



a new leaf

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Restoring Relationships

In Step 8 of *Life with Hope*, it is suggested that we have done the work to restore our relationship with our Higher Power (Steps 1-3) and then with ourselves (Steps 4-7). Of course, Steps 4-7 further strengthen our relationship with the God of our understanding. The literature goes on to state “we are now ready to begin restoring our relationships with others.” I was astounded by how much sense this made as it seemed so obvious once getting this far but I needed to read it before I realized it. The order of the Steps is quite deliberate!

My amends process was profound. I restored all my relationships with the living and those who passed over. Perhaps my most important amends was the one to myself. I forgave myself. I no longer regret my past deeds nor shut the door on it. Odd as it may sound, I was grateful for the wreckage I caused because of where it led me. It led me to my bottom, which led me to recovery. There I finally found the fellowship I was desperately searching for.

Through sponsorship, I’ve helped several recovering potheads through their amends process. Unfortunately, a few decided to

go back out instead of cleaning up their side of the street. While fear of the process is natural, we don’t have to do it alone. I always asked my Higher Power for help and checked in with my sponsor before and after each amends. Those that went forward participated in the same transformative restoration that I went through. Each person they met with was delighted to see them again, thanked them for their honest admission, and appreciated their reparations. At the end of the day, all the guilt and shame was released. They no longer had to carry it and each remarked about how much lighter they felt. It was a simple miracle, one very similar to that experienced in Step 5.

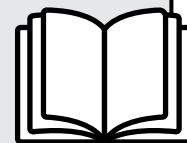
It is not hard to see how the amends process heals us, even though on the surface it appears to be for others. Having gone through the process on both ends of the table, I don’t even know which is better. For me, it was necessary. For others, it was rewarding. For each, we hold our head up high, knowing that even when life gets the best of us and we react inappropriately, we now possess the humility and tools to restore it.

-by Chris C.

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

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



“A Vision for Us”

2020 MA Convention hosted by District 6
Los Angeles
please email ma2020reg@gmail.com

Save the Date!
Feb 14-16, 2020

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

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

Other inquiries and correspondence:
info@anewleafpublications.org

Support the Outreach Committee:

The following are several ways that *you* can help the MA Outreach committee:

1. Interact with phone and online MA meetings by attending meetings and business meetings. Make a commitment to attend specific ones and report (at monthly Outreach meeting) on any potential problems or ways to offer MAWS support.

2. Connect Independent meetings in the same state or general geographic area with each other and encourage them to communicate, for support and to form an independent district (that could eventually become a MAWS district) With conference calling like Hangouts Meet, district meetings are possible for groups spread apart from each other. A spreadsheet/Log should be started and include email and phone numbers, meeting information, and contact feedback.

3. Ongoing Outreach support and checking in for new meetings is currently being done by our committee Chair. This involves sending a 1 month and six month letter (templates available) and logging in any responses and giving support. Chair is open to anyone helping with this, as well.

4. Remote sponsorship project is working well. Those asking for or offering to be sponsors should contact: sponsorship@marijuana-anonymous.org. The project now is to get this email address out to as many members as possible. Perhaps through Delegates, District Chairs, GSR's and group chairs. Also, reaching out to the Sponsors on a quarterly basis to verify that they are still willing or if they are at sponsee capacity.

5. Find a way to improve the communication to the Delegates and Districts and include a way to verify the Outreach message is getting out there. Possibly work with Public Information, Internet Committee, and ANLP on this.

6. Establish a concrete way of keeping in touch with MA groups and Districts around the World and communicate with these groups on a regular basis.

7. Join the Correspondence Committee and sign up to answer our 800 phone number when you are available.

Interested in supporting your fellowship? Contact outreach@marijuana-anonymous.org

MA Online – District 13

Has smoking pot stopped being fun? Is it hard for you to imagine a life without marijuana? Do you smoke marijuana to avoid dealing with your problems?

Who we are: Fun Fellowship of Recovering Pot Addicts

What we do: 24/7 Chatroom and
Twelve Step Meetings

When we do it: Now—*join us!*

www.ma-online.org
Please let your members know we're here



Skiing Toward Reality

I'm cross-country skiing in Central Oregon on a sunny frigid day. I elevate the experience with a big joint and hits of Lebanese Hash. I get heightened sensations immediately—indigo sky, fleecy cirrus clouds, powdery flakes fluttering off pine needles and the whispering whoosh of skis.

