



# a new leaf

a publication of marijuana anonymous

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## You Never Know by Jeff M.

A struggling newcomer started the conversation with the typical statement about the "One Day at a Time" concept:

"Come on, man, you know this 'One Day at a Time' is a lot of BS. This it is, for the rest of your life, why don't you say it?"

"But it isn't. It is just not smoking today. Tomorrow, who knows, maybe I will, but right now, for this moment, I don't smoke."

"But you have a lot of time and you still come to meetings. You still take cakes, year after year after year. Does this mean I'll have to keep coming to these classes forever?"

"Let me tell you about some examples of why we take cakes and keep coming back. My wife and I went to a 12 step program for alcohol because we drank as much as we smoked. In our shares we talked about how we managed to stay clean and sober, how we

stayed away from alcohol and all other mind altering drugs by going to MA. In that meeting there was a woman who had been sober but just couldn't quit the pot and as a result kept going back out. Since finding MA she now has many years of sobriety. There was a particular time, when I returned to my outpatient program to take a cake, that I met a fellow pot head who had 3 days; he now has 3 years.

"But my favorite story is about another person we met at the outpatient program. This program is for nine months and after that you 'graduate.' As you can imagine, it is a big deal. The program does their best to get the family involved. This woman's graduation was no different. She had her husband and three teenage children with her. Their life had been turned upside down and they were struggling to keep it together. By coincidences, God's will not mine, my wife showed up to take a cake the same day this woman was graduating. I was having trouble lighting the candle and my wife, the comedian said, 'If that had been a joint, you would have had it lit by now,' and that set the woman and her family to laughing, because it is so true. We make so much time for our using, but none for ourselves. And as this woman told us, the following year, she hadn't realized how she needed to make time to have fun because we sure looked like we were having it. And we do.

"By showing up and sharing the message that 'if I can do this anyone can' helps people. All I do is show

up and try to share my experience, strength and hope about HOW this program works for me, by being Honest, Open-minded and Willing to do whatever it takes keeps me another day sober. And, to be perfectly honest, that is all we do, show up. These instances have very little to do with my wife and I, we were just transmitting what our Higher Power wanted us to. That is why I keep showing up. You never know what you may say or do that will help someone. So keep coming back, don't smoke today and above all else "be good to yourself."

~ Jeff M., District 7 ▲

### ROVING REPORTER

#### Question for March

What is your favorite meeting topic, and why?

#### 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.

Submit your answers to your Bureau Chief, or online, by February 17.

Your  
Story  
Here

# 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  
and click on the newsletter tab.

## Attitude Revisited

You know, sometimes my Higher Power gives me things I need even when I don't ask for them. Last month Rob and Ilene asked me to write a quick article before I left on my vacation because they were so short they thought they were going to have to rerun an old article. (Hint... hint... have YOU written one lately?). Anyway, I had just gotten a copy of a fabulous essay on attitude, so I used that as my inspiration. My husband and I left two days later, for a sixteen day vacation that we'd been wanting to take for twenty-five years.

There we were, our very first day in Rome (yes, the Italian one), and we left the hotel to go find breakfast. Well, to make a long story short - I fell on my face. I fell on my face so well that I put two teeth through my bottom lip, lightly chipped one tooth, knocked it and the other tooth a little loose, and bled like a stuck pig. I laid there, face down, on the cobblestones (no pain yet, thank you) after hearing the "crack", not knowing what I'd broken, and that damn article flashed before my (closed) eyes.

*Ed. Note: Originally printed in 12/1995*

I said to myself, "Karo, oo haf a choiss ere abut yur attitoot". So I adjusted, and adjusted, and adjusted my attitude. I had to do so with Great Vigor, on a daily basis, the whole sixteen days - but I did it! As Charles Swindal says, "I am convinced that life is 10% what happens to me and 90% how I react to it."

I had a wonderful vacation, well, adventure anyway. It wasn't restful, but it sure was exciting! So what if I looked like I'd run into a brick wall (actually granite cobblestones)? I was never going to see those people again anyway. Who cared how I looked? I'm so grateful for the experience. I had a choice about my attitude and I didn't let what could have been a disaster ruin my vacation. Thanks Great Spirit; you've seen my through another ordeal!

As a 15 year later aside - whenever the nerve in my lip gives me a good twinge these days, I don't grump. It's a reminder: I went to Rome (and Egypt by the way). Still about attitude, eh? LOL  
~ Carol

### **SPECIAL NOTICE!**

This is to inform everyone that the  
OFFICIAL ADDRESS of MARIJUANA ANONYMOUS  
has changed as of DECEMBER 7, 2010.

Every effort has been made to account for all the business names that can be used for our address; but please be careful in future to use the address below as the address for ALL official correspondence, including 7th Traditions:

**MARIJUANA ANONYMOUS WORLD SERVICES**  
**PO BOX 7807**  
**TORRANCE, CA 90504**

PLEASE SPREAD THE WORD! Tell your local meetings, tell your DSC meetings, and especially tell your Treasury and Literature chairs!

This notice will appear on the website, and will be carried in the New Leaf, for a period of a year. Thanks in advance for helping to make the transition a smooth one!

