



August 2017

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No More “Bong” Choices

No more “bong” choices,
now the right choices.

I heard that once you’re in the
program, the one thing you
have to change is everything.

I felt like my life was walking
backwards down a flight of stairs.

My day then:

- I woke up in the morning,
coughed a wad of stuff out of
my throat and lit a cigarette.
- I showered, ate cereal for
breakfast, and drove to work.
- The receptionist said
“Good Morning”
- I believed **she** could have a
good morning
- I said “good morning”—
others might believe me—
- I no longer believed it myself.

I thought if I could manage to have
food, gas, have the bills paid, and
some materialistic possessions
that I should and would be happy.

Work at the factory was great,
I moved to other departments,
then I had my own department.

When I went home I was tense. Then
I had a choice and I made the “bong”
decision again, and Monday through
Friday—repeat as necessary.

A neighbor friend at night to
listen to, another friend to relate
to that would come over.

My diet was cigarettes, coffee,
and greasy fast food.

My life was walking backwards
down a flight of stairs. Others saw
my life as okay. I feigned on the
weekends, and lived a dual life.

I got gas and weed and a 12 pack
of imported beer and drove to
my friend’s apartment. I stared
at their four walls, and listened
to them talk about work. The
weekends I was wasted.

After another week at work, I
didn’t make the right choice,
but the “bong” choice again!

Repeat as necessary! My life was
like the 12 Steps in reverse.

Play God, take stock of other people’s
lives, say they need to admit they
are wrong. I was messed up with
frustration and resentment and
needed others to feel this pain too.

My day today:

- I can be happy.
- I do not smoke cigarettes, my diet
is healthy, and I have lost weight.
- I meditate, I journal my
feelings and emotions, I want
friends and experiences,
and not so much stuff.
- I am less judgemental.
- I can be happy.
- I no longer need to make
the “bong” choices,

I can now make the right choices. ▲

~Anonymous

Has your way been working?

I hit 20 year this past March and I
have a pleasing life. I know how to
be a friend, a parent, a coworker,
and I have a spiritual life. I have to
thank Noah Levine for his *Refuge
Recovery* books that add meditation
to 21st century meetings.

But it wasn’t always that way. I
came from an upper-middle class
background where there was
plenty of food but not plenty of love.
School didn’t cut it. I was good but
too scared to participate much so I
never tried. My brother called me
fat so I never tried out for sports.
I was horrible at dodgeball but got
through 6th grade playing handball.

In 10th grade my fellow student Julia
raved about pot. So I got some from
my Dad. Off to the races. My home
scene blew up in 11th grade and my
family moved to Santa Rosa. My
brother Don went to California. I
stayed in Walnut Creek and worked
as an au pair for an elderly lady.
When that scene blew up I was
taken in by a Christian woman.
Gratefully I graduated by the skin
of my teeth. I was in a fugue.

Off to UC Berkeley, following my
brother. Couldn’t specialize. Left
school. Became an apprentice
carpenter. Good money. Went off to
Europe. Had a nervous breakdown
there. Returned to Newport where
my Mom was. Rented a place. Heard
command voices. Went to the woods.
Got frostbite. Returned to California
where mental illness care was better.
Rented a room, lived on a check.

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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

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

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A New Leaf Publications
340 S Lemon Ave # 9420
Walnut CA 91789-2706

Other inquiries and correspondence:
info@anewleafpublications.org

Has your way...

Continued from page 1

Then the marijuana crept in. Had a son Michael, 1984. Gave him up for adoption in 1989 to my sister. I was left with me. A counselor said there must be Marijuana Anonymous. I looked it up in the book. Wow, real people with real solutions!! After a year of attending meetings and only getting 30 days my sponsor said add a tool. I thought of meditation. BOING That was the key. I've had steady clean time since then. Now I feel I am not alone. Now I feel there is less darkness. I can bounce ideas off my sponsor because, hey, I know what I don't want. I just finished at a decent job teaching special education high schoolers literacy in Alameda, CA.

I've written my story and short stories. I help others when I can. I do Communications for my district. Life is smoother and fewer bumps. Don't get me wrong there still are challenges but I feel a part of a team. God and I at the very least.

So if you are thinking about getting your feet wet in this program: attend a few meetings, get a sponsor, and do what is suggested.