I veer left at a fork, later turn left, maneuver a sharp right and finally hang a left. It's been ninety minutes. I'm lost, disoriented. Light is fading. Storm clouds gather. The breeze increases. I'm terrified. I may die, because I got stoned. Stupid – stupid! I scream, "Help! Help! God!" I shiver and cry. I'll freeze to death. "Help! I ..."

Suddenly I hear a car. "Help! Here." It's a jeep with hunters and a dead deer. The grizzly-looking driver shouts, "Get in city boy. Have a beer. You old enough?"

Now I'm retired, after fifty-four years of using marijuana. During that time I was motivated, dealt with feelings, avoided cross-addiction and managed my life. I was a professor and financially stable. I loved my family. Addiction? Nah.

Recently, I say to my bathroom mirror, "You look sloppy and dazed. You don't express feelings. You don't think clearly. Give up marijuana now!"

In a MA meeting, I follow the Step 11 suggestion about meditation. I sit with a Zen group for meditation, during which I say to myself, "May I (inhale) be peaceful (exhale)." The second phrase is "May I be loving."

In the "Miracle of Mindfulness," Thich Nhat Hanh suggests that I imagine being a pebble thrown into the water, effortlessly sinking to the river bottom, "a place of serenity and perfect rest, letting go and not pushed or pulled by anything." During meditation, I let go of all

Meditation: Progress, Not Perfection

OUR BOOK SAYS THAT RECOVERY IS a process, not an event. It would be simpler if there were a certificate or badge, something proving that I've arrived—that I am now sober forever. Thank you, I can now put this addiction thing behind me.

It doesn't work that way and thank God it doesn't. We get to continue deepening our waters and moving in the flow of life. Every time I seek God's help I need to knock on the door again. I must knock again to remind myself that I'm still seeking. I'm still in need. My sobriety strengthens as I remain mindful that I am in recovery. It's never behind me; if I think that then I get ahead of myself.

"More will be revealed" is one of many 12-Step sayings. I've heard plenty of old timers say they are still surprised

"The disease is progressive, but so is recovery."

at how they are continuing to grow into serenity. They share that their relationships continue to get stronger, that they are improving their abilities to forgive, and that their ability to love expands beyond where it's ever been.

Affirmation/Meditation:

Even when days are hard, I still know that as long as I stay sober my recovery will continue to heal me in ways I cannot comprehend today.

~ Steve T.



thoughts and then focus on elements of my withdrawal symptoms. My first thought is deny temptation to use marijuana. My next thought is be patient. Finally, continue to hold hands with recovering addicts and say the serenity prayer.

Additionally, I realize that I binged before trying to quit and used so much at bedtime. I understand my failure to accept I'm an addict, escaping the reality of boredom. "Cold turkey" is Necessary. Now I am ready for the challenge of "staying off the grass."

I am clean after two months of MA meetings and many talks with my sponsor. I rework the steps to address withdrawal. I am irritable. I can't sleep. I can't deal with reality. I will get better. I recall a bumper sticker from the good ole peace-love days of the 60s. It read, 'Reality is a Crutch.' No. Reality is now beautiful.

I still gaze at fleecy clouds and towering pine. I work in paradise at the San Francisco Botanical Gardens, where today I use my 40 power microscopic lens (third eye) to stare at a daisy's pollen, a rose's petal. Most importantly, I now have more love for myself and more compassion for others. Thank you Marijuana Anonymous. Thank you Zen Buddhism.

-by Ed H.

subscribe

send your name, address and a \$15 check (\$20 non-US) to:

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Marijuana Anonymous Worldwide

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

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DIST. 24	Vancouver BC, Canada	+1.778.554.8997
PHONE	MA Phone Meetings	
	www.ma-phone.org	

Celebrating 75 Years of Sobriety!

District 2		
Chris K.	8/12/1996	23 yrs.
District 4		
Rob K.	8/13/2017	2 yrs.
District 5		
Allan	8/6/2104	5 yrs
Coleman G.	8/13/1992	27 yrs
Colin	8/1/2017	2 yrs.
Manny	7/24/2014	5 yrs.
Mark R.	7/4/2018	1 yr.

Birmingham MI.		
Tyler K.	7/30/2018	1 yr.



See your sobriety date here.



Allow us to publish your anniversary to celebrate!
Provide your sobriety date to your local GSR, ANLP Liaison, or e-mail to:
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 submit by the 15th of the month and use the format shown in the listing at left. *Thanks!*