



a new leaf

a publication of marijuana anonymous

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Help!

I am 29 yrs old. I started smoking pot when I was about 21, socially at first... then it grew into a monster. For years now I have said that "It's only pot" hey at least it's not crack right? Well it might as well be, because it has begun to consume my life far more then I thought it would. Some people say that weed isn't addicting. Well I beg to differ. Weed had been my best friend. I get high when I'm happy... I get high when I'm sad... I get high when I'm bored...when I'm alone... when I'm with friends...

when I'm going out... I always make a point to say that pot is my "poison". I don't drink, I don't do other drugs. It's just my poison of choice. It doesn't consume my life, but in a way it does, because I don't know what it is to live a life without it. The people I surround myself with all do it too. I have to believe that I have the will power to get over this.... I am a strong person but I don't know if I'm strong enough to overcome this addiction by myself. I'm surrounded by it. My friends smoke... my roommates

smoke... my coworkers smoke... and here I am...day 1 with no pot. It's 2 in the morning and I'm wide awake..... I work in 6 hours and I'm stressing this much... I can only hope it gets easier... as I sit here.... googling pot addiction.... side effects.....withdrawal symptoms I really question if I can do this, but I have to it for my sanity because I'm closing myself off to the world... I'm munching out and gaining weight and losing all motivation to live life....HELP... ~ Sujey W

To Sujey:

We hear your pain. We've been there. In Marijuana Anonymous we found the support we needed to stop smoking pot. We don't give advice, but we have plenty of suggestions: 1) Google Marijuana Anonymous; 2) read the MA literature online; 3) Find a meeting in your area – if there is

no meeting in your area, try the online meetings; 4) Reach out to other recovering addicts and ask them how they got clean, and how they stay clean; 5) get the book "Life With Hope" and read about other marijuana addict's experience, strength and hope.

You don't have to do this alone.

We felt like you, but then we found MA and knew we weren't the only ones who smoked our brains out. You can quit smoking pot – one day at a time. We are looking forward to meeting you soon. ~ Anonymous

we need your stories!

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

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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www.marijuana-anonymous.org
and click on publications.

Roving Reporter

"Do you pray or meditate?"

Yes, I use a simple acronym: P.R.A.Y.

P: Praise - Thank God for all the blessings in your life

R: Repent - The definition of repent is to turn away from sin (character defects)

We ask God if there is anything displeasing to Him, please help reveal it to us and to grant us the power to change

A: Ask - We ask God to reveal his will for us and to grant us the power to carry it out. We ask that God grant our loved ones and our enemies the same peace, happiness and serenity that we would want for ourselves

Y: Yield - We yield to God - We accept what He gives us.

It was taught to me that it's not about believing in God, or knowing about God (though both are good and important), it's about having a relationship with God. The PRAY method though very simplistic helps me continually pray, meditate (step 11), and practice step 10.

~ Joe S., MA District 3

The lovingkindness mantra that I use daily is as follows:

May I be safe from harm.
May I be happy. May I be healthy.
May my life unfold with ease.

It can be adjusted to pray/mediate for someone else too.
May So-and-So be safe from

harm, etc. Or if one is feeling particularly generous.....adjusted for everyone as in: May all sentient beings be safe from harm, etc.

I say this mantra each night, until I fall asleep.....and if I wake up during the night.... It's great positive thinking to get rolling around in one's head, certainly better than negative mind chatter. ~ Jim E.

I have rarely had a regular habit of prayer or meditation; it's one of the weak points in my program.

I know that when I have done it, it has helped me tone down the inner chaos of my head. And when I have done it, it's usually been along the lines of simply trying to quiet my mind and sit there peacefully -- not trying not to think, which is impossible, but simply recognizing thoughts as just being thoughts.

Meditation is good practice for not being driven by my thoughts, which is helpful because thoughts drive feelings, which drive actions, which bring results. So the results of my thinking are all around me, which means it's helpful to know what my thoughts are. And it's only by sitting down and noticing them, rather than being swept away by them constantly, that I can know my thoughts, and therefore myself.

~ Paul, Portland



daily meditation book

August 4th: It is not what happens to me, but how I respond to it, that determines my emotional well being.

When I was using, the smallest thing could set me off. I was filled with anger and resentment, and it was all because the world seemed so unjust. After I got clean, the anger, resentment and fear were intensified. I could find no relief until I could accept that almost all of the things that happen to me are outside my control. What I can control is myself and my reactions to the world. When I choose to respond with fear and anger, I give people and events power over me and my emotional well being suffers. However, when I choose to accept the things I cannot change, and instead work on improving myself – when I ask for my higher power’s help to respond in a positive way and to be of use to others, I find that the world is not such a bad place. I am able to feel better about myself and my place in the world. My spiritual and emotional well being is enhanced and I am open to the possibility of serenity.

Today, I will not let outside people or events control my emotional reactions. I will accept that much of what happens in my life is out of my control, and I will pray for acceptance and serenity.

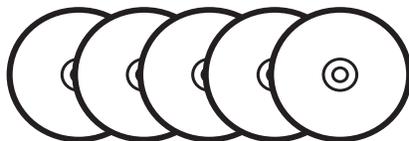
Submitted by Matt D. (District 4)
Sobriety Date 8/4/97

*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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marijuana anonymous worldwide

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24HR. info 0403 945 083 from overseas +61 403 945 083

District 17 Denmark

info@ma-kbh.dk

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

birthdays

Celebrating at 230 years of sobriety in this issue!

Submit your sober birthday to your Bureau Chief or see page 2 for contact info.

District 2

Lam Duong 1 year!
 Kathleen 8/28/01 7 yrs.
 Chris K 8/12/96 12 yrs.
 Arina 8/16/06 2 yrs.
 Candice C. 8/25/07 1 year!
 Kristen 8/26/04 4 yrs.

District 7

Bhavato U. 7/12/02
 Heshie 7/7/07
 Steve S. 6/25/07
 John McC. 7/2/91
 Carol McD. 6/23/88
 Alex L. 6/23/88

District 15

6 yrs. Farrah 8/1/07 1 year!
 1 year! Loren 8/2/04 4 years

Misc.

Rochester NY
 Jen W. 7/5/06 2 yrs.

District 5

Coleman G. 8/13/92 16 yrs
 Andrea 7/6/86 22 yrs
 Ryan 7/7/07 1 year!

District 8

Benny J 4/16/07 1 year!
 Missy F. 6/25/99 9 yrs.
 Joseph C. 7/4/04 4 yrs.
 Violet K. 4/30/03 5 yrs.
 Sid W. 5/27/03 5 yrs.
 Larry S. 5/23/04 4 yrs.
 Mark R. 4/1/05 3 yrs.
 Ronnie W. 5/27/03 5 yrs.
 Scott H. 5/20/06 2 yrs.

District 6

Lisa T. 8/21/90 18 yrs.
 Bob D. 7/17/06 2 yrs.
 Greta 7/17/06 2 yrs.
 Avi H. 7/17/05 3 yrs.
 Gina S. 6/27/06 2 yrs.
 Oscar 7/17/01 7 yrs.
 Jaeson K. 7/1/04 5 yrs.
 Matthew B. 7/1/07 1 year!
 Mikey D. 6/6/03 5 yrs.
 Vicki A. 4/7/02 6 yrs.

District 12

Keith B. 8/1/05 2 yrs.
 Sue S. 3/3/07 1 year!