



# a new leaf

a publication of marijuana anonymous

\$1.25

March 2016

Vol. 26, No. 3

## Carry the Seed of Fear

**H**i, I'm Sabrina and I'm a marijuana addict. I have spent most of my life as an outsider, often relishing it because it allowed me to feel I was better than those around me (which let me pass judgment on people I was afraid wouldn't like me before they had the chance), sometimes despairing of the way it kept me separate from others, but finally accepting it as a part of who I was. This acceptance allows me to embrace my own value and to see that an outsider's point of view can actually belong to the stream of life when I take my focus away from my outsidership and cast it on what it lets me bring to the table.

**Early in sobriety,  
I would spend  
days—as I had  
while wasted—  
wallowing in my  
own misery.**

Early in sobriety, I would spend days— as I had while wasted—wallowing in my own misery. Mostly I hated being so

continued on pg. 3

miserable, but there was also a recognizable comfort in the sheer saturation of my torment, and I knew that it was as close as I could get to being stoned, this deep self-interested pit of despair that let me be oblivious to everything around me. Even though it felt like familiar ground, it would become unbearable, and I would fantasize—in a way I never had while using—about killing myself. It was the same every time, I could see the revolver in my hand, the black handle, the blue-grey metal; I could feel the weight, imagine the tilt I would hold it at, slightly down and away, catching a faint reflection of the window. I knew where I would be sitting, where I would place the barrel against my head. But every time I got to the trigger, I would remember that once I pulled it, I would be dead, and I didn't want to be dead, I just wanted quiet in my head.

At some point, I realized valuing my misery wasn't doing me any good. I knew that I would always have the capacity for sadness, but I needed to embrace my capacity for joy. When I shared my depression, some people around me said, "this too shall pass." Aside from the frustration of wanting it to pass right that instant (and wanting to punch them in the throat for the pithy response crap), I realized I could not believe that I would ever be happy again. I could remember moments of happiness, but when I was miserable, I was incapable of imagining I would feel it again.

## Change and Consistency

**W**ell, here I am again, typing about my life's journey in the New Leaf. It has been a few years since my last submission (2011) and I will admit, it's been too long. So much has happened, so much has transpired, so much to share.

**...It is important  
for me to continue  
to find those  
moments of  
solitude for in such  
times I find another  
form of serenity.**

As I begin writing again to you, the reader, I must say that it feels as though I'm writing a letter to an old friend. That is the beauty of the program; that no matter how much time passes, you are still there for me, and I am still grateful and present for you. The year is now 2016, January in fact, and what better time to share of my new adventures than right now. It is late, my house is quiet, and I am still. It is important for me to

continued on pg 5

# 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.

## District Bureau Chiefs

- District 1: Steve K.
- District 2: Curt M.
- District 3: Mark S.
- District 4: David G.
- District 5: Ryan H.
- District 6: Bill Z.
- District 7: Steven K.
- District 8: Adam H.
- District 11: Lon M.
- District 12: Ian A.
- District 13: Carolyn M.
- District 14: Thomas N.
- District 15: George G.
- District 18: OPEN

## ANLP Staff

- Chairperson: Alan B.
- Treasurer: Keith G.
- Secretary: Rick V.
- Office Manager: OPEN
- Publishing Editors: Steve R.
- Field Editor: OPEN

Send inquiries and correspondence to: [editor@anewleafpublications.org](mailto:editor@anewleafpublications.org)  
Fax: 510-841-8562

Send stories and submissions to [stories@anewleafpublications.org](mailto:stories@anewleafpublications.org)

**New Subscriptions** send a check for \$15 with mailing address to:

A New Leaf  
340 S. Lemon Ave. #9420  
Walnut, CA 91789-2706

## ANSWERS TO CROSSWORD PUZZLE FROM ANL JANUARY ISSUE

**Across**

- Irish meeting location
- One thing we seek
- District across the pond
- Traditions apply to
- Step guide
- Our book
- First word of first Step
- Location of District 13
- Walk through
- Newest District
- Another thing we seek
- Twelve of them
- Site of February, 2016 Convention

**Down**

- Euro District
- Site of 2016 MA World Conference
- Story of the
- Not our amigo
- Side of triangle
- Largest mtg in Japan
- Came to believe
- Site of first Unity Conference
- Amends



## 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 submissions 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)

### Carry the Seed of Fear

continued from pg. 1

I am not sure how I came up with my idea (maybe from my therapist's description of maniacal happiness, that crazed high propelled by an underlying, subconscious, fearful knowledge that one can't be that happy forever) but I realized that even though I couldn't believe I would be happy again when I was miserable, I was capable of remembering I would suffer again when I was happy. So when I felt happy, very gently, I would remind myself that happiness would pass as well. And when I say gently, I mean it: I was careful not to rob myself of joy. I spoke as if whispering in my own ear, "I know you carry the seed of fear that this will end, but that is human. Just take a breath and enjoy this. Sit comfortably in this moment of happiness, treasure it, and remember that it is not a constant state of being."

This approach actually achieved two things, and the first, while deeply beneficial, was incidental; my happiness began to lose its maniacal quality, and I was able to see all of its details and conditions more clearly, and to relish them more calmly. The second was a desired outcome; even though I could not overcome my misery head-on, the knowledge of impermanence bled into my desolation, and I was able to see the details and conditions more clearly there as well. Which was good, because by then I had realized I didn't want to escape the world any more, and seeing how I contributed to my own pain was an invaluable step toward joining the stream of life.

Thank you for letting me share.

