



June 2018

Vol. 28, No. 6

Fixing Fear with Faith Affirmation / Meditation:

I will face my fears by embracing my faith knowing that where there is faith, fear cannot abide.

As a practicing pothead, fear ruled my life. Fear of not having enough pot. Fear of having too much and being busted. Fear of my family finding out. Fear of failure; fear of success. Fear of being fearful.

I thought that smoking would ease my fear, but we all know the paranoia that comes after that. So I did what any good pothead would do; I smoked more. But when I failed a drug test and had to quit using for my job and for my family, I was fearful of how I was going to deal with my fear of life. I had a fear of living life without pot, something I hadn't done since I was 14, 29 years earlier. How could I go to work sober? How could I talk to people, deal with my daughter and grandkids? How could I deal with life, period, sober?

Finding nowhere else to turn to, I did what I was told. I did what I heard in meetings. I got down on my knees and prayed. I wasn't sure what I was praying to, but I prayed. And things got better, not quickly, but they got better. The fears eased. And now, many years later, I'm still not sure what or who I am praying to, but I do know that this Power greater than myself has returned me to sanity. This Power I choose to call God has eased my fears when I trust and have faith.

I have to work at sobriety daily, for I have a daily reprieve based upon my faith and trust. I pray

daily for the trust and faith to turn my fears over to God. And some days I do this better than others, but I know that even on the gray days when I'm fearful, I can always stop, pray, and listen for that small, soft voice that tells me, "Fear not, for I am with thee." ▲

~ Jeff M.

45 years

Forty-five Years of Resentment

I don't generally hold resentments. When working my Fourth Step, I listed only two people that I resented. Working through the remaining steps, I made amends. In some cases the people I'd harmed had also harmed me, but Step Nine has us clean our side of the street. So I did. By the end of the Twelfth Step, I felt spiritually more sound and emotionally more stable. But I still struggled with one clinging resentment.

In Step 8 it says, "The feeling of forgiveness may come some time after the act of forgiving." I had intellectually forgiven, but not

emotionally. The resentment toward my father periodically surfaced and clawed at my serenity. But how do you forgive a man who repeatedly beat a child? Who belittled and demeaned an innocent? For years?

To be free of my resentment I had to answer those questions in my heart, or that resentment would keep damaging my serenity like it had for most of my life.

My father wasn't a good man, but he wasn't all bad either. He had his issues although none of them can be used as an excuse to abuse a child. Through the years, I was thrown down stairs, punched to the ground, kicked across floors, and told how stupid I was. (Even when I was awarded Scholar/Athlete of the Year in high school, his nickname for me was Dopeus.) I exhibited self-destructive traits and self-esteem issues.

But now I was all sobered-up, going to meetings, working with others, praying, making a gratitude list every day, and still carrying around my resentment toward him. I had learned about acceptance in MA and had accepted that I'd carry this resentment to my grave. Goddamn him.

One afternoon I received a call from my brother, and he said our father was in the hospital. He'd been found in his apartment on the floor unconscious with an empty half gallon of vodka next to him. In the fall he'd banged his head, and there was bleeding on his brain. The doctor said he wouldn't be pulling out of this.

Continued on page 3

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

Please get in touch with ANLP's Managing Editor to collaborate on continuing to breathe life into our fellowship's newsletter. Your ideas and service are welcome, wanted, and needed. Contact Thor H. at editor@anewleafpublications.org.

ANLP Staff

Chairperson:	Rick V.
Treasurer:	John L.
Secretary:	<input type="text" value="volunteer*"/>
ANLP Admin:	<input type="text" value="paid*"/>
Managing Editor:	Thor H.
Publishing Editor:	Beth F.

Contact ANLP

Send articles/stories:
stories@anewleafpublications.org

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

Outreach Board

New Meeting Support Program

The Outreach Committee invites *you* to engage in service by supporting new and independent meetings by participating in the New Meeting Support Program.

Did you know that thousands of marijuana addicts have no local access to in-person meetings?

Luckily, new meetings are starting up all over to increase access to the fellowship. As MA continues to grow around the world we find that many new meetings face challenges as they begin to build their foundation. In addition, many meetings operate without service sponsorship or other types of support because they are located in geographic areas that don't fall within an MA district.

