



a new leaf

a publication of marijuana anonymous

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Sharing about Stress in Recovery

When I first came into MA, I was amazed to find out I wasn't the only one who was having trouble quitting pot. I found a fellowship, the camaraderie that speaks to all who are in need. I also found out that smoking pot was a symptom of a larger problem, me.

With the tools freely given to me by this program, I eradicated pot from my life and replaced it with things of greater value and importance: the fellowship, a life beyond my wildest dreams and a Higher Power whom I choose to call God.

I got a Sponsor and worked the Steps to the best of my ability. I gave my drug habit and my character defects over to God to remove. I tried and still do, to the best of my ability, everyday to live the life I believe God wants me to

live and pray for knowledge of His (Her) will for me.

However, there seems to be this problem I have. It seems to have increased over the years I have been sober. It is being able to turn my life, not just my using, over to the care to a God of my understanding.

When I first got sober, it was all I could handle. Then life started happening. I got divorced, my dad died, I got married and I became embroiled in a substantial family quarrel. A quarrel that set brother against brother, father against daughter and all because of the family estate. The more we quarreled the less of the estate was left. It was being eaten alive by taxes and the market crash after 9/11.

Needless to say this has been stressful, although sometimes more than others. Every so often I would get the misguided notion that it was over only to have some other aspect of the estate rear its ugly head and crush my serenity. Which is never good, as with my using, every time it comes back it comes back at least as bad if not worse than before.

This latest battle has left me deeply scarred and war weary. Maybe because it has been going on for so long, over a decade, but this last battle has left me more stressed than ever before. I'm now under a doctor's care for stress and high blood pressure. You would think I would have learned to just turn it over and let God. You would think.

Unfortunately, I have not. I keep taking this problem back and it is literally wearing me down. I worry about almost everything. I stress out about everything. I worry. And why do I? I don't know.

Then God did for me what I could not do for myself. On my way to a meeting I was worrying about stressing out about worrying. Then at the meeting, someone mentioned stress and wanted to know how to cope with it sober. It never occurred to me to mention to anyone I was having a problem with stress. Not my sponsor or at a meeting, no one. Because I have been sober a while and I shouldn't have any problems, right?

Yeah, right. Life is problems. And Life is what happens to you while you deal with those problems. But what should you do if those problems start to overwhelm you, start to get to you and wear you down?

You should do what we always do, share your problems with other addicts, talk about them, and turn them over to God and DON'T take them back. That seems to be the hard part. Not taking the problem back. With using, I could just not use today. Without pot in your house and things like that you have to work hard to take that problem back. But worrying about some problem is as easy as having a stray thought and there it is back and all yours again. That is way too easy. Way too easy, for the problem is now back, back in your head and it is way too hard to give it up again.

(continued on Page 2)

**New Meetings
Start-Up
All The Time.
Check your local
districts website for
updated
information!
Get listed on the
MAWS website
contact:
office@marijuana_
anonymous.org**

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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Send all articles, inquiries and correspondence to:
anlp@marijuana-anonymous.org

A New Leaf
P.O. Box 6482
Torrance, CA 90504

or submit online:
www.marijuana-anonymous.org
and click on the newsletter tab.

TO MY FELLOW NEWCOMERS

If you are feeling anything like I was in my first week you are probably much more comfortable reading this than mingling amongst all of the seemingly happy people attending today's meeting. Below is a journal entry from Day 6 which I wrote while in a car parked on the second floor of a parking structure in Santa Monica at 10pm. My Sponsor and I were going over the first few pages of the Big Book and after taking one look at my face and what must have looked like an anxiety attack, he told me I needed to write what I was feeling, so here it is.

2/5/2011

How much time was spent in that state of mind? Like being asleep and shaken violently awake. I want to wake up, God I am scared, my body is shaking and it's hard to breathe, my heart is pounding. Can I change? I want to change and see who I can become. I have never felt fear like this, real or imagined. The breathing centers me. Have they been able to tell all along?

