



a new leaf

a publication of marijuana anonymous

June 2010

Vol. 20, No. 6

Title Goes Here by Carol

Hi, my name is Carol and I'm a marijuana addict. No - really! I am a REAL marijuana addict. Sounds like a joke? Nope. Many folks who come into the rooms of Marijuana Anonymous or read *A New Leaf* or find our on-line meetings got themselves in trouble with other substances as well as pot. Not me. True, I was taking a few more pain killers than the doctors actually suggested but I was in pain. I broke my neck when I was eighteen. So, while I was in detox for pot, some pain management lessons helped me learn how to deal with the low grade pain in a more un-medicated way.

So there I was. An absolute pot-head, marijuana addict, stoner, or whatever you want to call it. I'd gone right on passed using to abusing and straight on to addiction. Now where was I going to go to get help? I'd tried all the other "A's" I could find and didn't fit in anywhere. I'd tried cocaine - once. It dropped me down so much further than I was when I took the first snorts that I knew real quick that was NOT my drug. I tried drinking long ago when it was the only drug we had in high school, but could never seem to find the "stop" button until I actually threw up. That was unpleasant. I experimented with mescaline and LSD but usage was little and far between.

I discovered marijuana in my late twenties. WOW! Well, that was great and it didn't make me sick or give me hangovers. I was home safe. I mean, everybody knows marijuana isn't really

addicting. Right? We know that, don't we? It didn't take long at all until I used every single week-end evening. Coming home from work all depressed? I started to smoke every night. I wasn't working on the week-end days so why not get stoned in the day time too? Well, working was a bummer so maybe using in the morning before going to work would help. Next I was using at noon and then on breaks. Finally it was not just using late at night or early in the morning; it was getting up in the middle of the night because I couldn't even sleep eight hours without more THC.

All those other "A's" didn't help at all. I couldn't relate. I hadn't had a drink in years. And, I never graduated past that first cocaine experiment. Now what? In April, an article came out in our local paper about this brand new meeting for something called Marijuana Anonymous. Are they kidding? So I went to a meeting. Okay, let's be truthful. My husband dragged me to that first meeting. He was at the end of his rope with me too. I was stoned. I was stoned at the meetings I went to, alone, for the next two and a half months. That's the beauty of only having to want to stop using pot as the singular requirement for this fellowship. Finally on June 22nd I checked into the hospital. The next day was my first day clean and sober.

In those early meetings there were a lot of drug-a-logs. After all, we didn't have much else to share. Finally, as more and more of us found sponsors, the sharing

became more about recovery and what tools we were using to deal with first detoxing and then using the 12 Steps to move towards actual recovery. (Recovery IS different from just clean and sober you know.) The sponsors were obviously from other groups in those early days but slowly we were learning that once you get past identifying with addicts who used the same substance as you then recovery is recovery is recovery. Doesn't matter what program or meetings you go to. It took me a few years to finally figure out I was an alcoholic too. Not me! What a surprise.

Sobriety is a one-day-at-a-time deal. If you woke up before I did this morning, then you've got "more time" than I do. I have some years racked up in this program but that doesn't mean I don't remember those early days, weeks, and months of sobriety. I remember the anger, the nausea, the sweats, the inability to sleep all night without waking up constantly, and the nightmares when I did sleep. And, every newcomer that comes in the door of a meeting I'm at reminds me that I don't ever want to go back there.

This is a we program. WE recover and we don't do it alone. No matter how much "time" we've got, we can always help someone else. If we're clean for a week, we're an old-timer to someone on the first day. Reach out! It helps you, it helps them. Got 30 days? Reach out! Don't be shy. You may not have a lot of weeks or months that you've been coming to

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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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or submit online:
www.marijuana-anonymous.org
and click on publications

News from the Office Manager

I have two significant announcements for the Fellowship concerning ANLP's functionality.

On the opposite page you'll see a picture of our new order form. Up until now our old form, which I inherited when I took over as Office Manager some six years ago, has been crowded and difficult to understand and use. Over the years I've made various attempts to improve on this using different types of software, with little success. The aim was to create a form that could be filled out electronically and then printed, or printed and then filled out, the choice being up to the user. The form opposite is the result I finally arrived at after some months of experimentation. While it is possible to use what's printed on the opposite page, you can download the form in its PDF version from the MAWS website at any of the purchasing locations, or you can send me a quick email at office@marijuana-anonymous.org. I know the form has been a long time coming but I'm grateful to be able to deliver to you at last.

