



A NEW LEAF

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A Publication of Marijuana Anonymous

Attitude... (and what have you)

by Carol Mc., District 6

I'm not who I was when I walked into these rooms over seven years ago. While it's true I'm clean and sober, healthier and stronger (although older and fatter), and I smile a lot more, the biggest change is a very deep and basic one in how I view the world. I've had an "attitude adjustment".

It was quite obvious that I was powerless over marijuana even before I quit using it. When I did my First Step, I made some long lists about what I had power over and what I was powerless about, what was manageable and what wasn't. In the end, what it boiled down to was that I was powerless over just about everything in existence except my own attitude. Whew, what a concept! For years I had tried (unsuccessfully, of course) to control everything, even the clouds. I'm not kidding; I used to pray "God, don't let it be cloudy today" and was highly indignant when God did not answer my prayers. These days, though, I ask God to please help me handle cloudy days without being depressed, and I find these prayers are usually answered. Hmmm, is there a lesson here?

One of my favorite statements about attitude was in my daily affirmation book Time for Joy. March 30th reads, "Nothing has changed but my attitude. Everything has changed."

(Anthony De Mello) Now I have a new favorite. I recently received a copy of an

essay called "Attitude" by Charles Swindal, and would like to share it with you.

"The longer I live, the more I realize the impact of attitude on life.

"In the end, what it boiled down to was that I was powerless over just about everything in existence except my own attitude. Whew, what a concept!"

Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than

Fishin' Ain't Always Catchin'

by Brett P., District 6

My father is one of those masterful fishermen who just has that magic touch. Ever since I was a kid, we've gone out together searching the blue water for "the big one". I am convinced that my father is at his best as a human being when he is fishing. I admire him most as a fisherman, and without a doubt our best times together have been fishing. But fishing isn't always catching. It is almost always an exercise in patience. Which leaves a lot of time to pondering and drawing metaphoric conclusions as to the

successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes." ♪

meaning of life and other such trivial matters.

Yes, fishing isn't always catching. Fishing is the process of seeking... the footwork as it were. Catching is the result. The true fisherman has an innate passion for the process. He rises before the sun, bundling himself up to keep out the biting pre-dawn chill. He takes care to have his tackle in good working order. He asks questions of people in the know. How has the fishing been? What kind of bait have the fish been hitting on? *Continued on page 3*

A Collection of Views and Opinions from Around the Fellowship



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 necessarily reflect the opinions of Marijuana Anonymous as a whole.

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Question:

"What was the first suggestion you received from your sponsor?"

Mike H. 3 yrs.

He told me to call him 3 times a week, get a Big Book, and share in at least one meeting a week. He also asked me to put a note on my bathroom mirror so I'd see it first thing in the morning. It read: You're looking at the problem."

Loren N. 5 yrs., 10 mo.

"90 in 90" and "Take a commitment."

Anonymous 7 yrs.

My first sponsor told me to call him. This taught me how to be good at reaching out to other people to get/give what we all need to stay sober.

Michelle E. 6 yrs.

To call her so we could begin to get to know one another. We talked on the phone for nearly 3 hours! Her first suggestion was to find my self a home group. She probably had a zillion other suggestions during that call and thank God I'm still willing to take direction.

Patricia G. 5 yrs. 3 mo.

I was very defiant to authority. She understood. She said "If you can't use the word *sponsor*, that's okay. Just call me and we will talk about the Steps."

The Roving Reporter

Greg S. 11 mo.

"Don't drink or use no matter what!"

Randy F. 8 yrs

He suggested that *my* program hadn't worked and would I be willing to try someone else's? This suggestion, along with all its' implications, and subtleties hit me hard and seemed to be helpful.

Robert C. 14 mo.

To write about what it was like for the 60 days prior to hitting bottom. And, to call him at least twice a week.

Ric. 8 yrs

He said, "Don't be afraid." And he suggested I call him everyday.

Congratulations to our members celebrating their sober birthdays!

Woody	Sept 1	1 yr!	Michael P.	Nov 12	1 yr!
Carl P.	Nov 03	5 yrs	Chris M.	Nov 15	3 yrs
Meri K.	Nov 05	4 yrs	Terri R.	Nov 18	5 yrs
Dan E.	Nov 11	8 yrs	Michelle P.	Nov 18	2 yrs
Andy R.	Nov 11	5 yrs	Grateful Rich	Nov 21	2 yrs
Grasshopper	Nov 11	3 yrs	Theo S.	Nov 25	3 yrs
Gerald F.	Nov 12	5 yrs			

Thought For The Month

"We do not become enlightened by imagining figures of light, but by making the darkness conscious."

Carl Jung

Gone Fishin'

Continued from Page 1

Where are the good spots on this lake to catch fish? From the answers to these questions, he begins to develop a strategy. He takes his best educated guess with the information he has gathered, and pitches his line out there. He has done all that he can. Now he patiently waits for the chance meeting of fish and bait in the watery depths, keeping ever focused and vigilant for that tug on the line.

There is the possibility that the strategy may be flawed; therefore, it is constantly re-evaluated based on the result. If he's not catching anything, he may need to use a different bait or try a different spot. He may need to ask more questions of people that are catching more and learn to develop a better strategy. He may do all he can and still not catch anything. I, personally, am really good luck for the people fishing next to me. I can use the same bait and rig, cast to the same spot, and get skunked while the fellow five feet away from me is catching his limit. However, if I never have the courage to put my

line in the water, I will never have the chance to catch anything. So, I keep casting.

