



a new leaf

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A Step 10 Share: How I want to be

I am a marijuana addict and an alcoholic. I've been clean and sober since December 6, 2000. Today I have a home group in MA, near the small town where I live in western Washington. I attend MA and AA meetings 4-5 days a week, though sometimes that involves traveling 12-15 miles. I sponsor others and I keep weekly service commitments.

The only difference between me and you, really, is the day we first entered the rooms. Though relapse is not a part of my recovery story, I benefit greatly from the shared experiences of others who have and do relapse. It helps me to avoid the pitfalls of my unmanageable thinking about being able to handle drugs and alcohol, now that I have some time under my belt. It reminds me that to this day: I remain powerless over marijuana and other mind and mood altering drugs, including alcohol; over people, places and things; and, that my continued sobriety is dependent on daily maintenance of my spiritual condition.

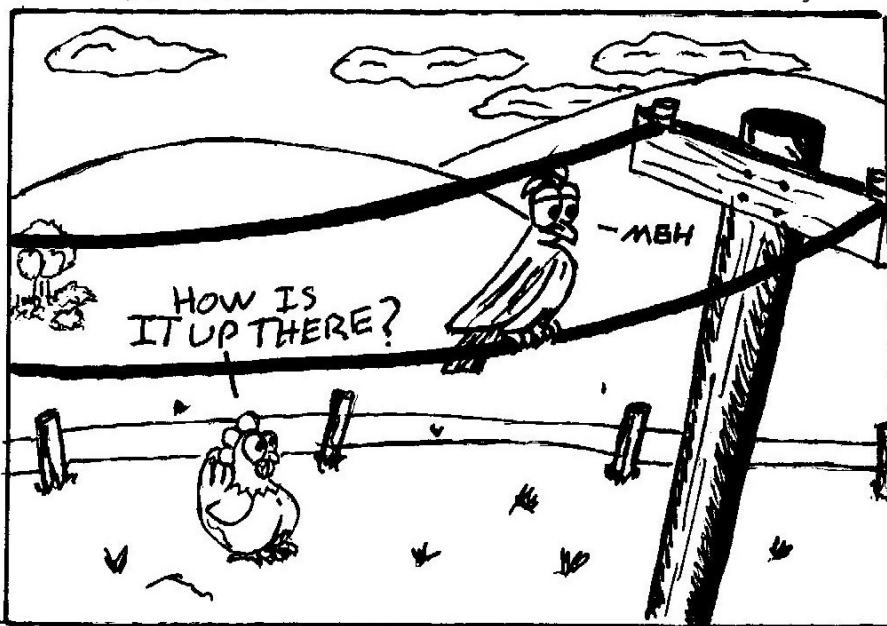
I was slow to adopt the daily practice suggested in Step 10, "continued to take personal inventory and when we were wrong promptly admitted it." I am still a work in progress. My end goal each day is to lay my head on my pillow and go to sleep clean and sober.

I am not a get on my knees person, though that works for others. I found my way to a spiritual connection with the help of my

Continued on page 2

Anxiety is for the Birds

~by Alex H.



Being High Isn't As Gratifying As Being Grounded

What would my life be like if my defects were removed?

Free of unwanted worry, balanced, and goal-oriented; with the drive and belief necessary to achieve those goals and to help others along the way. I would have a career, a social life and time for my substance-free hobbies. I would be able to fully focus on being the best version of myself I can be in my recovery. ▲

~by Alex H.

Excerpts from my 6th Step

One of my character defects is people-pleasing—Oh goodness, this one!

I have tried to make all my students like me even if they were naughty. I've taken on understanding them before understanding the principles involved, and how I must stand there no matter what.

All my life I have tried to please my parents to varying degrees and

as a result am not entirely sure of what my life would look like if I stood on "my own" principles. I've played art games in art circles, preparing what I am doing, who I know, where I am going before going to parties rather than playing by ear. I have hidden my full life from church for fear of being judged. I have hidden my Christianity

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.

District Bureau Chiefs

We are reaching out to districts to update the District Bureau Chief and birthday lists. Additionally, district representatives, including but not limited to those serving as Bureau Chief, are encouraged to stay in touch by emailing Thor H. at: editor@anewleafpublications.org

ANLP Staff

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Contact ANLP

Send articles/stories:
stories@anewleafpublications.org

A Step 10 Share...

Continued from page 1

sponsor, who like the fellowship of MA, suggests but requires no particular way of finding and embracing a higher power.

In the morning before starting my day, I sit quietly, contemplate the presence of my higher power and reflect on how I am feeling as I look to the day ahead. If I am uneasy or anxious, I ask my higher power (who by the way I can now call god, as a matter of convenience) for guidance and a different perspective. I ask that I may be of maximum service to all whom I may encounter during the day ahead.

