http://www.marijuana-anonymous.co.uk 24hr Helpline 07940.503438

District 15 Long Island, NY

www.ma-longisland.org 631-647-0768

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, CA

www.sacramentoma.org 916.341.9469

District 19 Toronto, Canada

www.matoronto.org 647.201.9161 or 416.999.2244

Birthdays

Celebrating
206
years of sobriety!

District 1

Anastasia K. 7/1/12 2 yrs.

District 2

Ari K. 7/3/96 18 yrs.

Bruce 7/4/13 1 yr.

Kevin V. 7/27/85 29 yrs.

Nadia 7/24/10 4 yrs.

Paul 7/29/13 1 yr.

District 4

Jessica W. 7/1/13 1 yr.

District 5

John McC 7/2/91 23 yrs.

Justin 6/26/12 2 yrs.

Ryan H. 7/7/07 7 yrs.

Scott 6/25/12 2 yrs.

Sean F. 7/4/02 12 yrs.

District 6

Josh B. 7/21/06 8 yrs.

Steve R. 7/21/06 8 yrs.

District 7

Mark W. 7/2/12 2 yrs.

Mora 7/7/13 1 yr.

Nick D. 7/1/12 2 yrs.

District 8

Amy H. 7/10/04 10 yrs.

Brain C. 6/12/13 1 yr.

Jeff C. 7/8/11 3 yrs.

Joseph C. 7/4/04 10 yrs.

Missy F. 6/25/99 15 yrs.

District 11

Brandon R. 7/5/94 20 yrs.

Juliet J. 7/4/09 5 yrs.

Miriah S. 7/19/11 3 yrs.

Seth B. 7/3/12 2 yrs.

District 13

Ray C. 7/14/12 2 yrs.

District 15

Adam 6/29/03 11 yrs.

Roberta 6/29/13 1 yr.

Sean 6/29/12 2 yrs.



**KEEP
COMING
BACK!**

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.

ROVING REPORTER ASKS...

Why is it important to attend 12 Step meetings regularly?

(Note: Submit by September 15th, answers will be published in the October 2014 issue.)

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.