



a new leaf

a publication of marijuana anonymous

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MA as a Living Art

At a post-meeting fellowship at a local diner, our conversation turned to creativity. Many in our group considered themselves artists, being painters, photographers, and musicians. One in our group was a Philosophy major at a local university. It was my opinion that a philosopher could also be considered an artist. Most at the table disagreed. The Philosopher remained silent.

After thinking about this for a day, I was riding to a meeting with a photographer from our previous night's fellowship, who had disagreed with my idea of philosophy as an art. I began to question whether or not he had ever read any of the writings by Ralph Waldo Emerson or Henry David Thoreau. He admitted that he had while in college. I asked him whether those books could be considered art. He begrudgingly

admitted that they could, depending upon how art is defined.

That night, at our M.A. meeting, our Speaker discussed what he called the "Philosophy of his Higher Power." It then came to my mind that M.A., and the 12-Step program as a whole, in addition to being a spiritual program, is in a sense, a philosophy. Could it then, I wondered, be considered an art?

During the meeting, which encompassed about 40 people in a large circle, I began to notice the shares and stories. We were a diverse group. Many were newcomers, some in their teens. Many were old-timers, two of who took birthday cakes of over 20 years each. Many of the stories were sad and dark, and many were light and joyful. As I considered this, my insight grew.

In the middle of our huge circle, I imagined, was a giant canvas. During each share we projected our stories upon that canvas.

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I'm So Grateful

When I first entered recovery, I was in treatment with drug addicts and alcoholics of all kinds. We were all very similar but something didn't quite feel right about us as a group. Then with about 30 days under my belt, it was a treatment assignment to attend 2 meetings a week; I did a little research and found Marijuana Anonymous. I walked in and immediately felt so at home and welcomed with open arms. I knew I had found a group of people that were just like me!

People ask me all the time, "how serious can marijuana addiction really be?" I tell them - my addiction to marijuana almost took my life. They reply with "come on that is impossible." I go on to explain to them that the deep depression and suicidal thoughts that were caused by my addiction were very close to taking my life. I think some believe me, and some think I'm full of BS. The point is, that is the truth. Towards the end of my using

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A Slippery Slope

My first time smoking anything or doing any substance was around the middle of my 13th year. I thought, "what the heck; it couldn't hurt." After smoking, I believed that even more due not to feeling anything. Then I had a long day and tried it again.

Food

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everything

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thoughts...

This time I felt it. It felt awesome. Food tasted better, everything was more vibrant, and I got into deep thoughts (life) that I would never think about. I didn't use it for

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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/anl

and click on the newsletter tab.

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MA as a Living Art

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We painted it with our stories in a variety of colors - darks and lights, reds, yellows, blacks, pinks, greens and blues. During this

*We painted a
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meeting we painted a huge artwork of our shares melded into one giant

artwork. Each one of us saw this art, though not in two dimensions, and not in three, but in perhaps some fifth dimension that only our Higher Power was capable of seeing as a whole.

As with much great art, we each saw something different in our shared project, a living art, and took something different home with us. Many of us were changed, most for the better.

For me, M.A. is now not just a spiritual program, and not just a philosophy. It is a living art, and at each meeting a different artwork is created by our shares, hopes, successes, and struggles. We each see what we are capable of seeing, what we need to see, and where our Higher Power guides us to look. We are all, the artist, in our combined creation of hope and recovery.

Jeff Y.

The 12 Traditions of Marijuana Anonymous

1. Our common welfare should come first; personal recovery depends on MA 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 servant, 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 MA as a whole.
5. Each group has but one purpose, to carry its message to the marijuana addict who still suffers.
6. MA groups ought never endorse, finance, or lend the MA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every MA 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. MA, 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 MA name ought never be drawn into public controversy.
11. Our public relations policy is based on 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 MA members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

I'm So Grateful

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career I had come to a fork in the road, I truly believed I had only two ways to get out of the life I was living. One was to take my own life and the other was to stop my crazy insane life of addiction, doing the same things over and over again and hoping for different results.