Towards the end of the day, I check in to reflect on how I did. How did I do spiritually? Was I open-minded, loving or kind, and respectful towards those I encountered? Did I keep the god of my understanding close? How did I do mentally; that is, handling the tasks I hoped to accomplish during the day? Did I procrastinate? How am I physically? Was I present and mindful if hungry, angry, lonely or tired? Did I take care of myself? How was I emotionally? How am I feeling? Did I act on my defects; and, what assets

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was I able to bring to bear? Am I still willing to go to any lengths for my continued recovery? Do I need to call my sponsor about something I said or did? Am I willing to take suggestions he may have?

I strive for humility, to be a mere corpuscle in the bloodstream of life, at peace with myself and all humanity. ▲

~by Thor H. (District 4)

Excerpts from my 6th...

Continued from page 1

from some peers at school and in the dance/art community.

I have believed thieves and abusers when they said and did wrong things to me. I have done endless things trying to please people instead of God as I understood Her. It is exhausting.

What I think might happen if my defects were removed is that I might finally be able to see! I would know what to do with my life without nagging doubt and fear. My actions would be unhampered by false baggage of distrust and doubt. I would actually know what I stood for and no longer feel overburdened by the need to find more somewhere else. I would have ease and peace of mind that comes with knowing my purpose. I would have confidence and courage unparalleled by my experience thus far—except, perhaps when I danced as a little girl in church!

What did not belong in my life I would graciously and easily let go of. What was mine would take root in my eternal and very present being. I would be Force.

If my Higher Power is going to fully support my inevitable victory, my job is to have faith and willingness: Faith that She will and does love me despite all of my fears

*To work with ANLP, please send a note to board@anewleafpublications.org

(lack of information, illusions).
Willingness to keep moving forward
as if I still and always have value
and purpose in the universal
plan, that joy is my destiny.

My job is to pray to the Mind of
All for all my needs, and to follow
through with all my directives
as best as I can, each day.

My job is to forgive my faults
and those of others so that
I can move forward.

My job is to dance freely and
regularly, to write and rest
regularly too, to eat well and
drink lots of water, to love as
best and often as I can, to gain
wisdom each day and expand my
capacity to love every day also.

I must go easy on myself and also go
for the hardest places of resistance
with the fullest faith and power so
that I may demonstrate undeniably
God's existence and power in my
life so that I may shine brightly for
others. I must not get discouraged
or blame others. I must follow
through in my responsibilities and
obligations, and promptly admit and
correct situations where I cannot.

I must not take things personally.
I must place principles before
personality. I must follow the
10 commandments: have one
God, no graven images, don't
lie, don't steal, honor father
and mother, forgive... ▲

~by Sheri B.

**your your your
your
your
your
your
new...**

Please help our readers
by sharing a bit of your
recovery. Thank you!

stories@anewleafpublications.org

YOUR recovery content

THE ROVING REPORTER

Every month, our readers have **another opportunity** to reflect on their recovery and to help carry the message to the addict who still suffers. This issue presents certain questions/topics, the responses to which may be published in the November issue. In addition to questions/topics, the Step and the Tradition corresponding to the month of publication are offered as topics.

For example, in this **October** issue we are requesting submissions related to **Step/Tradition 11** for publication in **November**. The deadline is the 16th of October. You need not write more than a couple paragraphs and the exercise may strengthen your own recovery. The action you take will certainly bring to life **Step Twelve** and **Tradition Five**.

The Fellowship hopes to hear from you often. One of this month's topics is derived from a line within **Step 11 of Life with Hope** (3rd Ed., p. 52, 4th para).

First, to quote: "We take action, trusting in God's results even though what happens to us may not be what we desired or envisioned for ourselves. We let go."

Consider writing about how you may have changed in your practice, or been changed *by* your practice of prayer and meditation, empathising with the notion of *trusting the results will be okay* despite your desires not being met.

And/or you may wish to respond to a different topic. First, read Step 11, then... **Briefly describe a practice of connecting with your higher power that brought you a deeper sense of spiritual awareness.**

One final suggested topic, related to the Tradition 11:

How do you practice this Tradition, personally? How do you encourage it at the meeting level? At District? At MA World Services?

