



# a new leaf

a publication of marijuana anonymous

March 2015

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## Volatile

“I’m glad I am a pothead. The first time I heard somebody say something like that-” I’m grateful I am an alcoholic “- was in October, 1984, my first trip thru rehab. I thought the guy was nuts. Why would someone be grateful to be an alcoholic ? Today it makes sense to me. That first rehab didn’t work out. My fault. I white-knuckled it for fifteen months, going to few meetings. I figured since I’d quit smoking weed and drinking , everything would be fine. Wrong. I found a joint under the dresser of one of my sons and was off to the races again. This relapse lasted for 20 years. I finally got to the point where the pain of addiction became greater than the pain or anticipated pain of sobriety and I quit smoking marijuana-again. I’d quit drinking about ten years ago and just smoked more weed. I had to pass a urine test before being admitted to the same VA facility rehab I had attended two decades earlier. To this day I don’t know how I was able to do it, but I think I had some help. Hell, I know I had some help. This time I stayed clean-but not sober- for seven years until I failed to make abstinence the #1 priority in my life. I had no friends and was bored with retirement. Then I got the bright idea of getting a marijuana

medical card and controlling my use. Haha. Control. Right. I went right back to smoking like I did in the past: staying stoned during every hour I was awake. This relapse lasted about three months until I became so depressed I was experiencing suicidal ideation. I knew from past experience two things: abstinence wasn’t all that difficult and I had never felt accepted or comfortable at AA or NA meetings. This time around I wanted more than just abstinence. I joined the MA district 13 group and am online every day.

I’m glad I am a pothead because I see addiction as a finger pointing at the dis-ease of living as a human being. I believe most people are not satisfied with their lives. We don’t accept what IS, whether it be feeling, job, neighbors, traffic, the weather. This dissatisfaction pushes many of us into addiction where we try to hide from life through substances or behavior. To keep hiding we have to have more, and more and more.... The 12 steps of Marijuana Anonymous and the spiritual concepts they represent give me the means to accept-to some degree-the dissatisfaction I have with life.”

**Randle**

## 10 Years Ago...

*This month, since we’re short on stories and long on space, we thought we’d share a story from the March issue of A New leaf.*

***My name is Travis, and I’m a stoner, a pothead, a weed addict, whatever you like to call it.***

I really love saying all that.

At the 2005 M.A. Convention, I went to my first MA meeting. Though I was a pot smoker foremost in my resume of addictions, I had never been to MA in my 10years of recovery.

When I got clean and sober in 1994, I hit my bottom on alcohol and found myself comfortably learning the steps in AA. In that program, I’ve heard people talk about the “marijuana maintenance program”, wherein they quit drinking and maintained their - composure by smoking pot every day. perience, strength and hope. way around. In the summer of 1994, I ran into a bit of a weed drought – not because of any market. forces, but because of a lack of friends willing to hang

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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.

### District Bureau Chiefs

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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  
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out with me. By lucky coincidence, I had also just turned 21, and could buy liquor . . . legally. So, I took up an "alcohol maintenance" program, wherein I drank every day in the absence of smoking weed. For anyone considering this, I don't recommend it.

In any case, I came into the 12 step program, followed directions, did what was as a whole recommended, and have reaped a host of benefits into my life today that I wouldn't have even known to ask for. I have a foundation upon which to return for serenity in my day to day life. I'm married to "one of us" for four years, and have a lovely little girl who shines more light in a single smile than all the jewels of kings.

I remember clearly a meeting that I went to in San Diego at around 90 days clean and sober. I was sharing about smoking weed from a wooden podium in a wood paneled room, through a microphone and speakers to a small crowd in plastic chairs, when an old-timer raised his voice and interrupted me. "Stop talking about that stuff in here." he said. "It doesn't belong here. Take it to another meeting." Of course, I've since studied the traditions, and understand the principal of his action. But, at the time I was crushed. I wanted to cry. I felt as if the new family, that I finally fit into, was rejecting me.

To this day, I believe that action of this old time was inappropriate and rude, but it served its purpose. I learned my lesson. Right, wrong, or indifferent, I have kept my pot

smoking past quiet for the majority of my recovery. Going to the MA 2005 convention, my first exposure to the fellowship, was for me a second homecoming in recovery. Here were people introducing themselves as "pot addicts", "stoners", "weed heads", even "bong technicians". At my banquet table, we discussed everything from the best (and worst) of marijuana cinema, and the complexities of water pipe engineering technology, to the effectiveness of various scraping tools, and the advantages of the integrated wire rolling paper. I had a wonderful time among the stoners, a group to whom I fully belong. I was very impressed by the progressive variety of the conference program, ranging from the traditional step workshop to creativity workshops, a free writing session, and a drum circle. It struck me that we stoners, and moreover ex-stoners in recovery, represent a unique cultural demographic among the 12-step community. The difference is subtle, but worthy of note, as it made such a difference in my perception of the group's hospitality. The stories are perhaps less prone to violence, and more appreciative of "groovy sounds". Or, as the Friday night speaker put it: "I never really got caught, or got into any trouble- of course- I never LEFT THE HOUSE!"

