



a new leaf

a publication of marijuana anonymous

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Nine Months Sober

I've reached 9 months, and each time I think about my 1 year date approaching I get really emotional. It is hard to comprehend I've been sober, without smoking marijuana for this long. Seems truly unreal when I think about how I was one year ago. Desperately wanting to quit but not able to risk being without my vice.

I've mentioned that my one year date is right around my daughter's birthday and she will soon be 2. Absolutely, she was a motivating factor for me to take the plunge into sobriety, and she wasn't the only thing.

My conscience was screaming at me each time I took a puff. I knew what I was doing was not right for me anymore and I needed to stop. When I would try and stop, it would be followed by an increase in using, like a desperate attempt to get as much as I could before it went away. This did not

help me get sober. What did help me was finding MA. My psychotherapist told me about MA when I told her I wanted to quit.

I remember being so scared walking into the meeting for the first time not knowing what to expect. I kind of entered an almost robotic like state when I initially quit, didn't think about what I was doing and did the things that would help me quit.

Going to a MA meeting seemed like the right idea, so I went. The night before I could not sleep I was so nervous about what would happen at the meeting. Would I know anybody there? Would they make me talk? I remember thinking that this wasn't going to work for me, that I would not find what I needed. I remember sweating so badly because I hadn't smoked for a few days (the sweating lasted a solid few months).

**I hated Looking
in the mirror
stoned...**

What I found was safety, comfort, and camaraderie. Pure and magnificent miracles of people coming together and admitting their faults weaknesses and hopes for a better life. I still get nervous and anxious going

to meetings. I rarely have spoken at the meetings but I have been a guest speaker surprisingly and have spoken on my own a handful of times, and left having totally sweated through my clothes and needing to change the minute I got home because they were drenched.

MA gave me a peace of mind regarding sobriety. That it was okay to not use substances that I felt I needed so badly. I grew up with the mentality that weed was non-addictive so meetings for me help to negate that belief that was hammered in my head growing up.

Both my parents are substance abusers, not to marijuana, but to alcohol and narcotics. I always thought that marijuana was such a light harmless drug, but the reality in my psyche was contrary to this belief. Marijuana definitely was doing a number on me that did not prove supportive to the healthy happy lifestyle I wanted to provide and offer my family.

I hated looking in the mirror stoned and seeing my slacken image reflecting back at me. Each time I went anywhere or saw anyone I made sure to be properly stoned before dealing with anything or anyone.

Literally putting my head in the sand or in the clouds to avoid the reality I faced each day. Avoiding minor

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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 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.

Nine Months Sober

day to day problems as well as avoiding major problems that I work out during the psychotherapy sessions. Self-care came through a pipe, now it comes from within.

Moments I used to have while stoned, the moments I craved and why I smoked, I am now finding sober, peaceful, quiet, happy, calm and serene moments. Moments that make you feel grounded and happy where you are right then and there. Moments you cannot predict and take you so far.

Autumn is approaching and for me this is the time of year I experience those moments the most. When the air is filled with an electricity that is palpable and gives you an inner boost of excitement for life.

I feel stronger and more vulnerable than ever before in my life. I am blessed with so much that when I stop and think of what I have it is hard to believe this is my life.

So much has happened and changed for the better since I got sober. I am happily married, have a happy daughter and a successful business. I feel now for the first time, not just the bad but the good, and it is wonderful to feel human again, not the stoned out stranger I was before. I am getting to know myself for the first time since I started using back in '02.

I grew up in a highly abusive environment and was 19 when I started smoking weed. Before that I had to be the adult for my family, taking care of everyone financially, emotionally, and when I was introduced to weed and a new

relationship (boyfriend got me into smoking) I disconnected with my family and lived aloof to everything, even the fact that my boyfriend was abusive to me.

It was through prayer and belief that my life had good things awaiting me that I was delivered out of that abusive relationship and I was able to stop using while I was thrown up in the air not sure where to call home and who to trust after separating from my ex.

Once things settled down I picked up the pipe and the snowball effect took place. When I got into my current relationship I remember being scared of my addiction, not wanting to admit and show signs of my problem.

Strangely enough it was as if the Lord above answered my call of distress because a good friend of my boyfriend, now husband, somehow received a ginormous amount of shake, and I mean humongous. Tons of the stuff, a lifelong supply it looked like. And it was keefy - got you totally stoned with just a few hits. It was free and flowing. While this served me well it also helped show me that no matter what my supply situation was, my conscience would not relent. I knew I had to quit and hallelujah I did. Praise Jesus! I love you all, thank you.

THE ROVING REPORTER ASKS...