I chose to get sober, it wasn't easy, but it was SO worth it! I knew I had a long road ahead of me; after all smoking weed was all I knew. It's what I did; it's who I was. I actively used every day for about 12 years. The crazy thing, about half way through those 12 years I knew it was a problem; I just wasn't ready to do anything about it. Today I'm So Grateful to say I'm a recovering addict and have been since June of 2007. I have MA to thank for a lot of what I have learned in recovery and many wonderful friends I have met since then. Thank you for letting me share my story.

Chris C.

A Slippery Slope

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popularity; I knew everybody and was friends with a lot of people.

I kept using thinking it wouldn't affect me; my grades were still all A's and one B. My body still felt physically strong. I got outside more, and overall I felt happier with my situation (I didn't like where I lived and I had problems with my family).

About 6 months later, I met a new friend. He would become my best friend. I found out he smoked pot too. We hung out and it felt awesome to smoke with another person who shared the same interests. We were basically twins; even looked similar. We kept hanging out and became good friends.

Then I started doing things I wouldn't do and thinking things I wouldn't normally think. I started depending on pot for happiness; artificial or not. It no longer mattered to me. I started scheduling when

I could use the "high" and when I didn't think I needed it. Tiring days (Mondays) I would get high in the morning to cope with school's absolute boredom. The worse part was the lying. I snuck around a lot and I lied to everybody - my parents, other family members, and teachers whom I actually favored. I would come up with whatever story I could.

Then I got caught. My mom found texts on my phone about my smoking. I told her I would stop. It wasn't long before I found myself going back to smoking. I thought it was obscure that I loved a plant. I kept smoking and smoking. Then I got caught again; this time by a careless action. I ordered cannabis utensils online and had them shipped to my house. I didn't care about the risk; I just knew I wanted them. Not long after that I found myself submitting a personal story to Marijuana Anonymous.

Gavin K.

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

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

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

email 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

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 **373** years of sobriety!

District 1			
Shyam B	3/30/14	1 yr.	
District 2			
Glenn W.	4/1/87	28 yrs.	
Jeff W.	4/22/09	6 yrs.	
Lee	3/19/99	16 yrs.	
Lucy M.	4/4/06	9 yrs.	
Mark	3/10/01	5 yrs.	
Meredith	3/23/97	18 yrs.	
Michael K.	4/8/07	8 yrs.	
Sheldon	4/15/96	19 yrs.	
Tim V.	3/1/94	21 yrs.	
Tony	3/12/13	2 yrs.	
District 4			
Chris L.	4/4/02	13 yrs.	
David G.	4/12/09	6 yrs.	

Krista D.	3/17/04	11 yrs.	
Michael H.	4/20/06	9 yrs.	
Rick O.	3/25/13	2 yrs.	
District 5			
Christian	3/17/14	1 yr.	
Erik	4/3/06	9 yrs.	
Erin	3/27/14	1 yr.	
Kelly	3/17/07	8 yrs.	
Paloma	4/8/12	3 yrs.	
Reinhard	4/11/09	6 yrs.	
District 6			
Chuck R.	4/15/04	11 yrs.	
District 7			
Jessie R.	3/13/12	3 yrs.	
Mike "Hemp"	2/16/12	3 yrs.	
Nik S.	3/31/14	1 yr.	
Robert B.	3/25/02	13 yrs.	
Steven K.	3/27/14	1 yr.	
Vicki A.	4/7/02	13 yrs.	

District 11

Casey B.	4/14/13	2 yrs.
Dave C.	2/22/02	13 yrs.
Donovan H.	3/6/00	15 yrs.
Jared W.	4/14/13	2 yrs.
Maria S.	3/15/97	18 yrs.
Paul G.	2/26/00	15 yrs.
Steve M.	3/1/99	16 yrs.

District 13

Mike G.	7/15/06	8 yrs.
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District 18

Ron F	8/27/77	37 yrs.
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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 is something you heard at a meeting that helped you?

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

STEP FIVE

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

TRADITION FIVE

Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.

