

A NEW LEAF

August 1997
Volume 7 - No. 8

A Publication of Marijuana Anonymous

After The Fall

by Anonymous, District 8

I'll tell you when I really got kicked in the teeth by marijuana. It was the second time around, after two years clean and then a slip that lasted for a year.

Before I quit the first time, I had no problem with the identity "pothead." I was proud of the identity. I used to have a roommate who, when asked if he smoked pot, would say, "like a fiend." I sort of adopted that mentality after I heard him say it so proudly. Yeah, pothead, smoke like a fiend, and proud of it. "I'm always high," I'd brag.

Then, upon finishing college and entering grad school, I quit. I quit so I could pursue a career rather than just attend class high. For two years, I was getting my Masters in Psychology, doing internships working with patients, doing research at school, and applying to doctoral programs. This may have been the best time in my life in terms of my "manageability," self-esteem, ability to function, date men, feel comfortable in my own skin.

I went on to start a doctorate, and it was hard. It wasn't only hard, but I hated the school, its Freudian philosophy, and the direction I was heading in my career. I didn't know all of that though. All I knew was the intense anxiety I was feeling

over the schoolwork. And I mean *intense anxiety*. I saw a psychiatrist who put me on a smorgasbord of medications, one of them being Librium. I disliked Librium for its side effects but wanted very much an anxiolytic drug (a drug that

it were legal he'd prescribe it. Hey, the green light.

To make this long part of the story very short, within six months I was a 24-hour-a-day pothead again. Only this time it was no fun at all. This time I was a failure who

couldn't stay clean. I dropped out of the doctoral program and went back to finish my masters program that I'd been told

Only this time smoking pot was no fun at all. This time I was a failure who couldn't stay clean. I dropped out.

reduces anxiety). After two years clean, I smoked pot. It felt great. My psychiatrist basically condoned it, telling me that it has the same properties as other anxiolytics and if

only losers finish. Winners leave and get their doctorate before completing their masters. So I was stoned, daily, so paranoid that I

Continued on Page 3

Top 10 Reasons to Pick Up (the Phone)

by Praline M., District 2

1. Because it keeps you clean.
2. It's a healthy way to deal with stress and problems.
3. It deepens your relationships with your fellows, which is what recovery is all about!
4. It gives you a chance to doodle.
5. It's like having a mini-meeting when you can't get to one.
6. It's a chance to do service.

7. You might get a chance to laugh—and a good belly laugh is a sure sign of spiritual awakening.

8. You can perfect your technique of leaving messages on machines.

9. You can share a daily meditation with a phone buddy.

10. You can get to know people and find out who might be willing to be a sponsor. ☉



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.

Publishing Editor
David H.
Managing Editor
Judy S.

- District 1 Bureau Chief: **Steve T.**
- District 2 Bureau Chief: **Praline M.**
- District 3 Bureau Chief: **Kevin G.**
- District 4 Bureau Chief: **Mary M.**
- District 5 Bureau Chief: **Az A.**
- District 6 Bureau Chief: **Kim B.**
- District 7 Bureau Chief: **Richard D.**
- District 8 Bureau Chief: **Joe D.**
- District 9 Bureau Chief: **Bernie G.**
- District 10 Bureau Chief: **Bill H.**
- Del. Valley Bureau Chief: **Lee R.**

Published by
A NEW LEAF Editorial Board
Rob M., chairman
Loren N., treasurer
Ilene M., secretary

Send all articles, inquiries, and correspondence to:
A NEW LEAF
P.O. Box 4314
North Hollywood, CA 91617

Email #1: ANewLeaf97@aol.com
Email #2: ANuLeaf@aol.com

Editorial Phone No.
(818) 353-5537

Fax No.
(818) 990-2980

© Copyright 1997 • Marijuana Anonymous

New Meeting Round-Up

Here is information on several new or changed meetings outside of established districts. To find out about meetings within districts, call the specific district's phone list, listed in the box on the last page.

Courtenay, British Columbia
Tuesday, 7:30 pm
Train Station, 899 Cumberland Road

Victoria, British Columbia
Friday, 7:00 pm
James Bay Community Project
547 Michigan Street, Room 209 (ring intercom)

Arcata, California
Monday, 7:00 pm
H.S.U. Annex, Room 115 (corner of 14th and "C")

Santa Barbara, California
Tuesday, 6:30 pm (was Thursday, 7:30 pm)
Alano Club, 235 East Cota Street

Miami Beach, Florida
Wednesday, 8:30 pm
(not 1st Wednesday of the month)
Sober At South Beach, 1661 Lenox Avenue
(Lenox Avenue & Lincoln Road Mall)

North Miami Beach, Florida
Saturday, 7:00 pm
New Dimensions, 1636 N.E. 148th Street

