



Carrying the Message around the corner and around the globe: A MAWS Trustee Report

Greetings from your HI/PI Trustee -

Over the years, I've heard the traditions read many, many (did I say many?) times and one phrase always stands out: *Our public relations policy is based upon attraction rather than promotion...*

For a life-long non-joiner, and a person who is allergic to proselytizing, this put me at ease as a newcomer. We weren't going door-to-door handing out pamphlets or lobbying at the state house. Instead, we were simply encouraged to "walk the walk", to demonstrate the transformational power of recovery by how we conduct ourselves - as individuals, as groups, and as an organization - with the understanding that this will magnetize the people who need us most. Truly a wonderful and admirable precept but "carrying the message" also requires being proactive. That's what HI/PI is all about.

I heard about MA through a friend of a friend. When I first came in, I was concerned, exclusively, with saving my own ass. I'd finally accepted that I couldn't do it alone (tried and failed a million times) and I was desperate. But as my clean time accumulated, and I was able to

look beyond my own immediate needs, it dawned on me that SERVICE is the not-so-secret weapon of the brave and the free in this program: service for my home group, for my district, and finally for MAWS - as a delegate, and now a trustee.

HI/PI (Hospitals & Institutions/Public Information) are twin arms of MA concerned with carrying the message of recovery out into the community and the world at large. In the context of H&I, we extend the reach of Marijuana Anonymous by offering regular meetings in settings where addicts may be confined and/or in treatment - rehabs, VA hospitals, prisons and day treatment centers, for example. If you have an active H&I committee in your district, it's likely that recurring meetings in these outside facilities need speakers, panels, or secretaries. This kind of service is a powerful way to strengthen your own recovery while helping others and supporting MA as a whole. If your district does not have an active H&I committee, maybe it's time for you to step up and get involved. Inside the M.A. Service Manual, the Hospitals and Institutions Handbook (Chapter 18) provides useful guidelines

and a template for conducting H&I meetings.

Public Information (also addressed in the Service Manual, Chapter 19) can involve carrying the message in-person, by doing a panel for a school or a professional organization, for instance; or disseminating information to targeted audiences by mail, internet, press, radio or other media. Public Service Announcements (PSAs) broadcast free on the radio, have the potential to reach huge numbers of addicts who still suffer. Examples of both PSAs and samples of informational letters are offered in Chapter 19.

The old-timers tell us we can't keep our recovery unless we "give it away." So while "attraction rather than promotion" means we won't have a spokesmodel on primetime television, appropriate public outreach, in the form of HI/PI, is healthy for MA. Especially since it sometimes seems like Marijuana Anonymous is the best kept secret in the 12 step world. How many times have you heard: *you mean there's a program... for potheads???*

Lori B, District 1
HI/PI Trustee



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 reflect the opinions of Marijuana Anonymous as a whole.

District Bureau Chiefs

District 1:	Lewis B.
District 2:	Meredith H.
District 3:	Mark S.
District 4:	Tad V.P.
District 5:	John S.
District 6:	Heshie L.
District 7:	Rob H.
District 8:	Mike M.
District 9:	Rockin' Rob
District 10:	Dan K.
District 11:	Lisa C.
District 12:	Jim B.
District 13:	Susie K.
District 15:	Ellen N.

ANLP Staff

Office Manager:	Tom W.
Field Editor:	<i>Open</i>
Publishing Editor:	Kathy B.
Secretary:	Susan B.
Treasurer:	<i>Open</i>
Chairperson:	John McC.

Send all articles, inquiries and correspondence to:

anlp@marijuana-anonymous.org

A New Leaf
P.O. Box 6482
Torrance, CA 90504

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

I Have The Desire To Quit

My story goes like a lot of addicts of marijuana, alcohol, and other drugs. I started young because my brother and his friends were all into it, and I wanted so much to be like my cool older brother. I took my first hit of pot when I was 14 years old, and there hasn't been a single day since then that I haven't either been high or wanted to get high.

I love the feeling of it, and the comedown, the munchies, the sleepiness – hell, I'll take those over the nightmarish comedowns from coke or other drugs, and the hangover from alcohol any day. I have a desire to quit, and I attend meetings in another 12 Step fellowship (I just believe thoroughly in the twelve steps - I've seen the program work for many).

I have the desire, but I still have not quit and every time I think about quitting I tell myself I love the high way too much to quit right now. I believe that I am fully addicted to weed, and that in order to get better I have to WANT to quit. I do not know yet how much longer I can go without quitting, but I know that I don't want to smoke weed forever. As it stands, I spend well over 250 bucks a month on that crap, and of course it's gone before anyone even realizes it.

I think that a lot of the reason I am so addicted is that I associate weed with tobacco. I'm addicted to cigarettes as well, and smoke 1.5 - 2 packs a day. When I light a joint, or finish a bong bowl, or spark up a pipe, I always want a cigarette. And vice versa, if I light up one of my Marlboros, I want to smoke pot right away. I thoroughly believe that if I can quit one, I could certainly quit the other, but I do not think that I have the will to quit. I came to the Marijuana Anonymous

website to gain some insight and hopefully to share my story with people. I want help, I have the desire to quit, and I just need the right community to do so in.

Thank you very much for letting me share, and I'm just glad to have found this site and be here telling my tale. ~ Alex C.

Three Days Sober

Hello. So I have been a regular marijuana smoker for about two and a half years. I live in California which is a Medical Marijuana state. I smoked everyday as much as possible, a minimum of \$100 a week. I felt so safe and secure with it while using, but in the back of my mind I can feel my anxiety continuing to grow.

