



## The Benefits of Working the 12 Steps

I have experienced tons of benefits. I now have skills other than self-medication to deal with my anxiety and depression. I have tools, meetings, and a framework to manage my feelings of discomfort, disappointment and fear (really the fear of fear). I turn towards meetings, my sponsor and my sober siblings, rather than pot. I have learned acceptance. I have learned to see the signs of when I am going down a bad road and I put my energy towards the program rather than numb or isolate with pot or continue to believe my toxic thoughts.

As I write these words, this is the last of the assignments my sponsor has given me to do as a part of my 12<sup>th</sup> Step. These benefits did not come quickly and they certainly did not come on my timeline. I originally started this process about 6.5 years ago. In my first 2.5 years, I worked with a sponsor on the steps and went to one meeting a week. After about 1.5 years I had almost finished my 4<sup>th</sup> step, I had forgotten to do the sex inventory. I stopped going to meetings and I stopped working with my sponsor. I lost touch with the program. I did go back to one meeting to get my 2-year chip, but then left again. After another half-year, my addict voice convinced me that I was all good and probably could smoke pot again; my addict

voice convinced me that I would be able to just have one hit off of a joint every once in a while and not be a daily smoker. So I convinced my partner after moving into our first place together to celebrate with sharing a joint. From that moment on, I was smoking joints and eating edibles every day all day long, I was right back to my addiction, and lying about it to everyone.

It took me 1.5 years of relapsing to step back into an MA meeting and I am so glad I did because I was more lonely and depressed and embarrassed and scared than I had ever been before. I went back to the first MA meeting I ever went to and all the same people were there and they were so happy to see me. I was able to tell everyone what had happened and no one was mad at me. I felt loved and respected and welcomed back. From that moment on I got another sponsor, worked the steps again; this time it took me 2.7 years to finish all 12 steps. I became a sponsor myself. I have sober siblings. I've gone to the MA Convention; I go to at least 3 meetings a week. I stay engaged with the program because I know that not only is working this program the way I stay sober, it is also the way I able to feel brief moments of joy and relief from fear. Without this program I am not able to stay sober.

~Angela M.

## Life with Hope – “potential” Promises within Each Step

[Editor's Note: Darlene D's first two installations (Steps 1-6) can be found in ANL June and July 2019. All copy is quoted directly from Life with Hope.]

### Step Seven

- o gateway to a new way of life
- o started to experience serenity in our lives
- o started to enjoy moments where we experienced true feelings of serenity/happiness
- o outlook started to change
- o we no longer hide behind a cloud of smoke whenever life presents us with an opportunity for spiritual growth
- o take ourselves less seriously
- o growth in serenity
- o a way to ask for the honesty and willingness to change our relationships
- o discovered that a Higher Power could remove our imperfections and help us gain self-forgiveness for the harm we had done

### Step Eight

- o enhancement of our recovery
- o gives us permission to be true to ourselves
- o stopped practicing our defects of character/eliminated the patterns of behavior that had caused harm to ourselves and others for much of our lives
- o felt better about ourselves
- o had more confidence in our ability to be in relationships with others
- o gained a new ability to trust ourselves and those around us

## Save the Date!

Feb 14-16, 2020

## “A Vision for Us”

MA Convention hosted by Dist.6, L.A.

please email [ma2020reg@gmail.com](mailto:ma2020reg@gmail.com)



## **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.

### ANLP Liaisons

We are reaching out to districts to update the ANLP Liaisons and birthday lists. Additionally, district/group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch: [chiefs@anewleafpublications.org](mailto:chiefs@anewleafpublications.org)

### ANLP Staff

Chairperson:	Rick V.
Treasurer:	John L.
Secretary:	Maurice R.
ANLP Admin:	Thor H.
Managing Editor:	Thor H.
Publishing Editor:	Ron H.

### Contact ANLP

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

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

## **“potential” Promises**

*Continued from page 1*

- o discovered which of our actions were harmful and became willing to stop them
- o feelings of guilt and shame decreased as our willingness to change increased
- o had the desire to wipe the slate clean and face each new day without guilt
- o less attraction to drama/trauma and more attracted to sanity and serenity
- o willingness to make amends to those we had harmed

## **Step Nine**

- o one of the most deeply rewarding and spiritual experiences of our lives
- o willingness to change our behavior and renew our participation in life
- o ability to walk through fear and take action
- o become people of integrity
- o humbly accept who we had been and who we were becoming
- o repairing of our attitude and actions
- o learning about self-respect
- o healing of old wounds
- o damaged relationships restored
- o opening of new doors as we admitted our misconduct