Columbus, Georgia
Friday, 6:00 pm
St. George's Anglican Parish House,
429 1st Avenue

Matawan, New Jersey
Monday, 9:15 pm
St. Clement's Church, Route 79
(between Lloyd Road and Route 516)

Wooster, Ohio
Monday, 6:30 pm
Wayne County Alcoholism Services,
149 E. Liberty Street

Hamilton, Ontario
Tuesday, 8:00 pm
MacNab Street Presbyterian Church,
116 MacNab Street South

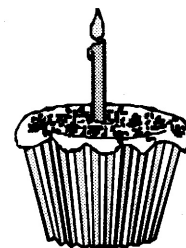
Putney, Vermont
Tuesday, 7:30 pm
Genesis Church of the Brethren,
Kimball Hill Road

Tell Us All About You

We want your story for the Second Edition of *Life With Hope*. Stories should be 5-8 typed, double-spaced pages. All stories will be reviewed, and 12 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. ☎

Congratulations to our members celebrating their sober birthdays!



District 1					
Rebecca P.	Jul 10	3 yrs			
District 2					
Kathy H.	Jun 14	1 yrl	James V.	Jul 20	1 yrl
Brandon R.	Jul 3	2 yrs	Scott B.	Jul 27	11 yrs
Sheila F.	Jul 19	9 yrs	Ted J.	Jul 30	7 yrs
District 3			District 6		
Pharoan J.	Jul 6	1 yrl	Bruce A.	Jul 3	2 yrs
Dan H.	Jul 25	11 yrs	Chris W.	Jul 4	6 yrs
District 4			Andrea S.	Jul 25	4 yrs
Eric K.	Jul 1	2 yrs	Patricia G.	Jul 25	7 yrs
Marrie D.	Jul 16	1 yrl	District 7		
District 5			Morgan A.	Jul 11	9 yrs
Jaime B.	Jul 1	7 yrs	District 8		
John	Jul 2	5 yrs	Jeff M.	Jun 15	1 yrl
Chris F.	Jul 16	8 yrs	David K.	Jun 27	1 yrl

MAWS Treasurer Report: July 1, 1996 to June 30, 1997

By Lance D.

Income

District	Misc.	1	2	3	4	5	6	7	8	9	10	11	TOTALS
Chips	459.80	269.97		38.00	51.30	412.61	1,013.13	140.00	256.72			235.54	2,877.07
Convention	2,000.00												2,000.00
7 th Donation	845.38	500.00	144.72	175.00	257.35	800.00	1,881.17	949.90	190.00	60.00	50.00	484.66	6,338.18
Life With Hope		250.00	75.00		250.00	631.00	250.00	500.00			100.00		2,056.00
Mugs	219.00		6.00			36.00	66.00						337.00
T-Shirts	152.00		12.00										164.00
Merchandise													
Misc.	205.18												205.18
Conference													
In Kind								282.00					282.00
Service Manuals	60.00												60.00
Shipping	100.00												100.00
Sales to Outside													
Sources	150.00												150.00
ANL Donations	2,500.00												2,500.00
State Insurance													
Refund	198.78												198.78
TOTALS	6,890.14	1,019.97	237.72	213.00	558.65	1,879.61	3,210.30	1,871.90	446.72	60.00	150.00	720.20	17,268.21

Expenses

800 # Reimbursement	313.13
Misc. Phone Reimbursement	54.40
MCI Telephone	3,446.05
Voice Mail (Quality Tele)	571.73
ANL Printing	2,920.68
Bank Charges	72.00
Chips (Book Cafe)	3,753.43
Accountant (Bookkeeping)	1,170.02
Office Manager Expenses	1,687.44
Office Manager Voice Mail	161.90
Office Manager Salary	1,800.00
Secretary of State	30.00
State Fund (Insurance Employee)	200.00
Sales Tax (Merchandise Sold)	486.00
Trustee Travel	598.00
Web Domain	200.00
Misc. Amount to Balance Unknown	+85.84
TOTAL	17,378.94

Summary

Checkbook Opening Balance: July 1, 1996	4,543.52
Income	17,268.21
Sub Total	21,811.73
Expenses	17,378.94
Checkbook Closing Balance: June 30, 1997	4,432.79

After The Fall

Continued From Page 1

could barely show up to give presentations, wasn't seeing patients, and planning to pull a geographic and move across the country.

Finally, when I couldn't concentrate well enough to finish writing my thesis, I came into MA, made it 15 days, went out for six more months of hell, and then came back, clean from pot to this day, some two years and seven months later.

For the past two and half years, I have felt defeated,

confused, undirected, and clueless a lot of the time. I've had trouble knowing who I am and what to do. My life is still unmanageable. I go to meetings, I do service, I use the phone, I read the literature.

