



## Dying to Live

“To be born anew - one’s self must die”

I am paralyzed with fear -  
My lungs can hardly breathe  
I see the change coming near,  
The image, I don’t want to perceive.

I know I just have to believe  
The pain is worth transformation.  
But I don’t want to leave  
The old me in desolation.

In my intense isolation,  
Opposite thoughts create brain static.  
The whirlwind of emotion  
Sends me into a breathless panic.

Some say I might be manic -  
Others think I’m just depressed.  
I don’t care - I’m just mad at It -  
The It that keeps me from my quest.

It pounds in my chest.  
It sinks in my gut.  
I hardly feel blessed  
When I’m sitting on my butt.

The answer could be in the soot,  
Once the blaze finally burns out.  
I know the answer is in each foot.  
They can carry me through this bout.

But the new Me doesn’t have clout  
In the mysterious maze of my mind.  
Even with each shout,  
I roll over and play blind.

I want to be kind  
To mySelf and others,  
But every caring sign  
Feels like it just smothers -

The me who covers,  
The me who conspires,  
The me who shudders,  
The me who inspires.

~Anonymous



## Special Edition, August 2018

See inside for a note from our President

*A World Services Post-Conference Communique*

## Meditation: Checking In

**“QUESTIONING AND EVALUATING**  
our actions and ourselves helps us to stay the ‘right size’.” (Step Ten, *Life with Hope*, 3rd Ed., page 49)

In active addiction, we would often need to act immediately on a feeling or act impulsively. Now that we are sober, when in difficult situations, or when feelings arise, it can be uncomfortable or confusing and our old ways of thinking may surface. In recovery, we often need to pause to check in with our true motivations.

We can take a moment to evaluate and ask ourselves: Is this coming from love or fear? Is this my sober mind or my addict mind? Does this align with my HP’s will or my will? In these times, when we take a moment to check in, we can learn to not react from old thinking patterns.

We can give ourselves the space and the time to consider the validity of our reactions and consider if we even need to take action.



When I take time to check in, I ensure that my motivations, my reactions, and my decisions support my recovery and align with my Higher Power and my program.

~Christine

## 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 will ideally be approximately 250 to 500 words.

The earliest submissions have a good chance of being printed on your recovery birthday.

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](http://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](mailto:stories@anewleafpublications.org)

## 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](mailto:editor@anewleafpublications.org)

### ANLP Staff

Chairperson:	Rick V.
Treasurer:	John L.
Secretary:	Maurice R.
ANLP Admin:	*paid
Managing Editor:	Thor H.
Publishing Editor:	Beth F.

### Contact ANLP

Send articles/stories:  
[stories@anewleafpublications.org](mailto:stories@anewleafpublications.org)

Or they may be submitted online:  
[www.marijuana-anonymous.org/story](http://www.marijuana-anonymous.org/story)

\*To work with ANLP, please send a note to [board@anewleafpublications.org](mailto:board@anewleafpublications.org)

## Note from the President:

### A World Services Post-Conference Communique

Hello Fellow,

This is LB from District 6, Los Angeles North. At the MA World Services Conference held last Memorial Day weekend, I was elected the president of Marijuana Anonymous. I have been of service in MA since I found our program 13 years ago, at the meeting level, the district level, and the world service level. I am applying all of my past service experience as President to support the members of the Marijuana Anonymous Board of Trustees, all of whom are excited and passionate about our program, about service, and about doing all we can to let marijuana addicts who need help know that we are here to help. I know you all love lists, so here is a list of the 2018–2019 MA World Services Board of Trustees!

### Purchase Books & Subscriptions

[www.anewleafpublications.org](http://www.anewleafpublications.org) or subscribe by sending your name, address and a \$15 check (\$20 non-US) to:

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

Other inquiries and correspondence:  
[info@anewleafpublications.org](mailto:info@anewleafpublications.org)

### 2018–2019 MA World Services Board

**President:** LB, Sherman Oaks, CA (District 6)  
[president@marijuana-anonymous.org](mailto:president@marijuana-anonymous.org)

**Treasurer:** Shanna D, San Diego, CA (Dist 20)  
[treasurer@marijuana-anonymous.org](mailto:treasurer@marijuana-anonymous.org)

**Secretary & Outreach:** Susan C, San Diego, CA (Dist 20)  
[outreach@marijuana-anonymous.org](mailto:outreach@marijuana-anonymous.org)

**Hospitals & Institutions:** Jackson J, New York, NY (Dist 8)  
[hi@marijuana-anonymous.org](mailto:hi@marijuana-anonymous.org)

