



What is 12 Years of Sobriety?

12 years of sobriety is 4,383 days.
It's 105,190 hours.
It's over 6.3 million minutes.
And more than 378 billion seconds.

12 years of sobriety is zero tokes on my pipe.
It's absolutely no doobies, joints, spliffs, bones or marijuana cigarettes.
It's not waiting for my dealer in a parking lot on Route 1.
It's no more burn holes in the rugs of my house or car.
No ashes ruining my clothes.

12 years of sobriety is the end of my marriage of 27 years
And more than 10 years as a divorced man.
It's the birth of 3 grandsons.
It's the marriage of my youngest daughters,
It's new relationships and renewed relationships.
And it's the rebirth of me.

12 years of sobriety is the end of the blind munchies
and bad eating habits (mostly).
It's the end of secretive behaviors.
And it's the end of lame excuses, broken promises,
dishonesty and a total lack of integrity.

12 years of sobriety is the return of dreams.
It's the return of hope.
It's the return of joy.
And it's the return of freedom from my marijuana mistress.

12 years of sobriety is love of life.
It's learning to love myself again.
It's learning to love the struggles and difficulties in my life.
And it's coming to terms with the truth of who I am.

Is 12 years of sobriety perfect?
Hell NO!
I'm still a flawed, fragile, fickle human being.
I am feeling more human every day.
Thanks to my higher power and the support of all of you in this fellowship.
Thanks to my family, friends and co-workers...
I wake up every day, glad to be alive.
FREE of the addiction.
For one more second, one more hour, one more day.
One day at a time.
4,383 days and counting...

12 years of sobriety is striving to live the life I love and learning to love the life I live. ▲

~Dean



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:	John L.
Secretary:	Rick V.
ANLP Admin:	volunteer*
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 Administrator

Respond to incoming mail & email. Processes, packs & ships orders.

This is a paid position.
board@anewleafpublications.org

Purchase Books & Subscriptions

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

Life is Life

I thought my disease was abusing marijuana. It's not. Pot was something I used to numb my pain and silence the demons. And it worked. It was my best friend and my only long-term relationship. And then it started abusing me. What did I do to deserve this? Why am I being punished? So many questions and so few answers. The more I smoked the deeper the knife went through my achilles heel. And then out of nowhere, God in all his glory gave me a reprieve and took the pipe, bong, and joint out of my tool box. Nearly a month into sobriety, here is my truth as I now understand it.

My disease is:

- o depression
- o anxiety
- o obsessive thoughts
- o I believed **she** could have a good morning
- o resentment
- o inability/unwillingness to forgive
- o narcissism (both best or worst)
- o and an ego so big it's my way or the highway... and there's nothing more lonely than being the only car on the road.

I was once told you could be an alcoholic without ever taking a drink. I laughed off such an illogical idea. I'm not laughing anymore. I was born with a disease. Like a diabetic who cannot produce insulin. It's their body's default to deny something they desperately need. I am the same way.

It's so much easier to fight a battle when you know who your opponent is. My life is not easier but it is more clear.

Smoking marijuana is pouring gasoline on an already out-of-control fire. I ask God every morning for another day of sobriety so I can be of service to this world. Amen. ▲

~Andrew R.

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

Outreach Board

New Meeting Support Program:

The Outreach Committee invites *you* to engage in service by supporting new and independent meetings by participating in the New Meeting Support Program.

Did you know that thousands of marijuana addicts have no local access to in-person meetings?

Luckily, new meetings are starting up all over to increase access to the fellowship. As MA continues to grow around the world we find that many new meetings face challenges as they begin to build their foundation. In addition, many meetings operate without service sponsorship or other types of support because they are located in geographic areas that don't fall within an MA district.

We want to reduce the isolation by connecting these meetings with volunteers who can share their experience, strength, hope and service experiences. Volunteers are paired with a new meeting and provide correspondence (email or phone) with a contact person to discuss service topics, challenges and successes the new meeting is experiencing.