Has your way been working? ▲

~Meredith H.

Mar-Anon:

Mar-Anon is growing! Private chat meetings are held Mondays at 12pm Central Time. To request access, please email outreach@mar-anon.com and provide your first name, last initial, and your preferred email address. You will receive an email with login information. visit www.mar-anon.com for more information.

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

District 22 Update

New England Marijuana Anonymous meetings had been growing steadily, and as such, a group of members decided to come together and build a regional district that began in May 2016. The goal was to connect as an MA community in Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire, and Maine. These states are a diverse mix of urban and rural settings, as New England spans a geographic size equivalent to Washington State, and the desire was to anchor as a community in the region. Our main hub for DSC meetings is in the Boston-area.

Currently there are eight meetings which are affiliated with the New England MA District; six in Massachusetts, one in Rhode Island and one in New Hampshire. The District has ongoing outreach to three Vermont meetings, and two New Hampshire meetings. We also hope to see MA be established in Maine and Connecticut. We were pleased to see our organizing efforts over the course of the last year be recognized at the 2017 Conference wherein we officially became MA District 22.

We were able to send one Delegate to the 2017 Conference from the success of our friendly competitive "Pizza Dough" fundraiser. The competition between groups began in January 2017. Whichever meeting raised the most funds to help send our Delegate to the Conference would be rewarded with a District sponsored Pizza Party that was open to the fellowship. This fundraiser spanned two months and the total funds raised totaled over \$1,300! It was a close battle throughout the two months and we are proud of our member's friendly competitive spirit and efforts to send our first ever Delegate to the Conference. Our Women's SobriTEA meeting was declared winner with an impressive \$320 donation. Our fellowship

celebrated the successful fundraising efforts together in May, sending our Delegate off with some "pizza"az. We were also able to donate \$420 to MA World Services.



We will continue to actively fundraise to fulfill our primary purpose in New England and to support the fellowship as a whole. Hopefully next year we will be able to send two Delegates to the MA World Conference and we have begun talks about the feasibility of hosting one of the annual MA World events in the future too. We would love to welcome the MA fellowship to New England!

We are currently organizing our first ever District Campout to foster unity, fun and community among members. We maintain a twice a month H&I commitment and we continue to direct efforts in developing a strong culture of service, including work on a GSR orientation and growing our District sub-committees. It's been an amazing first year and we look forward to the privilege and responsibility of being an MA District. We thank all who came before us to contribute to the service, unity and recovery in Marijuana Anonymous. We are grateful to share a part in the 28 year history of MA and we are committed to helping the fellowship grow in our region. You can learn more about the New England MA District by visiting www.newenglandma.org. ▲

~District 22

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

Women's Town Hall:

A World Outreach is currently researching and developing a Town Hall for MA's female-identified members. The Project Lead is seeking input, guidance and volunteers to develop this remote Town Hall for the fellowship worldwide.

outreach@marijuana-anonymous.org

Correspondence Committee:

CorrComm is 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 they receive through the MA 800 helpline and email inquiries.

office@marijuana-anonymous.org

Marijuana Anonymous Worldwide

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

MA World Services 340 S Lemon Ave # 9420, Walnut CA 91789-2706
www.marijuana-anonymous.org ▲ info@marijuana-anonymous.org ▲ +1.800.766.6779

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

Celebrating 218 Years of Sobriety!

District 2

Dave S.	7/14/13	4 yrs
Doug S.	6/4/09	8 yrs
Kathy L.	6/14/95	22 yrs
Keith C.	7/13/12	5 yrs
Nina S.	6/21/85	32 yrs

District 4

Jessica W.	7/11/13	4 yrs
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District 5

Andrea	6/15/10	7 yrs
Brandon	6/6/11	6 yrs

District 6

Jeremy	7/15/03	14 yrs
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John Mc.	7/1/91	26 yrs
Justin	6/26/12	5 yrs
Pearl C.	6/21/10	7 yrs
Ryan H.	7/7/07	10 yrs
Sean F.	7/4/02	15 yrs
Will K.	7/1/13	4 yrs

District 7

Davy O.	7/18/87	30 yrs
Kevin L.	5/21/12	5 yrs
Josue	5/30/13	4 yrs
Mark W.	7/2/12	5 yrs
Oscar G.	6/18/12	5 yrs



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 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.

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

