



September 2023

Vol. 33, No. 9

## But I Have a Prescription

I have mentioned in many MA meetings that I "moved to California so I could get my weed card." I really never thought that less than a decade later I would hit my rock bottom and eventually go to my first meeting as a "willing participant."

I knew as early as 2009 that I might have a problem, but I didn't know what that problem was. It wasn't me, and it definitely wasn't my relationships with other people. I've had periods of abstinence from cannabis in my lifetime, but it always found its way back into my life. I had never entertained the idea of sobriety of any sort, especially since cannabis was the only thing for me that has had consequences.

Fast forward to 2016. I was newly sober, but not by choice. The only reason that happened was because I had spent two weeks in one of the Bay Area's mental health units. When I went into the hospital I knew I had some vape pens, but when I went to pick them up from security upon discharge they were nowhere to be found. I was still incredibly suicidal, so I checked into another mental health unit closer to my "home base" (I had been kicked out of my apartment a few months back for... you guessed it... smoking weed).

At this hospital there are three H&I meetings from other fellowships. When I checked into the hospital my drug screen still registered very positive for cannabis and one of the nurses told me "There's a 12-step meeting tonight. YOU SHOULD GO." I promptly spouted lines that many of us might have said at one point in our lives: "I'm not an addict! I'm

not an alcoholic! I don't need to go to those meetings!"

A few weeks later I was living my best unmanageable life, rotating between motels and my van. I hadn't gone to work in over a month, but I filed for leave. I hadn't had a drink or smoked a joint in about 45 days, and finally had that A-HA moment and found a nearby meeting to go to in another fellowship.

I had researched Marijuana Anonymous online a few months prior while getting high one day. At the time I consciously had no plans of getting sober but subconsciously I think my brain was ready to quit. Having that information available now in early sobriety I tried to go to the only local meeting I could find on the website. Nobody was there. The group had closed a while back.

I know myself pretty well and know that going to meetings online or on the phone really aren't compatible with how my brain works. I can do a million other things and totally ignore the meeting if it's virtual. If I go into a room, people can see that I'm there and give me dirty looks if I'm playing on my phone. Since MA wasn't available in-person for me, I attended meetings of other fellowships.

That probably wasn't a bad move. I met my sponsor at one of those meetings and even though we had totally different drugs of choice we had a common desire... to stay clean and sober. My sponsor told me to "keep an open mind" and "take what you want and leave the rest behind." I was also introduced to a variety of

literature from multiple fellowships and beyond.

In my first year of sobriety I began to find out who the "winners" were and did my best to glob onto them. Eventually, there was a group of us who got sober within a year of each other and we began to hang out together on a regular basis. We would go to the same meetings. We would go out to eat together. We would go to karaoke and bowling and other fun things together. Most of us are still sober 6-8 years later.

I got a car a little over a year into sobriety and had made a commitment to start going to MA meetings. I couldn't find the location of the first meeting I tried, so I drove to Saratoga and found this great candlelight meeting on Fridays. I would drive hundreds of miles each week just to attend MA meetings. I bought a copy of "Life With Hope" and finally discovered a book that truly spoke my language. Although I definitely identified as an alcoholic, I had trouble placing myself in the shoes of most of the stories in the "Big Book" of Alcoholics Anonymous. Same thing with Narcotics Anonymous' "Basic Text." When I got to the stories in "Life With Hope" I immediately related.

In hopes of growing interest in MA in my community, I started a meeting. The group had steady attendance, but it was hard to find people with solid sobriety to be of service. I showed up at the church every Sunday, put out the chairs and snacks, and hoped that people would show. I reached deep into

*(continued on page 2)*

## 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.

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: Amy F.  
Treasurer: Graham S.  
Secretary: Marcy E.  
Content Editor: OPEN  
Design Editor: Justin W.  
ANLP Admin: Janice O.

### Contact ANLP

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

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

Copyright © 2023, Marijuana Anonymous World Services. All rights reserved. Published by A New Leaf Publications, Hollywood, CA (USA)

my address book to find those folks hiding in the other fellowships that I know that cannabis had affected. That worked for a while, and then the pandemic happened. I had helped other meetings in my district transition online, but my group wound up closing.

That thing that I knew was going to happen if I had to attend meetings virtually eventually did... and I essentially stopped going to meetings altogether. I was stuck at a computer for eight hours a day at work, so the last thing I wanted to do was spend another hour at the computer attending an MA meeting.

Eventually our meeting locations began to open up again and I started attending one of my favorite non-MA meetings. They had decided to make the meeting a hybrid with participants attending in-person as well as virtually. I immediately found an area of service that I could make my own. I already had a TV on a tripod stand for a project I was working on. I completely over-thought audio and video for the remote members. That overthinking paid off in the end because I was able to figure out the best setup using the least amount of equipment. Also during that time I was pondering a move to be closer to my "family of choice." My sponsor suggested that I find an online meeting in the area and build my network so when I finally move I don't have to figure all of that out.

