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Meditation: Present Presence

TRY TO RESIST recycling the past and fearing the future just for today. The less energy you give to these thoughts, the less power they have over you.

Notice them because it's impossible not to, but remind yourself that they are an energy suck and not reflective of the true you.

You are actually okay right now in the present moment and can always come back to troubling thoughts later, in therapy or with family, friends, fellows, or your sponsor.

More importantly, press your hand to your heart with absolute tenderness, either in silence or randomly throughout the day and

simply LET (Love, Energy, Truth). Your pain will subside if you let it.



Affirmation:

Love
Energy
Truth

~ Doris in Miami

corpse pose after a rigorous yoga practice. I surrender.

I also practice humility in service work by chairing MA meetings, or by exposing my vulnerabilities by sharing my fears and hopes with my fellows in the program.

I won't lie. More than two and a half years since I put down the pot, I still find it terrifying and difficult to let Higher Power work in my life. I have realized from working the first seven Steps that I am very tightly wound and determined to control everything in my orbit. However, I find the idea of letting go, of unclenching my fist just a little, intoxicating. I pray for the humility to let go.

I have, and have always had, a clear vision of what I wanted to achieve and what my life should look like. Part of the tragedy of active addiction for me was seeing how far away I'd drifted from that vision and feeling powerless to change course. Part of the gift of recovery is that I'm able to dream again, without those dreams feeling like absurd fantasies that I am too sick and too weak to ever actually approach.

As I turn my attention to the rest of the majestic 12 Steps, I will keep in mind that I am only human, and that *slow and sustainable* is better than *sudden and temporary* when it comes to changing my life and my outlook completely.

I will repeat my prayer to Higher Power to stay humble. I will get down on my knees and say thanks. ▲

~Emily S., TX

Accepting the Miracle

The spiritual principle of Step Seven is humility, defined as freedom from pride or arrogance. The word comes from the Latin *humilis*, meaning low.

I grew up in a church where humility was physically built into worship. I demonstrated faith by pulling out the often poorly-padded kneeler and staying there, bearing the discomfort and the weight of my sins and human inadequacy, on my knees for half an hour each week.

I seldom prostrate myself that way these days. But I know that humility, that staying low, is essential for me to stay in recovery.

When I pridefully believed that I could stop active addiction by the

force of my own will, I was truly powerless. It is only in humbling myself to the reality of my illness and my great, desperate need for the support and strength of Higher Power that I am given a reprieve from the terrors of obsessive, compulsive drug use. It is with humility that I remind myself every single day that my faith and my body are weak.

I practice Step Seven by accepting how little I know, by accepting the miracle of having been rescued from my slavish devotion to marijuana by a power that is beyond my human understanding to fully comprehend.

I let the weight of this sink in when I am sitting in quiet meditation or when I am lying down in

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 are reaching out to districts to update the District Bureau Chief and birthday lists. Additionally, district representatives, including but not limited to those serving as Bureau Chief, are encouraged to stay in touch by emailing Thor H. at: editor@anewleafpublications.org

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Contact ANLP

Send articles/stories:
stories@anewleafpublications.org

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

Recovery is a Process

I was really sick, in pain, and needed help. I had been lovingly encouraged by my partner to consider taking a look at the Marijuana Anonymous program and reluctantly checked it out.

I read the Twelve Questions and then knew that others had suffered from the disease of marijuana addiction that I was caught up in. It was a real relief to make the connection.

I got up a little courage and made a commitment to attend a meeting. I learned there was an established program, and that others that came before me had success in getting well and living in sobriety.

That was enough to convince me to give it a try; I was tired of feeling miserable. I had a real desire and was willing to go to any length to recover.

After attending a few weekly meetings, there was enough hope to dig in a bit. I started working the Steps with a temporary sponsor. My mind and body started to slowly heal, and a sense of spirituality began to return as well.

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info@anewleafpublications.org

My temporary sponsor suggested I check out a phone meeting. After a couple nudges, I started dialing in. My attendance at first was pretty spotty and minimal at best.

*I had a real desire
and was willing to
go to any length
to recover.*

I slowly began to attend phone meetings on a more regular basis, because I was hearing some good experience, strength, and hope regarding recovery from marijuana addiction. Those phone meetings have been really helpful in getting me through some pretty rough patches.

I continue in the process of recovery and find some serenity along the way - how cool is that? I try to keep it simple and am fine with making slow, steady progress. "Recovery is a process not an event." –Step One, *Life with Hope*

So take a little nudge from me, dial in, get connected, and allow your recovery process to move forward.

One day at a time. ▲

~Anonymous

For more information about MA phone meetings, please visit MA-phone.org or check Telephone meetings when using the search feature in the MA mobile app.

*To work with ANLP, please send a note to board@anewleafpublications.org

70 Days Sober and 15 Years Old

I am 15 years old, and I am a marijuana addict. Today, I have 70 days clean and sober. An early life experience that led to my use of marijuana was abuse from my grandfather, which made me depressed and anxious very early on.

