



# a new leaf

a publication of marijuana anonymous

April 2015

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## A Leap of Faith

*I want to share my post to Facebook from the evening of my first meeting with my MA Group in Bloomington, MN. With strict adherence to MA anonymity, I did not mention what kind of meeting this was or the location. It took 3 hours to compose through tears of humility and gratitude.*

*"...in the audience, there are all of these loving people... clapping, cheering me on."*

Dec. 10, 2014

I am taking a Leap of Faith here. I am admitting to myself and to all of you a very vulnerable position. I realize after I make this statement, there may be people who will take what I'm

about to say differently. I am ready for that, because in admitting, I am accountable to myself and any of you.

A week ago today... I ended my 24 Year affair with marijuana and alcohol. To a number of you, this admission is no surprise. To some of you, it will be shocking. I also realize that some of you may have diminished trust in me. I have clients, family, and friends on this page that have no idea that this is who I was. It is my responsibility to admit this to you, because I no longer want to be that person. I want to be me. I now need to take a journey that will lead me to that "ultimate reward." It will be scary and reinvigorating, all at the same time. I've been hiding for too long behind a plume of smoke. It's time to "air it out."

I have been "vaguebooking" lately. My old self was pulling back as my new self wanted to shove me out on the stage, into the hot lights of a "new beginning." Although raw, I need to feel this. Yet in the audience, there are all of these loving people... clapping, cheering me on. I'm not sure, but I may see some walking out. I understand... and I hope to win them back someday.

The last week has been physically and emotionally jilting. Who ever says marijuana isn't physically addictive is a jerk. It's been rough. I cry at the drop of a hat. In light of many of my family and friends expressing their love

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## As I Understood God

When I first came into MA and realized there was the "God" word in the Steps, I really thought about getting up and walking out. God? Are you kidding me? You mean the old white fart with the long grey beard on the gold throne, who had been throwing big

*"You mean the old white fart with the long grey beard..."*

lightning bolts at me my whole life? No way! It didn't take long before

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## Smoking and Drinking

I recently celebrated my first birthday and find myself reflecting quite a bit about my program over the past year.

Prior to getting into the program I was a binge smoker or drinker.... very rarely mixing the two, but bouncing between excesses. If there was no weed, there was always a bottle or two of Jack Daniels in the cabinet... which I drained with a full Low

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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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Send all articles, inquiries and correspondence to:

[stories@anewleafpublications.org](mailto:stories@anewleafpublications.org)

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

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

### **A Leap of Faith**

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and support for me, both publicly and in private. In fact, I am writing this with tears streaming down my face...I'm so grateful.

Today, somebody I just met told me that we addicts have a "God-sized hole to fill in our Souls." We all have our own faith. I've been quietly telling mine to take a back seat. "I've got this, Dammit!" Today, I admit I don't. A week ago, that little voice (God) quietly said back: "I've got this. I Love You."

Thank you ALL for taking this time to hear my story and plan. I have an amazing husband and daughter who have helped me to

*I've been  
quietly telling  
mine to take  
a back seat.  
"I've got this,  
Dammit!" Today,  
I admit I don't.*

take this big step for almost a year now. As a family, we communicate and are brutally honest with each other. We don't lie in the face of discovering each other's secrets. Instead, as painful as it may have been at the time, we admit our faults and find solutions. I made a promise I would quit... for myself... when I was ready. So here I am.

I love you all. I am in great need of support right now and it's better than any guarantee in the world that I have you. Thank You. - Sara

**Sara  
Bloomington, MN**

**Help  
Someone  
Get in  
the Boat!**

### **ARTICLES WANTED**

**a new  
leaf**

Share Your  
Experience,  
Strength & Hope

*"How did you escape the  
Lotus Eaters?"*

Your stories are a valuable  
addition to the diversity,  
mission, and vision of  
our fellowship.  
Share yours today.

## Smoking and Drinking

cont'd from pg. 1

Ball or two (or three) every night. When there was weed, then Jack went untouched. However, those quarter bags would never last more than a few days. I could stop using either substance at any time, as long as I could switch back and forth between the two. The truth of the matter was that I was lying to everyone around me and to myself.... including my wife, children, friends and extended family, to justify my addiction.

*“I could stop  
using either  
substance at any  
time, as long  
as I could  
switch back  
and forth...”*

No one really knew the extent of my addictions except me. I was beginning to realize that “wake and bake” every morning, before the rest of the house was awake, was not normal behavior. It took getting caught one last time by my family, and an ultimatum, to get me into the doors of Marijuana Anonymous.

The past year has not been easy. The everyday challenges of raising children, maintaining a marriage, and holding down a

demanding job keep me very busy. When everyday life stresses stress me out, and drugs and alcohol are no longer an option, I try to step up my program.