Jumping ahead to today... I'm able to be of service at all levels. I am the secretary of a meeting that I recently moved to a hybrid format. I was recently serving as literature chair for my District, and completed a term on the MA World Services Board of Trustees. I have met so many wonderful people in my time in MA. This is truly a "one day at a time" program, but if I keep doing the little things that have kept me sober for the past seven years I don't have to think about getting high. I can always get high tomorrow,

but I'm gonna do whatever I can to stay sober today. Repeat that 2,600 times and don't stop counting.

~Jacinda M.

## No Longer Yours

Dear Mary Jane,

When I discovered you, it was like a miracle had come into my life. You gave me the ability to hyperfocus, to briefly let the troubling world slip away, to access my creativity, to be more social, to practice yoga and meditation, made experiences more enjoyable and to serve as a bridge over troubled waters.

You went from Miracle to Medicine. As my medicine you helped me sleep and wake up, deal with depression, stress and anxiety, reduce my period cramps and chronic pain. Next thing I knew you were needed for everything, my constant companion that I couldn't live without or get enough of.

This is when you turned from Medicine to Maniacal. I broke promises with myself and others to always have you in me and with me. I became a slave to you, putting you above anyone and everything else including my family, my husband, my children and even my own safety. I thought that addiction was a death sentence and here I was killing myself one high at a time.

Then on April 20, 2018 after years of perpetuating my cycle of addiction, going in and out of 5150 psych wards, in and outpatient programs and struggling with my mental health, I finally had enough. I struggled with the idea of being a marijuana addict, to admit that I am yet another addict in a lineage of addicts.

I was ready to surrender and seek help in a 12 Step program, but I didn't know what a real marijuana

(continued on page 3)

addict looked like other than the Rastafarian. I was convinced that my problem with marijuana was so unique that I never thought to google marijuana 12 step groups, going so far as to say, "They should start a 12 step program for marijuana addicts." Looking back, that was a blessing in itself. I was forced to humble myself, join AA and release decades of resentments towards my recovering alcoholic & pain pill addict mother.

You had me fooled for 10 whole years. Life wasn't really better with you, it was just altered. I was so angry with you for a long time, thinking you had tainted my life experiences around design school, art and yoga. I discounted those times in my life because you were part of them and I wanted nothing to do with you.

In recovery I began to slowly but surely rebuild the love for hobbies which have helped me so much in life. You were a partner, that made my body seem more open and fluid during yoga. You were like a key that opened the attic where my design creativity was stored away. Gratefully reforming bonds to those aspects of self-care, hasn't been easy. It took time and acceptance for me to realize how to do those things again without your influence. It's getting easier because I know that those parts of me are available, I just have to let go of control and allow them to flow.

During sobriety I have been so determined and willing. With each time I progress through the Steps, with every meeting, every service position, I continue to grow further away from your grips. Every day I reflect to see how far I have come. I consistently hope and pray that I will keep my distance from you and any other negative coping strategies. Ever reminding myself that you aren't worth it to me. I will do my part by putting as many days between us as possible, using every tool in my toolbox to fight urges to pick you up again.

Many people refer to you as a gateway drug, and for me, you are a gateway, however not to heavier substances. Quitting you, was like walking through a gateway to a better way of life. Today I choose to live, I'm no longer just existing, I embrace each day and squeeze as much goodness as I can.

I am grateful that you can be a healing element to so many people, and I wish them the best in hopes that you don't turn on them as you did me. You and I are no longer compatible. I am done being used by you, and I have no intentions of using you ever again.

~Jules

## Insanity

<i>That first time</i>	<i>Darkness closing in</i>
<i>The freedom</i>	<i>on us</i>
<i>The glory</i>	<i>We give up hope</i>
<i>A taste of something</i>	<i>Suddenly, a voice</i>
<i>more</i>	<i>in the dark</i>
<i>The first slip down the</i>	<i>A small glimmer of</i>
<i>rabbit hole</i>	<i>light</i>
<i>Fun days and long</i>	<i>The loving</i>
<i>nights</i>	<i>presence of a</i>
<i>Hazy memories</i>	<i>higher power</i>
<i>Deeper into the hole we</i>	<i>Hand in hand, we</i>
<i>crawl</i>	<i>climb</i>
<i>Years in the dark</i>	<i>Out of the darkness</i>
<i>The tide turns</i>	<i>Out of the rabbit</i>
<i>Dependency sets in</i>	<i>hole</i>
<i>Can't think without</i>	<i>Although we may</i>
<i>Can't breathe without</i>	<i>slip to find our</i>
<i>The hole starts to</i>	<i>footing</i>
<i>narrow</i>	<i>We WILL make it</i>
<i>We are lost in</i>	<i>to the top.</i>
<i>addiction</i>	<i>Together we</i>
<i>Shouting and scared</i>	<i>WILL let go of this</i>
<i>We try to climb, only to</i>	<i>darkness and find</i>
<i>fall back down</i>	<i>the light</i>
<i>Insanity</i>	
<i>Loss of the world</i>	<i>~Cortney</i>

## Our Stories!

### The MA Literature Committee seeks story submissions.

Help us to share the experience, strength and hope of marijuana addiction diversity...

