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Inner Unity

Tradition 1 states “Our common welfare should come first; personal recovery depends upon MA unity.” How can I be unified with my fellows in recovery if I am not unified within my own self?

Step One reveals the insanity of continuing to live life under my own direction – constantly bumping into people, places and things that get in my way because they are all doing what they think is best too. Perhaps like myself, others are caught in their own momentum. By admitting that I am powerless over the vast and intricate currents of life (many of them outside the scope of my awareness) a sense of relief washes over me. As the first step settles in I look forward to joining the flow of life, relaxing and surrendering to the current, floating downstream. Life is a lot easier when I’m not constantly flapping my arms or treading water. Working Step Two with my sponsor makes this possible.

In Step Three I am invited to make a decision to turn my will and my life over to the care of this gentle river called life or a “Higher Power.” This engenders faith and trust that the river will always flow downstream to the sea, no matter how many rapids and rocks seem to be “in the way.”

In the following steps I am beginning to see all of the mechanisms self-direction imposed upon my life and the lives of others. Working the steps with a sponsor I am becoming aware that I often am a “producer of chaos rather than harmony.” In business meetings, with the best of intentions I can bring my great ideas to the group without awareness of

the subtle gravities of life, of which I am only one tiny but significant part.

Recently an issue came up in a business meeting. I vehemently and passionately represented a motion that I believed was right for the group. People interrupted and spoke out of turn to dismiss my rantings. It was a real dumpster fire. But I knew I was right (and they were wrong) and it’s hard for me to stand up for myself so that’s recovery. Right?

Right?

Ha ha. Progress and not perfection my friend.

After the group voted nearly unanimously to dismiss my objections I thanked everyone for their service and said good night.

The next day I attended another meeting where the same issue was brought up. When I paid attention to how this group handled it I was surprised. Where I had seen only two black-and-white options the day before, this group conscience had discovered a win/win solution, a balanced decision which not only met everyone’s needs but was actually better than the sum of the two “opposing” options combined!

Any time I seem to have “the right way” I may be lacking in humility or openness to a possibly perfect solution which can be brought about by surrender and trusting the flow of life and recovery. In all my affairs I am presented with opportunities to surrender, to take my own inventory. Very often I am holding onto fear in the form of resentment or

guilt which only adds to the conflict both within myself and between myself and others.

Today my conflicts with others represent conflicts within myself. A lot of my disagreements with others reflect an inner insecurity about my beliefs. Rather than open myself up to doubt (and surrender my position to God) it seems easier to argue with others and shout them down for disagreeing. The more passionately I argue a point the more clear it is that I myself am internally conflicted as to its merits. It’s as if I am trying to convince myself by changing other people’s minds.

The solution is always available if I pretend to forget my idea of what I think that solution is. It can be sort of fun to pretend to forget self will and my opinions for a while. It can be a relief to imagine what this situation would be like if I didn’t have an opinion about it. Then, sometimes I forget what I think I know long enough for it to be replaced with something better, more serviceable, powerful and gentle than the heavy burden of my previous perception of a situation.

Any time there is conflict in my life today it is an opportunity to invite God (or a “Higher Power”) to show me a different way of looking at things that is more beneficial not only for everyone involved in a situation but for myself as well. Thank you for helping keep me clean and sober today and thank God for recovery!

~by Anonymous

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

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A Chance at a New Life

'Stoners of Color', District 27, has changed my life forever! I have nearly 6 months sober and it's all because I found the Stoners of Color meetings on Zoom during the pandemic. Since connecting, I've seen the 9th step promises abundantly manifesting in my life. These meetings are filled with love, joy and celebration.

And when fellows are struggling and hurting, there is so much unconditional support. I see myself reflected in the faces across the screen, and treasure hearing so many folks telling my story.

"No longer is there a sense of hopelessness" is my favorite line we recite at the end of our meetings during the Unity Prayer. This group has become home for me! Being of service has become a pleasure, not the chore I initially understood service to be.

Recovering from my marijuana addiction is really giving me a chance at a new life; a life fulfilled by meaningful connections with fellows and an increasingly strong bond with my higher power. I'm so grateful to have found MA and am praying for a slow, long recovery.

~by Anonymous

2021 Virtual MA Convention, Coming This Month!

The 2021 MA Convention, "Virtual Serenity," will take place via Zoom from October 15th to 17th! District 8 hopes that the opportunities for fellowship and growth at this virtual Convention will reach more MA members than ever before. This year's program will feature inspiring keynote speakers, workshops, meetings, and entertainment.

Go to www.mawsconvention.org to register and to see the schedule of events.

