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## I've Got a New Attitude

My father always said balance is the key to life. Since I've entered MA, I've found living a balanced life involves living by spiritual principles. I have established a routine that works for me.

Before I open my eyes in the morning, I thank God for my life and for my sobriety. This is something repeated every week by an Old Timer in my home group. I liked it, so I've started using it, too. Part of my recovery is picking out things I've heard and learned from other group members and incorporating them into my life.

After I wake up, I make breakfast for myself and my son. I pack our lunches, bring coffee to my wife, take a shower, and read some recovery literature.

On my drive to work, I spend 20 minutes praying out loud. I used to care that other drivers would see me and think I was crazy, but now I don't care so much. In my prayers, I say my "pleases and thank you's". I ask God to grant me patience, tolerance, kindness, humility, and courage. I also pray for other people to have the same love and blessings that I have in my life.

At work, I try to be helpful to my co-workers. I try to be a good communicator and a respectful person. I try to be patient and tolerant on the phone with clients. I try to have a good attitude and positive thinking.

On my way to pick my son up after work, I use the time to speak with my sponsee or my sponsor. I arrive at my son's school about 20 mins

early. This gives me just enough time to take a quick walk around the block. Often, this is the only exercise I get, but at least I'm doing a little something for stress relief.

After school, I let my son play with his friends for about twenty or thirty minutes. Sometimes I walk around the park for a little extra exercise while he plays.

When we get home, I help him with his homework and fix him a snack. Then we head to his after school activity. Every weekday he either has baseball, football, or tae kwon do. I drive him, watch him, then bring him home. I coach his football team twice a week.

In the evening, I usually do dishes and laundry. I cook dinner and enjoy family time with my wife and son. I read in bed with my son until he falls asleep. Then about three nights of the week I go to a 12 step meeting. Sometimes I just watch TV with my wife.

At the end of the day, I do a nightly inventory worksheet. It's where I record the day's events, resentments/fears, what went well, any apologies I need to make, goals accomplished that day, goals for tomorrow, and a gratitude list. Then at night, I try to get at least 8 hours of sleep.

This may seem like a boring list of my daily events, but they are things I never could have accomplished if I was still smoking marijuana daily. I would not be as good of a husband, a father, a co-worker, or a person, if I was still in my active addiction. When I was smoking, I was

completely self-centered. Now, I am able to focus more on my family and the people around me. I'm no longer wasting my time on self-destructive habits. I am able to coach my son's football team. I never would have been able to do this before. I have a new outlook on life, a new attitude. Thank you MA for giving me back my life.

~Chad R.

## My Take on Cross Talk

Because I am a true marijuana addict there is no doubt that Marijuana Anonymous and Marijuana Anonymous meetings have been instrumental in my recovery. I was once desperate and had to talk about my problems with weed, and I also had to talk with people who felt the same things and knew what I was talking about. In my early days of recovery, I'm pretty sure that it was MA meetings that carried me through the roughest times, and for this I remain forever grateful. Today, however, my desire is to share specifically about MA's no-cross talk suggestion, because I believe that it is extremely important to me, and here's what I have to say about it.

Marijuana Anonymous has a clearly defined no-cross talk statement, and as I recall it was always read during the preamble at my first home meeting back on Maryland Avenue in Glendale California, in case you are not familiar with it, it reads:

"This is a non-crosstalk meeting. Crosstalk is defined

*Continued on page 2*

## 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.

We are reaching out to districts to update the ANLP Liaisons and birthday lists. Additionally, district/group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch: [chiefs@anewleafpublications.org](mailto:chiefs@anewleafpublications.org)

### ANLP Staff

Chairperson: Thor H.  
Treasurer: Graham S.  
Secretary: Marcy E.  
Managing Editor: Amy F.  
Publishing Editor: Kyle C.  
ANLP Administrator: Mariska P.

### Contact ANLP

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

Other inquiries and correspondence:  
[info@anewleafpublications.org](mailto:info@anewleafpublications.org)

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## My Take on Cross Talk (continued from p. 1)

as directing questions or comments to any person whether positive or negative, giving advice, interrupting, having conversations on the side, being disruptive or disrespectful at any time during the meeting.”  
(MA Service Manual 7.1, p. 23)

Back then at our meeting our leaders and other members tried to uphold this principle by reining in cross talk as soon it cropped up, and I think for the most part that they did a pretty good job at it. I believe that upholding this principle allowed me to feel safe and to share, and that it also helped me to learn a way of being supportive of others in a way that was new for me.

