



# A NEW LEAF

A PUBLICATION OF MARIJUANA ANONYMOUS

November 2000

Volume 10 - Number 11

## H.A.L.T by Jeff M.

One thing recovery programs have a lot of, in addition to recovery and cliché's, are acronyms. You know some of them. G. O. D. Group of Drunks, or Drugies (depending on which 12-step program you are involved in.) F. I. N. E. Frustrated, (or any other word that starts with an F) Insecure, Neurotic, and Emotional. However, the one I learned first, and which has helped me the most, is H. A. L. T. Hungry, Angry, Lonely, and Tired. Halt because when you have any one or more than one of these emotions you are in very dangerous waters and you need to H. A. L. T. to see what is wrong. When my job forcibly introduced to the program via an out patient clinic, the clinic kept insisting that we, "pay attention to your feelings, and figure out why you feel that way. Once you do that, then you can figure out how to not feel that way, or how to keep feeling that way." H. A. L. T. was a big part of their lectures. I learned it well because I was always there. I was always in a 'mood' that fit at least one of the letters. For many months, I was a very Angry person because THEY took my drugs and booze away.

I was Tired because I was having trouble sleeping. Something about not having the booze and the marijuana, so I was no longer passing out every night. I look back and laugh at a thought I had at the time, "Wow, will I ever fall asleep exhausted again, or will I toss and turn every night for the rest of my life." I laugh because now I am so busy that many a night I fall asleep almost before my head hits the pillow. I was Lonely then because marijuana had become my best friend, and when Mary Jane was taken away I no longer had my best friend. Not to mention it being a major force that had kept my marriage together, long past its time. However, over the course of my sobriety I have stopped being so angry, lonely, and tired. The more the booze and drug induced fog cleared out of my head, the more I realized that I was much better off being sober, so that anger was gone. Within the program I found friendship and love I didn't know I was missing, so I was no longer lonely. Not to mention my sleep became normal for the first time in my adult life.

As a result of my growth in sobriety, I had stayed out of H. A. L. T. for some time. Therefore, the other day it took me a little while to figure out why I was 'suddenly' in a bad spot, in such a bad place. I mean just because I had a cold and I hadn't been eating properly for several days. Just because I was upset with myself because work wasn't going just the way I thought it should be. Moreover, many things in my life hadn't been going the way I thought they should, the way I had anticipated they would. Just because I was feeling lonely because my girlfriend and I were more than just not communicating, during a discussion on what direction our relationship should go. (continued on next page)

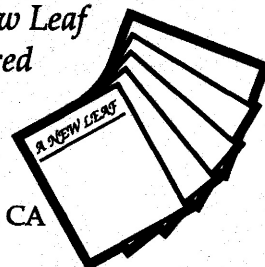
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## A NEW LEAF

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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## H.A.L.T. continued

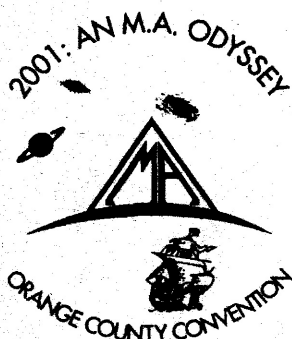
Looking back, I can see that I was less open minded and willing than I could have been. Just because I was tired because this cold had kept me from sleeping very well, and that was when I would have given my self-time to sleep. I try to do too many things because so many things 'just have to be done' and of course, they all have to be done now. Not to mention none of the things were getting done as fast as I wanted. See a pattern here? I did when I finally sat down. When my body finally told me to sit down. I sat slumped in my chair dazed and confused, once again, and it occurred to me that my body had told me to halt, that I could no longer do what I had been doing. That is when what I had learned in the program kicked in and I carried that thought all the way through to its conclusion. If my body told me to halt, maybe I should stop and see why. I went over what had been going on for the last few days and I realized that I had just hit bingo. Bingo, because this whole time I had been in the program I never had all four letters of H. A. L. T. at the same time.

Once again, doing as I have learned in this program I started writing about my feelings on why was I angry, why I was lonely. Of course, this was after I took care of one of the bigger problems by eating something healthy. For me I do much better thinking, in fact I do better

in most everything after I have given my body the nourishment it needs to function. After the writing got most of the anger out I did something about the loneliness, I called my daughter and talked to her and the grandkids for a while. By the time I had done all this, it was time to take care of the last letter; it was time to sleep. And I did, better than I had since I had gotten this cold. The next day I woke up in a far better mood and the whole day went well.

Because of the tools I have been given I took a bad situation and made the best of it. I took a situation that I normally would have used as an excuse to drink and use, and turned it into an opportunity for me to learn more about my self and get closer to my daughter and the grandkids. I took a situation that could have been very bad, and made it one of great love and harmony. Simply by using the tools, I had been given: pay attention to your emotions and what your body is telling you. Then take proper action to correct whatever is wrong. Go to any lengths to correct those problems including picking up the phone and calling somebody, anybody. Because of that, because of those few simple tools and the acronym H. A. L. T. I am another day sober, I have another day being happy, joyous, and free.





