



## **Trips without Mary Traveling in Recovery**

### **2016 MA World Services Post-Convention Fellowship**

After a weekend of recovery meetings, workshops and speakers, fun without Mary (Jane) continued on Monday as I signed up for a special guided tour of San Francisco.

My tour, with six of my MA fellows, began with a stop at Four Barrel Café in the Mission District for some great coffee. We savored our espressos and macchiatos in the open airy ambience among exposed beams, sassy baristas and giant vats where coffee beans are roasted to perfection right on the premises.

We then took a walking tour down a block-long city alley famous for the most concentrated collection of beautiful, colorful murals. Every building wall is covered with the most fantastic, detailed and unique street art.

At the end of our walk down the alley, we noticed we were at the entrance of Good Vibrations. Originally a Berkeley female-owned and operated business to support sexual satisfaction for women, the store specializes in adult sex

toys and pleasure enhancers. We were greeted immediately by a beautiful, knowledgeable and super friendly sales associate, Veronica, who pointed out all the best-selling items throughout the store. While we were all intrigued by the vast selection of toys and gadgets, our group made no in-store purchases. But a few of us did discreetly pick up a business card.

We were ready to sit back, relax and leave the touring to our experienced driver after that walk! He drove up to the top of Twin Peaks for a fantastic view of the entire Bay area. We passed right by Mission Dolores, the original settlement of San Francisco, through the Castro, past the Avenues and the Presidio and onto the famous Golden Gate Bridge. On the President's Day holiday it was packed with cars and looked like a parking lot with all the visiting tourists.

*As we slowly  
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breathtaking  
views of the Bay...*

As we slowly crossed over to Marin we enjoyed breathtaking views of the Bay on this warm sunny day. We also reflected soberly on the several hundred people who have jumped from the bridge since it's opening in 1937. The impact from the fall kills 98 percent of the jumpers, but survivors often regret their decision in mid air, if not before. This was true for survivor Ken B. who said, "I instantly realized that everything in my life that I'd thought was unfixable was totally fixable – except for having just jumped."

Our final destination was a peaceful respite at Muir Woods National

Monument. We enjoyed homemade grilled sandwiches, soups and scones in the rustic café, and strolled along the easy hiking trail that looped through the groves of magnificent Redwood trees. These giant trees ages range from 400 to 800 years, their height up to 250 feet. This was the perfect spot to end our tour with some quiet meditation on the simple joys of life without Mary. ▲

~ Carolyn M.

## **Anonymity**

I have always valued the anonymity of Marijuana Anonymous. I have been careful to protect my own anonymity as well as the anonymity of my fellow addicts. We tend to post cryptic Facebook messages with status updates like '5 years' or 'I'm 2 today' etc. and people in the know understand and others just wonder what we are talking about. While I remain the same person, I sometimes feel like I live 2 separate lives.

When I attended business functions or events with my non-MA friends I would just refuse the cocktails or the wine with no explanation. I would say I had plans instead of saying that I was attending a

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### **UPDATE!**

Windows phone, tablet and PC users can now install the MA Mobile app. Just as for iOS and Android, search the Microsoft store for "marijuana anonymous" or use the links at [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org).

## ANL's Purpose

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. MA is not affiliated with—and does not endorse or accept contributions from—any outside enterprise.

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### Contact ANLP

Send articles/stories:  
[stories@anewleafpublications.org](mailto:stories@anewleafpublications.org)

Or they may be submitted online:  
[www.marijuana-anonymous.org/story](http://www.marijuana-anonymous.org/story)

### Anonymity...

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meeting. There were just many times that I omitted info, which may be considered a form of lying.

This is a program of rigorous honesty and I was being less than honest and also equally important, I wasn't being genuine. I realized that it just felt wrong.

This year, on my 13th birthday I decided to get honest and be genuine with some non-program people and shared with them that I was clean and sober from drugs and alcohol. I decided to write this story to let you know that the result was positive and freeing. If anyone passed judgment due to my honesty, it's none of my business. This worked out for me but, of course, you would have to decide if this same decision would be beneficial for you.

I am grateful for my sobriety as well as the program and all the wonderful fellow addicts that I have met along the way. ▲

~ Elizabeth M.

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### "Yours in Service"

Conversations with members in service to the Fellowship

*Karen S., currently serves as Public Information Trustee for MA World Services. She recently completed a grant application process for MA to enjoy an annualized value of \$120,000 toward a Marijuana Anonymous Search Alert Campaign. What follows is a brief transcript of a conversation with Karen regarding the background of this campaign and the need for more members of the fellowship to get involved.*

**ANL Editor:** Hi Karen, it's great to have the opportunity to talk with you today about what MA World Services is currently doing to increase the public knowledge about Marijuana Anonymous.

**Karen S.:** I'm excited about the opportunity to share our PI efforts with the fellowship through ANLP.

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### 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 look at the sample at: [www.marijuana-anonymous.org/meditations](http://www.marijuana-anonymous.org/meditations).

Find an inspiring quote to kickstart your creativity. Go for it.... Write yours today!

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

**“Yours in Service”...**

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**ANLE:** I understand this is a new position for you, how did you come to be leading the efforts in Public Information?

**KS:** I was the conference cochair at last year’s conference and during trustee elections, I was elected and then became the Public Information Trustee.