My father has a true passion for the sport. I have never seen him walk away from a day of fishing less serene than had he not gone at all. His passion is in the *process* of being out there fishing, not the acquiring of a full stringer to bring home. If his serenity was based on the results, he would invariably be disappointed. He actually rarely kills the fish when he catches it. He is thrilled with the fight, and upon victory he carefully removes the hook, thanks the fish for the experience and invites him to do it again sometime. Then he sets it free. What a joy!

There is much I have learned from fishing with my father that I apply to my program. I make sure that I have all my tackle in place. I go to meetings, read, write, and reach out to others. I develop a strategy by asking questions of people who know more than I do, by keeping in contact with my sponsor, and allowing him to guide me through the Steps. Like casting bait, I continually seek

a connection with my higher power. And I think, most importantly, I am developing a passion for the process of living life. I am not in the results business. Results are in God's job description. It is *my* part to do all that I can, to evaluate and re-evaluate my actions right now, vigilant for the result should it arrive. The true joy is in the seeking.

Yes, fishing ain't always catching. Seeking isn't always finding. But the worst day fishing is still better than the best day working. *R*

Bulletin Board

Talent / No Talent Show - District 7 Friday, November 10th. A fundraiser for the MA Convention. All Districts are cordially invited to participate and attend. Location: The Westside Alano Club, 11530 W. Pico (near Barrington & Gateway) There will be a meeting from 8:30-9 and then the show from 9-11 pm. A \$5 suggested donation is requested. We need people to perform! Got talent? No talent? Just want to help? Call Todd E. at (310)281-9504

50's Night! - District 6. Saturday, November 18th. A District 6 fundraiser. All are invited to attend! 4625 Van Nuys Blvd., Sherman Oaks, just south of the Ventura Freeway. Speaker meeting at 7:30 - THEN at 9pm we move a few doors down the block to Cafe 50's for a Rock-&-Roll Dinner/Party. Come as your favorite 50's character. \$9. suggested donation.

"Pot Luck" Sober Feast!-District 7. Tuesday, Dec. 12th. Bring your favorite entree, beverages are provided. Dinner from 6:30 to 8, followed by the regular Tuesday night meeting from 8 to 9:30 pm. Location: 3590 Granview Blvd in Mar Vista. (St. Bede's Episcopal Church)
Office Manager Search - World Services is accepting applications for the paid position of World Services Office Manager. Interested parties should send resumes to the World Services Post Office Box. (shown to the left)

MA WORLDWIDE...

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**WORLD SERVICE OFFICE, P.O. Box 2912, Van Nuys, CA 91404
 (800) 766-6779**

Come!
Be a part of
"Life with Hope!"

THE SECOND ANNUAL
MARIJUANA ANONYMOUS CONVENTION
JANUARY 12, 13, AND 14, 1996
SANTA MONICA, CALIFORNIA

TENTATIVE AGENDA

FRIDAY, JANUARY 12

4 pm -Registration opens
 Time for dinner on your own...
 Opening Ceremonies/Meeting

SATURDAY, JANUARY 13

Breakfast
 Meetings & Workshops (all day)
 Dinner & Festivities (evening)

SUNDAY, JANUARY 14

Breakfast
 More Meetings & Workshops
 1:30 pm - Closing Ceremonies conclude

(Highlights to include: Friday night meeting- "Creativity in Recovery", and on Saturday, such events as a "Founders Meeting" come and meet those who got us started, and a "Life with Hope Workshop" about our new guide to the Steps & Traditions.)

FULL PACKAGE:

Includes ALL workshops and meetings for the entire weekend, two Continental Breakfasts (Saturday and Sunday), plus refreshments during meetings and workshops, and one dinner---Saturday night.
 (REMEMBER: HOTEL NOT INCLUDED! YOU MUST BOOK YOUR ROOM SEPARATELY!)

SPECIAL RATES:

If your registration is postmarked no later than November 15th,
 the FULL PACKAGE will cost you \$60. Plan ahead and benefit from this early bird rate!!!

If your registration is postmarked no later than December 15th,
 the FULL PACKAGE will cost you \$65.

Deadline for mail-in registration is December 15th.

After that, simply register upon arrival. The cost will be \$70.

Day Passes are also available for attendance at the convention

\$25 for Saturday only (dinner not included), \$20 for Sunday only (no discount for pre-registration).

CONVENTION SITE:

ROOM RATES ARE

\$65 per night, plus tax, for a SINGLE

\$75 per night, plus tax, for a DOUBLE

You MUST say that you are with MA Convention for group rate!

HOLIDAY INN BAYVIEW PLAZA

530 WEST PICO BOULEVARD

SANTA MONICA, CA

(800) H-O-L-I-D-A-Y OR (310) 399-9344

Room Reservations MUST be made by December 20th!

Want to attend but just can't afford the hotel? -or- Would you consider extending overnight hospitality to one or more of our out-of-town visitors? If you answer yes to either of these questions: Contact Todd E. at (310)281-9504.

REGISTRATION FORM (FOR CONVENTION ONLY! HOTEL MUST BE BOOKED SEPARATELY.)

Mail pre-registration to:

Marijuana Anonymous Convention Committee
 P.O. Box 3012 Culver City, CA 90231

Make all checks payable to MARIJUANA ANONYMOUS

NAME: _____

Addr: _____

Phone: () _____ - _____

Chicken Dijon Dinner _____ Veg. Lasagna Dinner _____

PLEASE CONTACT ME: I wish to make myself available as a volunteer. _____ I have special requirements. _____

PACKAGE RATES (pre-Nov.15th \$60 / pre-Dec.15th \$65) \$ _____

MA T-shirts & Tanks (Pre-Convention price \$10 ea. - \$12 at Convention) WHITE ONLY Circle size: M L XL XXL \$ _____

(Merchandise to be picked up at the Convention) TOTAL PAID \$ _____