



# a new leaf

a publication of marijuana anonymous

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## Loved It, 'til I Didn't

**M**y name is Jacquie and I'm a marijuana addict. It took me decades to realize that and years to be able to say it out loud. I was 12 years old the first time I tried smoking pot. I had stumbled across my dad's girlfriend's stash and figured I'd give it a try. I smoked cigarettes, so I knew how to inhale and my girlfriend who was with me told me to hold it in for as long as I could. Her older brothers taught her that... We got so high! It was

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great!!! I loved it!

We laughed and laughed until my grandparents pulled into the driveway. They decided to stop by to check on me since my parents were out of town and my older sister was at work. We frantically tried to clear the air, but all I could

find was EZ-Off Oven Cleaner. We sprayed half the can before they got to the door. But when they saw that I had a friend over, they said hello and goodbye without ever stepping foot in the house! Back to the laughter! I LOVED IT! I never felt so free and so happy in my life!

Incidentally, I've never felt that way since. I tried to re-capture that feeling for most of my life. I moved through my teens and twenties experimenting with hallucinogens and alcohol. I was always able to maintain a job, not a career, but a job. I made enough to pay the bills and go out clubbing and partying, but I had no direction in life and flunked out of community college. It should come as no surprise that I met, fell in and out and back in of love with, and ultimately married an alcoholic drug addict. We both wanted the white picket fence, but had no idea how to maintain that life. We managed to have a big lovely wedding with the help of our parents and even bought a house. Not long after we settled into our new home, we tried and were successful at getting pregnant!

I had managed to abstain from all mind-altering chemicals for 3 or 4 months prior to conceiving and remained clean throughout my pregnancy and beyond. I thought I had finally gotten what I thought would make me happy. And then I got pregnant again. Life was wonderful! This

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## Cool Beans!

**S**ome people look down on clichés like “Just for Today” or “Easy Does It” as being overused and worn out and thus dismiss them. Maybe that's missing the point. Clichés become cliché because they contain timeless truths and they make priceless points. Try taking a program cliché

**I'm over 19  
years into a  
“Just for Today,  
Easy Does It”  
program.**

and practice it daily, like you would an affirmation. I found that, as part of my daily practice, when repeated “Easy Does It” like a chant, it quieted my mind and calmed my emotions. I found repeating “Just For Today” always helps me focus and get through whatever kind of day I am having in a way I can count on. I think that's “cool beans.”

I'm over 19 years into a “Just for Today, Easy Does It” program. Practicing every day helps me make it one more day, and has saved my sobriety more times than I can count. I got a sponsor right away when I got sober and started the path to recovery by taking The 12 Steps with my sponsor.

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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](http://www.marijuana-anonymous.org/anl)

and click on the newsletter tab.

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## **Share Your Meditative Inspiration**

### **The Will of My Higher Power**

*The basic ingredients of humility are unpretentiousness and a willingness to submit to a Higher Power's will.*  
- LWH p. 31

One of the hardest concepts for many of us to get our arms around is that of 'God's will for us.

So many of us trusted our best thinking and self-will, and it led us to addiction to marijuana and other substances. Now it is suggested that we submit to a Higher Power's will. The question that is often asked is how can I differentiate between my self-will and that of my Higher Power?

The answer is not easy, and the truth of our being is often found in the daily practice of prayer and meditation. It has been said that prayer is speaking to our Higher Power, and meditation is listening to our Higher Power. Through this practice we are able to form a relationship with our Higher Power that yields calm, serenity, insight, and trust.

We can start this practice at any time. There is no right way or wrong way to do this work. Ask your fellows about their practice, they are sure to give you some good ideas on how to begin. Just be open, willing and honest about you thoughts and feelings with your Higher Power, and say it out loud! Then sit in the silence and listen. Repeat daily.

### **Affirmation/Meditation:**

*I will speak my word to my Higher Power, and listen for the answer.*

Craig J.  
District 7

## **MA Daily Meditation Book**

Marijuana Anonymous continues its search for YOUR writing as MA compiles a year's worth of daily meditations focused on recovery from marijuana addiction. The writings should be approximately 250 to 500 words.

### ***What would you want to read on your sobriety birthday?***

The earliest submission have a good chance of being printed 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 or take a hint from the sample above. Find an inspiring quote to kickstart your creativity.

Go for it... write yours today.

Send submissions to:

**[literature@marijuana-anonymous.org](mailto:literature@marijuana-anonymous.org)**  
or to ANLP at **[chair@anewleafpublications.org](mailto:chair@anewleafpublications.org)**

## Loved It, 'til I Didn't

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was the longest I had been "sober" since I was 12! I had my perfect family and baby #2 was on her way. But this pregnancy wasn't the easy breezy pregnancy that my first one was.

I was diagnosed with ulcerative colitis at about 14 weeks. It was painful and scary, but the doctors assured me that the baby would be fine if I took my medication and kept a bland diet. But this little girl had other plans. She was born at 33 weeks; I had to have an emergency caesarian section. Thankfully, the medication I was taking for my ulcerative colitis was steroids and that helped her eyes and lungs develop quicker; these are two of the biggest problems a premature baby faces, but she was perfect, just a little small.