# 7th ANNUAL MARIJUANA ANONYMOUS CONVENTION JANUARY 19, 20 & 21, 2001 COSTA MESA, CA

## TENTATIVE AGENDA

— Specific starting times subject to change —

### Friday, January 19

4 PM - 9 PM: Registration  
Dinner on your own  
(Hospitality Suite Available)  
6 PM: Meet & Greet  
7 PM: Announcements  
7:30 PM: Speaker Meeting  
9 PM - Midnight:  
Coffee House Entertainment

### Saturday, January 20

7:30 AM: Breakfast on your own\*  
9 AM - 5 PM: Registration  
8:30 - 11:45 AM: Workshops  
11:45 AM - 1:45 PM: Lunch on your own  
1:15 - 4:30 PM: Workshops  
6 - 9 PM: Banquet Dinner  
Keynote Speaker Meeting  
9 PM - 2 AM: Dance

### Sunday, January 21

7:30 AM: Breakfast on your own\*  
8:30 - 10 AM: Workshops  
10:00 - 11:00 AM: Checkout  
11:00 AM - 1:30 PM:  
Closing Meeting:  
Speakers  
Raffle  
Birthday Countdown

## HOTEL REGISTRATION

— Hotel is not included; you must book your room registration separately —

**WYNDHAM GARDEN HOTEL** • 3350 Avenue of the Arts • Costa Mesa, CA 92626  
(714) 751-5100 • (800) WYNDHAM

You must say you are with the M.A. Convention to receive the following rates

Reservations must be made by Wednesday, January 3, 2001, to guarantee the Convention rate

**Our guarantee of a minimum of 45 rooms booked per night ensure our receiving use of meeting rooms and hospitality room free of charge; PLEASE RESERVE EARLY!**

Single Room: \$92.00 per night (includes 1 Breakfast Buffets per day)

Double Room: \$92.00 per night (includes 2 Breakfast Buffets per day)

Executive Suite: \$102.00 per night (includes 1 or 2 Breakfast Buffets per day)

Suite: \$127.00 per night (includes 1 or 2 Breakfast Buffets per day)

*\*(All rooms will accommodate up to four persons; but the price of each room includes only two complimentary breakfast buffets. Additional Breakfast Buffets are available for purchase from the hotel for \$12.00 per person)*

## FREE SHUTTLE FROM ORANGE COUNTY AIRPORT

## CONVENTION REGISTRATION ORDER FORM

REGISTRATION	COST	QUANTITY	TOTAL
Before December 1st	\$25.00	_____	\$ _____
After December 1st	\$35.00	_____	\$ _____
BANQUET/SPEAKER MEETING/DANCE	\$30.00	_____	\$ _____
TOTAL REGISTRATION COST		_____	\$ _____

Banquet Dinner Choice: Beef (QTY) \_\_\_\_\_ Chicken (Qty) \_\_\_\_\_ Vegetarian (Qty) \_\_\_\_\_

*Any person attending the Banquet will be eligible for the Banquet Raffle*

Please mail Registration Form and check for total amount payable to:

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Visit the Convention Website at [www.ihras.com/ma2001](http://www.ihras.com/ma2001)

## Higher Power Needed Immediately by Jim S.

Conscious contact with human in recovery required. Human spirit is willing to follow direction in the form of inspiration, and prefers clear signs. Role will also include helping human to bolster faith in Higher Power as well as self.

Support required to move past fear in many areas of life journey; and to realize that "Kingdom of Heaven" is clear and present reality already within. Assistance manifesting heavenly conditions in present plane of existence also desired. Applicant should be unlimited in power and scope of creation.

Experience originating and managing a Universe a ++!

Deities who are defined and/or limited by anthropomorphic terms; who show favoritism; are motivated by anger; act unpredictably; do not honor freewill; or are prone to malicious punishment for mortal indiscretion need not apply. Forgiveness required; gentle caring appreciated.

Qualified candidate will demonstrate that Love is their nature and essence. Send resume and reference in form of burning bush (or similar) to J.S., MA Dist. 6. ▲



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## MA Birthdays!

### District 3

Dawn K. 11/22/96 4 yrs.  
Tami S. 11/15/96 4 yrs.

### District 5

Rich C. 11/2/98 2 yrs.  
Meredith 11/5/91 9 yrs.  
Ron "Gardener" 11/5/95 5 yrs.

### District 7

Laurie Ray 9/9/96 4 yrs.  
Jim L. 9/25/89 11 yrs.  
Tomaso 10/7/91 9 yrs.  
Dan S. 9/28/97 3 yrs.  
Joe C. 9/22/88 12 yrs.  
Aesha R. 11/1/97 3 yrs.  
Tomaso 10/7/91 9 yrs.  
Mike 10/6/99 1 year!  
Brian A. 9/11/91 9 yrs.  
Steven C. 11/26/99 1 year!  
Nancy 11/16/93 7 yrs.

### District 8

Jesse T. 7/12/99 1 year!  
Charlie D. 8/8/99 1 year!  
Jonathan F 9/22/97 3 yrs.  
Dave V. 9/23/97 3 yrs.  
Jody S. 10/23/99 1 year!

### District 11

Rosie P. 8/25/99 1 year!  
Michael C. 11/8/97 3 yrs.  
Humberto 8/10/99 1 year!  
Dan P. 9/2/88 12 yrs.  
Julie M. 10/7/99 1 year!  
Bev 10/28/99 1 year!

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