



Understanding My Program of Recovery by Daniel

I am a grateful recovering marijuana addict and alcoholic with seven months and two weeks sobriety time. I have a great sponsor who is helping me to understand this program of recovery as well as understand myself better.

The Triangle symbol - mind, body, soul - combined with the words "unity, service, recovery" will aid my recovery by combining to form one overall concept, a unity of ideas. These things are all related because I must stop thinking of myself as a separate entity in the universe. I am actually part of a whole, called the universe, which itself has the prefix "uni" meaning one. Since there is no separation between me and all other forms of energy or life it only makes sense that I should want to serve my fellow man and in this case other marijuana addicts. This will aid my recovery because, as in the prayer of St. Frances, it is in giving that we receive. If I help another marijuana addict by listening to his story or relating my story to him, I benefit greatly because we are sharing our experience and strength, which gives us hope.

1. When drinking/using was still fun. I identify with Bill that

sometimes when intoxicated the old determination would come back. I would get great ideas when stoned and write about them. However, smoking pot quickly became a necessity and any ambitions I had would

"There is a solution."

soon go up in smoke. Just as Bill could not stop drinking no matter how determined he was to do so, I could not stop smoking pot. Even when I entered recovery I still held on to pot as my security blanket. Not wanting to smell the stuff in my own house I resorted to smoking it in my bathroom with the fan on.

Allergy - n - [fr. All - + Gk. Ergon: - more at work] 1. Altered bodily reactivity (as hypersensitivity) to an antigen in response to a first exposure <bee venom - so severe that a second sting could be fatal> 2. Exaggerated or pathological reaction to substances, situations or physical states that are without comparable effect on the average individual

Obsession - (Obsess) ab- / vb

[L obsessus, of obsidere to frequent, besiege, fr. Ob-Against Sedere to Sit more at OB-, SET] vt (1531) to haunt or excessively preoccupy the mind of

Obsession- n -(1680) a persistent disturbing preoccupation with an often unreasonable idea or feeling; broadly: compelling motivation < am - with profits >

Chronic- n - Gk Chronikas - of time 1. Marked by long duration or frequent recurrence. Not acute 2.

Always present or encountered esp : constantly vexing, weakening, or troubling < - petty warfare > b. being such habitually

Phenomenon - n -To appear : 1. An observable fact or event 2 pl phenomena a : an object or aspect known through the senses rather than by thought or intuition.

I am allergic to rag weed, pollen, fresh cut grass, and dairy products. When I am exposed to such things I have severe hay fever. To combat this I take a large amount of Vitamin C daily. I also have eliminated all substances from my diet that have a tendency to contain chemicals and pathogens known to irritate my allergies, such as meat, dairy, any thing that comes prepack-

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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, & 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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or submit online:
www.marijuana-anonymous.org
and click on publications.

Understanding (continued)

aged in a box or can, unless it is labeled whole grain and organic. If I ingest any foreign material I have mentioned as forbidden I break out into sneezing and runny nose so severe that I cannot be too far from a tissue and all normal activity must stop because I can't function other than to sneeze and blow my nose.

There is a Solution.

We recovering addicts are like those who have been rescued after a shipwreck. Only our joy and relief does not subside after we go our separate ways.

Now, the difference between a heavy smoker and a real stoner is the heavy smoker can stop

smoking all together when properly motivated. The real stoner deludes himself/herself into thinking that even after showing time and again an inability to curb, slow, or stop smoking when desired, he/she will be able to control it this time. Thus the obsession of the mind says 'I can have just a few and achieve that elusive mellow inebriation' and when I give in to the pot or alcohol where by the allergy of the body kicks in and I am at oblivion before I have a chance to enjoy the mild sensation of being pleasantly stoned.

The twelve steps are the solution that will quickly or slowly produce a spiritual awakening that in turn produces a psychic change.

Calling All Writers!

Ellen N. the Literature Trustee for MA World Services, is requesting submissions from members:

- 1 – The Third Edition of Life With Hope needs new stories!
- 2 – A Daily Mediation book. Your writing printed on your sobriety date.
- 3 – A chapter similar to "We Agnostics" from AA for Life With Hope.