We want to reduce the isolation by connecting these meetings with volunteers who can share both their recovery through the 12 Steps and MA service experiences. Volunteers are paired with a new meeting and provide correspondence (email or phone) with a contact person to discuss service topics, challenges and successes the new meeting is experiencing.

The Outreach Committee has set a goal of each District having two members joining the New Meeting Support Program. Please spread the

word about this program so we can better serve and support MA's new and independent meetings. If you have questions or would like to volunteer, please contact Aime or Drift at outreach@marijuana-anonymous.org

Correspondence Committee

The newly formed Correspondence Committee is looking for volunteers!

We are seeking additional volunteers with service experience and a working knowledge of the Twelve Steps and Twelve Traditions of Marijuana Anonymous to respond to support requests received through the MA 800 helpline and email inquiries. Volunteers will respond to calls that come in on the voicemail line with a goal of returning calls within 48 hours. If you have questions or would like to volunteer, please contact office@marijuana-anonymous.org

Are you fluent in another language?

Many people across North America and the UK contact MA looking for help. However, the long-term goal of Marijuana Anonymous is to become a truly global support network, able to provide resources to suffering addicts in countries all over the world. In taking steps to reach this goal the Outreach Committee is looking to create a database of members who are fluent in languages other than English who would be able to help us bridge the communication gap. We are especially looking for Spanish speakers, as well as European language speakers. If you have questions or would like to volunteer, please contact Outreach at outreach@marijuana-anonymous.org

Women's Town Hall

The Outreach Committee is currently researching and developing an online Town Hall for MA's female-identified members. The Project Lead is seeking input, guidance and volunteers to develop this remote Town Hall for the fellowship worldwide. If you have questions or would like to volunteer, please contact Lana or Drift at outreach@marijuana-anonymous.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 engage with ANLP, send a note to board@anewleafpublications.org

Forty-five years...

Continued from page 1

“Perhaps our anger at someone at work is completely understandable, based upon how they have treated us. In such a case, we may find that where we have failed is in our refusal to forgive: we have allowed the resentment to fester and grow, perhaps even gaining enjoyment out of it!” –Step 4, *Life With Hope Workbook*

Shortly after the call, my wife and I were driving the three hours to the hospital. I was afraid, not that he’d die, but that I’d never be free of my resentment.

“Eight incorporates honesty, openness, willingness, faith, acceptance, love and forgiveness.” –Step 8, *Life With Hope*

It was midnight when we arrived at his bed. My sisters had left about an hour before. He looked like any other elderly person in a hospital bed: pale, thin, weak, as if the sheets alone anchored him down. He was still breathing though. My wife asked if I wanted a little time alone with him.

“The point of the Tenth Step is to be willing to look at our own behavior and what needs to be changed in us, not what needs to be changed in others. It is through this process that we begin to develop acceptance. And, in turn, we begin to forgive.” –Step 10, *Life with Hope*

His eyes were closed and I stood looking at him in silence. Pity was all I could feel, not for his current condition, but for his life—decades of being disconnected from God and without any extended community to enrich his life.

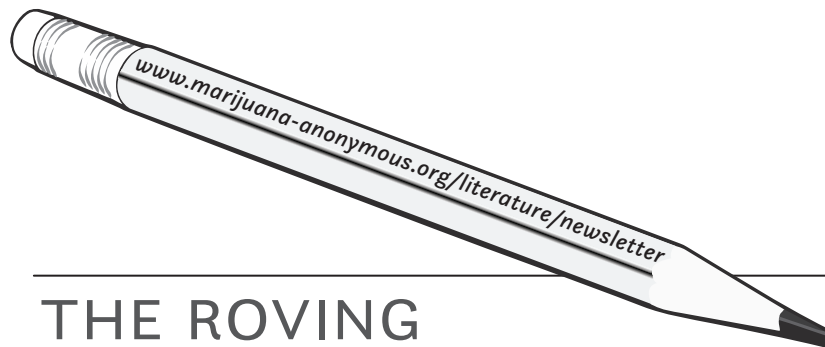
I announced to him that I was there. No reaction. To be a good son and a good human, I wanted to ease his way, so I bent down close to his face and quietly said, “I forgive you.” He opened one eye and saw me. His arm wavered up to extend his

hand, and I held it for a while. That was the last time in his 85-year life that he opened his eyes or moved.

For the first time in my life, that resentment left my heart. I felt free. I owe that to MA. (And AA, God bless Bill W., Dr. Bob, The Akron Group and many others.)