Shedding light on stories of recovery that may not always be told, the following are some examples:

- *Detoxing, CHS*
- *Identity (gender, racial, religious, sexual)*
- *Mental health, psychosis*
- *Seeking sobriety during different stages of life*
- *Cross addiction and support from other 12 step fellowships*

Submit your stories to [stories@ma12.org](mailto:stories@ma12.org)

The Stories sub-committee seeks your support to review these stories for their implementation in various projects.

Beginning November 15, we will meet on the 3rd Wednesday each month at 4pm PT / 7pm ET.

Email [L@MA12.org](mailto:L@MA12.org) to join

### Open Editor Position

## Fill a Critical Role at ANLP

The Content Editor volunteer position on the ANLP Board is now open! If you have experience with copy editing, publishing, or design, you can be of service in a big way.

Email the ANLP Chair for more information:  
[chair@anewleafpublications.org](mailto:chair@anewleafpublications.org)

# Marijuana Anonymous Worldwide

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

## MA World Services

5551 HOLLYWOOD BLVD #1043 HOLLYWOOD, CA, USA 90028-6814 +1.800.766.6779 WWW.MARIJUANA-ANONYMOUS.ORG INFO@MARIJUANA-ANONYMOUS.ORG

<b>DIST. 2 San Francisco &amp; East Bay</b> www.madistrict2.org	+1.510.957.8390	<b>DIST. 16 Melbourne, Australia</b> www.marijuana-anonymous.com	+61.403.945.083
<b>DIST. 3 South SF Bay Area</b> www.madistrict3.org	+1.408.450.0796	<b>DIST. 17 Denmark</b> www.ma-danmark.dk	
<b>DIST. 4 Western Washington</b> www.madistrict4.org	+1.206.414.9270	<b>DIST. 18 Sacramento, CA</b> www.sacramentoma.org	+1.916.341.9469
<b>DIST. 5 Orange County</b> www.madistrict5.org	+1.714.999.9409	<b>DIST. 19 Toronto, ON, Canada</b> www.matoronto.org	+1.416.999.2244
<b>DIST. 6 LA County North</b> www.madistrict6.org	+1.818.759.9194	<b>DIST. 20 San Diego, CA</b> www.ma-sandiego.org	
<b>DIST. 7 LA County South</b> www.madistrict7.org	+1.310.494.0189	<b>DIST. 21 Colorado State</b> www.ma-colorado.org	+1.303.607.7516
<b>DIST. 8 New York</b> www.ma-newyork.org		<b>DIST. 22 New England</b> www.newenglandma.org	
<b>DIST. 11 Oregon</b> www.madistrict11.org	+1.503.567.9892	<b>DIST. 23 Georgia State</b>	+1.770.468.8508
<b>DIST. 12 North Bay, CA</b> +1.415.419.3555/+1.707.583.2326 www.madistrict12.org		<b>DIST. 24 Vancouver, BC, Canada</b>	+1.778.554.8997
<b>DIST. 13 MA Online</b> www.ma-online.org		<b>DIST. 26 Iceland</b> www.maisland.is	
<b>DIST. 14 London, England</b> +44.300.124.0373 www.marijuana-anonymous.co.uk		<b>DIST. 27 Independent Mtgs.</b> www.madistrict27.org	madistrict27@gmail.com
		<b>DIST. 28 MA Phone Meetings</b> www.ma-phone.org	

## Step and Tradition of the Month

### 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.*

## Celebrating 179 Years of Sobriety!

### District 2

Angela D 9/02/2019 4 yrs

### District 5

Allan 8/06/2014 9 yrs  
 Bill S 8/20/2019 4 yrs  
 Brad M 8/21/1997 26 yrs  
 Coleman G 8/13/1992 31 yrs  
 Colin 8/01/2017 6 yrs  
 Dave D 8/22/2009 14 yrs  
 James VM 8/29/2015 8 yrs  
 Lisa T 8/21/1990 33 yrs

### District 11

Becky C 9/22/2014 9 yrs  
 Bill C 9/15/2012 11 yrs  
 Kyle M 9/12/2012 11 yrs  
 Stephen W 9/05/2016 7 yrs

### District 12

Michael C 8/31/2017 6 yrs

**See your sobriety date here!**



*If your sobriety date has occurred, has not been published, and is not older than 45 days, please submit it in the format you see on the left by the 16th of the month. You may tell your local GSR, ANLP Liason, or e-mail to: chiefs@anewleafpublications.org*