



My Slip

I've been clean off of marijuana and all other non-prescribed, mind-altering drugs since October 17, 2016. That used to be true of alcohol, too, but on January 7, 2022, I took a glass of champagne. The next day, I took another.

I am eternally grateful that by the grace of my Higher Powers, it didn't go further than that. But what I want to talk about here is how quickly it happened and how subtle the foe of chemical intoxication truly is.

I had looked forward to my 40th birthday for months. As someone who first got sober when I was 19 for about 18 months, then off and on throughout my 20s and 30s, I felt truly grateful to enter my 40s in recovery. I didn't (and don't) feel like I'm missing out anymore. I've gone to many social events, from parties to concerts to weddings, without a qualm about not drinking or using.

Everything was set. I had several friends from all walks of life meeting at a fancy restaurant in Uptown Dallas. We would celebrate in style, and a few of us would go to a local historic boutique hotel overnight. I felt so excited and pleased with myself for really doing up my celebration because I felt worthy of it.

None of my friends were in recovery, but they all knew I was. I had already ordered a ginger ale, my go to nonalcoholic beverage. (When I think of it, I get a cranberry ginger ale with lime, my favorite mocktail.) Some of my friends had ordered drinks, and others didn't. We were all chatting and laughing even though many of them were meeting for the first time.

Suddenly, the waiter brings over a round of complimentary champagne. Without a second thought, I decided that I deserved this as part of my celebration, that it was harmless. I noticed a couple of my friends look at me quizzically, and I assured them it was fine. It was one drink, and it was just for tonight. No big deal.

That's how relapse happens. Without a plan. Without a second thought. Without fear. Without the tools of the program.

I had gone into the night without a relapse prevention plan, in part because I had become complacent. Even though at that time many, many things in my life showed me that I was overwhelmed: I was in pain, I was stressed, I was in fear. I pushed all that aside and said: I'm fine. I'm worthy of celebration. I've got this.

To be honest, I've never got this. In every second of every moment of every day that I am not high, my Higher Powers have me. I'm truly lucky and blessed in the miracle of recovery because, left to my own devices, this pothead gets high. Period.

I actually felt a little tipsy that evening from the champagne. It was good champagne, I'm not gonna lie. I didn't feel guilty, and I didn't think twice about my various service commitments or what I was going to tell my sponsor or anything. I stayed very much in the moment of escapism without thinking about my real life.

The next day, when I went to the hotel spa, I was offered another glass

of champagne. I took it. This time, sitting alone in the waiting room with with an arguably lower quality glass, the bitter taste of regret seeped in. What had I done...?

Having experienced relapse many times before, I knew there were a couple of different ways to look at my slip. And yes, I know that "slip" is a loaded term, and I still think it's the best way to describe my choices that weekend.

I decided that I couldn't think to myself, well, there goes five years down the tubes. That kind of thinking really fuels the "F*** it" for me. It's just not helpful. Honestly, even if I had smoked, it still wouldn't be helpful for me to think of it that way.

The five preceding years don't lose their value when I pick up. And of course, that's when I am brought back to the one day at a time concept, which is the only way I can get and stay sober, truly.

I also recognized that I had not used cannabis, my drug of choice, and that this program has a primary purpose to stay free of marijuana in all its forms. I had not violated that. Therefore, I introduce myself as being clean off marijuana since October 17, 2016, and that my last drink was January 8, 2022.

I told my sponsor the next day. We talked it through, and I explained to her that I didn't think I needed to reset my date, but that I could have two dates. She wanted me to do a first step on alcohol, which I was more than willing to do. I wanted to do a

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

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new '90-in-'90', and I'm not going to lie that I struggled with it. I still don't go to daily meetings like I would like to, but I do go weekly and know I do the best I can every day.

As I write this, I celebrate 365 days since my last drink. I celebrate 2,274 days since I last used marijuana. I am still learning balance, which doesn't come easily to this addict of extreme, black-and-white thinking. I tend to put a lot, arguably too much, into service work and neglect the things I actually enjoy, like doing step work or just showing up to participate in a meeting.

I am learning ... so much. I am so grateful that Marijuana Anonymous has given me the ability to forgive myself for making mistakes. That is very important to keep me coming back. I'm grateful to my sponsor who was open to me keeping my sobriety date with marijuana and working Step One on alcohol.

I'm grateful for my Higher Powers, who saved me from another long and painful relapse by helping me integrate what I've learned from all the previous periods spent out there.

I'm grateful to District 27. At the time, I was chair of the district, and my slip technically disqualified me. I got honest at our District Service Committee meeting and received a resounding endorsement to stay in service from my peers. That really reinforced for me that I am still worthy, even when I make mistakes. That is a key lesson of my recovery.

Finally, I'm grateful to Cliff T, one of my mentors from my early years in Alcoholics Anonymous who always read this daily reflection when someone came back in from a relapse:

"Our spiritual and emotional growth in A.A. does not depend so deeply upon success as it does upon our failures and setbacks. If you will bear this in

mind, I think that your slip will have the effect of kicking you upstairs, instead of down." - As Bill Sees It, page 184 as cited in *Daily Reflections*, page 155

Rest in peace, Cliff. Your legacy and impact continue to ripple.