## **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

## **Step Ten**

- o renewal of our commitment to spiritual progress
- o living a balanced emotional life
- o start to train ourselves to develop a habit of regular evaluation followed by prompt correction of our wrong actions
- o gain insight into our actions
- o learn to recognize our motives/avoid rationalizing, minimizing or justifying behavior
- o gain the ability to think before we act
- o learn to stop the old behavior before it starts
- o we develop character assets
- o our mental life becomes focused more and more on the here and now and less and less upon the past or future
- o we admit our mistakes before we make them
- o stay right sized
- o quality of our lives naturally improves
- o development of self-restraint
- o a new and positive sets of tools to deal with pain
- o development of acceptance
- o begin to forgive
- o learn how to handle conflict in a healthy and constructive way
- o can live life with some wisdom and a great deal of wit
- o gain more trust in God, ourselves, and other humans beings
- o a newfound sense of moral guidance
- o stay on the best terms possible with the world around us
- o begin to truly experience peace and serenity
- o find ourselves in a new state of mind where we can strengthen our relationship with a loving God”

## Step Eleven

- removal of the barriers in our lives that have kept us from building a relationship with a Higher Power
- begin to develop a relationship with a Higher Power, or renew one that we once had
- freedom of choice and freedom to grow as individuals
- new and clearer direction
- limitless and new possibilities
- motivation to surrender to God's will
- grow to trust God (HP) more
- belief our prayers are answered
- feelings of peace and serenity
- growth spiritually
- loneliness subsides
- feelings of companionship
- knowledge that we need never be alone
- feelings of certainty that comes with being loved unconditionally

- begin to know we are loved unconditionally
- growth in capacity to love ourselves and others unconditionally
- gain an ability to reach out beyond ourselves
- emotional sobriety to practice the principles of our program in all aspects of our lives

## Step Twelve

- experienced a spiritual awakening
- able to live our lives and feel our feelings
- knowledge and faith that we are no longer depending only on our own unaided strength and resources
- transformation from being a suffering addict
- realization our potential is limitless

- tools to help us grow
- possession of new degrees of honesty, tolerance, patience, unselfishness, serenity/love
- stronger people
- begin to feel emotionally secure
- know our needs will be met
- knowledge that freedom from fear is much more important than freedom from want
- acceptance of the unpleasantness of our lives
- learn to give without expecting rewards
- act as responsible members of society
- become true partners to our friends and loved ones
- respond positively to adversity
- live in spiritual, emotional, and physical recovery
- live with serenity and security, one day at a time

~ by Darlene D.

## What about CBD?

Both hemp and marijuana, two types of the cannabis sativa plant, produce chemical compounds called cannabinoids - CBD and THC. The effects of CBD are uncertain; THC is the psychoactive component of cannabis sativa that gets you high. Though most CBD products come from hemp, it is difficult for consumers to know what they are getting.

MA fields many questions at the local meeting, District, and World Services levels regarding the use of CBD as related to recovery and membership in MA. At the 2018 MA Conference, a floor motion "That Marijuana Anonymous World Services will clarify its position on the use of CBD, and provide guidance for marijuana addicts regarding possible risks to their recovery by the use of cannabis-derived compounds that do not contain THC" was referred to the Literature Committee.

After several months of discussion in the Literature Committee, there remained an unresolved question of whether CBD use is or is not an "outside issue". With no clear answer in sight, the issue was brought to the World Services Board of Trustees, and the ad hoc CBD Committee was born.

The members of this committee think that there may be some potential value in MA creating a unified response to offer to MA members who have questions about CBD use. This will not be an official position or opinion; instead, we hope that it can be a useful and inclusive response that anyone asking or fielding questions about CBD can reach for and deliver if they choose.

Since we want to hear and understand all perspectives, we have created a survey to gather more information from MA members who have used or currently use

CBD in recovery. The ad hoc CBD Committee wants to understand more about the experiences of people who participate in MA and consider themselves sober AND are also using CBD. If this category includes you or a member you know, please take a few minutes to answer our short 10-question survey at <https://tinyurl.com/cbd4ma>.

Or, you can answer the questions on the following page and send responses via email to [outreach@marijuana-anonymous.org](mailto:outreach@marijuana-anonymous.org) with the subject line "CBD".

(The questions are worded for the individual who uses CBD; if you are answering for a third party, please adjust accordingly.)

*Continued on page 4*

**What about CBD?**

*Continued from page 3*

- |   |  |  |
|---|--|--|
| <p>1. How long have you been a member of MA?</p> <p>2. Are you abstinent just from marijuana, or do you abstain from all self-prescribed mind and mood altering substances?</p> <p>3. What brand/manufacturer are you using?</p> <p>4. Has the use of CBD affected your sobriety?</p> | <p>5. How well-informed do you feel about the contents of the CBD product you use? Do you feel the labeling is adequately informing you?</p> <p>6. How often do you use CBD?</p> <p>7. Why do you use it? What medical or other uses do you use it for?</p> <p>8. Have you noticed any tolerance to CBD if you have used it over time?</p> | <p>9. Have you relapsed to marijuana use, and if so, do you think your CBD use contributed to that relapse?</p> <p>10. Do you feel that CBD has been a benefit to you in your recovery?</p> <p>Thank you for taking the time to answer and/or share our survey with others!</p> <p>~ MAWS Ad Hoc Subcommittee on CBD</p> |
|---|--|--|

**Marijuana Anonymous Worldwide**

For a complete listing of all meetings visit [WWW.MARIJUANA-ANONYMOUS.ORG](http://WWW.MARIJUANA-ANONYMOUS.ORG)

