



a new leaf

a publication of marijuana anonymous

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The Roving Reporter Asks:

“One Day at a Time”, “Let Go, Let God,” “Keep it Simple”- Do you have a phrase or mantra that gets you through a rough day?

“Thy will not mine be done”
~ Joe S., MA District 3

Remember the Asteroid! This sounds rather radical but we addicts often find something to worry about that’s coming up and there’s nothing more we can do about it until that day or situation happens. Meanwhile we just worry. And, that does little for our serenity. My own solution is to think about the fact that there are asteroids flying around in space and one might possibly hit the earth someday, maybe. (Or, maybe not!) I could drive myself crazy about something and the asteroid might hit before that something ever happens and I’d have wasted all that time worrying and never had to face the problem. So, like now, when I’m waiting for some news and there’s nothing I can do but wait - I Remember the Asteroid! I’ve even done it at night in bed. There I am worrying about tomorrow’s problem and - hey! Wait! The asteroid might hit and I won’t have to deal with the whole mess. So I say my prayers and go to sleep. ~ Carol

Sometimes I found that “one sober breath at a time” gets me through. I also love the old Ram Dass stand by, “be here now”. If all else fails I turn to, “I’d rather wipe my bottom with a cheese grater, than get high.”
~ Howard L.



Roving Reporter

“My serenity is the most important thing.” and “Not my will, God, but yours.”
~ Anonymous

In my early sobriety, my sponsor suggested that I memorize “Acceptance” from the Big Book. I have found this to be such a helpful tool that I have passed it on to my own sponsees. I bought one of those pocket cards from the recovery bookstore, keep it in my wallet, and pull it out to read it when I need it. Even with six years sober, on those days when I feel nothing is going my way, I recite it to myself and it always helps me when I need to be reminded that nothing, abso-

lutely nothing happens by mistake. I only have power over my actions and my attitude.

~ Rachel K., District 10

“Push on and move forward”
~ Devina

I’m responsible for compiling a list of “slogans” to be placed on the walls of the “recovery room” of the gay days roundup during gay days at Disney each year. This year’s favorite slogan was “You’d be less concerned with what people think of you if you realized how seldom they do.” but my all time favorite is “If you always do what you’ve always done, you’ll always get what you’ve always got.”

~ Anonymous

I am in the first few months of attempting to live a clean and sober life with the help of an AA Sponsor and fellows in rooms of AA and NA. I hope soon to be useful in starting some MA groups in the Salem, OR area. My pot smoking increased when I lost my husband to lung cancer at the young age of 55. (William was a bright, personable Special Ed teacher who resembled Tim Russert in his political idealism, Irish-Catholic upbringing, working class roots and loyalty to his local sports teams- San Diego.) 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, & 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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Roving Reporter (continued)

too, was diagnosed with cancer only a month after Bill passed. I smoked through the 6 weeks of radiation treatments prior to surgery, the five months of daily home nursing care after the surgery, and after I weaned myself off the oxycontin and oxycodone, marijuana took me into isolated oblivion. By the grace of God, I came to the day where, in desperation, I called a local drug rehab clinic and checked myself in for treatment. My mantra has been: "This, too, shall pass." Facing 'life on life's terms' is no easy thing. I am able to reach out for help now, though, and the periods of excruciating loneliness and hopelessness are becoming fewer and shorter. And, my brain is not so much like 'Swiss cheese' these days. The 12 Steps as established by Bill W. and AA are leading me into a "Life with Hope" where I am amazed to

have the strength and desire to reach out to others who are suffering from addiction to marijuana. ~ Lyndi F., Salem, OR

I have a saying that I read long ago and it stuck with me. It was from the book Sacagawea, the Shoshone Indian guide for Lewis and Clark on their journey across country to Oregon. This is a chant that the women said in a ceremony when girls became women.

Plant a thought,
Harvest an act.
Plant an act,
Harvest a habit.
Plant a habit,
Harvest a character.
Plant a character,
Harvest a destiny.

I love this "chant" because it reminds me that the choices I make today will make me who I am tomorrow. ~ Thomas



Socializing and Staying Sober by Howard L.