I thought I had it figured out, everything was so safe, God I am so scared, I don't know if I can do this. This must have been how it felt to be born, like new skin wet and cold to the world. I'm dizzy and my head is spinning, my legs are tingling. Who am I?

The world had been such a safe place in my routines, I could make some sense of it all. This is f--king scary. This is why I have felt so behind, this is why I have felt so alone, disconnected from everything. I was in my own climate controlled world in my head.

I missed out on so much but this is the most intense feeling of what may be real life. Right now I am alive.

Tomorrow will be Day 60 and the biggest lesson I have learned over these last couple months is that fear; is actually an opportunity to grow. I have experienced what I believe to be feelings of peace and joy by moving towards and through my fears which have dictated so much of my behavior in the past.

"When I am afraid to call someone, I call. When I am afraid to share, I share. When I was afraid to ask someone to be my sponsor, I asked."

When you walked through the doors into this meeting, that took real courage, remember that because that will get you through today.

Keep Coming Back! ▲

Sharing about Stress in Recovery

(continued from Page 1)

Eventually you get that problem over with but another one comes. You repeat the above Steps, including taking it back, and giving it up, over and over. But another problem comes up and you realize you are in an emotional mine field and you can't get out.

For me, I'm doing the best I can to share, pray, and talk with people in the program. As one of my sponsees has told me, and he said I told him but I don't remember, "This Too Shall Pass because we are not alone."

We may be unique examples of this program. We may each work the steps in our own way. But we don't work the Steps by ourselves. We don't go through life alone, we share. For others have gone before, others will follow, together WE Recover Physically, Emotionally and Spiritually.

Jeff M. ▲

FROM MAWS FINANCE COMMITTEE

Dear MA Members, Groups, and Districts,

To carry the message of recovery to suffering marijuana addicts around the world, Marijuana Anonymous World Services (MAWS), provides valuable information and services to the public and MA members. Examples include the free distribution of MA meeting information and literature via our toll free phone number and comprehensive website. MAWS also facilitates the development and publication of essential literature like Life With Hope and the accompanying 12 Step Workbook, both of which are available for free at www.marijuana-anonymous.org. These publications and all other Conference-approved literature are fundamental to the maintenance and growth of our members and our fellowship. Thanks to your continued enthusiastic support of MAWS, these generous gifts of recovery are made possible!

The rapid growth of our fellowship presents a challenging circumstance for MAWS and MA. Our primary purpose is to “carry the message” and, to date, MAWS has been blessed to have many services provided by members at little or no cost to the organization. However, website management is an area likely to require additional funding to support. For both MAWS and Districts that send delegates, the Conference each year has a varying cost. For example, the 2012 Conference will be hosted by district 15 in Long Island, NY. As such, conference expenses for MAWS, which typically amount to a quarter of its annual budget (and more than that for most Districts), are expected to be higher that year. As was described in the December 2010 ANL article about the fiscal year 2010 financial results, MAWS can only rarely experience years in which expenses exceed income or its reserves will be depleted. Therefore, we need to be vigilant in raising funds to meet our projected financial obligations.

The current economic climate is creating an additional challenge as evidenced by the 43% decline in donations to MAWS in July through September 2010, compared with the same period a year earlier.

As a result of these separate concerns, we need you, our members, to get involved in helping to support our organization. Here are some great fun – and fund-raising – ideas to inspire you:

District 8’s annual Share-a-Day event is a full day of workshops, speakers and recovery that takes place on Saturday of Columbus Day weekend. Imagine if all districts hosted their own version of Share-a-Day – what unity! District 8 held a 50/50 raffle, a bake sale, merchandise sale, donated items sale (CDs DVDs & books did well). When all was said and done the District’s 2010 event raised about \$975 in one day.

District 2 raised over \$5,700 in total for the 2007 Convention and 2010 Conference using art auctions, yard sales, ping-pong tournaments, dance parties, CD swaps, can passing, game nights, music & magic nights, baseball and pinball outings, and sing-a-longs.

The 7th month/7th Tradition has been a classic fund-raising idea. A second collection is made at each meeting with proceeds going to MAWS. Everyone is working to raise funds for MAWS throughout the month of July, creating fellowship unity.

