



a new leaf

a publication of marijuana anonymous

October 2010

Vol. 20, No. 10

Grateful When We Experience Growth From It.

I have endured a lot of pain in sobriety. A lot of pain I had to grow through. One that took my wind out of me for days and twirled me down was when my domestic partner (DP) decided to go and meet up with an ex-lover they had prior to me. The day was a normal Tuesday and at the time my DP and I were living together and I was getting ready to go to a funeral. A friend from the program had died. My DP did not know I was not going to work when they jumped into the shower and the house phone rang. When I picked up no one said anything. Odd, I

thought, but did not think much of it. Then my DP's personal cell phone rang and I saw the number that was calling. I called back from the house phone and the person on the line answered. "Hello darling, are they gone yet?" For some reason, at that point, my chest felt heavy. I let them know that I had not left yet.

Now about a week prior to this, I'd gone for a walk. I got about 1/2 mile up the road when I decided to run back to the house because I did not feel right about something. Upon walking into my home, I noticed my DP on the phone being really short with someone, and needing to hang up. When I asked about the call, my DP said, "It was nothing to worry about. It was a worker asking about work." The time was 10 pm. I thought nothing of it at the time.

Back to the day of the phone call I made: after my DP got out of the shower I let them know that so and so would like to know if I was gone. I explained that I let them know I was not gone and that my DP was in the shower. I asked my DP what was going on. The truth is all I asked. By this time I had invested a lot with regard to emotions, financial, family, and attitude towards my DP. I just wanted to know why. My DP told me the usual "it's not you, it's me." I was not sure if this was for me. The person called back and asked to speak to my DP and I told them they could, if they would like to have them they could. The person on the phone told me that they were married and could not afford

that. Wow, I said.

I worked this program diligently for 8 years. I walked out of an emotionally draining attachment I made possible, thinking it was GOD's idea. I then gave up on GOD. Not wanting to use or drink I dove back into basics. I started working with newcomers more, went to more meetings, and did some more self-searching, self-sacrificing of myself to find me, one more time. Well I did. I found that people fail, God does not.

After moving out I had a lot of hate towards a specific gender group. I remember standing in the shower. GOD spoke to me and said, "Now you know how it feels" and the only thing I thought was the story about the barrel, everyone gets a turn. You put it out there, you get it in return.

I instantly forgave my DP. It was my turn. Countless times I did what they had done with no remorse. Cold hearted heathen and I am there judging. Ha - I laugh at it now. A heathen calling foul; throw me a tissue, please.

I started to have a more open mind about people. What they do, how they do, and why they do. And it's none of my business. I have to be nice and leave people alone.

I received so many suggestions, but I decided to stay with my DP. To this day we are doing well, and I thank my DP for letting me work out all my jealousy issues, my gender discrimination issues, and most important, my self-esteem.

~ Anonymous



ROVING REPORTER

Question for November

How do you use the 11th step "meditation" in your sobriety?

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Tradition Eleven

Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow M.A. members.

Submit your answers to your Bureau Chief, or online, by October 17.

a new leaf

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.

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www.marijuana-anonymous.org
and click on the newsletter tab.

A New Beginning Every Day

A year ago, in July 2009, I walked into my first Marijuana Anonymous meeting. My life was a disaster and my reasoning was greatly diminished. Every muscle, nerve and bone in my body trembled. I had reached my bottom.

It was suggested that I go to 90 meetings in 90 days. In Denver, Colorado we don't have a MA meeting every day. So I supplemented with another 12-step meeting. I would have gone to MA 90 meetings in 90 days, they just weren't available. Today we have meetings five nights a week. One of those meetings is a women's meeting. I try to never miss the women's meeting as well as the other four meetings.

Today I'm working on my 7th step. My character defects are many. One day at a time I ask my higher power to remove the ugly

issues. Then I set about trying to remove them from of my behavior one day at a time.

I'm not like other people who live their lives without drinking and using drugs. When I used I was not a nice person. Thank God for MA and my higher power. Today I have choices to be a new person. I don't use drugs anymore and that's one of the blessings of Marijuana Anonymous and the 12-step program. I'm not the person I was when I was using marijuana.

When my life is a mess I work the steps, pick-up that 800-pound phone and talk to another marijuana addict.

My mind is clear today. I don't tremble anymore and my life is less of a disaster.

If you are an addict like me it will work for you if you work it!
~ Jennie F. ▲

Staying Yourself Regardless of the Situation

I have always been one to find myself adapting to situations as new experiences arise. For the most part, this part of my personality serves me well, but what about the situations where we change for reasons which are less beneficial to ourselves in order to accommodate others, appease people, or even get back at them?

Before I entered recovery, I would do whatever it took to fit in to new and awkward situations. I would change my appearance, the way I spoke, the words I used, the clothes I wore, and even the friends around me. I was a chameleon, always changing depending on the situation. Now that I've been sober for a few years, my behaviors, social associations, ways of thinking, and opportunities have changed tremendously for the better. One

thing that I still think of though, from time to time, is how I will want to and even actually do talk to others like they talk to me. This can also include holding back opinions, refraining from participating in conversations, or even putting on a show. While these behaviors are not inherently wrong, I wondered if I needed to do something about it. Adapting to situations is ok but being something other than what I am is not, and that's what bothered me.

Recently I found myself being nice to someone who sometimes is rude and impatient. I noticed how I wanted to give them a taste of their own medicine and respond to them like they responded to me. In this situation, adapting to the environment would have been

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An Oasis Away From Day-to-Day Life

My name is Lisa T. and I'm an addict. My clean date is 8/21/90 and I've been a member since my first exposure to MA, about a week into recovery.