I am asked to attend many different parties due to my business. When I get there I usually find most people drinking or smoking pot. As I have gotten deeper into my sobriety, I found that I like to arrive early and watch the progression from when people arrive relatively straight to when they get so smashed they can't talk or start to vomit. I especially like the close talkers who keep repeating themselves. This reminds me why I am sober, and so grateful to be so. It reminds me of how I was and how obnox-

ious they are, which was me for sure. I am often posed the question, "Would you like a drink?" I say "Yes, diet coke please." They say "No, I mean a real drink," to which I reply, "I don't drink real drinks, except for diet coke," which, last time I had one, was a real drink. Then they try to pass me a joint. "No thanks." Then I get "Do you smoke pot?" I reply "Nope, not anymore, I'm clean and sober." Then they always congratulate me as they take another hit or swig. I politely respond "Thank you." Once I

state that I am clean and sober, I often get at least one person who wants to know more about that, I find it is a great conversation starter. There is nothing like having a conversation with somebody who is stoned that doesn't want to be stoned. It's like I'm a priest in a confessional. I never stay very long, but I'm not uncomfortable going. I have to live life. I have learned to say no, no thanks. Been there, done that, a lot. Don't need to do it again.

daily meditation book

July 5th: Turn My Will and My Life Over

The Third Step seems to be a stumbling block for a lot of us. The way I have done this step is by prayer. It is a really simple prayer, but it seems to work. Thy will be done. That's it. Nothing more. I practice this by saying it many times a day. When climbing mountains I say it with each step. I like to climb mountains. So each step up the mountain I say "Thy will be done." And by the time I get to the top I have a new spiritual perspective. It's a simple prayer to show me how simple life really is. One step at a time I get to the top of whatever it is that confronts me. I may never know exactly what God's will is but I don't really need to. It is enough to know that God is there and I may get inspired from time to time, and live a life of peace.

The Third Step is just a decision and I decide today to seek and open myself to the possibilities of God's will.

*A motion was passed at the recent MAWS conference to start collecting submissions for an **MA Daily Meditation Book**. Using other 12 step meditation books as a model, start writing out **your** inspiration. Be sure to include your sobriety date with your submission, as we plan to print **YOUR** writing on **YOUR** sobriety date. Pretty cool, huh? Send submissions to anlp@marijuana-anonymous.org or the PO box on page 2*

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For a complete listing of all meetings visit www.marijuana-anonymous.org

birthdays

Celebrating at 178 years of sobriety in this issue!
 Submit your sober birthday to your Bureau Chief or see page 2 for contact info.

District 2

Ari R 7/3/06 12 yrs.
 Vicki S 7/5/06 2 yrs.
 Kimmy 7/7/07 1 year!
 Michael D 7/6/87 21 yrs.

District 3

Craig F. 6/12/08 1 year!

District 4

Eric K. 7/1/95 13 yrs.
 Brad G. 7/13/04 4 yrs.

District 5

John Mc. 7/2/91 17 yrs.
 Matt 5/25/07 1 year!

District 7

Carol McD 6/23/88 20 yrs.
 Marc I. 4/17/07 1year!
 Ben R. 6/1/06 2 yrs.
 Ruel T. 6/4/02 6 yrs.
 Dutch Marc 6/5/02 6 yrs.

District 8

Amy H. 7/10/04 4 yrs.
 Pete A. 6/3/08 1 year!

District 10

Stan 7/3/90 18 yrs.
 George G 7/7/94 14 yrs.
 Mclinda 7/17/05 3 yrs.
 Angela 7/21/05 3 yrs.
 Susie G 7/28/05 3 yrs.
 Kim 7/31/06 2 yrs.

District 11

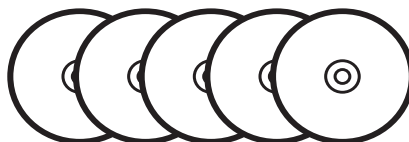
Carlin C. 7/5/07 1 year!
 Diane 5/14/07 1 year!

Others

Philadelphia
 Rich C. 7/23/02 6 yrs.
 Williamsburg, Virginia
 NancyR 5/1/93 15 yrs.

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