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A NEW LEAF

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NO SECRET METHOD BY ANONYMOUS

When I heard that "A New Leaf" was in need of articles, I thought to myself that I could certainly oblige that request. After all, I have been around these rooms long enough to see a few birthday cakes. I am truly grateful for what this program has done for me and I think that I can give a little back in this way. After all, I have given back at many other levels from coffee person to sponsor to World Services Conferences. But, what to write about? Topics for an article have been going through my mind for a couple of weeks. The only words that come to mind are solution-filled words that I hear in the three MA meetings I attend every week, or the wonderful insight I read in *Life With Hope* I really think I should share some original thoughts in an article, but I haven't done anything extraordinary. I don't have some secret method with which I stay sober. I just made a start at doing what other people said they

were doing and things changed.

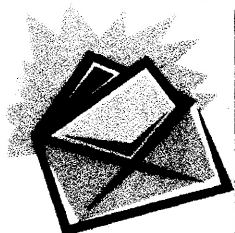
Looking back, I sure didn't think there was much hope for me losing the desire to use. I surely didn't believe my life could change from the self-inflicted misery I was living the last days "out there". I didn't want to believe working the steps could change my life. I thought I was so unique. I didn't plan on identifying so much with the things said by the recovering addicts at those first meetings. My own thinking and behavior was what got me here. I had no concept of a power greater than myself, and I cringed when I heard the word God. All I did was walk through the door.

So what can I possibly say to help someone believe they may be an addict? For years people suggested I had a problem, even from other users who sold me pot, and for years I denied it. Nothing like work, sleep, or dating was more important than making sure I al-

ways had a bag. Even though I tried to control using and failed miserably, I refused to believe I was powerless over a "harmless plant". I was in therapy because my life was unmanageable, and I showed up to satisfy my therapist. All I did was identify with the First Step.

What can I say to help someone understand why the program is working for so many? I don't know myself. But I do know it is working for me. By getting a sponsor and starting to work the steps, the obsession left me. By writing an inventory and admitting my defects my thinking started to change. By taking a Third, Seventh, and Eleventh step daily, on my knees, my defects are starting to decrease. Somewhere in the process I have began the "spiritual awakening" the Twelfth Step says will happen. Practicing the principles in all my affairs just kind of happened. All I did was do what I was told!

I wish I had an explanation as to (continued on page 3)

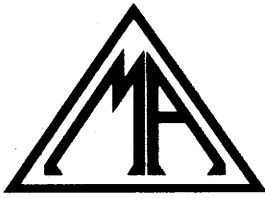


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A NEW LEAF

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 necessarily reflect the opinions of Marijuana Anonymous as a whole.

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THE RETURN OF... THE ROVING REPORTER

At the recent MA convention in Burbank, several MA members took a minute or two or three to share their experience, strength, and hope with the readers of the New Leaf. Read how they answered the following question:

What do you do when you are "jonesing" or feel like using (tips to remember)?

Jason. L. ; District 5; Length of sobriety: 5years 2 months.

It has been suggested to me to call my sponsor or someone with some recovery in the fellowship. Usually what they'll suggest, after we have talked, is to pray (ask my Higher power to remove my obsession; say the third and seventh step prayers), talk to a newcomer, go to a meeting, and do an inventory to get to the underlying thing that is really going on. But if I was newer in the program, I probably would have gone to a meeting after calling someone and shared about what was going on.

Joyce. M. ; District 6; Length of sobriety: 8years 4 months and 26 days.

- 1.) Tell on myself- admit the urge to another addict.
- 2.) Reach out to someone newer than myself.
- 3.) Read from some conference-approved literature.
- 4.) Think the joint through- remember where using took me.

Milo; District 6; Length of sobriety: 2 years 6months.

- 1.) Take a walk.
- 2.) Play a kick-ass song at top volume on my headphones.
- 3.) Call a friend in the program or my sponsor.
- 4.) Remember that it won't do any good to use, I will just feel worse if I do.

Jodi. B.; Districts 6 & 7; Length of sobriety: 2 years.

I close my eyes, take a deep breath, say a prayer (i.e. Serenity prayer) and remember what it felt like to be a prisoner to substance abuse. Hot baths and showers, herbal teas, exercise, and talking with my program friends help when I'm really "spun".

