



Meditation: Grace

FOR A LONG TIME I never really understood what grace was. It's true definition eluded me. That was until I got sober and had been attending meetings for a few months. Eventually the veil was lifted and I finally got to understand grace by experiencing it first hand. A kindness had been extended to me and I know I did nothing to deserve it.

I remember packing a pipe going down the freeway at 75 miles an hour. I could have had a very different bottom than the one that I had. I did a lot of risky things and survived. For that I am grateful.

Grace is not just what you say at dinner before you eat, its a gift. One definition of grace is a kindness extended to someone who doesn't deserve it.

I was led to the program of MA, and have been given a first-hand experience of Grace.

Affirmation/Meditation:

Every day I can count the many kindnesses extended to me. I feel I could continue to count them to the end of my days. Thank you Higher Power for watching out for me.

~ Robert S.

Meditation: Integrity

THINK ON INTEGRITY in the context of structural integrity.

Imagine the wheel of a bicycle. Having all the spokes in provides integrity to the wheel. If a spoke comes out, the wheel will still work, but its state of being whole and complete has been compromised. Tolerating the one spoke missing becomes the new normal. When another spoke comes out and then another, the wheel still works. Having set the precedent, we continue to use the wheel with missing spokes. At some point, the wheel no longer works and we are surprised. All that's happened is that integrity has been compromised.

The wheel has no morality. It just doesn't work anymore.

Where in your life has integrity been compromised?

Separate integrity from morality.

Where are you tolerating a state of being that is less than whole and complete?

Begin to restore integrity. Put the spokes back in the wheel.

Look to where you make yourself wrong. That's not restoring integrity. Put the spokes back in the wheel.

This is an ongoing practice. If you are living life, there will always be integrity to restore. The wheel has no morality. Put the spokes back in the wheel.

Affirmation/Meditation:

Today I will be gentle with myself and I will begin to restore integrity where it is out.

~ Micah S.

MA Daily Meditation Book

The Literature Committee continues its call for **your writing** as we compile 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.

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

Send your submissions to:
stories@anewleafpublications.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.

District Bureau Chiefs

We will be reaching out to districts soon to update the District Bureau Chief list. Additionally district representatives, including but not limited to those serving as Bureau Chief are encouraged to stay in touch: editor@anewleafpublications.org

ANLP Staff

Chairperson:	Alan B.
Treasurer:	Keith G.
Secretary:	Rick V.
ANLP Admin:	Mark C.
Managing Editor:	volunteer*
Publishing Editor:	volunteer*

Contact ANLP

Send articles/stories:
stories@anewleafpublications.org

Or they may be submitted online:
www.marijuana-anonymous.org/story



Purchase Books & Subscriptions

www.anewleafpublications.org
or subscribe by sending your name, address and a \$15 check (\$20 non-US) to:

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

Other inquiries and correspondence:
info@anewleafpublications.org

We need YOU!

IN STEP TWELVE, we take action to carry the message of recovery to the marijuana addict who still suffers. Listed below are a number of opportunities for you to participate in your own recovery while helping others. Please volunteer today!

► An ANLP Managing Editor

Maintain relationships with district Bureau Chiefs, encourage participation in ANL community, collect articles, birthdays, etc. Please get in touch!
board@anewleafpublications.org

► An ANLP Publishing Editor

Produce the monthly ANL newsletter using Adobe InDesign and other tools. Use your design skills!
board@anewleafpublications.org

► An ANLP Treasurer

Manage ANLP's money, transaction records and reporting. Rule the world!
board@anewleafpublications.org



*To volunteer at ANLP send a note to board@anewleafpublications.org



Bulletin Board

**Share your
sobriety
milestones!**

tiny.cc/mabday



Submit a Story

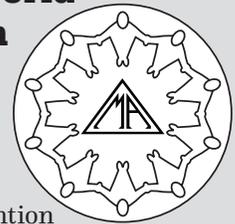
marijuana-anonymous.org/story

In the web-based form you may submit a feature-length personal story of up to 5,000 characters.

**2018 MA World
Convention**

District 4 –
Western
Washington MA
will proudly host
the World Convention

in Seattle, February 16-18, 2018!
Stay tuned for more information.



mawsconvention.org

Your Content Here

Recovery stories resulting from your engagement with *The Steps*

Stories about Service, Traditions, Concepts

Announcements

Poems

“So why all the *blank* space?”

A LETTER FROM THE ANLP BOARD

As many of our readers are aware, aside from our paid Office Admin(s), we are all volunteers—at our meetings, districts, and in the roles we fill as ANLP Board/Staff.

Please review the sidebar opposite this page, and the “We Need You” piece for a listing of service opportunities and ways to get in touch.

In order to compose the ANL Newsletter each month, we count on the content submissions of our members. In essence, this is a labor of love, by members, for members.