Additionally, our Sunday meeting in Glendale was an “open” meeting, meaning that although anyone could attend, only marijuana addicts were allowed to share. When the secretary asked at the beginning of the meeting “who is a marijuana addict?” and I saw that everyone in the room had raised their hand, I knew I was in the right place, and I also knew I wasn’t going to be lectured to or moralized about by someone who thought they needed to instruct me about me.

*“When we are together  
in recovery, eschewing cross  
talk directs us to share of our  
own recovery, not to critique  
the experience of others.”*

Here’s the thing: When we are together in recovery, eschewing cross talk directs us to share of our own recovery, not to critique the experience of others. Cross talk that is harsh, negative, or judgmental may drive out people who are struggling (See MA Traditions One and Five).

Cross talk, on the other hand, that lauds or exalts certain members’ shares while ignoring the shares of others can be divisive, possibly making someone feel unwelcome and “less than,” or worse, that our organization is primarily social, hierarchical, or exclusive, none of which is true (and again, I am reminded of MA Traditions One and Five).

I remember how hurt and raw I was when I dragged myself in the first few times, and I sadly remember too seeing many poor souls apparently wounded by what they heard or thought that they heard and then leaving, sometimes at the break, never to be seen in our fellowship again. I don’t wish to be maudlin, or to overstate what I’m trying to say, but these are the opinions that I have developed in our program over time.

I do believe that we are supposed to be here for all of us, and that unity is promoted by our being loving, kind, and sensitive to the struggles of others in whatever way we can, because, after all – “there, but for the grace of God go I.” For these things I find wisdom in adhering to and promoting “no cross talk” in our fellowship.

~Joel

### 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.*



# THE ROVING REPORTER WANTS TO KNOW ...

**Response to  
February 2022  
Roving Reporter:**

**Q: Tradition Three:** When a newcomer turns up at an MA meeting needing information or help (even if they can't ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to MA before? What their other problems are? How old they are?

**A:** As a longstanding member of MA, I have learned to withhold judgment and actively welcome newcomers that find their way to our meetings. It can take us many years to accept that we have a problem and even longer to reach out and ask for help. This was my

experience. When people do arrive on our threshold and make the leap of faith they are in serious need of our kindness and compassion.

The simple desire to stop using marijuana should be enough for us to accept newcomers wholeheartedly and offer our love and support. I have seen people go back out due to insensitivity and overt judgment from members of the fellowship. We are here to focus on our similarities and resist any urge to point out our differences.

~ Tim V.

This month, our readers have another opportunity to reflect on their recovery and to help carry the message to the addict who still suffers. This issue presents certain questions, the

responses to which may be published in the May 2022 issue. Please consider the following questions, and email your short-answer response(s) to questions 1 or 2 below to [stories@anewleafpublications.org](mailto:stories@anewleafpublications.org), with Subject: "4/2022 Roving Reporter". We'll print as many of your responses as we have space for in the May 2022 issue of the *A New Leaf* newsletter.

- 1. Step Four:** What was the most helpful advice or reminder you got about taking the 4th Step? Was it from another MA member, your sponsor, or was it something you heard at a meeting?
- 2. Tradition Four:** Does your group always consider the welfare of other nearby groups, or MA as a whole, in planning its activities?

## Annual MA World Service Conference Registration Is OPEN!

**What:** The MA Conference is the forum at which group conscience throughout MA is expressed, and decisions are made that affect MA as a whole. The Conference is also where much of MA World Service work is performed. The Trustees of MA World Services, Inc. (MAWS) are selected at the Conference. The Conference also provides the opportunity to meet MA members from other districts and share experience, strength, and hope. This sharing provides the unity that binds all members to our common purpose.

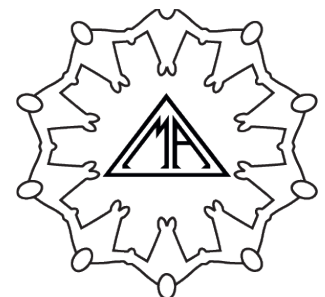
**When/where:** The annual Marijuana Anonymous World Service Conference is being conducted virtually May 27–30, 2022. There are a variety of ways to participate, with the addition of being able to discuss agenda items on Discord prior to the Conference. Discord is an online communication platform we hope you'll enjoy using!

Delegates and Participating Observers (\$25 registration\*) will attend the Conference virtually using the Zoom platform, while Non-Participating Observers (Free registration) can watch a livestream of the Conference in action on YouTube. Everyone registered has the chance to share their opinions about agenda items on Discord.

**How:** For more information:

- Read more about and REGISTER for the Conference at: <https://mawconference.org>
- Watch how Discord works: search for "How Discord Works in 148,000 Milliseconds or Less" on your phone or computer.