**ANLE:** Was PI Committee your 1st choice? Has PI always been a passion of yours?

**KS:** Before she passed, I made a promise to Carol McD., one of the early founders of MA, that I would continue to be of service in honor of everything she did to keep the rooms of MA open long enough for people like me to come in after her. At the last conference, it felt like a natural progression for me to step up to the World Service level. As the acting Public Information Chair for District 7 (South Los Angeles Area), and with my professional background of media advertising/marketing, writing, and TV development, I am incredibly passionate about re-launching a MA PSA Media Campaign to spread the word of Marijuana Anonymous’ presence.

**ANLE:** What is your vision for MA World Services increasing public knowledge of MA?

**KS:** First and foremost, I always try to keep in mind the primary purpose of carrying the message to the addicts who still suffer. In trying to relay a message of hope and recovery, I think the most important thing MA World Services can do is to let the general public know that we even exist. While we may be one of the youngest 12-Step fellowships, my vision is that through MA World Service and local district PI initiatives Marijuana Anonymous will one day be known as one of

the first resources to turn to for overcoming marijuana addiction.

**ANLE:** You have hit the ball out of the park and are bringing PI efforts into the 21st century with this grant. Congratulations! What can you tell us about what this means for our fellowship and what you will need to see it through?

**KS:** MA has been approved for a \$120,000 grant for the year to spend on Google Ad Words. This is clearly a unique opportunity. MA has never had this kind of leverage to do PI work. Now, if someone searches certain keywords, a search alert will call out Marijuana Anonymous on the side and link people directly to our site.

Ideally, we are looking to have different messages attached to different keywords, as well as using local messages that feature

*...all hands on deck!*

District websites. All hands on deck are needed for this project, and we are looking for talented and available fellows to help develop a very nuanced, complex messaging campaign, especially those familiar with Google Ad Words.

**ANLE:** Can MA members help to support this effort?

**KS:** Absolutely! In fact, it is volunteers at the meeting level that make my work meaningful. Especially through our PI mailings and having individuals help organize a mailing party through their own district or individuals can help collect names of the therapists, mental health professionals, detoxes, rehabs, and help drop off information at places that hold other 12-step meetings.

**ANLE:** You will be on your way to the Annual World Services Conference in New Jersey in a few weeks, do you have new ideas you will unveil there for future PI initiatives you can share with us?

**KS:** Well, as with any volunteer organization, there is what we would like to do and what we can do given our current resources. There is a lot more we would be doing if we had the volunteers to make it happen. Really, no help is too big or too small! We need members with experience and talent. In order to optimize our Google Grant, as well as move forward with our MA Media PSA Campaign, we will be looking for writers, blogger, copywriters, art directors, visual + graphic designers. Also, of course people who have experience using Google Ad Words, advertising experience, people to make cold calls, and of course as always the Public Information representatives from each district who can keep us working as an integrated community.

**ANLE:** I know many members share your passion for this work, how can they get in touch with you?

**KS:** Please ask them to send me an e-mail briefly describing their interest and any experience they may have: Karen S.

[publicinformation@marijuana-anonymous.org](mailto:publicinformation@marijuana-anonymous.org)

**ANLE:** Thank you Karen for your time, your hard work and ALL of your SERVICE! ▲

On behalf of the ANLP Board and the other volunteers who work on our newsletter, we would like to thank all of our subscribers for your patience as we continue to catch up on past issues and improve upon our processes and overall aesthetic. We hope you appreciate the progress. Again, THANK YOU!

# Marijuana Anonymous Worldwide

For a complete listing of all meetings visit  
WWW.MARIJUANA-ANONYMOUS.ORG

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www.marijuana-anonymous.org ▲ info@marijuana-anonymous.org ▲ +1.800.766.6779

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<b>DIST. 3 South SF Bay Area</b> PO Box 551, Saratoga CA 95071	+1.408.450.0796	<b>DIST. 14 London, England</b> www.marijuana-anonymous.co.uk	+44.300.124.0373
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## Celebrating 131 Years of Sobriety!

### District 2

Michael K.	4/8/2007	9 yrs
Sheldon	4/15/1996	20 yrs

### District 5

Cory D.	4/24/2014	2 yrs
Laura	4/20/2004	12 yrs
Lyman	4/27/2010	6 yrs
Trevor	4/24/2013	3 yrs

### District 6

Devon S.	4/24/2006	10 yrs
<b>Jesse P.</b>	<b>4/7/2014</b>	<b>1 yr</b>

### District 7

Teri A	4/19/1992	24 yrs
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Vicki A.	4/7/2002	14 yrs
Jessica P.	4/16/2010	6 yrs
Anastasia A.	4/9/2011	5 yrs
Maria P.	4/15/2013	3 yrs
Cheryl B.	4/21/2014	2 yrs
Shawn T.	4/27/14	2 yrs

### District 11

Casey B.	4/14/2013	3 yrs
Jared W.	4/14/2013	4 yrs

### District 13

<b>Mike H.</b>	<b>4/1/2015</b>	<b>1 yr</b>
Athena	4/30/2012	4 yrs

**GOT A YEAR?** WOULD YOU LIKE ANLP TO publish your sobriety anniversary?

Give your sobriety date to your local GSR and it will be forwarded to your Bureau Chief or e-mail 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.

## Meditation: The Will of My Higher Power

**O**NE 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

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

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

## From the Playbook

### Step Four

*Made a searching and fearless moral inventory of ourselves.*



### Tradition Four

*Each group should be autonomous except in matters affecting other groups or MA as a whole.*

on how to begin. Just be open, willing and honest about your 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.