## 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.



## Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

When I came to recovery, I didn't think I was insane. After coming around for a while, and the fog of marijuana was lifted from my brain, I could see that the fact that I smoked every minute I was awake and WASN'T GETTING STONED was pretty insane. I also smoked every time I got in the car to drive anywhere, but didn't bother to think about how I could get caught and go to jail. My denial was very thick -- but then isn't that what addiction is based on: denial? If I realized how crazy I was, I couldn't keep smoking. I needed MA and the support of the group to be able to stop, one day at a time. I need recovery to be able to change the way I behave and the way I think. Early in recovery I heard that we don't think our way into right acting, we act our way into right thinking. If I do the footwork (coming to meetings, getting a sponsor, working the steps), and change my behavior by not smoking pot one day at a time, my thinking will eventually change. I consider myself fortunate that the urge to use left me after my second meeting. However, I know of others who may still have the urge to smoke, but don't, one day at a time. They just keep coming back, doing the work, and eventually the urge leaves them. Now when my thinking or behavior gets insane, I can ask my higher power to help me. I can also call my sponsor or another friend in recovery, and talk it out. I can't do this alone, and you don't have to either.

~ Susan C.



I have been sober and in recovery for many years and although I seldom have thoughts of using Marijuana or other drugs, I do have thinking and behavioral relapses. The 12-Steps of recovery continue to help me navigate through these "slips" in my life.

I have so much going on in my life right now that I would say "I am insanely busy". Once again, events in my life (many of which I have invited) increase my need to trust in God who restores me to sanity and serenity. I am reminded by my feelings of stress (fear) that I can't do life alone. It's crazy for me to think that I have any control over what happens and yet I still find my thoughts going there.

My focus needs to come back to my behavior and not the results. Although I believe that God can make good out of everything I do, trusting this belief takes practice. I am better at it today. I find faith to be like a muscle and the more I use it the stronger it gets. Remembering how well and often faith has worked in the past helps me to try it again. With practice anyone can become more proficient at faith just like any other learned skill.

Some of the things I tell myself and others today are: "God has our back so there is nothing to fear", "God is our refuge and our strength", "Look at all the wonderful things God is doing in our lives and the lives of people we know", "Thy will, not mine, be done". These and other truths I have heard over the years serve to remind me that God can and will continue to restore my life to sanity.

How cool is this ..... God takes the insanity in my life (much of which I caused by my thinking and actions) and uses it to bring me close, heal me and transform me into a channel of His/Her love. This recovery process is

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# marijuana anonymous worldwide

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**District 14 London, England**

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**District 16 Melbourne, Australia**

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**District 17 Denmark**

info@ma-kbh.dk

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

## Step Two...

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so amazing and continues to unfold in ways I had never imagined. God is the power greater than myself in whom I have come to believe and is infinitely able to bring about

sanity in me and countless others. God constantly speaks to me today through other people, literature and inspiration. I only need listen. Keep coming back. This program works!

~ Terry H.



## SUBMIT

Share your experience, strength and hope! Submit your article to your Bureau Chief or see page 2 for contact information.

## birthdays

Celebrating 349 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANL 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.

**District 2**

Louise 12/03/98 12 yrs.  
 Matt 12/21/94 16 yrs.  
**Ted S. 12/24/09 1 year!**  
 Cheyney 12/24/00 10 yrs.  
 Tim J. 12/25/06 4 yrs.  
 Jonik K. 12/25/07 3 yrs.  
 Jon 12/31/90 20 yrs.  
 Jerry 12/31/90 20 yrs.  
**Michelle A. 01/08/10 1 year!**  
 Charlie R. 01/26/05 6 yrs.

**District 3**

**Layne S. 12/20/09 1 year!**  
 Rosanna S. 12/20/08 2 yrs.  
 Andy P. 12/22/03 7 yrs.  
 Pat M. 12/27/89 21 yrs.

**District 5**

Tony R. 01/01/03 8 yrs.  
 John S. 01/05/07 4 yrs.  
 John C. 01/07/07 4 yrs.  
**Jordon 01/10/10 1 Year!**  
 Melody C. 01/16/89 21 yrs.  
**Layne 01/17/10 1 Year!**

**District 7**

Debra S. 11/01/03 7 yrs.  
 Jeff O. 12/03/07 7 yrs.  
 Manny 12/06/99 11 yrs.  
 Jeff M. 12/06/96 14 yrs.  
 Karen S. 12/28/07 3 yrs.  
 Rob H. 12/30/00 10 yrs.  
**Mike M. 01/03/10 1 year!**  
 Debra 01/03/95 16 yrs.  
**Emily 01/05/10 1 year!**  
 Kevin B. 01/05/07 4 yrs.  
 Rob 01/05/01 10 yrs.  
 Rob R 01/06/06 5 yrs.  
 Keith G. 01/16/09 2 yrs.

**District 8**

Aimee M. 12/23/06 4 yrs.  
 Ar A. 12/31/08 2 yrs.  
 Conrad G. 01/08/01 10 yrs.  
 Dave C. 01/10/05 6 yrs.  
 Rachel K. 01/15/02 9 yrs.

**District 10**

**Camille R. 12/05/09 1 year!**  
 Noelle A. 12/21/07 3 yrs.  
 Conrad G. 01/08/01 10 yrs.  
 Dan E. 01/14/08 3 yrs.

**District 11**

Mike F. 12/28/98 12 yrs.  
 John C. 01/01/99 12 yrs.  
 Tommy S. 01/12/04 7 yrs.

**Other**

**Omaha, NE**  
 Lori D. 01/19/97 14 yrs.

**St. Louis, MO**

**Rob S. 12/10/09 1 year!**  
**Jesse B. 12/16/09 1 year!**