\* A limited number of attendee scholarships are available, covering the registration fee. Email [outreach@marijuana-anonymous.org](mailto:outreach@marijuana-anonymous.org) for more information.



# Marijuana Anonymous Worldwide

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

## MA World Services

340 S LEMON AVE # 9420, WALNUT, CA 91789-2706

+1.800.766.6779

WWW.MARIJUANA-ANONYMOUS.ORG

INFO@MARIJUANA-ANONYMOUS.ORG

**DIST. 2 San Francisco & East Bay** +1.510.957.8390  
www.madistrict2.org

**DIST. 3 South SF Bay Area** +1.408.450.0796  
www.madistrict3.org

**DIST. 4 Western Washington** +1.206.414.9270  
www.madistrict4.org

**DIST. 5 Orange County** +1.714.999.9409  
www.madistrict5.org

**DIST. 6 LA County North** +1.818.759.9194  
www.madistrict6.org

**DIST. 7 LA County South** +1.310.494.0189  
www.madistrict7.org

**DIST. 8 New York**  
www.ma-newyork.org

**DIST. 11 Oregon** +1.503.567.9892  
www.madistrict11.org

**DIST. 12 North Bay, CA** +1.415.419.3555/+1.707.583.2326  
www.madistrict12.org

**DIST. 13 MA Online**  
www.ma-online.org

**DIST. 14 London, England** +44.300.124.0373  
www.marijuana-anonymous.co.uk

**DIST. 16 Melbourne, Australia** +61.403.945.083  
www.marijuana-anonymous.com

**DIST. 17 Denmark**  
www.ma-danmark.dk

**DIST. 18 Sacramento, CA** +1.916.341.9469  
www.sacramentoma.org

**DIST. 19 Toronto, ON, Canada** +1.416.999.2244  
www.matoronto.org

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

**DIST. 21 Colorado State** +1.303.607.7516  
www.ma-colorado.org

**DIST. 22 New England**  
www.newenglandma.org

**DIST. 23 Georgia State** +1.770.468.8508

**DIST. 24 Vancouver, BC, Canada** +1.778.554.8997

**DIST. 25 Chicagoland** MarijuanaAnonymousChicago@gmail.com

**DIST. 26 Iceland**  
www.maisland.is

**DIST. 27 Independent Mtgs.** madistrict27@gmail.com

**PHONE MA Phone Meetings**  
www.ma-phone.org

## A Message from A New Leaf Publications:

Thank You MA!

Through your submissions and support, A New Leaf newsletter promotes ideas and inspiration to our recovery community. Through the sale of *Life with Hope* and other products, ANL also provides vital financial support for MA's primary purpose. Want to know how you can support our mission?

- Contribute a story from your experience, strength, and hope.
- Start a writing group and support others in expressing their wisdom to the wider fellowship.

Yours, A New Leaf Publications

## Celebrating 188 Years of Sobriety!

### District 2

Alex M.	2/29/2008	14 yrs
Dave W.	3/8/2003	19 yrs
Marty R.	2/25/2020	2 yrs
<b>Matt R.</b>	<b>2/22/2021</b>	<b>1 yr</b>
<b>Max L.</b>	<b>2/21/2021</b>	<b>1 yr</b>
Tim V.	3/1/1994	28 yrs

### District 5

Aime	3/17/2016	6 yrs
Alejandro H.	3/12/2018	4 yrs
Alex G.	3/4/2016	6 yrs
Alex L.	3/3/2019	3 yrs
Christian	3/17/2014	8 yrs

### Courtney A.

<b>3/1/2021</b>	<b>1 yr</b>	
Ernest F.	3/9/1995	27 yrs
Joe M.	3/7/2011	11 yrs
Kelly	3/17/2007	15 yrs

### District 8

Mallory H.	3/9/2018	4 yrs
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### District 19

Jessica N.	3/1/2018	4 yrs
<b>Laura A.</b>	<b>2/18/2021</b>	<b>1 yr</b>
Micah B.	2/18/2007	15 yrs
<b>Regan</b>	<b>2/18/2021</b>	<b>1 yr</b>
Rhodes T.	1/1/2019	3 yrs
Saskia V.	3/6/2011	11 yrs

### District 25

David F.	3/9/2019	3 yrs
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See your sobriety date here!

If your sobriety date has occurred, has not been published, and is not older than 45 days, please submit it in the format you see on the left by the 16th of the month. You may tell your local GSR, ANLP Liason, or e-mail to: chiefs@anewleafpublications.org