For more info: Literature@marijuana-anonymous.org.

A Note From the Editor

The next issue of A New Leaf is for December 2008 and, as always, we are seeking submissions from the fellowship. Submit through your district's Bureau Chief or at www.marijuana-anonymous.com and click on newsletter.

December Roving Reporter:
Share some suggestions on how you overcome depression in sobriety.
or
Step Twelve
or
Twelfth Tradition

a new leaf

A Possible MA Daily Spiritual Practice Ari K. Dist. 2

I am not perfect & I don't do this every day, but when I do keep this practice, I feel the benefits. Exercise and good food are an excellent addition to this practice. Feel free to change the practice to 'make it your own'.

A Morning Ritual

11th Step (morning prayers)

Serenity Prayer

Thank you, God, for today. Thank you for everything, both good & bad. Thank you for giving me a choice today, to stay sober from my addiction(s). Please show me how my obstacles can help me to expand myself. Please help me to experience an attitude of gratitude today. Please show me a new way of thinking. Thank you for your love, your help, and your constant support. Please show me your will and

give me the power to carry it out. Please take away my selfishness, self-will, and dishonesty so I can be of better service to others.

Read some Recovery Literature or Spiritual work, like Daily Meditations or similar.

11th Step (5 minutes of quiet meditation)

Could be listening, walking, looking, breathing, looking at a candle flame, etc.

A Nightly Spiritual Practice

Serenity Prayer

Written 10th Step

12th Step - Call sponsor/ sponsee/ friend in program/ newcomer

11th Step (5 minutes of quiet meditation)

Could be listening, walking, looking, breathing, looking at a candle flame, etc.

11th Step (prayers before I sleep) Thank you for today. I'm grateful for another day sober. Thank you for today's blessings. Good night, I hope to see you again tomorrow. ▲

Marijuana Anonymous 2009 World Convention

February 13-15, 2009 Seattle, Washington



Come together to celebrate recovery with joy and love!

Join us for a weekend of meetings, workshops, food, and entertainment.

Hosted by: MA District 4
Western Washington

Information and Registration
www.maconvention.org

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

birthdays

Celebrating 192 years of sobriety in this issue!

Want your sober birthday published? Let your Bureau Chief know or see ANL contact information on page 2.

District 2

Fay C. 11/30/89 19 yrs.
 Erika W. 11/8/05 3 yrs.
 Rick H. 7/31/06 2 yrs.

District 3

Saagar B. 6/16/07 1 year!
 Chas M. 4 years
 Courtney 11/27/04 1 year
 David G. 11/19/03 5 yrs.
 Dave L. 11/1/04 4 yrs.
 Kevin D. 11/8/00 8 yrs.
 Mark T. 11/28/07 1 year!
 Steve C. 11/27/03 5 yrs.
 Judy F. 10/10/93 15 yrs.
 Steve Mc. 10/4/93 15 yrs.

District 4

Theo 10/18/87 21 yrs.

District 5

Ron the Gardener 11/5/95 13 yrs.
 Rich C. 11/2/98 10 yrs.
 Larry 11/28/99 9 yrs.
 Kathy B. 11/4/03 5 yrs.
 Bobby 10/15/05 3 yrs.
 Mary C. 11/8/07 1 year!
 Tina C. 11/6/07 1 year!

District 6

Terri R. 11/18/90 18 yrs.
 LB D. 9/20/05 3 yrs.
 Sheila S. 10/6/01 7 yrs.
 Sid L. 9/22/03 5 yrs.

District 7

Connie K. 9/24/05 3 yrs.
 Garie C. 9/20/04 4 yrs.

District 10

Sarah E. 6/13/07 1 year!

District 15

Christina 11/1/07 1 year
 Howie 11/9/05 3 yrs.

Mesa, AR

Sonia B. 9/7/2007 1 year!

Jamestown, SC

Cheryl M. 8/6/06 2 yrs.

Spokane, WA

Michael J. 9/30/07 1 year!