



a new leaf

a publication of marijuana anonymous

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Dear Mary Jane By Jeannie

This is perhaps one of the hardest letters I have ever written, but in order to free myself of our unhealthy relationship, I must force myself to write this to you. I know we have been best friends for many years, but the time has come to say goodbye to each other. Although we once had a fun-loving, easy-going friendship, it has turned into an obsessive, depressing co-existence of one another.

Our friendship began when I was eighteen, after graduating from high school. At first we only met once in a while and usually with a bunch of other friends. I didn't know where to pick you up; you usually came to the party with someone else, but we struck up a strong connection after being together for just a short while.

When my husband and I began dating I was still not sure how to find you, but he showed me how, and he also showed me the many ways to take care of you...rolling, putting in a bong or pipe, etc. He even introduced me to one of your cousins...hashish, but I didn't care much for him, it was always you I wanted to be around. You were

always around when we first got married, and you even found ways to come between us, but we were too intrigued by you to notice that we were ignoring each other in order to get you to be our friend.

“The time has come to say good-bye.”

Before long, my husband decided you were an okay friend, but he would rather spend his time with his best friend alcohol, so his days spent with you became less and less. Eventually he wised up to your evil ways, and split ties with you, but I wasn't about to let go of our friendship. You meant too much to me. Oh sure, there were times when I realized our friendship wasn't appropriate, like whenever I was pregnant or nursing my babies. But, as soon as I had weaned whichever baby I was breastfeeding, I called you up to come over and party again. I even weaned one of my babies sooner than I had intended because I wanted to hang out with you and didn't want to wait any longer. I am ashamed that I turned my son

away from my life-sustaining breast milk just so I could continue with our relationship.

You were there throughout all the bad and good times, and I thought you would see me through anything and everything. It has only been recently that I realized that our relationship was one-sided and very unhealthy. I loved you, but you never loved me back; you

just wanted to possess me and take me away from the things that meant the most to me: My God, my husband, my kids, my grandchildren, my extended family, my job, MY LIFE!!!

There have been sooooo many things I have forsaken because of you, and I hate the person I have become because of you. You have turned me into a liar and a cheat. I have lied so many times to so many people I cannot even count, but the worse lies of all were the ones I told myself about you. Lies like: she doesn't hurt anybody, she makes me easier to live with, and the best one: she doesn't affect anyone but me. Our friendship has affected everyone who ever
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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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Send all articles, inquiries and correspondence to:

anlp@marijuana-anonymous.org

A New Leaf
P.O. Box 6482
Torrance, CA 90504

or submit online:
www.marijuana-anonymous.org
and click on publications.

Dear Mary Jane (continued)

came into contact with me, because you influenced everything about me.

So, the time has come to say good-bye. I am sure it won't bother you much; you have many people and many lives available to you to destroy. But, your hold on me is over. I am leaving you

behind. I am a little sorrowful because of it, but I know I will certainly be better off without our friendship. At first, life will be hard, because I don't know how to live without you, but I will find a way. I must find it in my heart to learn to hate you. We are finished, over, and done.



Roving Reporter:

What is your favorite thing to do since you began on the path of recovery? Why?

For so many years I sat on the back porch getting loaded and planning so many things I was going to do someday. Of course, I just kept getting loaded and putting off those projects. One of those was quilting. Since beginning recovery 17 months ago I took a beginning sewing class and have completed a beautiful work of art that I get to sleep under every night. It's one of the things I'm most proud of since getting clean. I've already started collecting material for quilt #2!
~ Steve K., San Francisco

My favorite thing to do sober is spend time with other people and have friends. I had a really hard time doing that before, since I was so deep "in my head." But now I can actually listen and speak and be comfortable with others!

~ Paul, Portland

I used to teach calligraphy over the summer at a day camp and since joining MA I have found more time and energy that I can devote to the craft. I

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have now taken up calligraphy as a full-fledged hobby and have become so good at it that I am working on commissioned pieces. I never thought that I would have the ability or drive to turn a passing hobby into a freelance job. Calligraphy helps me to de-stress and plays on my perfectionism, allowing me control in an aspect of my life once more.

~ Anonymous

I enjoy mountain biking. I can ride my bike up to the mountains far away from the city a lot faster than hiking. Then, when I'm alone, I meditate. Great stress relief!

~ Dan K. District 10

I've really enjoyed getting to go camping with fellow nature lovers. I've learned how to spend time with others and actually enjoy it instead of isolating all the time. In recovery, I've developed better relationships with my family, and we like to go boating and jet skiing at Lake Havasu. Ironically, I had never gone to concerts when I was getting high, but now I really enjoy the Hollywood Bowl and the Greek Theater. Being clearheaded has afforded me the opportunity to continue learning, and I'm working on my Master's Degree. I'm building new relationships and I'm enjoying the classes. As I'm getting to know myself, I'm learning about more and more things I enjoy doing in recovery.

