



a new leaf

a publication of marijuana anonymous

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“Pot”itives

Today my mind was relapsing. I was thinking about using, I was thinking about buying, I was thinking about hiding. The sneaking, the lying, those feelings all came rushing back. “How could I get away with it?” “Maybe if I just used on Wednesday’s.” These feelings, this dialogue, it’s my addiction talking to me.

I’ve had almost 30 days of sobriety from marijuana. I have used marijuana multiple times a day for 23 years with very few periods of sobriety. I had seen myself as one of those “functioning” potheads. “I’m an overachiever!” “I’m successful and motivated using or not.” But that’s not my real story. I get by when I’m using but I’m not clear, I’m not as motivated, I become manic, have trouble sleeping, don’t want to exercise, overeat, I avoid work and friends, I isolate and I’m not present in any moment.

With sobriety, I’m clearer, my moods have stabilized, I’ve dropped 20 pounds of the 40 unwanted pounds I’ve gained over the year without even trying. I am more present at work, with friends, with family and my partner has a new found respect and pride being with me. I’m proud of this 30 day period of sobriety and have honor within it.

But today, I’m weak, I’m human, I am seeking those feelings, that high, that confusion, that numbing.

The higher power came to me this morning, during this relapse of my mind, when I opened yesterday’s mail and the latest edition of *A New Leaf* was placed in my hands. This is a sign, I believe this. This

was a gift. I poured a cup of coffee and went outside into the sunlight and read the publication. I changed my mind. I can get through today without using, without buying and without numbing. On this day of weakness, on this day of straying from my sober mind, I’ve reviewed my list of “Pot”itives that I keep on my phone. These are the positive things about not using marijuana. I thought sharing my personal list may help someone else struggling today or



help a sober member be reminded of the positives of not using marijuana:

“Pot”itives

- There is no smell on my person.
- I’m not hiding the smell.
- Weight loss is easier.
- There are no more intense, uncontrolled munchies, no more overeating.
- My sugar addiction has depleted.
- My teeth are whiter, my teeth are healthier, there is no more gross lingering smoke smell when I floss.
- I’m saving tons of money.
- I’m saving my lungs.
- I’m saving my brain cells.
- There are no more carcinogens entering my body.
- There is less chance of getting mouth cancer.
- I’m not ruled by habitual smoking.
- I’m not lying about using, I don’t feel like a “slick willy” liar hiding my high, hiding my eyes.
- My fingernails are cleaner and my fingers don’t smell like weed.
- I don’t have to worry about traveling with pot illegally on an airplane.
- I don’t have to worry about bringing it everywhere I go, to meet my pot smoking schedule, I’m free.
- I’m clearer, my mind is free of cloudy thinking.
- I will have a clean urine test if ever needed to apply for a job.
- If I get pulled over, they won’t find pot.
- This bad habit is broken.
- No more numbing to avoid feelings.
- No more driving to get pot.
- Pot addiction doesn’t own me, I own my addiction.
- No more buying bongs, no more stinky water of bongs when it spills.
- My girlfriend is happier, our relationship is stronger, there is no more dishonesty.
- I am more confident in my relationship.
- It is a great accomplishment to be in recovery.
- My friends and family have more respect for me and take me more seriously.
- I can check off “quit pot” from my bucket list.

It’s just another day, but today I’ll be sober. Thank you, Higher Power, thank you *A New Leaf*. ▲

~D.C.

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



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

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



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



Bulletin Board

Share your
sobriety
milestones!

tiny.cc/mabday



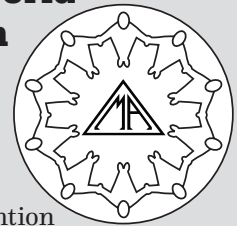
Submit a Story

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 in 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 www.marijuana-anonymous.co.uk	+44.300.124.0373
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DIST. 5 Orange County www.madistrict5.org	+1.714.999.9409	DIST. 16 Melbourne, Australia www.marijuana-anonymous.com	+61.403.945.083
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 www.matoronto.org	+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 101 Years of Sobriety!

District 2

Chrysanthemum 5/6/01 16 yrs

District 5

Cory D. 4/24/14 3 yrs
 Erik B. 4/3/06 11 yrs
 Gary W. 4/9/12 5 yrs
 Laura 4/20/04 13 yrs
 Lyman 4/27/10 7 yrs
 Mary C. 5/10/10 7 yrs
 Paloma 4/8/12 5 yrs
 Reinhard 4/11/09 8 yrs
 Tom G. 5/17/10 7 yrs
 Trevor 4/24/13 4 yrs

District 7

Alan B 5/1/97 20 yrs
 Cheryl B 4/21/14 3 yrs

District 11

Casey B 4/14/13 4 yrs
 Jared W 4/14/13 4 yrs

District 19

Vanessa M. 4/16/16 1 yr

MA-Phone.org

Darlene 5/7/16 1 yr

New England MA

Rachel 5/29/15 2 yrs

GOT A YEAR? ALLOW US TO PUBLISH YOUR ANNIVERSARY TO CELEBRATE!!!

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

Members / GSRs / 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



From Life with Hope

Step Six

Were entirely ready to have God remove all these defects of character.



Tradition Six

MA groups ought never endorse, finance, or lend the MA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

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.

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