I am out of work now and I'm thinking of what to pursue. I think about how happy I was seeing patients when I got clean the first time. I'm thinking about the self-esteem I had from being a proud pothead and then a proud straight person. That slip, in lieu of dealing with life on life's terms, affected me in a big way. It wasn't the worst part of my story, but I think it's a part that I hadn't—before just now—given the credence it deserves. I called someone a few moments ago to talk about my job search and what I just thought of with respect to that year's slip. She wasn't home. So I left a message, then wrote this article. I suppose this article needed to get written.

I suppose I have hope, too, that if I keep pushing through whatever it is that arises, sober and soberly, that I will get through it. I've always told patients that the only way to the other side is through. There's no going around. Using is an attempt to go around. I am sticking it out today with the hope, and maybe even some faith, that if I go through it, it will pass, and I will come out at the other end in a different and better place rather than that rut, that lowest rut that happens after a slip. Recovery gets harder after a slip, not easier. I really did have to start not only at the beginning, but even worse than the beginning, all over again. It's worse than going back to where you left off, it is lower. I've heard it said "I know I have another slip in me, but I don't know that I have another recovery." That is me, to a tee. ☺

Anyone, Addict

By Rick, District 6

What kind of person becomes an addict? Someone popular, with a lot of friends? Or someone who is different, with only a few friends or none at all?

Anyone can become an addict.

The only way that I figured this out is by becoming an addict. I used to be in the popular crowd. Right before high school, I started being shunned. I had never lived with the fear that I had no friends, so I did almost anything to keep the two good friends I still had. One of the things was try pot. This was a big change from the way I lived when I was younger. I was an athlete, and the last thing I thought I would get into was drugs. Drugs prevented me from being the best I could be.

When I entered high school, I continued to smoke pot, because that was what my new cool friends were into. The next three years were filled with highs and lows—but everything seemed so superficial, including my friendships. This made me sad and depressed. I believe this was my rock bottom.

I realized I could not live this way—but I could not stop using. It took being arrested twice and losing my driver's license for two years before I walked into MA.

Since then, my attitude and actions have changed, and so has my direction in life. Luckily, I haven't killed my chance in athletics. Hopefully, I haven't killed all those relationships I damaged while using drugs. Either way, I know that my first priority is staying sober and keeping a clean head. ☉

If you are a sober teen or became sober as a teen, we want your story. Mail it to: MA District 6, Literature Chairperson, P.O. Box 2433, Van Nuys, CA 91404

Quote of the Month

One of the miracles of Step Eight is that it gives us permission to be true to ourselves. We stopped practicing our defects of character and eliminated the patterns of behavior which had caused harm to ourselves and others for much of our lives.... We were less attracted to drama and trauma and more attracted to sanity and serenity. We became willing to make amends to those we had harmed.

—Life With Hope, Step Eight [page 41–42]

MA WORLDWIDE...

SAN FRANCISCO (District 1)
P.O. Box 460024
San Francisco, CA 94146
(415) 522-7373

EAST BAY (District 2)
P.O. Box 8354
Berkeley, CA 94707
(510) 287-8873

SOUTH BAY (District 3)
P.O. Box 111341
Campbell, CA 95011
(408) 450-0796

SEATTLE (District 4)
P.O. Box 1509
539 Queen Anne Ave. N
Seattle, WA 98109
(206) 548-9034

SANTA CRUZ (District 9)
P.O. Box 3196
Santa Cruz, CA 95063
(408) 427-4088

L.A. COUNTY, NORTH (District 6)
P.O. Box 2433
Van Nuys, CA 91404
(818) 759-9194

L.A. COUNTY, SOUTH (District 7)
P.O. Box 3012
Culver City, CA 90231
(213) 964-2370

L.A. COUNTY, EAST (District 10)
P.O. Box 94400
Pasadena, CA 91109
(909) 787-6020
(626) 583-9582

ORANGE COUNTY (District 5)
358 S. Main #215
Orange, CA 92668
(714) 999-9409

NEW YORK (District 8)
P.O. Box 507
New York, NY 10276
(212) 459-4423

PORTLAND, OREGON (District 11)
P.O. Box 14125
Portland, OR 97293
(503) 221-7007

HUMBOLDT, CA AREA
(707) 443-5928

DELAWARE VALLEY CHAPTER
P.O. Box 194
Sadsburyville, PA 19369
(610) 622-9243

NEW ZEALAND
MA Service Centre
P.O. Box 74-386
Newmarket
Auckland 3, New Zealand
(09) 846-6822

WORLD SERVICE OFFICE

P.O. Box 2912, Van Nuys, CA 91404 ■ (800) 766-6779

Marijuana Anonymous World Wide Web

<http://www.marijuana-anonymous.org>

email: info@marijuana-anonymous.org