



I FELL by Katrina B.

I'm Katrina, a newcomer to MA. I found the room about eight weeks ago and the program has saved my life. Maybe pot wasn't going to kill me, but it may as well have, since my existence prior to recovery did not resemble living at all. I cannot begin to describe the true joys that have been returning to me since choosing a pathway with hope over my well-trodden, too-familiar path of darkness.

In the weeks since becoming sober, I have struggled with the feelings of losing my best friend; then realizing it was no friend to me at all, and in fact I had been betrayed in a devastating way. My emotions ranged from grief over my loss to anger at myself and marijuana because I felt duped. The wool was pulled over my eyes for far too long, and I didn't understand how it got to be that way.

Writing was something that became lost to my addiction, but with a clean mind, I am getting it back. Here is a poem I wrote to help myself deal with these emotions. It has come to my attention that sharing it may benefit others, so I submit it to you now:

I Fell

The warmth of day is a stranger to me,
I've been spending all my time with you
When you grew colder,
never thought to seek the sunlight
Because you decided what we do

You hold control because I let you,
Still I forget where my power goes
I've been happy riding shotgun
Ignorant of our destination

Your operation is shrewd
You possess the trappings of a friend
But you're a destroyer,
Indiscriminate, talented, too
So deceptively expensive
I can't believe I fell for you

I only needed to connect with someone
I just wanted a bit of fun
And I was unassuming,
To trap me was easy!
Feels so good
How can it be damaging?

I loved you like a child
Can I be a victim if I was willing?

Well, I am broken now,
There's a lot to get used to
I know more than before
But that doesn't make it better
To be quite straightforward
I am terrified of life without you

You changed me to a fool
You raped and stole from me
Not that you lacked my permission,
I don't know, but I'm not happy

Can we agree to disagree?
Can you release or ease up a bit?
I'm beat. There's nothing left
But to walk away peacefully
I can't afford to keep you
Not in my home, not anymore
You can find another susceptible host
Just walk out the front door

by Katrina B., April 2009



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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Torrance, CA 90504

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

MA Daily Meditation Book

We're looking for YOUR writing to fill a year's worth of daily meditations, focused on MA recovery from marijuana addiction. The writings should be approximately 250 to 500 words, and focused on recovery. What would you want to read every day on your sobriety birthday? Send your submission and we'll print it on YOUR

recovery birthday. If you feel so moved, send in more than one. If you need inspiration, take a look at daily meditation books from other fellowships.

In this issue is one of the submissions – be sure to write yours now to reserve your date for you submission.

Send submissions to A New Leaf, Attention: Susan B.



Meditation Submission

March 17

In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. --Mahatma Gandhi

The eleventh step is about communication with our Higher Power, something we can do every day. We have heard it said in 12-step meetings that while praying is talking to our Higher Power, during meditation we make the stillness that allows our Higher Power to guide and talk to us. Many of us stopped these practices when we started smoking. Some of us never started in the first place. Either way it is never too late to learn and begin again. Prayer is about thanking as well as asking, and our Higher Power answers all our prayers.

Sometimes the answer isn't what we want it to be. Sometimes the answer to a plea is, "I'm sorry, but no," or "Not yet," or "Instead of that, how about this?" When we thank our Higher Power in prayer, we always receive a "You're welcome" in return. If we are aware of the world around us: the people, the situations we find ourselves in, or moments in nature, we might find the answers to our prayers there. Meditation enhances and hones our awareness. It separates the mud of our inner selves into earth, air and water, makes one thing distinguishable from another. Sometimes meditation answers prayers we weren't even conscious of -- like a gentle suggestion we hadn't yet considered, or a feeling of oneness with the universe that we hadn't experienced, a sense of belonging, or a taste of serenity.

I will ask my Higher Power to keep me sober today, and before going to sleep tonight, I will thank my Higher Power for having kept me sober this day. In between, I will let my Higher Power speak to me.



Step 7 - Humbly asked God to remove our shortcomings

"Step 7, Humbly asked God to remove our shortcomings," was a spiritual turning point step for me. As my shortcomings reveal themselves, they've caused my ongoing surrender to my Higher Power over the years. This step is the epitome of "Beyond My Wildest Dreams..." majesty! Step 7 provides the access way for devoted worship at the altar of my Higher Power I know today. Clearly, my Higher Power used marijuana to get my attention... PRICELESS! ~ Portia W.

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In steps 6 and 7 we practice humility by becoming aware of

our attitudes of willingness or in some cases, our unwillingness to surrender old ideas. Before program I struggled daily with my negative responses to life, resentment, fear, bitterness, self pity were emotions that I thought someone or something "made me feel." Steps 4 and 5 & 6 helped me to look honestly at myself.

In step 7 I asked (and continue to ask) my Higher Power to remove those shortcomings which block me from Him, others and even myself.