**Sabrina**

### Change and Consistency

cont'd from pg. 1

continue to find those moments of solitude for in such times I find another form of serenity. And isn't that what the founders of the Big Book have alluded to? I must enlarge my spiritual life, for failing to do so will surely wreak havoc on it. So I write, I share, I speak, and I embrace the changes occurring around and within me while always remembering to stay connected and consistent.

Much of the change happening in my life right now revolves around the new addition to my family, my daughter and first child, Lily. Just saying her name affirms the fact that recovery just keeps getting better and better. The people in those first few meetings I attended weren't kidding around; your life will change if you work on it. I would later form my own sayings and beliefs. One of them is that "change" would be an understatement. Oh if I only knew of that which was to come I probably would've gotten clean and sober earlier and saved myself some heartache, headache and humiliation. Nevertheless, it has all been part of my journey and the road that God has laid out before me. Along with becoming a new father, I have become a teacher, a mentor, and guide. My daughter needs me and she relies on my wife and I to be there for her, to protect her, to comfort, quell her tears and entertain her among other things. This new area and responsibility has brought joy as well as challenges. Amidst the lack of sleep, the soiled onesies

(it's a baby outfit), the trips to the doctor's offices and afternoons at grandmas, I have remained committed to putting recovery number one. For me, it has to be. I learned early on that my recovery would need to come first, before all else, if I wanted to keep it. Today, I continue to live by this principle.

It is no secret that being consistent and committed to my recovery allows me to face the new challenges and adventures that lie ahead. With the help of a sponsor, a solid meeting schedule, prayer and commitments, I am able to take stride through the rough spots and revel in the joyful ones. It is no secret that my continued efforts to give back to the program have paid me back tenfold. I hope and pray that I never lose sight of this. I am forever indebted to the program of Marijuana Anonymous for the life it has given me. And by forever I mean, by this day. One day at a time, through consistent hard work and good orderly direction, "we recover".

**Cottonmouth Kev**



### MINUTE BY MINUTE

*At the last minute  
The last minute disappears  
Over and over  
Into the future  
That's not real yet ever  
near  
In the last minute"*

Poem by Alice K.

**MA World Services**  
340 S. Lemon Ave. #9420, Walnut, CA 91789-2706  
www.marijuana-anonymous.org 800.766.6779  
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 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

**District 11 Portland**  
PO Box 2012 Portland, OR 97208-2012 503.567.9892

**District 12 North Bay, CA**  
PO Box 1088 Penngrove, CA 94951 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**  
www.ma-danmark.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

**District 20 San Diego, CA**  
www.ma-sandiego.org

## Birthdays



Celebrating

**414**

years of sobriety!

### District 1

Steve K 3/12/07 9 yrs.

### District 2

Lee 3/19/99 17 yrs.

Meredith 3/23/99 17 yrs.

Lucy M. 3/4/06 10 yrs.

Mark D 3/30/10 6 yrs.

Christie 3/31/11 5 yrs.

### District 4

Roland J. 3/07/08 8 yrs.

Jeff D. 3/1/13 3 yrs.

Kaitie W. 3/13/09 7 yrs.

Michael S. 3/13/09 7 yrs.

Tim L. 3/15/04 12 yrs.

### District 5

Lisa L 2/22/04 10 yrs.

Ernest 3/9/95 19 yrs.

Joe 3/7/11 3 yrs.

### District 6

Loren N. 1/14/90 26 yrs.

Dean H. 3/19/95 21 yrs.

David L. 3/17/08 8 yrs.

Messi M. 3/15/14 2 yrs.

Pam B. 3/15/14 2 yrs.

Tyler N. 2/16/14 2 yrs.

**Jeremy R. 1/1/15 1yr.**

**Michael J. 1/3/15 1yr.**

### District 7

Richie S. 9/1/91 25 yrs.

George B. 3/21/04 12 yrs.

Diane O. 3/17/04 12 yrs.

Anastasia A. 4/9/11 5 yrs.

Eric P. 3/12/12 4 yrs.  
Steven K 3/27/14 2 yrs.  
Howard T. 3/29/11 2 yrs.  
Corey W. 3/30/14 2 yrs.

### District 11

Paul G 2/26/00 16 yrs.

Steve M 3/1/99 17 yrs.

Donovan H 3/6/00 16 yrs.

Maria S 3/15/97 19 yrs.

Drift M 3/28/14 2 yrs.

### District 12

Nicole V 3/30/09 7 yrs.

### District 13

Bradley 2/20/03 13 yrs.

elf 2/12/06 10 yrs.

Michael John 2/22/06 10 yrs.

Maurice 4/17/06 10 yrs.

David 2/17/13 3 yrs.

**Dave B 2/12/15 1 yr.**

**Jason D. 3/11/15 1 yr.**

### District 14

Andy P 10th March 2008 8 yrs.

Beatrice M 6th Jan 2009 7 yrs.

Renata dG 21st Feb 2011 5 yrs.

Chad G 25th Jan 2013 3 yrs.

James PJ 12 feb 2013 3 yrs.

### District 20

Carolyn M 1/4 /13 3 yrs.

## 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.

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.

www.marijuana-anonymous.org/anl

## Have You Turned 1?

Would you like us to publish your sobriety anniversary? Give your sobriety date to your GSR, and it will be forwarded to your Bureau Chief OR e-mail to chiefs@anewleafpublications.org

Bureau Chiefs are encouraged to submit Birthdays that, 1) HAVE occurred, 2) HAVE NOT been published and, 3) are not older than 45 days.