ANLP will host a workshop at the Convention on Saturday, October 16th at 2 pm, for members who want to share their experience, strength, and hope through their stories and artwork for publication in the *A New Leaf* newsletter.

All are welcome!



Arrested Development, More Years, and Now a Different Story

My brothers asked me to grow up – I was 8 years old. My next oldest brother was 15, and my mom was 41 when I was born late in her life. I tried to stop crying when I was a young boy. To me, my parents and my brothers were mature. My Mom would visit my aunt; I only heard and talked with adults. I came to believe that it was only that my brothers and parents were older and better, that had caused me to “grow up.”

In 2019 I realized that I grew up too fast because I was and am an addict. It had only been in 2004 that I blushed for the first time. I felt a little embarrassed that I could feel the warmth in my face that was my blushing – ‘our emotions came back and we would’ve wished them away’. I was bitter. I next identified that I had thrown away time – ‘paralysis by analysis’. I can now look at the past and, if I don’t hurt myself, I can use analysis from myself and the past – ‘I do not shut the door on it’.

I am an emotional, feeling self, balanced with intellect. I had thought that I was only intellect and thought. My emotions came back. Stress, anxiety and myself

I identified; all the great emotions came back as well. A sensing self, balanced. I saw a movie, and I cried. My girlfriend turned her head and, astonished, said, “you’re crying.” The emotions! – not what a man senses. Men don’t cry I thought. I worked with people and developed communication and social skills – they are better.

I was at a meeting where during the prayer we held hands. A young woman had my hand; I did not notice it was a woman’s hand that I was holding. When the prayer was over she threw down my hand; the hand of the man next to me I did not notice either. I went to the San Francisco MA Convention. I looked at the groups. I thought about the gay groups – ‘this is San Francisco they have their groups.’

I thought in the back of my head ‘when am I going to get a clue?’ Wikipedia has over 400 entries for sex, gender and sexual preference. I knew gay or straight – two things. I am now okay with over 400 entries in Wikipedia.

I was with my girlfriend for 4 years. She would always ask “are you sure that you are not gay,” though we had

physical relations much during the week. I had worked late, and still had energy. She said that she had a gay friend in San Juan Capistrano. I have had sexual relations with two women that were normal; all the rest were different. I enjoyed only regular physical relations.

I have warmth and feelings for everybody. I want to hear others’ thoughts, feelings and intellect, and not compare them to myself. I like qualities that I am attracted to. I am pansexual. I am okay with all of me today.

My cross laterality of the brain is not a deficit of thought or emotions. A specificity of the hand I use to do what I do. Creativity and a lot of other things are reasons that I have developed my mind and designed the things that I do. The mind is something that you create; the brain is an organ in your head.

Weed would have me at ‘flat affect’ and emotionally arrested development. I would not know, sense or feel any of the things that I now know. I am all out of weed, I have been for decades. I am okay!!

~by Anonymous

Great Service Opportunity with ANLP!

Volunteer Publishing Editor Help Wanted!

A New Leaf Publications (ANLP), the publishing arm of MA World Services, is actively searching for a volunteer Publishing Editor. The Publishing Editor’s primary role involves working with ANLP’s Managing Editor as a lead to publish creative renditions of the monthly *A New Leaf* newsletter, and infrequent assistance with updates to Conference-approved MA literature.

An applicant for this position should have Adobe InDesign chops, and 2+ years sobriety. The commitment for this position is one year at approximately 4–6 hours per month.

If interested please send a cover letter and resume to:
office@anewleafpublications.org.



Marijuana Anonymous Worldwide

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

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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 163 Years of Sobriety!

District 2

Mike I.	8/14/2016	5 yrs
Zack L.	8/10/2020	1 yr
Kathleen M.	8/28/2001	20 yrs
Mariska P.	9/30/1987	34 yrs

District 5

Alex B.	9/7/2018	3 yrs
Anthony	9/12/2017	4 yrs
James V.M.	8/29/2015	6 yrs
Peter S.	8/24/2016	5 yrs
Rick D.	9/12/2008	13 yrs
Terry H.	9/7/1996	25 yrs
Trés	9/20/2002	19 yrs

District 7

Linda T.	9/7/2019	2 yrs
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District 8

Preston W.	7/19/2020	1 yr
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District 11

Bill C.	9/15/2012	9 yrs
Stephen W.	9/5/2016	5 yrs

District 12

Michael C.	8/31/2017	4 yrs
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District 20

Heather M.	9/13/2014	7 yrs
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Submit your sobriety date to your local GSR, ANLP Liaison, or e-mail to:
chiefs@anewleafpublications.org

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