This active surrender of "asking" is a daily discipline for me. As I examine my part in

things, I can now see I have made choices based on self which led me to feel "those" feelings of resentment, fear and self pity. Today I consider those choices which affect my quality of life and the lives of those around me. I humbly ask God to direct my thinking and remove from me those shortcomings which caused the feelings. Whatever I may have learned in my past can be unlearned with the help of humility, God and the fellowship. I am very grateful for the program. ~ Anon

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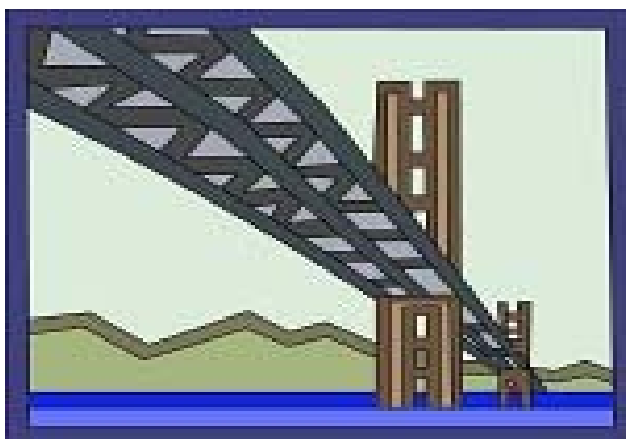
MA District 11 Proudly Presents

BUILDING BRIDGES

2010 MA World Convention

February 12-14, 2010 • Double Tree Hotel - Lloyd Center

Portland, OR USA



For more information, please go to:

www.maconvention.org

To suggest what should happen at the conference, participate in our suggestions blog at:

blogideas2010.blogspot.com

If you would like to lead a workshop, request a workshop application at

info@maconvention.org

WE'RE INTERESTED

Please keep an open ear at the meetings you attend, share a copy of A New Leaf and perhaps suggest members submit their stories. It may be that some members are shy or don't think their story is worth sharing... an encouraging word could make all the difference.

Roving Reporter Question August

Life Happens: Share a tough experience and how you handled it using the Steps and tools of the program.

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight

Marijuana Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

marijuana anonymous worldwide

MA World Services

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 www.marijuana-anonymous.org
 email: office@marijuana-anonymous.org

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District 3 South SF Bay Area

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District 4 Western Washington

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District 8 New York

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District 12 North Bay, CA

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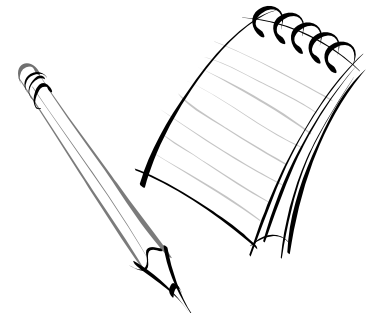
info@ma-kbh.dk

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

Tradition 7 - Every group ought to be fully self-supporting declining outside contributions.

The needs of the group are simple: a place to meet, literature, support of our services, etc. We look only to ourselves, within the fellowship, to meet these needs. While our particular meeting has "just enough" to make ends meet and make small donations, we know where every penny goes. And it keeps things simple. While there may be those

who wish to be generous, one may get the idea that monetary gifts seem to have strings attached. Money, property, and prestige create problems. Having the integrity to resist any generous offers and keeping things in perspective helps build the inner strength of the group. Trust the process. ~ Anon



SUBMIT

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

birthdays

Celebrating 212 years of sobriety in this issue!

Want your sober published? Let your Bureau Chief know or see ANL contact information on page 2.

District 2

Ray H. 7/1/04 5 yrs.
 Jenn F. 7/2/05 3 yrs.
 Vicki S. 7/5/06 3 yrs.
 Michael S. 7/15/07 2 yrs.
 Kevin V. 7/21/85 24 yrs.
 Sheila 7/22/89 20 yrs.
Rich G. 7/22/08 1 year!
 Steven C. 7/28/04 5 yrs.

District 3

Dave Lit 11/1/04 4 yrs.

District 4

Kate Mc. 6/27/03 6 yrs.
 Eric K. 7/1/95 14 yrs.

Brad G. 7/13/04 5 yrs.
 Kerry C. 7/15/07 2 yrs.

District 5

Gary 5/8/07 2 yrs.
Jeana 5/25/08 1 year!
 John McC. 7/2/91 18 yrs.

District 7

Karen T. 4/12/02 7 yrs.
 Jorge E. 4/19/02 7 yrs.
 Rûél T 6/4/02 7 yrs.
Dave H. 6/8/08 1 year!

District 8

Portia W. 1/17/83 26 yrs.

Joseph C. 7/4/04 5 yrs.

District 10

George G. 7/7/94 15 yrs.
 Susie K. 7/28/05 4 yrs.
 Kim M. 7/31/06 3 yrs.

District 11

Brandon R. 7/5/94 15 yrs.

Other locations:

Hyannis, MA
 Mary A. 6/26/06 3 yrs.

Freehold, NJ

Jason V. 5/7/02 7 yrs.