Another thing that led me to using was that in my neighborhood, everybody seemed to smoke, which made me think it was just part of a "normal" person's life.

The first time I used I was 12 years old, and my neighbor offered me a bowl. At that time, I was looking for an escape from anxiety and depression, so I took a hit. Almost immediately after, I thought that it was the answer to my problems, or as I would call it, the key to Pandora's Box. As time passed, I felt I would be able to smoke forever and that it would be the answer to everything,

If I needed to study, I'd smoke. If I needed to write an essay, I'd smoke. And, that's what I did with everything that came up in life.

When it comes to the idea of marijuana turning on me, it's kind of confusing because it'd turned on me ever since I smoked for the first time.

To put it into perspective, my moral bar was already on the ground, and pot was the shovel that dug the hole I climbed into.

During my last 60 days of use, I was on a roller coaster of emotions because pot still got me high, but ended up making me more depressed.

I really didn't want to smoke, but at the same time, I wanted to smoke so bad that I couldn't stop even if I wanted to. The last thing that brought me into the rooms is when I finally got sick and tired of being sick and tired.

I came to realize through the program that if I want to live a productive life, I couldn't smoke ever again. ▲

~Anonymous in Canton, OH

Outreach Board

New Meeting Support Project:

Seeking members with service experience and a working knowledge of the Twelve Steps and Twelve Traditions of Marijuana Anonymous to aid our efforts in providing support to new meetings in their first year. Volunteers will receive support and resources from the Project Lead and are paired with a new meeting to provide ongoing correspondence in regards to service topics, meeting level successes and needs, and more.

outreach@marijuana-anonymous.org

Correspondence Committee:

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 fellowship's 800 helpline and email inquiries.

office@marijuana-anonymous.org

**your your your
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your... your**

You may have noticed that content in recent issues has been recycled. Have you? Please help our readers by sharing a bit of your recovery. Thank you!

stories@anewleafpublications.org
YOUR recovery content

www.marijuana-anonymous.org/literature/newsletter

Mar-Anon:

Mar-Anon is a fellowship for friends and family of marijuana abusers and addicts. Online chat meetings, phone meetings, and Google Group weekly emails are available to support loved ones.

To request access, please email outreach@mar-anon.com and provide your first name, last initial, and your preferred email address.

Visit www.mar-anon.com for more information and to join a network of supporters.

Marijuana Anonymous Worldwide

For a complete listing of all meetings visit
WWW.MARIJUANA-ANONYMOUS.ORG

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Celebrating 55 Years of Sobriety!

District 5

Andrea Y.	6/15/2010	8 yrs.
Brandon	6/6/2011	7 yrs.
Gustav	5/23/2011	7 yrs.
Londyn	5/23/2011	7 yrs.
Trudie	6/1/1998	20 yrs.

District 22

Rachel C.	5/29/2015	3 yrs.
Gordon M.	5/12/2016	2 yrs
Ma-Phone.org		
Jesse M.	6/21/2017	1 yr

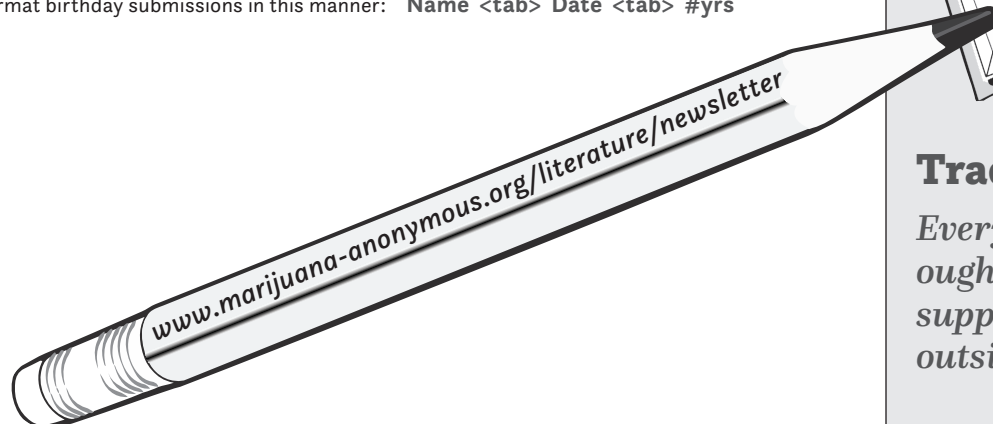
GOT A YEAR? ALLOW US TO PUBLISH YOUR ANNIVERSARY TO CELEBRATE!!!

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.

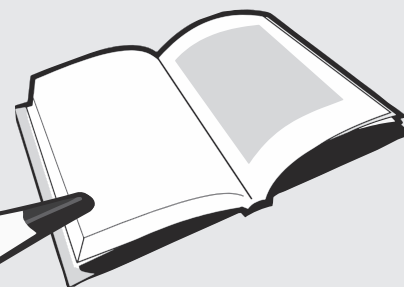
Please format birthday submissions in this manner: Name <tab> Date <tab> #yrs



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.*