I stand on the shoulders of those who came before me. May the promise of recovery continue, and for that, I am responsible.

~ Beth F

No Longer Alone

I started smoking pot in college in the 1970s. It was lots of fun in the beginning. After college, my girlfriend and I moved in together, and then she took off to Europe for 11 weeks.

We thought the temporary separation would be healthy for our relationship.

Shortly after she left, I became very lonely and started smoking more weed. I felt better after a few hits and then eventually felt more lonely and depressed. It was like taking one step forward and two steps back.

Long story short, she came back and we eventually got married and raised two sons. I gradually changed my drug of choice and continued to struggle with addiction.

I eventually found a 12 Step program that helped me live with my oldest son's addiction. Years later, I realized I was an addict, too.

Now I participate in Marijuana Anonymous and other 12 Step meetings. I have a full life with people I love and enjoy.

Thanks to the MA fellowship and other 12 Step programs, I am now living a good life, "A Life With Hope." I am no longer alone.

~ Bart B



Lotus Blossom

I AM

*Being present with a
clear lens of perception
Letting go of attachment
to the fruits of my actions
Returning to a state of
unassuming innocence and bliss
Letting go of the story lines
Releasing the grasping, coveting,
and illusion of lack*

I AM

*Opening up to the possibility that
the best is yet to be experienced
Inviting a sense of serenity when
I drop a sense of expectation
Believing that beauty exists every day
Allowing myself to be curious
Like a child that greets each
moment with eyes wide open*

What I wanted when I

*reached for a toke
Was a new beginning
A chance to let go yet unite
To breathe deeply and freely
To feel a sense of unification and love*

*That is the trickery of the
mind and its habits and demons
Behavioral patterns that lead to
madness and disaster
Confusion and spiritual bankruptcy*

*For a while that herb was a real pleaser
In my life I took the back seat
Went from giver to receiver*

*Now I stand on my own two feet
Feeling into sensation
A thousand inner enemies
I'm finally ready to meet them
Because I believe in my own worth
More than my own deception*

*Sober eyes and memory to the world
A real sacred recollection
If they offer me, I'll decline
I'm divine in this connection*

~ Amelia

2023 MA World Service Conference Reminders

Conference Hosted May 26 - May 29 via Zoom

(Fellowship-wide vote will be announced)

Electing District Delegates

Each district may elect up to two delegates, or non-voting regional representatives, and an alternate(s) whose primary responsibility is to represent the conscience of a District Service Committee (DSC)/Regional Service Committee (RSC) at the MA World Service Conference.

Delegates/regional representatives should be chosen at least 60 days prior to a conference to allow them sufficient time to become familiar with the Conference Agenda. It is highly suggested to reference MA Service Manual 7.1, Chapter 17 Conference Delegates and Regional Representatives and the MA World Service Conference website.

Conference Schedule, Agenda, and Delegate packets have been distributed and can be found at mawsconference.org/agenda

Conference Registration is now open at mawsconference.org/register
(Conference registration closes on May 1)

Conference Attendee Training Sessions

- Saturday, May 13, 10:00 am PST (1:00 pm EST / 5:00 pm UTC)
- Friday, May 19, 6:00 pm PST (9:00 pm EST / 1:00 am UTC)
- Sunday, May 21, 5:00 pm PST (8:00 pm EST / 12:00 am UTC)
- Wednesday, May 24, 5:30 pm PST (8:30 pm pm EST / 12:30 am UTC)

**Attendance of at least one training session is required for all Conference Attendees prior to the Conference weekend.*

Questions?

Contact the current Conferences & Conventions Trustee, Ellie J, at:
coco@marijuana-anonymous.org

3RD ANNUAL

4/20 Soberthon

The annual 420 Soberthon is co-hosted by Districts 4 & 20. The purpose of this clean & sober marathon is to reimagine what 4/20 can mean for us by creating a safe space of fun, strength, and sobriety. It takes many willing service members from around the world in order to host this event. We invite you to be of service for the event, and ask you to share this announcement with the fellowship.

Sign up to volunteer: MA12.org/420Soberthon/Volunteer

Join the Volunteer's WhatsApp: MA12.org/420Soberthon/WhatsApp

Marijuana Anonymous Worldwide

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

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		PHONE MA Phone Meetings www.ma-phone.org	

Step and Tradition of the Month

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.

Celebrating 152 Years of Sobriety!

District 2

Tim V 3/1/1994 29 yrs

District 4

Krista D 3/17/2004 19 yrs

District 5

Aime 3/17/2016 7 yrs
Alejandro H 3/12/2018 5 yrs
Alex G 3/4/2016 7 yrs
Alex L 3/3/2019 4 yrs

Christian 3/17/2014 9 yrs
Ernest F 3/9/1995 28 yrs
Joe M 3/7/2011 12 yrs
Kelly 3/17/2007 16 yrs

District 6

Jamie L 3/9/2022 1 yr

District 8

Aaron F 2/6/2013 10 yrs

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