Please submit to: stories@anewleafpublications.org with Subject: "11/2018 Roving Reporter"

Outreach Board

New Meeting Support Project:

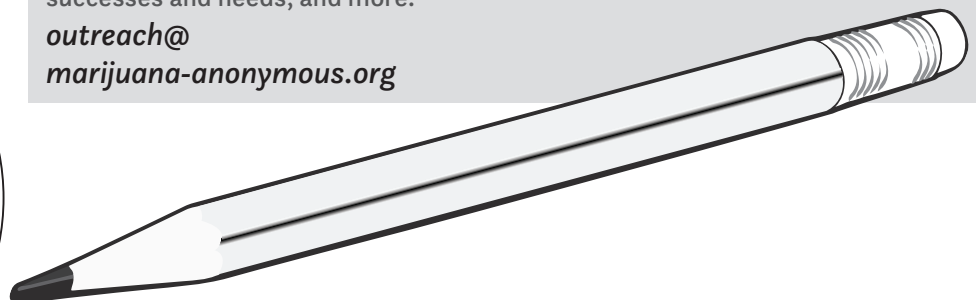
Seeking members with service experience and working knowledge of the Twelve Steps and Traditions to aid in providing support to new meetings in their first year. Volunteers will receive support and resources from the Project Lead and are paired with a new meeting to provide ongoing correspondence in regards to service topics, meeting level successes and needs, and more.

**outreach@
marijuana-anonymous.org**

Correspondence Committee:

Seeking additional volunteers with service experience and a working knowledge of the Twelve Steps and Traditions to respond to support requests received through our 800 helpline, as well as email inquiries.

office@ marijuana-anonymous.org



Marijuana Anonymous Worldwide

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

MA World Services 340 S Lemon Ave # 9420, Walnut CA 91789-2706
www.marijuana-anonymous.org ▲ info@marijuana-anonymous.org ▲ +1.800.766.6779

DIST. 2 San Francisco & East Bay www.madistrict2.org	+1.510.957.8390	DIST. 14 London, England www.marijuana-anonymous.co.uk	+44.300.124.0373
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DIST. 6 LA County North www.madistrict6.org	+1.818.759.9194	DIST. 18 Sacramento, CA www.sacramentoma.org	+1.916.341.9469
DIST. 7 LA County South www.madistrict7.org	+1.310.494.0189	DIST. 19 Toronto, Canada www.matoronto.org	+1.647.201.9161/+1.416.999.2244
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DIST. 13 MA Online www.ma-online.org		PHONE MA Phone Meetings: 4 Distinct Groups www.ma-phone.org	

Id

WANTED: Designer, with InDesign chops to join the team!

We are in need of *both* a paid

Admin, and a volunteer Publishing Editor. The latter requires InDesign CC, a grasp of Character and Paragraph Styles, *e.g. how they're used in layout*, and willingness to be of service on a team. Per our charter, it's a 1-year commitment, optional second year, by a member ideally 2 yrs clean+sober. We've found that the best way to elicit

support is asking directly, and we hope our readers will do just that. Specifically, we encourage you to not **only** announce this in meetings, but to learn who in your area might have design skills and discuss this service opportunity with them directly. Thank You! ~ANLP
board@anewleafpublications.org



From Life with Hope Step Ten

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

Tradition Ten

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



Celebrating 246 Years of Sobriety!

District 4

Rob K. 8/13/2017 1 yr

District 5

Brad M. 8/21/1997 21 yrs
Cassie 9/13/2009 9 yrs
Dave B. 8/28/2015 3 yrs
Dave D. 8/22/2009 9 yrs
James VM. 8/29/2015 3 yrs
Lisa T. 8/21/1990 28 yrs
Peter S. 8/24/2016 2 yrs

Rick D. 9/12/2008 10 yrs
Scott 9/4/2014 4 yrs
Terry H. 9/7/1996 22 yrs

District 7

Megan J. 9/3/2016 2 yrs

District 11

Bill C. 9/15/2012 6 yrs
Brenda G. 8/10/2012 6 yrs
Cindy T. 9/2/2012 6 yrs

Duane H. 8/31/2011 7 yrs
Jacob S. 8/10/2015 3 yrs
Jeremy B. 8/28/2010 8 yrs
Kyle M. 9/12/2012 6 yrs
Mariska P. 9/30/1987 31 yrs
Marshall T. 9/9/2009 9 yrs
Mike W. 8/12/1986 32 yrs
Stephan H. 9/15/2002 16 yrs
Steven W. 9/5/2016 2 yrs

GOT A YEAR? WOULD YOU LIKE ANLP TO PUBLISH YOUR SOBRIETY ANNIVERSARY?

Give your sobriety date to your local GSR and it will be forwarded to your Bureau Chief **or** e-mail chiefs@anewleafpublications.org. Bureau Chiefs are encouraged to submit Birthdays that
1) HAVE occurred, 2) HAVE NOT been published and, 3) ARE NOT OLDER THAN 45 days.