**Conferences & Conventions:** Rachel C, Somerville, MA (Dist 22)  
[cc@marijuana-anonymous.org](mailto:cc@marijuana-anonymous.org)

**Literature:** Jessica W, Seattle, WA (Dist 4)  
[literature@marijuana-anonymous.org](mailto:literature@marijuana-anonymous.org)

**Public Information:** Josh L, Los Gatos, CA (Dist 3)  
[pi@marijuana-anonymous.org](mailto:pi@marijuana-anonymous.org)

**Policies & Procedures:** Nina S, Richmond, CA (Dist 2)  
[pp@marijuana-anonymous.org](mailto:pp@marijuana-anonymous.org)

**Internet:** Bill C, Portland, OR (Dist 11)  
[internet@marijuana-anonymous.org](mailto:internet@marijuana-anonymous.org)

**1st Alternate:** Mariska P, Medford, OR  
[alternateone@marijuana-anonymous.org](mailto:alternateone@marijuana-anonymous.org)

**2nd Alternate:** Chrysanthemum H, San Francisco, CA  
[alternatetwo@marijuana-anonymous.org](mailto:alternatetwo@marijuana-anonymous.org)

I'd like to share some of the motions that were passed at this recent Conference. A full accounting of the Conference, the official Minutes, will be shined up and spell-checked, and made available to our Fellowship in the near future. Here are just a few of the motions and decisions that "affect MA as a whole" that the Conference Body worked on in May.

### For Your Calendars

- **2019 MA World Convention** will be hosted by Vancouver, BC, Canada (not yet a District), likely *President's Day weekend, as per tradition.*

- **2020 MA World Convention** will be hosted in LA County - North (District 6), likely *President's Day weekend, as per tradition.*

- **2019 MA World Services Conference** will be hosted in Toronto, Canada (District 19), May 17–20, 2019. *Not Memorial Day weekend, as per tradition*

- **2020 MA World Services Conference** will be hosted in the San Diego, CA area (District 20) likely *Memorial Day weekend, as per tradition.*

### Conference Items of Interest

- MA World Services intends to maintain a prudent reserve covering 3 months of fixed expenses.

- The Public Information Committee was granted a budget of \$7,500 for the fiscal year 2018-2019 to fund initiatives to raise our fellowship's profile, so that the addict that still suffers can find us.

- Moving forward, MA World Services will cover certain business expenses related to the Conference so that smaller districts will be able to host the Conference and we will have a fuller rotation of service as a fellowship.

- The article formerly named *About Marijuana Addiction* (printed in 3rd Ed. of our text, *Life with Hope*, and in P-17) was renamed to *A Doctor's Opinion About Marijuana Addiction*. ANLP recently updated the pamphlet #17 title and our Literature Trustee will distribute soon!

- The Handbooks found in our Service Manual will now be edited and updated by their corresponding committees, so that as work is done throughout the year, it can be added to the Handbook and handed off to the next year's committee with the most current information and ideas to reference as they continue on with the service work. It may take a couple Conference cycles, but we can expect to see newly-updated, and more accessible, user-friendly service materials.

- We approved the work that has been done so far on an archive of past conference motions. Several members have been working on this log so that the past work of our Fellows, starting from MA's inception, can be easily referenced, and we can gain insight into the way our fellowship has grown over the last 29 years.

We had discussions on many other topics as well. We talked about whether MA Members attending the Conference remotely in the future should be able to vote or not. We talked about whether or not CBD was an issue that we, as a Fellowship, should address. There is so much more, and we hope that someday you, dear reader, will attend a Conference in person to get the full sense of the joy of service at MA World Services.

Does any of this interest or inspire you? Does any of this give you any ideas or raise questions? All MA members are welcome to take part in service, to share in the efforts of any of the World Services committees. Please get in touch with us. The Trustees and their committees will be working all

year long on ways to improve and grow our fellowship. At the next MA World Services Conference (in Toronto!) we will all get together again to share what we have done and what we have learned, and we will continue to give back to the program that has given so much to each of us. Please join us!