I, on the other hand, was not perfect. I had a condition that gave me pain and the doctors began prescribing pain medication. I only nursed my daughter for 6 months because I needed to take stronger medication. My marriage was beginning to fall apart around this time, too, so I picked up some weed and I was again off to the races.

I maintained my motherly duties and went back to my full time job, but I began smoking pot before work, on my lunch break, on the way home from work and any chance I could get after the kids went to bed. My husband injured his back at work and was prescribed Vicodin. Then he progressed to Norco and so on down the opiate line. As I progressed in my unhappy marriage, pot stopped working for me and I began taking more pain meds. I was prescribed them, too, but we couldn't seem to make our prescriptions last the

2 weeks they were meant to last. My husband couldn't get his pills anymore and ended up smoking crack and caused permanent brain damage.

I became a widow because of this disease. He committed suicide and killed our 5-year-old son and my mother. He shot me in the leg as well. Our daughter, that beautiful little preemie, was unharmed. She and I survived. But my disease of addiction took over and I was defenseless against it. Because if you had been through what I had been through, you'd be as loaded as I was. It was like society gave me a free pass to take drugs, isolate and slowly kill myself. I smoked pot from the moment I woke up until I passed out at night. My daughter was spending more time at her grandparents' house than with me.

I could see what I was doing was wrong, but I didn't know how to stop. I decided I had to save myself. I willingly walked into an outpatient drug and alcohol rehabilitation center at the age of 44 just to get off the pills. I was willing to go to any length to stop using pills. They told me their program was for a period of 9 months and that I must abstain from all mind-altering chemicals while enrolled in their program. I actually thought because I had a "medical marijuana card" that I could keep smoking pot but they said no. I was so desperate to stop. I was willing to do what they suggested. Through that program, I learned that pot IS a gateway drug. It's where my journey into addiction began, look where it took me.

I know now that if I pick up a joint, it won't be long before I'm picking up a drink and then I'm stealing someone's pills. That was 3 years and 2 brief relapses ago. Today, I have a little over 9 months

of sobriety and I wouldn't change any part of my life. It took what it took to get to where I am today. I have friends in this fellowship that have loved me when I didn't feel very loveable. They let me cry on their shoulders when I needed to cry. Through the tears and working The 12 Steps, I've learned to make my liabilities my assets. I share my story with fellow addicts so that they might not feel so alone in their struggles. I let them know that the past doesn't define you. Your attitude and actions today are what matter most.

**Jacquie P.**

## Cool Beans

cont'd from pg. 1

I have taken them several times with several sponsors and have a deeper experience every time. In my on-going recovery, the steps are major tools I use daily. That daily practice continues to open new ways for me to learn and grow. Willingness helps me be open. It gives me the honesty to identify and let go of things that don't work for me anymore and embrace new ideas and ways of living sober that do work for me through a connection to a "Power Greater Than Myself," which I choose to call my spiritual connection. With this spiritual connection I can tell the difference between self-care and being selfish and practice taking care of myself in ways that are not at the expense of others.

I have a daily meditation practice that I actually do every day. I go to meetings regularly, call my sponsor, and have service commitments. I practice the program by living the program, being a student of recovery and a part of that "fellowship of the Spirit" as WE "trudge the road to happy destiny." I call that cool beans!

**Alice K.**

# marijuana anonymous worldwide

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

**MA World Services**  
 340 S. Lemon Ave. #9420, Walnut, CA 91789-2706  
[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) 800.766.6779  
 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 North**  
 PO Box 2433 Van Nuys, CA 91404 818.759.9194

**District 7 LA County South**  
 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

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 PO Box 2012 Portland, OR 97208-2012 503.567.9892

**District 12 North Bay, CA**  
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**District 20 San Diego, CA**  
[www.ma-sandiego.org](http://www.ma-sandiego.org)

## Birthdays Celebrating 153 years of sobriety!

District 2

District 3

District 4

District 5

**District 6**

Loren N.	1/14/90	26 yrs.
Tyler N.	2/16/14	2 yrs.

District 7

District 8

**District 11**

Gabe M	2/5/10	6 yrs.
Guy E	2/15/88	27 yrs.
Harry H	2/10/87	29 yrs.
Rick V	2/8/03	13 yrs.
Su S	1/26/05	11 yrs.
Thomas T	1/15/12	4 yrs.
Trisha A	2/1/96	20 yrs.
Walt G	2/13/01	15 yrs.

District 12

District 13

District 14

District 15

District 16

District 17

District 18

District 19

District 20



### 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.

## STEP TWO

Came to believe that  
 a Power greater than  
 ourselves could restore  
 us to sanity.



## TRADITION TWO

For our group purpose  
 there is but one  
 ultimate authority,  
 a loving God whose  
 expression may come  
 through our group  
 conscience. Our leaders  
 are but trusted servants  
 that do not govern.

The MAWS Internet Committee is pleased to announce that our MA app is now available for Windows devices running Windows 8.1 and Windows 10. This includes Windows phones, tablets, and PCs. You can find it in the Windows store by searching for "marijuana anonymous" or using the link on the MAWS website.