There are many other fund-raising ideas and we encourage you to share those ideas within your District and with others throughout the fellowship. Your individual, group, or District efforts to support MAWS will help ensure our organization can continue to grow and to serve the public and fellowship of MA in the years to come.

Sincerely,

MAWS Finance Committee

<p>ROVING REPORTER ASKS?</p> <p>Question for June</p> <p>What is your favorite TYPE of meeting? Why?</p>	<p>Step Six</p> <p>Were entirely ready to have God remove all these defects of character.</p> <p>Tradition Six</p> <p>M.A. groups ought never endorse, finance, or lend the</p>	<p>M.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.</p> <p>Please respond by June 17</p>
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marijuana anonymous worldwide

MA World Services

PO Box 7807 Torrance, CA90504 800.766.6779
 www.marijuana-anonymous.org
 email: office@marijuana-anonymous.org

District 1 San Francisco

www.ma-sf.org 415.325.4785

District 2 East Bay

PO Box 20484 Oakland, CA 94620 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 No.

PO Box 2433 Van Nuys, CA 91404 818.759.9194

District 7 LA County So.

PO Box 3012 Culver City, CA 90231 323.964.2370

District 8 New York

PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

District 10 LA County East

PO Box 94400 Pasadena, CA 91109 626.583.9582

District 11 Portland

PO Box 2012 Portland, OR 97208-2012 503.221.7007

District 12 North Bay, CA

PO Box 2842 Petaluma, CA 94952 415.419.3555 707.583.2326

District 13 MA Online

www.ma-online.org

District 14 London, England

07940.503438

District 15 Long Island, NY

www.ma-longisland.org 516-568-5883

District 16 Melbourne, Australia

24HR. info 0403 945 083 from overseas +61 403 945 083

District 17 Denmark

info@ma-kbh.dk

For a complete listing of all meetings visit www.marijuana-anonymous.org

SPECIAL NOTICE!

This is to inform everyone that the OFFICIAL ADDRESS of MARIJUANA ANONYMOUS has changed as of DECEMBER 7, 2010.

Every effort has been made to account for all the business names that can be used for our address; but please be careful in future to use the address below as the address for ALL official correspondence, including 7th Traditions:

**MARIJUANA ANONYMOUS WORLD SERVICES
 PO BOX 7807
 TORRANCE, CA 90504**

PLEASE SPREAD THE WORD! Tell your local meetings, tell your DSC meetings, and especially tell your Treasury and Literature chairs!

This notice will appear on the website, and will be carried in the New Leaf, for a period of a year. Thanks in advance for helping to make the transition a smooth one!

HELP WANTED

FIELD EDITOR NEEDED
 INTERESTED ADDICTS
 SHOULD EMAIL
 THE ANLP BOARD.



anlp@marijauna-anonymous.org

birthdays Celebrating 148 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANL 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.

District 1

Steve K. 3/12/07 4Yrs
 Bill B. 4/9/88 23Yrs
 Sarah K. 4/11/09 2Yrs
 Paul P. 4/16/09 2Yrs

District 2.

Lucy M. 4/4/06 5Yrs
 Michael K. 4/8/07 4Yrs
 Sara K. 4/12/09 2Yrs
Christina M. 4/13/10 1Year!
 Sheldon. 4/15/96 15Yrs
 Luke. 4/17/09 2Yrs
 Jim B. 4/22/93 18Yrs

District 6

Chuck R. 4/15/04 7Yrs

District 7

Mark H. 4/9/93 18yrs
 Robert B. 3/25/02 9Yrs
 Diane O. 3/17/04 7Yrs

District 8

Ken K. 4/4/10 1Year!

District 13

Chickenlittle. 4/14/10 1Year!
 Dawn K. WA. 4/12/09 2Yrs
 Dennis M. US. 4/26/08 3Yrs
 Garnet E. NC. 4/26/09 3Yrs
 Jim W. MN. 4/22/07 4Yrs
 Maurice R. 4/17/06 5Yrs
Amy M. GA. 4/14/10 1Year!