~Rachel K. District 10

How to have fun in sobriety? I go out to fellowship with my fellow addicts and talk about old war stories, funny anecdotes, and laugh so much it hurts. I've learned to be more open and loving, giving and accepting hugs and sometimes even kisses!

~Aaron G. District 10

I get my fun out of the group gatherings after my weekly meetings. Shooting pool, going out for coffee, or just half hour conversations keep me entertained. It's those fellowships that have allowed me to make new friends and get the added support that we all need from social interactions.

~Joey S. District 10

It used to seem like such a fun time to get loaded and act like a complete idiot and not quite remember it the next day. Now, I have found that I can still act like a fool and it is still fun, but it is even better because I actually remember it and I don't go overboard like I used to. People actually want me to hang out instead of going, "Oh no, here he comes." -Benjamin W. District 10

I love going to meetings, playing music, and writing poetry.

~George G. District 10

I went to Laughlin with family and really enjoyed a sober vacation of boating, wakeboarding, gambling, and going out to dinner. I also enjoyed waking up at a decent time without a hangover.

~ Greg

I have fun in sobriety through fellowship. Though the meetings are my space to take care of myself and my disease, hanging out with other addicts in a restaurant allows me to relate and realize that I am not alone. When I reflect on how many times a week I eat or hang out with my friends in MA, I am beyond grateful for no longer being in isolation.

~ Kim "VanDyke"

Fun in Sobriety, meetings and fellowship, eating good food. Fun can be had at meetings by being comfortable and jovial. Also, books and video games keep the weedman at bay.

~ Anonymous

I love art music and literature. Since I've quit smoking pot I seem to have time for all these hobbies. One of the best things I've gained since starting on this road of recovery is spending time with the friends I've met in the program.

~ Anonymous



marijuana anonymous worldwide

MA World Services

PO Box 2912, Van Nuys, CA 91404 800-766-6779

www.marijuana-anonymous.org

email: office@marijuana-anonymous.org

District 1 San Francisco

PO Box 460024 San Francisco, CA 94146 415.522.7373

District 2 East Bay

PO Box 20484 Oakland, CA 94620 510.287.8873

District 3 South SF Bay Area

P.O. Box 551 Saratoga, Ca. 95071 408.450.0796

District 4 Western Washington

PO Box 17323 Seattle, WA 98107 206.548.9034

District 5 Orange County

1439 W.Chapman Av. PMB#215 Orange, Ca 92868 714.999.9409

District 6 LA County No.

PO Box 2433 Van Nuys, CA 91404 818.759.9194

District 7 LA County So.

PO Box 3012 Culver City, CA 90231 323.964.2370

District 8 New York

PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

District 9 Santa Cruz

PO Box 3003 Santa Cruz, CA 95063 831.427.4088

District 10 LA County East

PO Box 94400 Pasadena, CA 91109 626.583.9582

District 11 Portland

PO Box 2012 Portland, OR 97208-2012 503.221.7007

District 12 North Bay, CA

PO Box 1001 Petaluma, CA 94952 415.419.3555 707.583.2326

District 13 MA Online

www.ma-online.org

District 14 London, England

07940.503438

District 15 Long Island, NY

www.ma-longisland.org 516-568-5883

District 16 Melbourne, Australia

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

Want your sober birthday published? Let your Bureau Chief know or see ANL contact information on page 2.

District 2

Niva	9/2/07	1 year!
Tres P.	9/20/02	6 yrs.
Sally W.	9/17/04	4 yrs.
Mariska	9/30/87	21 yrs

District 3

Steve W.	5/3/98	10 yrs.
Brent W.	5/30/02	6 yrs.
Kim K.	5/20/04	4 yrs.
Seth M.	5/29/07	1 year!
Pam L.	6/23/01	7 yrs.
Kristen C.	6/24/04	4 yrs.
Derek F.	6/21/05	3 yrs.
John L.	6/27/05	3 yrs.
Steve S.	7/5/97	11 yrs.
Pasha R.	7/17/06	2 yrs.
Tracy B.	7/4/07	1 year!
Laura D.	7/15/07	1 year!
MJ E.	7/19/07	1 year!

District 5

Dan K.	9/1/07	1 year!
Theiving 'Dog'	9/30/86	22 yrs.
Terry "H"	9/7/96	12 yrs
Big 'Dog'	9/22/06	2 yrs.

District 6

Nick B.	8/11/03	5 yrs.
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District 7

Gary K.	08/05/07	1 year!
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District 8

Jonathan R.	9/8/04	4 yrs.
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District 10

Bill H.	7/16/08	16 yrs.
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District 13

Jeannie 'squeaks' P.	8/22/07	1 year!
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Cambridge, MA

Drew	9/18/05	3 yrs.
Ryan B.	9/17/06	2 yrs.

Mesa, AR

Lucia G.	4/1/00	8 yrs.
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Stowe, PA

John S.	4/8/03	5 yrs.
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