



# A NEW LEAF

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## The Active Role of Gratitude

By Chris W., District 6

I just wanted to express my gratitude to all the Trustees, Delegates, and attendees at the recent Marijuana Anonymous World Services Conference. These are the people who worked tirelessly throughout the weekend and throughout the year building a better MA structure for this fellowship. A lot was accomplished over the weekend, and a lot more will be accomplished in the coming year.

I would also like to appeal to the fellowship at large to take an active role in the process of building our fellowship. Be of service to your group—help with the chores that need to be done each week. Be of service to your district—get involved with the District Service Committee and contribute your time and energy. Be of service to your fellow addicts—reach out to newcomers and help them to feel welcome.

One sure way to do your part in the building of our fellowship is by supporting it financially. "The one place where spirituality and money do mix, is in the basket" (paraphrased from the AA 12 & 12). The next time you reach in your pocket to put a dollar in the basket, remember all the things that need to be done with our voluntary contributions.

There is an 800 line that costs \$4,500 per year. We have an office manager who must be paid, and is well under minimum wage at her current salary and responsibilities. We have office expenses of almost \$2,000 per year, which includes all

spend over \$17,000 this year.

Now that's a lot of money considering only around \$10,000 is expected to be received from the Districts. That means that World Services would be short \$7,000 if it were reliant solely upon the volun-

tary contributions of the membership. That \$7,000 has to come from A New Leaf Publications donations, convention profits,

and the sale of merchandise.

Of course, all the money we put in the basket doesn't go directly to World Services. First the meeting

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*Help with the chores, get involved,  
contribute your time and energy,  
and reach out to newcomers...  
help them feel welcome.*

the information that is sent out to inquiring potential members. And these are just some of the larger expenses incurred by World Services. All in all, MAWS expects to

## Recovery Ripples

by Ande H., Delaware Valley Chapter

About eleven months ago, I entered recovery, and I was hopeful that I could become an ex-user. Little did I know that the effects would benefit just about every aspect of my life, and change me undeniably for the better.

First and foremost was a spiritual renaissance. I established a personal connection with God I'd never had before. You see, I discov-

ered that God apparently cared about me personally—me, Ande! So much so, that He took away my craving for pot when I asked Him to. Well, that only made me care about myself all the more, and with this newfound spirituality, I felt that I finally belonged on this Earth just as much as anybody else, just the way I am, flaws and all. Now, if any door-to-door evangelist asks me do I

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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 necessarily reflect the opinions of Marijuana Anonymous as a whole.

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## Wanted! Read All About It!

Your story is wanted to be included in the Second Edition of *Life With Hope*. The Literature Committee of MA World Services (MAWS) will be collecting your stories until the end of January 1998. Stories should be approximately 5-8 typed, double-spaced pages. All collected stories will be reviewed, and it is planned that 12 of them will be approved at the 1998 MAWS Conference.

Send your stories to Marijuana Anonymous, District 11, P.O. Box 14125, Portland, OR 97293-0125. If you have questions or suggestions, contact the Literature Trustee, Susan B., at (503) 771-8662. ☺

## This Is Your Newsletter

One of the most direct ways for MA, as a whole, to stay connected is through this newsletter in your hands, *A New Leaf*. Currently there are only 30 individual subscriptions. You are encouraged to:

- Subscribe as an individual.
- Order more subscriptions for your meetings.
- Send in articles with your experience, strength, and hope.

The address is: *A New Leaf*, P.O. Box 4314, North Hollywood, CA 91617  
For subscriptions, you can also email the Managing Editor, Judy S., at: **Judyblue95@aol.com**

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We look forward to hearing from you! ☺

## Congratulations to our members celebrating their sober birthdays!



### District 3

Douglas K.	Jun 10	9 yrs
Jerry P.	Jun 20	4 yrs

### District 4

Mary M.	May 29	2 yrs
Wes	Jun 6	1 yrl

### District 5

Mike S.	May 2	3 yrs
Tonia	Jun 1	1 yrl
Brian W.	Jun 2	7 yrs
Cinde B.	Jun 4	3 yrs
Jim G.	Jun 13	3 yrs
Amber B.	Jun 15	5 yrs
Barbara H.	Jun 16	5 yrs
Robin Z.	Jun 18	1 yrl
Al	Jun 20	3 yrs
Aleta	Jun 20	3 yrs
Cindy	Jun 20	3 yrs
Dean W.	Jun 29	5 yrs

### District 6

Jason M.	Jun 5	2 yrs
Mikki K.	Jun 15	6 yrs

Molly M.	Jun 16	4 yrs
Carol Mc.	Jun 23	9 yrs
Doug O.	Jun 25	9 yrs

### District 8

Mark F.	Jun 2	7 yrs
Jerry F.	Jun 6	6 yrs
Libby G.	Jun 6	7 yrs

### District 10

Patty L.	Mar 11	3 yrs
Mike M.	Apr 1	2 yrs
Alice K.	Jun 1	1 yrl
Frank C.	Jun 1	3 yrs
Mike	Jun 4	1 yrl
Rob	Jun 4	1 yrl

### Delaware Valley Chapter

Ande H.	Jun 13	1 yrl
<b>Columbus, GA</b>		
Clara U.	Jun 3	1 yrl

## Recovery Ripples

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know God, I can reply, "Yeah, I just spoke to Him this morning, and He wants me to give you His regards!"