My sponsor has helped me tremendously this first year by working with me through the 12 Steps. Through these efforts I realized that there are a lot of underlying issues that led me to my addiction: ego, lack of empathy, irritability, and a perception of inadequacy... to name a few. All were part of what made me who I am. Although I have made it through all 12 Steps and have one year of being clean and sober, those character defects still rear their ugly heads on a regular basis.

I’m not the best at daily prayer and meditation, or promptly admitting when I’m wrong, but I am staying connected to the program. I attend one meeting on a regular basis, have taken a commitment and am currently looking to take on a sponsee. Other than that, I carry a phone list in my car, make phone calls on a regular basis, and stop into new meetings whenever possible.

I find that the single most important aspect of recovery is to take each day one at a time. When my “normal” friends ask me if I’m quitting for life, I can’t answer them.... because I really don’t know myself. What I do know is that for today, I’m going to stay connected to my Higher Power, and use whatever tools of the program that are available to hit the pillow with one more day of sobriety. Today this includes submitting my New Leaf story.

**Anonymous**

## As I Understood God

cont'd from pg. 1

I realized that a lot of other folks in the meetings had a problem with that too. It wasn’t *that* God. It was God as I understand God. It could be my own understanding! The words “Higher Power” were meaningful to me. I appreciated that concept. I also liked that the gender was taken out of God. It was not God- He. Maybe it was God- She. Maybe it was God- It. It was as I understood God. It was a power greater than myself. It was a Higher Power, an HP. And so, for the first few years, the meetings and MA members were my Higher Power. We could do something together that I could not do alone. I’d tried too long.

As the years have gone by, my concept of God, Creator, Higher Power has had many definitions and/or concepts. And a great realization has come to me. I don’t have to understand God! How could I? I am a small human on a small planet, in a small solar system, in an ordinary galaxy in a HUGE universe. So when I see pictures of our galaxy or nebulas or other galaxies, I say, “There. That’s God.” But some small part of that huge God is what I think of as a loving, caring, parental God, who wants me to be a loving, caring person. That part of God, my part of God, wants me to be happy, loving and serene. And that’s the God I pray to. What are my prayers? There are really only two: “Help me, Help me, Help me.” and “Thank you, Thank you, Thank you.”

**Carol McD.**

**District 6 & 7 - Los Angeles**

**“As I Understood God”** was published in the August 2013 issue of ANL and has been reprinted in loving memory of Carol McD., one of the founders of MA. “Thank you Carol.

# marijuana anonymous worldwide

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

**MA World Services**  
PO Box 7807 Torrance, CA 90504 800.766.6779  
www.marijuana-anonymous.org  
email: office@marijuana-anonymous.org

**District 1 San Francisco**  
www.ma-sf.org 415.325.4785

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**District 7 LA County So.**  
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PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

**District 10 LA County East**  
email info@madistrict10.org or call 626.869.6210

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PO Box 2012 Portland, OR 97208-2012 503.567.9892

**District 12 North Bay, CA**  
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**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  
**201**  
years of sobriety!

### District 1

**Maggie** 2/25/14 1 yr.  
Steve K. 3/12/07 8 yrs.  
Yvette D. 2/21/86 29 yrs.

### District 4

Jeff D. 3/1/13 2 yrs.  
Kaitie W. 3/13/09 6 yrs.  
Michael S. 3/13/09 6 yrs.  
Tim L. 3/15/04 11 yrs.

### District 5

Ernest 3/9/95 20 yrs.  
**Jeremy** 2/9/14 1 yr.  
Joe 3/7/11 4 yrs.  
Lisa L. 2/22/04 11 yrs.  
**Nico** 2/19/14 1 yr.  
**Russell** 2/28/14 1 yr.

### District 7

Allan D. 2/19/12 3 yrs.  
Dave F. 2/18/09 6 yrs.  
Ernie C. 3/5/05 10 yrs.  
Louis W. 3/4/11 4 yrs.  
Mike H. 2/16/12 3 yrs..

### District 11

Dave C. 2/26/00 15 yrs.  
Donovan 3/6/03 12 yrs.  
Guy E. 2/15/88 26 yrs.  
Steve 3/1/99 16 yrs..

### District 13

Sandy H. 2/22/11 4 yrs.

### District 15

**Randi** 3/8/14 1 yr.



**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.

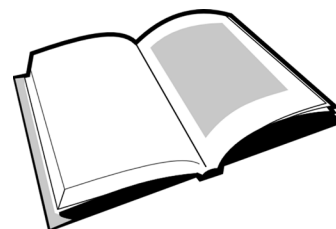
## ROVING REPORTER ASKS...

How do you maintain a positive attitude when you are having a bad day?

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

## STEP FOUR

Made a searching and fearless moral inventory of ourselves.



## TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or MA as a whole.