Thank you for letting me be of service,

~LB

## 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](mailto: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](mailto: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

<b>DIST. 2 San Francisco &amp; East Bay</b> www.madistrict2.org	+1.510.957.8390	<b>DIST. 14 London, England</b> www.marijuana-anonymous.co.uk	+44.300.124.0373
<b>DIST. 3 South SF Bay Area</b> www.madistrict3.org	+1.408.450.0796	<b>DIST. 15 Long Island, NY</b> www.ma-longisland.org	+1.631.647.0768
<b>DIST. 4 Western Washington</b> www.madistrict4.org	+1.206.414.9270	<b>DIST. 16 Melbourne, Australia</b> www.marijuana-anonymous.com	+61.403.945.083
<b>DIST. 5 Orange County</b> www.madistrict5.org	+1.714.999.9409	<b>DIST. 17 Denmark</b> www.ma-danmark.dk	
<b>DIST. 6 LA County North</b> www.madistrict6.org	+1.818.759.9194	<b>DIST. 18 Sacramento, CA</b> www.sacramentoma.org	+1.916.341.9469
<b>DIST. 7 LA County South</b> www.madistrict7.org	+1.310.494.0189	<b>DIST. 19 Toronto, Canada</b> www.matoronto.org	+1.647.201.9161/+1.416.999.2244
<b>DIST. 8 New York</b> www.ma-newyork.org		<b>DIST. 20 San Diego, CA</b> www.ma-sandiego.org	
<b>DIST. 11 Portland</b> www.madistrict11.org	+1.503.567.9892	<b>DIST. 21 Colorado</b> www.ma-colorado.org	+1.303.607.7516
<b>DIST. 12 North Bay, CA</b> www.madistrict12.org	+1.415.419.3555/+1.707.583.2326	<b>DIST. 22 New England</b> www.newenglandma.org	
<b>DIST. 13 MA Online</b> www.ma-online.org		<b>PHONE MA Phone Meetings: 4 Distinct Groups</b> www.ma-phone.org	

## Celebrating 205 Years of Sobriety!

### District 2

Nina S.	6/21/1985	33 yrs.
Kathy L.	6/14/1995	23 yrs.

### District 4

Jessica W.	7/11/2013	5 yrs.
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### District 5

Jeff	7/1/2014	4 yrs.
Jeremy	7/15/2003	15 yrs.
John McC.	7/2/1991	27 yrs.
Justin	6/26/2012	6 yrs.
Pearl C.	6/21/2010	8 yrs.
Ryan H.	7/7/2007	11 yrs.
Sean F.	7/4/2002	16 yrs.
Shanna	7/17/2017	1 yr.

### District 7

Cori S.	2/14/2017	1 yr.
Josie	5/30/2013	5 yrs.
Keven L.	5/21/2012	6 yrs.
Matt B.	7/1/2007	11 yrs.
Patrick R.	6/19/2017	1 yr.
Sam H.	5/30/2013	5 yrs.
Zhuba G.	7/17/2014	4 yrs.

### MA-phone.org

Doris	7/25/2017	1 yr.
Leah F.	7/21/2017	1 yr.
Shai M.	6/27/2017	1 yr.

### Individuals

April B.	7/4/1998	20 yrs.
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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](mailto:chiefs@anewleafpublications.org)  
or submit them online at [tiny.cc/mabday](http://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.



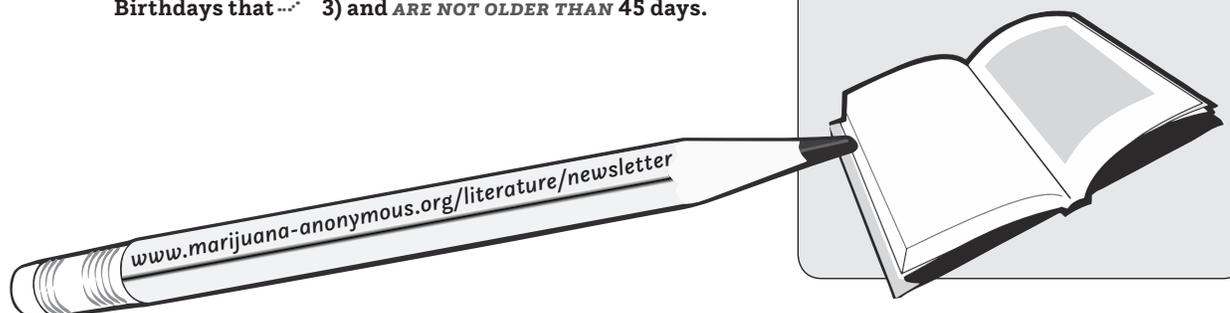
## From Life with Hope

### Step Eight

*Made a list of all people we had harmed and became willing to make amends to them all*

### Tradition Eight

*Marijuana Anonymous should remain forever nonprofesional, but our service centers may employ special workers.*



[www.marijuana-anonymous.org/literature/newsletter](http://www.marijuana-anonymous.org/literature/newsletter)