Today, I have no resentments—not that I won’t encounter some in the future, but I have the tools to work through them and the confidence that I can, as long as I stay sober. ▲

~ Steve 2.0



THE ROVING REPORTER

Every month, our readers have **another opportunity** to reflect on their recovery and to help carry the message to the addict who still suffers. This issue presents certain questions/topics, the responses to which may be published in the **July** issue. In addition to questions/topics, the Step and the Tradition corresponding to the month of publication are offered as topics.



For example, in this **June** issue, we are requesting submissions related to **Step/Tradition Seven** for publication in **July**.

The deadline is the 16th of the month. You need not write more than a couple paragraphs, and the exercise may strengthen your own recovery. The action you take will certainly bring to life **Step Twelve** and **Tradition Five**. The Fellowship hopes to hear from you often. One of this month’s topics is derived from a line within **Step Seven of Life with Hope** (3rd Ed., p. 30, 5th para).

First, to quote: “As long as we relied first on our own self-will and based our lives around the pursuit of what we were convinced our needs were, reliance and faith in a Higher Power were out of the question.”

So for those who have practiced this Step, please give an account of... **what experiences and realizations did you have that helped you release your self-will and selfishness?**

And/or you may wish to respond to a different topic:

Describe the benefits of living your life with humility and putting your perception of your Higher Power’s will ahead of your own will.

One final suggested topic, related to the Seventh Tradition:

How do you practice this Tradition, personally? How does your group practice it? Why is group self-sufficiency important to you?

We look forward to reading your story!

Marijuana-Anonymous.org/literature/newsletter/talk-to-the-roving-reporter

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. 14 London, England www.marijuana-anonymous.co.uk	+44.300.124.0373
DIST. 3 South SF Bay Area www.madistrict3.org	+1.408.450.0796	DIST. 15 Long Island, NY www.ma-longisland.org	+1.631.647.0768
DIST. 4 Western Washington www.madistrict4.org	+1.206.414.9270	DIST. 16 Melbourne, Australia www.marijuana-anonymous.com	+61.403.945.083
DIST. 5 Orange County www.madistrict5.org	+1.714.999.9409	DIST. 17 Denmark www.ma-danmark.dk	
DIST. 6 LA County North www.madistrict6.org	+1.818.759.9194	DIST. 18 Sacramento, CA www.sacramentoma.org	+1.916.341.9469
DIST. 7 LA County South www.madistrict7.org	+1.310.494.0189	DIST. 19 Toronto, Canada www.matoronto.org	+1.647.201.9161/+1.416.999.2244
DIST. 8 New York www.ma-newyork.org		DIST. 20 San Diego, CA www.ma-sandiego.org	
DIST. 11 Portland www.madistrict11.org	+1.503.567.9892	DIST. 21 Denver, CO www.ma-colorado.org	+1.303.607.7516
DIST. 12 North Bay, CA www.madistrict12.org	+1.415.419.3555/+1.707.583.2326	DIST. 22 New England www.newenglandma.org	
DIST. 13 MA Online www.ma-online.org		PHONE MA Phone Meetings: 3 Distinct Groups www.ma-phone.org	

Celebrating 185 Years of Sobriety!

District 5

Gary L.	5/8/2007	11 yrs
Laura B.	4/20/2004	14 yrs
Lyman	4/27/2010	8 yrs
Mary C.	5/10/2010	8 yrs
Tom G.	5/17/2010	8 yrs

District 7

Jarrett S.	5/9/2015	3 yrs
Caroline	--	28 yrs
Alan B.	5/1/1997	21 yrs
David H.	5/9/2016	2 yrs
Alejandra S.	5/13/2017	1 yr
Carol W.	5/5/1990	28 yrs

District 11

Andrew P.	4/5/2016	2 yrs
Jared W.	4/13/2014	5 yrs
Casey B.	4/13/2014	5 yrs
Jim S.	4/15/2017	1 yr
Mike B.	4/18/1994	24 yrs
Patrick D.	4/20/2013	5 yrs
Paul N.	4/25/2014	4 yrs
Judy T.	5/13/2013	5 yrs

MA-Phone.org

Darlene	5/7/2016	2 yrs
---------	----------	-------

From Life with Hope

Step Six

*We're 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.*

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**