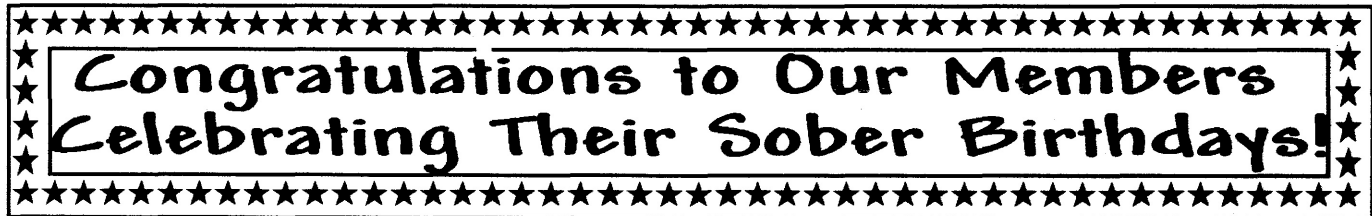
NEW SCREEN NAME

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No Secret Method (cont)

how important the fellowship itself has become for me. I have formed some truly special and deep relationships with other members. I don't know exactly why being shown unconditional love is so important, but knowing I can talk to others about anything has helped me through the roughest of times. I have no clue as to how that special bond comes about and how a recovering addict is the best help for another addict. How is it that I can now talk to another man about my feelings, and how is it that I can see a woman solely as a friend? One last thing, why is it so hard to leave after a meeting or a fellowship activity, even standing in a cold parking lot at midnight? All I did was let them know who I really am. I guess I had more to say than I thought...Thanks for listening.



District 2

Fay C.	11/30/89	9 years
Matt C.	12/21/94	4 years
Jay C.	12/23/94	4 years
Rich	1/1/97	2 years
Praline	1/2/98	1 year
Karen S.	1/3/87	12 years

District 3

Bob F.	1/1/95	4 years
Carol G.	1/5/90	9 years
Linda W.	1/9/98	1 year!
Rainey B.	1/15/97	2 years
Karen F.	1/18/97	2 years
Andy C.	1/21/98	1 year!
Dennis W.	1/25/97	2 years
Krystal B.	1/25/98	1 year!
Bobbe	1/26/97	2 years
James S.	1/28/97	2 years
Mona O.	1/29/94	5 years
Dean S.	2/1/90	9 years
Kevin G.	2/23/94	5 years
David M.	2/26/95	4 years

District 4

Jenny W.	1/28/98	1 year!
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District 5

Rick B.	2/1/89	10 years
"Papa" Joe	2/1/93	6 years
Eric M.	2/1/93	6 years
"Moonshot" Ben	2/4/94	5 years
Victoria C.	2/5/95	4 years
"Hiking" Mike K.	2/6/88	11 years
Billy B.	2/13/93	6 years
Brad C.	2/14/96	3 years

Mark B.	2/18/94	5 years
Hal"coholic" N.	2/26/91	8 years
Randy P.	2/27/93	6 years

District 6

Mary S.	1/1/98	1 year!
Brian	1/12/98	1 year!
Sean O.	2/1/90	9 years
Laurie E.	2/5/97	2 years
George B.	2/6/88	11 years
Janelle A.	2/7/95	4 years
Steve G.	2/8/92	7 years
Katherine R.	2/14/93	6 years
Dan Z.	2/14/93	6 years
Margaret F.	2/24/91	8 years
Terry M.	2/24/88	11 years

District 8

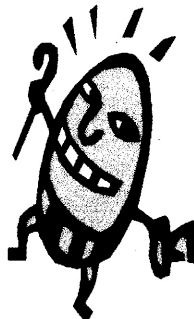
Will N.	1/7/96	3 years
Ell Dee	2/11/96	3 years
David H.	2/14/94	5 years
Rob D.	2/28/94	5 years

District 10

Bud C.	12/24/83	15 years
Doug M.	1/1/98	1 year!
Joe	1/6/76	23 years
Margaret	1/6/98	1 year
Judy M.	1/8/98	1 year!
Bill D.	2/9/90	9 years

District 11

Sandra B.	10/28/97	1 year!
Cassi S.	12/6/97	1 year!
Trisa A.	2/1/96	3 years
Jim D.	2/1/90	9 years
Scott K.	2/3/98	1 year!



Join the \$5/Month Club

District 11 is working diligently to organize a spectacular 1999 MAWS Conference. We have created the \$5/Month Club to raise funds for all expenses, with hopes of a surplus to create seed money for future conferences. Your membership in the \$5/Month Club, with your check payable to: Marijuana Anonymous, should be mailed to the 1999 Conference Treasurer, Susan B., 4012 S.E. Nehalem, Portland, OR 97202.

You can send more than \$5, and, as always, your donations are tax deductible



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LOOKING FOR A COMMITMENT? ANL is looking for TWO new Co-Editors for ANL.

Job description includes: 1) producing the master of each months New Leaf and getting it to the ANL Distribution Coordinator on time; 2) maintain contact with each districts Bureau Chief to collect articles, member birthdays and other info; 3) Work in concert with MAWS in publicizing the various MAWS events and publishing MAWS info. for member information.

Any questions or volunteers e-mail us.