



## No More Gasping for Air

I would never think, "Breathing is so redundant". I have done it every day of my life, every minute of the day. There has got to be something else, another way. I'll take a break for a while and maybe do it again when I feel like it. Yet here I am treating my life-infusing program this way.

My experience clearly demonstrates the positive benefits of being on the tools of the program, yet I want to think that I don't need all of them. Instead, I do the equivalent of holding my breath, tuning blue in the face, gasping for air, fainting and/or passing out.

Hmmm, those sensations remind me of a time I was going to a movie and wanted to make sure I got stoned enough to last through the entire movie. I kept smoking pot until I was dizzy, unable to think clearly and could barely function. As I walked into the theatre I remember having to sit on the ground outside the theater door while I got it together enough to walk the rest of the way inside; that behavior only makes sense to an addict. My thinking is askew.

Even with the advantage of years of sobriety and knowing what works, it can feel disappointing that being sober requires so much multifaceted

consistent action to maintain the benefits. I found I must continually share my experience and survival tools to keep them fresh and accessible for myself. It never fails, the more I share with others, the better my life gets. It's true, even though I don't want it to be true. The actions I learned in the first three months of my sobriety are still required for a quality of life I have come grown accustomed to.

When I attend at least 3 meetings a week my life gets somehow richer inside and outside of the meetings. I feel anchored in my life and feel in the flow. When I have 2 commitments at meetings, I feel a part of the community and feel like a host of a party. I start to reach out and look for newcomers or people that may be on the fringe. When I reach out, I meet some really cool people, I feel even more at home and I feel better about myself. The more vulnerable or authentic I share at a meeting, the

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## Dear Man I Want to Be,

You're getting older. The stuff you did to your body is starting to catch up with you. They said your body is your temple. Do you understand that now?

I know the parts that make up my body, and I see how marijuana and my disease affect them. I have taken Anatomy in medical school (Disclosure: I am a medical school drop-out). I have seen the brain; I have actually held it in my hands. Organic treasure. Sensitive flesh.

When I smoked marijuana, I imagine it was like Pop Rocks exploding in my brain. So, that begs the question why I got sober, because that actually sounds fun.

I got sober because I had a glimpse, for a moment I saw how the person who I thought I was, was so very far off from whom I really was. But even after seeing that, I still had a choice: I could either give up on the basis that I was a goner, or I could go to back to MA and get sober. Having been around program and certain people in recovery for a few years, I could say, "If these people could stay sober, and were actually the person they knew they could be, then I could do that too."

Here I am writing to you, because I am interested to know what that will look like. I've already covered some ground during my lifetime, put some miles on the ole miss. It definitely was not easy getting sober. But it definitely was not easy before getting sober,

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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/aml](http://www.marijuana-anonymous.org/aml)

and click on the [newsletter](#) tab.

A New Leaf  
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### **No More Gasping for Air**

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more connected I feel to others. I spent so much of my life isolated and invisible, I never knew I was really pining to be known.

When I make or receive a program phone call, it immediately gets me out of my head and makes me feel connected to something greater. Suddenly, I do not feel so isolated. Most times whatever I hear myself saying to someone else, is something I need to hear myself. This connection with another opens me to love. Life is juicier and I get energy to function in the other areas of my life. When I speak to someone from the program at least three times a day, the rest of the day comes together magically.

Working the steps, no matter how small the gesture, acts as a tuning fork in my life. I have found nothing that works so quickly, nor helps me reach the same levels of peace and connection. Sitting in my head with anything that is negative too long is potentially deadly, and I mean potentially deadly. It is absolutely critical that I be honest with myself and someone else. When I feel that icky feeling in the pit of my stomach I must listen, find the sane next action and act on it. If I don't know what "it" is, and can't seem to figure it out on my own, it is absolutely necessary that I reach out to another to sort it out. Initially it was my sponsor I called. Over time my safety net has expanded. Once I'm clear, I need to take action. Action can be making an amends, writing a 10th step, prayer/meditation, making sure I eat, getting some much needed exercise, going to a meeting, helping another, or even taking a nap. Learning to take right action has been critical for

this pot smoker that prefers to live in my head.

People let me down; even my sponsor has let me down. Learning to love and forgive others has given me permission to be imperfect and still be loveable. I am constantly learning to love others and trust The Source, which I call God. I have repeatedly found God is good all the time; all of the time God is good. ALL of the time, but it may take time and perspective for me to see it.

When I got sober I was self-contained. Being a member of MA, I am consciously using the tools to help me get or stay connected. Every tool acts as a can opener to let the love flow in and through my being. Today I am reminding myself that if I continue to do what I know works, I do not have to go to a place of gasping -for- air desperation. **Carol W.**

### **Dear Man I Want to Be,**

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running my wheels while not even being on the road.

Where are you today? Did you floss your teeth this morning? Have you seen a doctor lately? Are you wearing a clean pair of socks? These things may seem small, but they seem to be the basis of a principle of recovery: we strive for attraction, rather than promotion. I can't provide those sweeping solutions to end the suffering of the world, and it's funny recalling those times when I wondered in my disease, "When will I get that power to save the world?"

The 12-Steps may not save the world but they do provide me with a guide for living. It's a new lifestyle, which begs the question, "Is this it for me?" Well, I look forward to hearing back from you. And I hope we can actually meet each other in the near future. In any case, it's good to know you're out there, doing well and sober. **Jared N.**



# 21<sup>st</sup> Annual Marijuana Anonymous World Convention February 13-15, 2015 *in Portland, Oregon*

## COSTS

### Register Early and Save!

\$75 before 1/3/15  
\$100 between 1/3/15-2/6/15  
\$125 after 2/7/15  
\$45 Saturday banquet

## TRANSPORTATION

### Options Abound!

Free shuttles between the hotel and Portland International Airport (PDX) 24hrs a day. We have volunteers to help with rides as needed from train station or bus depot. Also see [www.trimet.org](http://www.trimet.org) for information on local public transportation.