I've been to all of the MA conventions except the second one (in Santa Monica), which I had to miss due to some health issues. At the time of the very first convention in 1994 in Santa Cruz, I was living in Lake Tahoe, which was far away from District 5 (Orange County, CA) where I "grew up" in MA. There was no MA where I was living; the closest was about a four hour drive to San Francisco. As I was still very much connected to my old home group and the general fellowship, I drove down to Santa Cruz with much excitement to reconnect with old friends and make some new ones. I'm tellin' you, there was magic at that first convention! I

participated in workshops, speaker meetings, participation meetings, and attended the banquet and "Mystery Dinner" event (I can't remember what they called it). I met so many new friends that weekend; friends who are still close today - all starting with the bonds formed at that Convention.

Going to Conventions is ALWAYS a fantastic experience, far exceeding any expectations I might have. Whether it's participating in the scheduled events, drinking tea & playing Scrabble in the lobby, going off on an adventure with other fellows, sitting one-on-one in deep conversation, hearing kick-ass speakers that I know or don't already know, getting little sleep and running on fumes, dancing crazy, finding out little known facts about other members in Ice Breaker exercises, having the honor and

privilege to meet newcomers and first time convention goers, it's all priceless! I could probably go on and on about my favorite convention events and experiences, but I don't have the time. Conventions are like an oasis away from day-to-day life; immersion into three days of total recovery bliss.

If you have the opportunity to go to the 2011 Convention, please don't deny yourself the amazing experience you're sure to have. If you're an east coaster, you will get to experience your own "first" of sorts, in that this is the first MA "world" event to happen on the east coast. You have the opportunity to be of service and participate in the "expansion" of World events across the whole United States. We all do! ~ Lisa T.



Staying Yourself...

(continued from Page 2)

talking rough, bossy, and in a subordinate manner to them. But then the thought crossed my mind about who I want to be and what the right thing is to do. I responded with a kind remark, instead of a belittling or condescending one. Afterwards, I went about my business and I had a clear mind the rest of my day.

There are so many people out there who we could lower ourselves to the standards of, but then, why work the steps and take an inventory? I didn't do all the work because I wanted to stay the same; I want to change. It's so easy to revert back to old behavior but it takes effort to see yourself as you are, and then to do something completely different. Recovery

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FEB. 18-20, 2011 ★ www.ma-newyork.org/convention

ENTER THE 2011 CONVENTION HOTEL ROOM RAFFLE:
\$15 PER TICKET TO WIN:

1st PRIZE: Complete package! This includes Friday and Saturday nights at the Hyatt Regency Hotel in Jersey City, Convention Registration and the Banquet fees
2nd PRIZE: Convention Registration and Banquet fees
3rd PRIZE: Convention Registration fee

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Mail in your ticket, along with check or money order to:
 MA District 8
 c/o Raffle Tickets
 P.O. Box 1244
 Cooper Station
 New York, NY 10276

Include your email address, we will send you a receipt!
 Good Luck!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Name: _____ Email: _____
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Now You're Clean
Time to Recover
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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

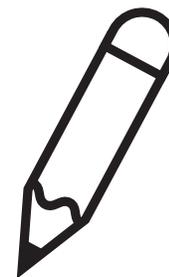
Staying Yourself...

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gives me the opportunity to change from what I used to be into the person I'm capable of becoming. I like the progress I've made and who I am today. Being able to see the many different components of my character and personality brings a smile to my face because I, like many of you, am quite an individual. I can be flexible and respectful. The one thing I don't

want to be is afraid to be myself. By practicing compassion and tolerance, day in and day out, I get to be proud of being human. For me, it comes down to having faith and acceptance; Acceptance of who I am and faith in knowing it's ok. MA and its members have shown me that it's not only alright to be myself, but it's important to do so, regardless of the situation.

~ Cottonmouth Key ▲



SUBMIT

Share your experience, strength and hope! Submit your article to your Bureau Chief or see page 2 for contact information.

birthdays

Celebrating 135 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANL contact information on page 2. Bureau Chiefs are encouraged to submit Birthdays that, a) HAVE occurred, b) HAVE NOT been published and, c) are not older than 45 days.

District 2

Raymond	08/01/05	5 yrs.
Candice	08/20/07	3 yrs.
Duncan	09/01/09	1 year!
Laverne J.	09/02/07	3 yrs.
Steve C.	09/08/09	1 year!
Sally	09/17/04	6 yrs.
Crescent	09/21/09	1 year!

District 3

James B.	08/16/08	2 yrs.
Tristan S.	08/23/96	14 yrs.
Justin C.	09/02/08	2 yrs.
Chuck F.	09/06/99	11 yrs.
Chris M.	09/12/05	5 yrs.
LeniSue M.	09/12/07	3 yrs.
Chuck M.	09/12/07	3 yrs.
Nick V.	09/14/08	2 yrs.
Helen O.	09/17/08	2 yrs.



District 5

Dave D.	08/22/09	1 year!
Terry H.	09/07/96	14 yrs.
Cassie A.	09/13/09	1 year!
Trés	09/20/02	8 yrs.

District 7

Guy	09/13/08	2 yrs.
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District 11

Frank R.	08/28/07	3 yrs.
Marvin H.	09/09/84	26 yrs.
Stefan H.	09/15/03	7 yrs.

District 15

Adam K.	09/17/05	5 yrs.
Ellen	09/19/04	6 yrs.
Sam K.	09/22/09	1 year!
Gary F.	09/28/07	3 yrs.