How I'm of service?

(Please submit answers by
November 17, 2012)

Anonymous Recovery

When I first got clean I worked the Steps with a sponsor, Steps 1-7. At Step 8 it started to feel awkward and life was picking up speed, I was preparing to move to a new city. I had every intention of finding a new sponsor when I relocated but I never really got around to it. I asked a couple of times and started into the Steps a couple of times but never got very far. Several years went by.

This Fall I asked someone to sponsor me through the Steps and it seems to be sticking this time. I had some fears about getting back into the Steps at this point. How could I do Step 4 again? But we've persevered. I was afraid that the work I was doing was not urgent or earnest enough since it lacked the measure of desperation that I brought to the table my first go-around. Also, my first sponsor was of the school that one does the Steps once and that one does not repeat them because the Big Book (from another program) does not tell us to. This puts a lot of pressure on the Fourth Step (and presumably 8 and 9 as well).

Because of that experience I found that I was worried that my Fourth Step was not fearless or thorough enough (I chose not to rehash the material from my first Fourth Step). But my sponsor reassured me that I was doing fine. This Fourth Step ended up being very informative and helpful despite my fears. My sponsor was able to help me see much about myself. Most of all it has been a relief to be moving through the Steps

and to realize that it is not a make or break situation. We will learn and grow, we don't have to do this perfectly.

This week I will celebrate 7 years clean and sober and I am happy to say that I have made it back to the 7th step, where I left off 6 years ago.

Anonymous

Getting High

I smoked for 30 years, the last 10 I was a daily smoker, wake and bake, home for the lunch buzz, on the way home from work and then 4-6 beers and more weed. I lost count the number of times I threw out my piece and \$50 worth of pot, recorded it in my journal and then went out and bought another piece and more weed.

My lowest moment was when I got high in my father in law's house, in a bathroom, on Christmas Day, AFTER I already took a walk to get high!

In February of 2012 my wife filed for divorce after 16 years, citing my "addiction" as one of the issues. All I cared about was getting the weed and getting high. Now, I've lost my wife, 13 year old son and 11 year old daughter. I have 25 days sober and will continue, one day at a time. "Thanks for letting me share"

Tim N.

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it.

The Twelve Steps of Marijuana Anonymous

1. We admitted we were powerless over marijuana, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. 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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs. ▲

Tradition Ten

Marijuana Anonymous has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.

a new leaf

marijuana anonymous worldwide

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District 18 Sacramento

www.sacramentoma.org 916.341.9469

For a complete listing of all meetings visit www.marijuana-anonymous.org

We Recover



**2013 MA Convention
Orange County, California**

February 15 - 17, 2013

Registration Fees Between
August 1 and December 31, 2012:

Registration \$100 ~ Banquet \$50

Together \$140

www.ma2013convention.org

We Recover



2013 MA Convention
Orange County, California

February

15 - 17, 2013

"Suite Chance" Drawing

Winner stays Two Nights for Free
at the Hilton Hotel Irvine

(\$750 value - includes parlor suite,
good for Friday and Saturday evening only)

\$10 per entry

Entry Forms will be accepted until
November 23, 2012

Drawing on December 1, 2012

If You Already Booked Your Room
and You Win, Keep The Reservation.

www.ma2013convention.org

(Cut here and mail to address below)

"Suite Chance" Entry Form

Complete **Entry Form**,
send a check or money order
payable to **MA District 5 to**
3553 Atlantic Ave. #176, Long Beach, CA 90807

Name: _____

Email address (for notification purposes ONLY): _____

of entries _____ x \$10 = \$_____ (enclosed)

(Paypal does not permit raffles, drawing or lotteries)

Birthdays

Celebrating 119 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANLP 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 5

Trés 9/20/02 10 yrs.
Cassie 9/13/09 3 yrs.
Marí 9/3/11 1 YEAR!

District 6

LB. 9/20/05 7 yrs.
Steve C. 9/10/11 1 YEAR!

District 7

Leslie W. 9/10/10 2 yrs.
Cottonmouth Kevin 8/17/03 9 yrs.
Loni F. 8/19/11 1 YEAR!

District 8

Jeff S. 9/1/99 13 yrs.

District 10

Kim VanDyke. 7/31/06 6 yrs.
Tim L. 8/18/91 21 yrs.
Z. 9/11/08 4 yrs.

District 11

Jim S. 9/24/07 5 yrs.
Stefan H. 9/15/02 10 yrs.
Mariska P. 9/30/87 25 yrs.

District 13

Tina M. 9/12/11 1 YEAR!

**KEEP
COMING
BACK!**