## HOTEL

### Portland Airport Holiday Inn

8439 NE Columbia Blvd., Portland (503) 256-5000 or (855) 642-6271  
Group Name: **MA Convention**  
\$106 per night, up to 4 people  
Suites available for \$139  
[www.hiportlandairport.com](http://www.hiportlandairport.com)  
Block: **MJA**

## Pre-CONVENTION RAFFLE

We are offering a pre-convention raffle to enhance your visit. Experience Portland with the locals! We have some great outings available and other treats for you to enjoy. For convention registration and to learn more about our awesome pre-convention raffle, please visit [www.mawsconvention.org](http://www.mawsconvention.org).

We welcome your questions!  
Email us at [info@mawsconvention.org](mailto:info@mawsconvention.org)

## REGISTRATION

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_  Please contact me about volunteering at the convention

Registration:  \$75 (before 1/3/15)  \$100 (1/3/15 - 2/6/15)  \$125 (after 2/7/15) \$ \_\_\_\_\_

Banquet: \$45 ..... \$ \_\_\_\_\_

If you would like to join us for the Banquet on Saturday night, please choose one:

**Chicken:** Chicken Dijon with roasted red potatoes and seasonal veggies

**Total \$** \_\_\_\_\_

**Fish:** Pan seared Pacific Northwest Salmon with lemon-dill  
buerre blanc sauce, roasted potatoes and seasonal veggies

**Veggie:** Charbroiled Portobello mushroom with veggies, polenta with  
balsamic reduction and basil infused olive oil (vegan)

Your personal information will be used for convention purposes only. Feel free to share only a last initial and your city. Please include an email address.

Registration is easy on the website [www.mawsconvention.org](http://www.mawsconvention.org)  
or you can complete this form and mail it with a check or money order to:

MA District 11 ♦ P.O. Box 2012 ♦ Portland, Oregon ♦ 97208-2012

(The 2015 MA World Convention is brought to you and sponsored exclusively by MA District 11.)

# marijuana anonymous worldwide

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

**MA World Services**

PO Box 7807 Torrance, CA 90504 800.766.6779  
[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)  
 email: [office@marijuana-anonymous.org](mailto:office@marijuana-anonymous.org)

**District 1 San Francisco**

[www.ma-sf.org](http://www.ma-sf.org) 415.325.4785

**District 2 East Bay**

[www.madistrict2.org](http://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](http://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](http://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](mailto:info@ma-kbh.dk)

**District 18 Sacramento, CA**

[www.sacramentoma.org](http://www.sacramentoma.org) 916.341.9469

**District 19 Toronto, Canada**

[www.matoronto.org](http://www.matoronto.org) 647.201.9161 or 416.999.2244

## Birthdays Celebrating 301 years of sobriety!

**District 2**

Allegra 11/26/12 2 yrs.  
 Fay 11/30/89 25 yrs.

**District 4**

Lyle D. 10/29/11 3 yrs.

**District 5**

Dennis D. 10/28/11 3 yrs.  
 James V. 10/29/98 16 yrs.  
 Jared N. 11/10/12 2 yrs.  
 Jason 10/29/93 21 yrs.  
 Jay I. 11/22/01 13 yrs.  
 Jessica 10/29/12 2 yrs.  
 John G. 11/5/11 3 yrs.  
 Kathy D. 11/4/03 11 yrs.  
**Ray M. 11/19/13 1 yr.**  
 Robert S. 10/20/10 4 yrs.

**District 7**

Ron 11/5/95 19 yrs.  
 Roy K. 11/1/09 5 yrs.  
 Sean F. 11/6/11 3 yrs.

**District 8**

Carl P. 11/13/90 24 yrs.  
 Christina B. 11/15/11 3 yrs.  
**Dave 10/31/13 1 yr.**  
 Jonathan B. 8/20/05 9 yrs.  
 Laura 10/15/11 3 yrs.  
 Lousine S. 11/20/10 4 yrs.  
 Mike M. 11/11/06 8 yrs.  
 Mike. M. 10/25/99 15 yrs.  
 Robert V. 10/14/00 14 yrs.  
 Salomon I. 9/19/09 5 yrs.

**District 11**

Issa K. 11/11/09 5 yrs.  
 Jennifer C. 11/12/12 2 yrs.  
 Kelly P. 10/29/10 4 yrs.  
 Lon M. 11/24/09 5 yrs.

**District 13**

**Kristal D. 10/13/13 1 yr.**

**District 15**

Cassie 7/30/12 2 yrs.  
**Ed 11/4/13 1 yr.**  
 Ellen 9/21/04 10 yrs.  
 Gary F. 9/29/07 7 yrs.  
 Heather 11/13/02 12 yrs.  
 Howie 11/9/05 9 yrs.  
 Jeff J. 10/1/11 3 yrs.  
**Justin 8/1/13 1 yr.**  
**Justin R. 9/1/13 1 yr.**  
 Loren S. 8/1/03 11 yrs.  
**Regina 11/7/13 1 yr.**  
 Tom 11/6/07 7 yrs.

*Special Note: The January issue goes to print in early December due to the holidays so many Dec. and Jan. birthdays will appear in the Feb. 2015 issue.*

## KEEP COMING BACK!



ANL wants to publish your sobriety anniversary. 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...

What are some examples of "stinking thinking" and how do you overcome them?

(Note: Submit by January 15, answers will be published in the February 2015 issue.)

## STEP TWELVE

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.

## TRADITION TWELVE

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.