My sincerest thanks belong to all who organized and participated in this event. While I may have been a long time coming, I certainly am grateful to have found MA!

**Travis, writing in March 2005**

## MA Daily Meditation Book

We're looking for YOUR writing to fill a year's worth of daily meditations focused on recovery from marijuana addiction. The writings should be approximately 250 to 500 words and focused on MA recovery.

### *What would you want to read 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. Looking for inspiration? Take a look at daily meditation books from other fellowships. Find an inspiring quote to kickstart your creativity. Be on the lookout for samples in upcoming issues. In fact, see an example in this month's issue on page 2.

Go for it... write yours today.

Send submissions to: [smilingheart9@yahoo.com](mailto:smilingheart9@yahoo.com).

### 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. ▲

### MA To Go

Do you have our fellowship's 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](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**  
 email [info@madistrict10.org](mailto:info@madistrict10.org) or call 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**  
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**District 17 Denmark**  
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**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* We apologize for any oversight which caused us to miss birthdays last month!

Celebrating **417** years of sobriety in this issue!

<b>District 1</b>			Robert S	1/20/04	11 yrs.
<b>Maggie</b>	2/25/14	1 yr.	Rob H	12/30/00	14 yrs.
			Mike LB	1/10/87	28 yrs.
<b>District 4</b>			<b>District 8</b>		
<b>Chris C.</b>	2/14/14	1 yr.	<b>Brad S.</b>	2/7/14	1 yr.
Erin M.	2/18/13	2 yrs.	<b>Kay</b>	2/16/14	1 yr.
Thor H.	12/6/00	14 yrs.	Bridget M.	2/15/13	2 yrs.
Tyler Q.	12/4/10	4 yrs.	Adam H.	2/18/13	2 yrs.
Andy F.	1/26/81	34 yrs.	Liz R.	2/16/11	4 yrs.
<b>District 5</b>			Tenley	2/26/10	5 yrs.
<b>Amanda</b>	12/17/14	1 yr.	<b>District 11</b>		
Craig	1/10/13	2 yrs.	Gabe M.	2/5/10	5 yrs.
John H.	1/10/13	2 yrs.	Sue S.	1/26/05	10 yrs.
Joe W.	11/19/11	3 yrs.	Rick V.	2/8/03	12 yrs.
Ehsan	11/20/11	3 yrs.	Walt G.	2/13/01	14 yrs.
Colin	12/3/11	3 yrs.	Trisha A.	2/1/96	19 yrs.
Steve B.	1/29/11	4 yrs.	Harry H.	2/10/87	28 yrs.
Layne	1/18/10	5 yrs.	<b>District 13</b>		
Hillary	1/1/09	6 yrs.	<b>Sunnybunny</b>	2/20/15	1 yr.
John S.	1/5/07	8 yrs.	Susie	2/1/15	2 yrs.
Jon C.	1/7/07	8 yrs.	Scot	2/17/15	2 yrs.
Tony R.	1/1/04	11 yrs.	Christopher J.	1/23/10	5 yrs.
Larry C.	11/28/99	15 yrs.	elf	2/12/15	9 yrs.
Lisa S.	12/7/93	21 yrs.	Bradley	2/20/15	12 yrs.
Gary R.	12/10/90	24 yrs.	<b>District 19</b>		
Melody C.	1/16/89	26 yrs.	Richard M.	1/15/15	4 yrs.
<b>District 7</b>					
<b>Leo S.</b>	1/15/14	1 yr.			
<b>Craig R</b>	1/16/14	1 yr.			
David A.	1/22/13	2 yrs.			
Mike M.	1/3/2010	5 yrs.			
Keith G.	1/16/09	6 yrs.			
Don B.	2/5/09	6 yrs.			
Karen S.	12/28/07	7 yrs.			

## ROVING REPORTER ASKS...

What would you tell a newcomer who is struggling?

(Note: Submit by March 15th, answers will be published in the April 2015 issue.)

## STEP THREE

Made a decision to turn our will and our lives over to the care of God, as we understood God.

## TRADITION THREE

The only requirement for membership is a desire to stop using marijuana.

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.