



Meditation: Wishes Fulfilled

NEVER USED TO BELIEVE in miracles. I never used to believe my wishes could be fulfilled. When I was in my active addictions, I was abysmally negative, hopeless and cynical. My experiences growing up in a dysfunctional family of addicts, poverty and abuse created a distorted view of what was normal. I learned to minimize my wishes and aspirations, to expect the worst and to prepare for the same day as the day before.

When I first started attending recovery meetings, I didn't believe what members said their lives were like today—happy, content, and free. But I kept coming back because I knew that I couldn't go on living the way I had my whole life. Slowly, I started to notice joy, faith and hope creeping into my life. The old tapes playing in my head that said, "you will never be good enough,

you will never succeed, you are going to fail" started to be replaced with messages of self-acceptance and self-worth.

I received the love members in MA freely gave to me when I had none to give myself. Today, my days of recovery are building blocks moving me toward a life I could never have dreamed of before. My wishes, like seeds, are being planted and they are germinating. They are grounded in the loving Universe, and wishes realized are just around the corner.

Sometimes, I still get deflated and revert back to old patterns of thinking when what I wish for doesn't materialize right away. Faith is required—and faith can be renewed at any moment in any day. If I am willing to keep showing up in my life of recovery as if my wishes are right

Today I have miracles in my life.

around the corner, I am able to hear my Higher Power cheering me on!

Today, I get to dream bigger and have seen miracles manifest in all areas of my life. It is all happening, as it is meant to be, one day at a time. I was led to the program of MA, and have been given a first-hand experience of Grace.

Affirmation/Meditation:

I embrace my daily journey of recovery, trusting that the Universe is opening doors and guiding me toward my wildest dreams.

~ *Drift M.*

Meditation: The Emotional Roller-coaster

AS MARIJUANA ADDICTS we have all experienced mood swings. Incredible joy and happiness can quickly turn to utter despair in a matter of moments. Sometimes these quick changes in our emotions can be very confusing, and cause us to think long and hard about our sobriety as we long for the emotional consistency of being a stoner.

As we gain time in recovery, all of us spend more time in the world of affairs, spreading our wings and experiencing life to the fullest. These experiences will

no doubt come with the fullness of the human condition. That means there will be circumstances that will make us happy and others that will make us incredibly sad. Then there are some experiences where we will have to just wait and see what happens. For some of us, these are the hardest to bear.

Let us agree that today we will embrace our feelings—good, bad, or indifferent. Let us know that these feelings are a gift from our Higher Power as proof positive we are fully engaged in life, and truly living life on life's terms.

One of the joys of being clean is the return of the full range of human emotions.

Affirmation/Meditation:

I embrace my emotions. I know that my Higher Power is working in my life today.

~ *Craig J.*

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



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
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Walnut CA 91789-2706

Other inquiries and correspondence:
info@anewleafpublications.org

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



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



Bulletin Board

Share your sobriety milestones!

tiny.cc/mabday



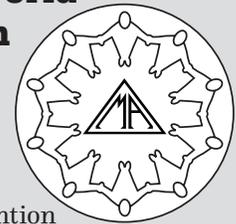
Submit a Story

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

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DIST. 13 MA Online www.ma-online.org			

Celebrating 108 Years of Sobriety!

District 2

Chrysanthemum	5/6/01	16 yrs
Doug S.	6/4/09	8yrs
Kathy L.	6/14/95	22 yrs
Nina S.	6/21/85	32 yrs

District 5

Andrea	6/15/10	7 yrs
Brandon	6/6/11	6 yrs
Gustav	5/23/11	6 yrs
Mary C.	5/10/10	7 yrs

Tom G.	5/17/10	7 yrs
Londyn	5/23/11	6 yrs

District 7

Alan B	5/1/97	20 yrs
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District 22

Rachel	5/29/15	2 yrs
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MA-Phone.org

Darlene	5/7/16	1 yr
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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 Seven

Humbly asked God to remove our shortcomings.

Tradition Seven

Every MA group ought to be fully self-supporting, declining outside contributions.



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.

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