**MA World Services**

340 S Lemon Ave # 9420, Walnut CA 91789-2706 - +1.800.766.6779  
[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) - [info@marijuana-anonymous.org](mailto:info@marijuana-anonymous.org)

<b>DIST. 2 San Francisco &amp; East Bay</b> <a href="http://www.madistrict2.org">www.madistrict2.org</a>	+1.510.957.8390	<b>DIST. 14 London, England</b> <a href="http://www.marijuana-anonymous.co.uk">www.marijuana-anonymous.co.uk</a>	+44.300.124.0373
<b>DIST. 3 South SF Bay Area</b> <a href="http://www.madistrict3.org">www.madistrict3.org</a>	+1.408.450.0796	<b>DIST. 15 Long Island, NY</b> <a href="http://www.ma-longisland.org">www.ma-longisland.org</a>	+1.631.647.0768
<b>DIST. 4 Western Washington</b> <a href="http://www.madistrict4.org">www.madistrict4.org</a>	+1.206.414.9270	<b>DIST. 16 Melbourne, Australia</b> <a href="http://www.marijuana-anonymous.com">www.marijuana-anonymous.com</a>	+61.403.945.083
<b>DIST. 5 Orange County</b> <a href="http://www.madistrict5.org">www.madistrict5.org</a>	+1.714.999.9409	<b>DIST. 17 Denmark</b> <a href="http://www.ma-danmark.dk">www.ma-danmark.dk</a>	
<b>DIST. 6 LA County North</b> <a href="http://www.madistrict6.org">www.madistrict6.org</a>	+1.818.759.9194	<b>DIST. 18 Sacramento, CA</b> <a href="http://www.sacramentoma.org">www.sacramentoma.org</a>	+1.916.341.9469
<b>DIST. 7 LA County South</b> <a href="http://www.madistrict7.org">www.madistrict7.org</a>	+1.310.494.0189	<b>DIST. 19 Toronto, Canada</b> <a href="http://www.matoronto.org">www.matoronto.org</a>	+1.647.201.9161/+1.416.999.2244
<b>DIST. 8 New York</b> <a href="http://www.ma-newyork.org">www.ma-newyork.org</a>		<b>DIST. 20 San Diego, CA</b> <a href="http://www.ma-sandiego.org">www.ma-sandiego.org</a>	
<b>DIST. 11 Oregon</b> <a href="http://www.madistrict11.org">www.madistrict11.org</a>	+1.503.567.9892	<b>DIST. 21 Colorado</b> <a href="http://www.ma-colorado.org">www.ma-colorado.org</a>	+1.303.607.7516
<b>DIST. 12 North Bay, CA</b> <a href="http://www.madistrict12.org">www.madistrict12.org</a>	+1.415.419.3555/+1.707.583.2326	<b>DIST. 22 New England</b> <a href="http://www.newenglandma.org">www.newenglandma.org</a>	
<b>DIST. 13 MA Online</b> <a href="http://www.ma-online.org">www.ma-online.org</a>		<b>DIST. 24 Vancouver BC, Canada</b>	+1.778.554.8997
		<b>PHONE MA Phone Meetings</b>	

**Celebrating 184 Years of Sobriety!**

**District 2**

Bruce	7/4/2013	6 yrs.
Elana	6/18/2015	4 yrs.
Juan V.	7/5/2015	4 yrs.
Julia G.	7/13/2014	5 yrs.
<b>Flannery</b>	<b>7/15/2018</b>	<b>1 yr.</b>
Kathy L.	6/14/1995	24 yrs.

**District 4**

Andrew G.	6/24/2017	2 yrs.
<b>Callum J.</b>	<b>7/19/2018</b>	<b>1 yr.</b>
Daniel G.	7/10/2012	7 yrs.
Dean H.	7/1/2015	4 yrs.
Jessica W.	7/11/2013	6 yrs.

<b>Mike D.</b>	<b>6/26/2018</b>	<b>1 yr.</b>
Richard P.	7/11/2011	8 yrs.

**District 5**

Jeremy	7/15/2003	16 yrs.
John McC.	7/2/1991	28 yrs.
Justin	6/26/2012	7 yrs.
Pearl C.	6/21/2010	9 yrs.
Ryan H.	7/7/2007	12 yrs.
Sean F.	7/4/2002	17 yrs.

**District 7**

Jeff	7/1/2011	8 yrs.
Mathew	7/1/2007	12 yrs.
Patrick R.	6/19/2017	2 yrs.



**Got a Year?**

Allow us to publish your anniversary to celebrate!!! Provide your sobriety date to your local GSR or ANLP Liaison, or e-mail to: [chiefs@anewleafpublications.org](mailto:chiefs@anewleafpublications.org)

**Members / GSRs / ANLP Liaisons are encouraged to submit Birthdays that...**

- 1) HAVE OCCURRED,**
- 2) HAVE NOT BEEN PUBLISHED RECENTLY,**
- 3) and ARE NOT OLDER THAN 45 days.**

Please use the format shown in the listing at left. *Thanks!*