The other news is that we now have an online store which is provided free to us by a company named Volusion. They offer non-profits ten free stores a month, and we were fortunate enough to be approved for one of them in the month of May. The store is fully functional as of now and can be reached at www.anewleafpublications.org. Because the cost of taking credit cards online is high, we will continue to accept payments through PayPal, but all our electronic sales will now be made through this store, which offers a one-stop shopping

experience. You can buy books, workbooks, and subscribe to this newsletter, and Districts and Groups can even pay their monthly bulk subscriptions, all in the security and convenience of this store.

The only caveat to the store is that the software does not, as yet, offer per-product shipping. This is only an issue when ordering Workbooks. Life With Hope's shipping is calculated normally, but it's necessary when purchasing Workbooks to also purchase Workbook shipping as a separate item. This is extremely easy; just choose the number of workbooks you want, and then choose the Workbook shipping item according to the number of Workbooks you're ordering. For all other items, including the combination of 1 Life With Hope and 1 Workbook, shipping is either included or free.

The store only operates for domestic sales at this time. We're still investigating the possibility of international sales through the store, but at this time we will still need International orders to be made by contacting the Office and requesting a quote for the shipping. We regret this inconvenience and hope that we can resolve it in the future.

We hope that by way of these two improvements the ANLP purchasing experience is a more pleasant one and less fraught with error and missteps. It's always been our intention to provide the best possible service to the Fellowship. Naturally we welcome any feedback from you as you navigate the new processes we've provided. ▲



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1 or 2 Books	3 - 16 Books:	17 - 23 Books:
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For a complete listing of all meetings visit www.marijuana-anonymous.org

Title Goes Here

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meetings but go ahead and share. Sometimes you say exactly the things I need to hear. Years don't mean that much. Your insight and experiences help me and that doesn't always take a lot of time. It only takes a moment of clarity.

I'm coming up on a sober birthday. I hope I make it. Sometimes we get a little squirrely around our sober birthdays. I don't know why. Maybe we think we don't deserve the celebration? Just before my seventh sober

anniversary I asked my son to get me some pot. I think I thought seven was some magical number and I wasn't perfect yet. He refused. He said no one in the family would ever talk to him again. He was probably right. I knew a lady once who just before her 1st year she had a couple of swallows of beer. Oooops! A year later she had another couple of swallows just before her anniversary. Finally, three years after she started, she took her one year cake. (We give cakes here in LA.) Why do we do that to ourselves? Well,

we're not perfect. We're never going to be perfect and that's the beauty of this program. It's all about progress, not perfection

Thank you for letting me share. ▲



SUBMIT

Share your experience, strength and hope! Submit your article to your Bureau Chief or see page 2 for contact information.

birthdays

Celebrating 197 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

Alexandre T. 5/10/09 1 year!
 Jeff K. 5/13/09 1 year!

District 3

Dan R. 4/7/07 3 yrs.
 Kathy B. 4/8/09 1 year!
 Adam S. 4/19/09 1 year!
 Ariel J. 4/22/09 1 year!
 Steve W. 5/3/98 12 yrs.
 Diana M. 5/7/09 1 year!
 Samm 5/20/08 2 yrs.
 Lee 5/25/08 2 yrs.
 Seth M. 5/29/07 3 yrs.

District 5

Laura 4/21/04 6 yrs.
 Keith B. 4/25/04 6 yrs.

District 6

Carol R. 4/20/91 19 yrs.
 Kevin B. 4/22/02 8 yrs.
 Lisa M. 5/12/03 7 yrs.
 George L. III 5/13/91 19 yrs.

District 7

Diane O. 3/17/04 6 yrs.
 Ryan 4/5/04 6 yrs.
 Mark H. 4/5/93 17 yrs.
 Karen T. 4/12/02 8 yrs.

District 7 cont'd:

Jorge E. 4/19/02 8 yrs.
 Teri A. 4/19/92 18 yrs.
 Alan B. 5/1/97 13 yrs.
 Victoria I. 5/9/03 7 yrs.

District 10

Ryan 3/30/09 1 year!

District 11

Peggy F. 4/25/08 2 yrs.
 Joshua L. 4/29/08 2 yrs.
 Claire H. 4/28/06 4 yrs.
 Tommy J. 5/1/98 12 yrs.