The next call of business was to knock out as many of those twelve steps as quickly as I could. I imagined that I could completely climb the 12 Step ladder by Christmas...after all, I've got things to do, places to go and people to meet. Not! Very soon I realized this process will take longer than I had anticipated. But, I persevered anyway, albeit more humbly and more realistically, invigorated by this newly discovered spirituality. Having done the fourth step made me more accepting and at peace with myself than I've ever been. And it seemed to me that if you actually like the house you're living in, you're far more prone to fix it up and take care of it. And that's what I did.

I tackled my health issues next. The routine I'd fallen into as a chronic smoker had made me lethargic and out of shape—not sickly mind you, but not quite

healthy either. Why should I watch my weight when I knew that I'd have the munchies soon and would be devouring everything in the kitchen? Why should I even try to exercise only to finish by smoking a joint? I was too embarrassed to tell my physician that I smoked several times each day, and how that was probably why my blood pressure and my weight were competing for the highest score. So, I ended up avoiding my doctor altogether because I knew what he was going to say as soon as he discovered the truth, and I didn't want to hear his censure nor his judgment. But now that I have absolutely nothing to hide from him, we're much better acquaintances, and my health is better than it's been in years. I even joined a diet program. Hell, if I can stop smoking weed, anything's possible! It's even affordable, now that I don't have to buy pot each week.

At work, I'm more energized and focused. I actually enjoy the challenge of the day rather than

seeing my job as the down time between sessions of getting high. Still, another benefit is that I feel unfettered in my interactions with friends. No longer am I embarrassed to be caught unawares at the 7-11 by someone I know, terrified that they'll see my bleary eyes behind my tinted eyeglasses. I answer the doorbell confidently now, not fearing what my guest might smell upon entering my home. I feel that I can stand-up to anyone without shame or guilt. I'm more humble in other's company; I've nothing to prove, nothing to sell or buy or crusade for—I've only my story to share for anyone who's interested.

It's been almost a year now, and some days are better than others even though I stumble from time to time and don't do as well as I would like to. I'm still in there plugging away with God's help. For me, desperation has been replaced with hope, and now I can actually believe the lyrics of one of my favorite songs: The Best of Times is Now. ☉

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## The Active Role of Gratitude

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itself has to pay its expenses. Rent, coffee, chips, refreshments, literature, and so on. Then the remaining funds go to the District, and the District has its expenses to pay. Phone lines, literature, mailings, PO boxes, and more. Then the remaining funds can go to World Services.

Remember all these things when you reach for that dollar next time, and instead of putting in \$1, put in \$2...or better yet put in \$2 for yourself and \$1 for the newcomer sitting next to you.

Let's support World Services so that our trusted servants can spend their valuable time expanding on the things we need to carry the message. Things like: reaching out to the new meetings in outlying areas, returning phone calls to the inquiries on the 800 line, answering email messages from the inquiries through our Web site, developing new literature for our literature tables, seeking out new ways to do public information and letting the communities we live in know MA

exists, and reaching out to the hospitals and institutions and carrying the message to the addict who is confined.

Let's not make these folks have to spend their valuable time trying to figure out ways to make money to support the services we already provide. Let's allow them the time and financial security to expand our horizons and develop our growth. It works for the fellowship as a whole just like the 12 Steps work for the individual addict. ☉

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# Roving Reporter

by Jennifer S., District 8

**Q: What step has been most instrumental in your recovery and why?**

*Diana C. (1 year, 9 months)*

Step 1. Powerlessness has set me free from the need and desire to numb my mind, and also from the habit of obsessively trying to control the uncontrollable. Step 1 brings me back to reality—I can admit my powerlessness over drugs, alcohol, and other people, and give thanks for the knowledge that I only have control over myself. Everything else, I can turn over.

*Lester R. (1 year, 11 months)*

Step 1. It was realizing that I was powerless over marijuana and that my life was totally unmanageable while smoking that really woke me up to sobriety.

*Ross O. (1 year, 8 months)*

Step 3. Turning my life over to the God has freed me from a lot of worry about the things I have no control over. It frees up the time I would otherwise spend fretting over bullshit, allowing me to get on with my life and do what I need to do.

*Joe R. (11 months)*

Step 1. Admitting to myself and a room of addicts that my addiction is unmanageable. The appearance of control was my excuse to avoid seeking help with my addiction.

*Dave T. (4 years)*

Meetings. By sharing with others who have the same condition as me, my relationship to my addiction changes. I can laugh about getting high without doing it.

*Lori (2 years)*

Step 1. Because without it, the rest of the things I've experienced would never have happened. ☺

## Quote of the Month

*We began to see that humility is the key to serenity and happiness. Our outlook started to change. In the past we had always run away from the things that had frightened us. We had numbed ourselves with the drug. We never wanted to deal with pain. But now, we began to realize that some suffering can, in fact, encourage growth and develop character.*

—Life With Hope, Step Seven [page 34]

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