In this issue as with all ANL newsletter issues, you will find various ways to get and stay in contact with ANLP Staff, submit birthdays, meditations, stories, ask questions, and offer to be of service in any of a number of different ways.

While the Publishing Editor position is officially *open*, the fact is we are fortunate to have two volunteers doing the work in an *unofficial* capacity, for a *limited* period of time. As with most any volunteer position, especially in recovery as we purposely take guidance from Tradition 9 wherein rotation of service is strongly suggested, we expect that our volunteer members will eventually “term out” or cordially step aside to allow others to be of service.

Rick V., as ANLP Secretary, and Sarah K., as Acting Editor, both serve the ANLP Board and the MA fellowship at large in their efforts to compile submitted stories/articles, announcements, and birthdays before laying out the newsletter each month. This involves a fair amount of time, but they are happy to do it for the time being.

Where we *really need help right now* is with building and maintaining relationships with Bureau Chiefs, and the fellowship at large. We need someone *willing and able to liaise with members, districts, and especially Bureau Chiefs, and generally encourage others to submit content, engage with the beautiful process that results these newsletters.* That could be *you*, whether you hold the title of Managing Editor or not.

So if you’re the type of person that doesn’t mind making some calls periodically, sending some emails, being part of a small group of creative potheads who get things done each month—then *don’t hold back—please get in touch!*

Warmly,

Your ANLP Board

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

DIST. 2 San Francisco & East Bay www.madistrict2.org	+1.510.957.8390	DIST. 13 MA Online www.ma-online.org	
DIST. 3 South SF Bay Area www.madistrict3.org	+1.408.450.0796	DIST. 14 London, England	+44.300.124.0373
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DIST. 6 LA County North www.madistrict6.org	+1.818.759.9194	DIST. 17 Denmark www.ma-danmark.dk	
DIST. 7 LA County South www.madistrict7.org	+1.310.494.0189	DIST. 18 Sacramento, CA www.sacramentoma.org	+1.916.341.9469
DIST. 8 New York www.ma-newyork.org		DIST. 19 Toronto, Canada	+1.647.201.9161/+1.416.999.2244
DIST. 11 Portland www.madistrict11.org	+1.503.567.9892	DIST. 20 San Diego, CA www.ma-sandiego.org	
DIST. 12 North Bay, CA www.madistrict12.org	+1.415.419.3555/+1.707.583.2326		

Note: We received notices in Feb 2017 that District 10 had folded, and in March 2017 that District 1 merged with District 2.

Celebrating 258 Years of Sobriety!

District 2

Chris M	3/8/86	31yrs
Dave W.	3/8/03	14 yrs
Edwin A	3/17/16	1 yr
Josh C	3/12/16	1 yr
Lee K.	3/19/99	18 yrs
Melina R	3/30/16	1 yr
Meredith H	3/23/97	20 yrs
Tim V	3/1/94	23 yrs

District 4

Michael S.	3/13/09	8 yr
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District 5

Aime	3/17/16	1 yr
Christian	3/17/14	3 yrs
Erik B.	4/3/06	11 yrs
Ernest F.	3/9/95	22 yrs
Gary W.	4/9/12	5 yrs
Joe M.	3/7/11	6 yrs

Kelly	3/17/07	10 yrs
Paloma	4/8/12	5 yrs
Reinhard	4/11/09	8 yrs

District 8

NinaMarie F.	3/24/16	1 yr
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District 11

Anna W	3/9/15	2 yrs
Casey B	4/14/13	4 yrs
Donovan H.	3/6/00	17 yrs
Jared W	4/14/13	4 yrs
Maria S	3/15/97	20 yrs
Steve M.	3/1/99	18 yrs

District 19

Vanessa M.	4/16/16	1 yr
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New England MA

Drift M	3/28/14	3 yrs
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GOT A YEAR? WOULD YOU LIKE ANLP TO publish your sobriety anniversary?

Give your sobriety date to your local GSR to be forwarded to your Bureau Chief,
or e-mail chiefs@anewleafpublications.org
or submit online at tiny.cc/mabday.

Members / Bureau Chiefs are encouraged to submit Birthdays that—

- 1) HAVE OCCURRED,
- 2) HAVE NOT BEEN PUBLISHED RECENTLY,
- 3) and ARE NOT OLDER THAN 45 days.

Please format birthday submissions in this manner:

Name <tab> Date <tab> #yrs
(as seen to the left here)

From Life with Hope

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

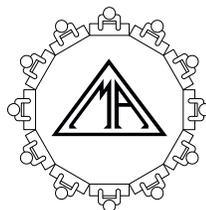


Tradition Five

Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.

27th annual MA World Services Conference

May 26–29, 2017
mawsconference.org



We are delighted to have this year's conference hosted by District 5 (Orange County, California) at California State Fullerton.