The Outreach Committee has set a goal of each District having 2 members joining the New Meeting Support Program. Please spread the word about this program so we can better serve and support MA's new and independent meetings. If you have questions or would like to volunteer please contact Aime or Drift at outreach@marijuana-anonymous.org

Correspondence Committee:

The newly formed Correspondence Committee is looking for volunteers!

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 MA 800 helpline and email inquiries.

Volunteers will respond to calls that come in on the voicemail line with a goal of returning calls within 48 hours.

If you have questions or would like to volunteer please contact office@marijuana-anonymous.org

Are you fluent in another language?

Many people across North America and the UK contact MA looking for help. However, the long-term goal of Marijuana Anonymous is to become a truly global support network, able to provide resources to suffering addicts in countries all over the world. In taking steps to reach this goal the Outreach Committee is looking to create a database of members who are fluent in languages other than English who would be able to help us bridge the communication gap. We are especially looking for Spanish speakers, as well as European language speakers. If you have questions or would like to volunteer please contact Outreach at outreach@marijuana-anonymous.org

Women's Town Hall:

The Outreach Committee is currently researching and developing an online 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. If you have questions or would like to volunteer please contact Lana or Drift at outreach@marijuana-anonymous.org

Independent Meeting Spotlight:

Did you know that 37% of Marijuana Anonymous meetings operate outside of District boundaries? The amount of hard work and dedication required to keep an independent meeting going is worthy of recognition! This month we shine our spotlight on **Spokane, Washington!**

The Spokane meeting has been serving members for a little over a year, and with the steady guidance of a dedicated group of regulars, has been getting together twice a week at the Alano club to provide support to a community that may not otherwise have access to MA. They've been very creative with limited resources by using poker chips to recognize sobriety milestones. In fact, they've had some members who have recently stepped up to take on service positions, ensuring that Spokane will have a strong MA presence for the foreseeable future.

Congratulations Spokane, and thank you to all the independent meetings for your hard work!

Meetings: Tuesdays and Thursdays 8:00-9:00pm PST — Spokane Alano Club - 1700 W 7th, Spokane WA

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.

Marijuana Anonymous Worldwide

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

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

Celebrating 221 Years of Sobriety!

District 2	Will K.	7/1/13	4 yrs
Dave S.	7/14/13	4 yrs	
Keith C.	7/13/12	5 yrs	
District 4	District 7		
Jessica W.	Davy O.	7/18/87	30 yrs
7/11/13	Gary K.	8/5/07	10 yrs
4 yrs	Manny F.	7/24/14	3 yrs
District 5	Mark W.	7/2/12	5 yrs
Allan	Patricia W.	7/25/90	27 yrs
8/16/14			
3 yrs	District 8		
Coleman	Scott P.	8/17/04	13 yrs
8/13/92			
25 yrs	District 22		
District 6	John C.	8/1/95	22 yrs
Jeremy	Val	8/15/16	1 yr
7/15/03			
14 yrs			
John Mc.			
7/1/91			
26 yrs			
Ryan H.			
7/7/07			
10 yrs			
Sean F.			
7/4/02			
15 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

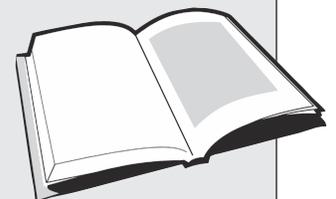
- 1) HAVE OCCURRED,
- 2) HAVE NOT been published recently,
- 3) and ARE NOT OLDER THAN 45 days.

Please format birthday submissions in this manner: Name <tab> Date <tab> #yrs

From Life with Hope

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.



Tradition Nine

MA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

2018 MA World Convention

District 4 – Western Washington MA will proudly host the World Convention in Seattle, February 16-18, 2018! Reduced-rate “early-bird” registration now through Oct 31! mawsconvention.org