I believe I hit my bottom and am now three days sober. My whole body is sweating tremendously. Every time I drive my back becomes drenched with sweat, so when I get to class its embarrassing. I started watching MMA and really fell in love with the sport. Even through my anxiety and depression, I pushed myself to sign up for an MMA gym. I know my dad loves me so much and he knew I was going down the wrong path so he thought this would be a great new start, and it would help me quit. I did boxing and Ju Jitsu for two months and I really noticed the effects. I wanted every workout to just end so I can go home and smoke.

I've always believed in God and I know He has big plans, especially now. I found this site today, and ironically it said the submission deadline is the 16th of every month? It's September 16th today, so if that's not a hoax, then I know God's watching out for me because

(Continued on page 4)

16th Annual MA World Convention - Building Bridges
February 12-14, 2010 Portland, Oregon

REGISTRATION FORM

www.maconvention.org



HOTEL

The Doubletree Lloyd Center
1000 NE Multnomah Street, Portland
(503) 281-6111
\$104 per night, up to 4 people
Call direct, ask for MA's group rate
to save \$, or use the Hotel link on our
website: www.maconvention.org

COSTS

REGISTER EARLY AND \$AVE
\$35 before 12/1//09
\$45 between 12/1/10 - 1/20/10
\$55 after 2/12/10
\$45 Sat. banquet
\$5 Sat. Dance featuring
Dist. 4's The Resentments!

TRANSPORT

The hotel is relatively close to the
Portland International Airport (PDX).
There is inexpensive public trans-
portation (MAX Light Rail) that is
almost door to door from the
Airport to the Hotel. Please use the
online Trip Planner at:
<http://trimet.org>

One registration form per attendee please

Name: _____

Address: _____

Phone: _____

Email: _____

Registration: ☐ \$35 (before 12/1) ☐ \$45 (12/1 - 1/20) ☐ \$55 (after 1/20) \$ _____

Banquet: ☐ \$45 (please specify) veggie_____ meat_____ fish_____ \$ _____

Dance: ☐ \$5 \$ _____

Raffle Tickets: ☐ \$1 Number of Tickets:_____ \$ _____

TOTAL \$ _____

Registration and payment can be made through the website.
Otherwise, please mail a check or money order with this form to:

MA District 11 • P.O. Box 2012 • Portland, Oregon • 97208-2012

For most current information please visit: www.maconvention.org

We welcome any questions you may have! Please email us: info@maconvention.org

marijuana anonymous worldwide

MA World Services

PO Box 2912, Van Nuys, CA 91404 800.766.6779

www.marijuana-anonymous.org

email: office@marijuana-anonymous.org

District 1 San Francisco

PO Box 460024 San Francisco, CA 94146 415.325.4785

District 2 East Bay

PO Box 20484 Oakland, CA 94620 510.287.8873

District 3 South SF Bay Area

P.O. Box 551 Saratoga, CA 95071 408.450.0796

District 4 Western Washington

PO Box 17323 Seattle, WA 98107 206.548.9034

District 5 Orange County

1439 W. Chapman Av. PMB#215 Orange, CA 92868 714.999.9409

District 6 LA County No.

PO Box 2433 Van Nuys, CA 91404 818.759.9194

District 7 LA County So.

PO Box 3012 Culver City, CA 90231 323.964.2370

District 8 New York

PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

District 10 LA County East

PO Box 94400 Pasadena, CA 91109 626.583.9582

District 11 Portland

PO Box 2012 Portland, OR 97208-2012 503.221.7007

District 12 North Bay, CA

PO Box 2842 Petaluma, CA 94952 415.419.3555 707.583.2326

District 13 MA Online

www.ma-online.org

District 14 London, England

07940.503438

District 15 Long Island, NY

www.ma-longisland.org 516-568-5883

District 16 Melbourne, Australia

24HR. info 0403 945 083 from overseas +61 403 945 083

District 17 Denmark

info@ma-kbh.dk

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

Three Days Sober

(Continued from page 2)

he led me to this site.

I'm still struggling right now; my whole body is chilled and sweating as I type this. I believe in myself now more than ever and I know I can kick this addiction. Thank you for anyone who took the time to read this and I would love to talk to anyone who can relate. ~ Jake M.



District 13 (Online)

Shelley O. (ME)10/17/08 1 year!

Step 11: Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for the knowledge of His will for us and the power to carry that out.

Step 11 goes right along with the question for the month about how I maintain my spiritual condition.

Beginning the day, I ask God for direction in my thoughts and actions, • To keep me free from self pity, dishonesty, or selfishness • To provide the guidance needed to take care of any problems. • I then ask for the freedom from self-will. I pray for my friends and family.

During the day, in moments of indecision or fear: I try to be aware

of any struggles. • I ask for inspiration and guidance. • I relax, pause, breathe deeply and reflect on step 3 and turn it over.

At the end of my day I review the events that happened and: Reflect on Step 10 and take an inventory. • I ask God for guidance in taking any corrective action. • I ask for the knowledge of His will for me. And for the power to carry that out. • And from there ... I thank Him for another day of sobriety. ~ Anon

birthdays - Celebrating 227 years of sobriety in this issue!

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

District 2

Elizabeth S.	10/27/80	19 yrs.
Sally	11/17/04	5 yrs.
Lisa	11/18/06	3 yrs.
Fay L.	11/30/89	20 yrs.

District 4

Charlotte R.	7/13/70	39 yrs.
--------------	---------	---------

District 5

Sonja M.	10/26/08	1 year!
Rich C.	11/02/98	11 yrs.
Kathy B.	11/04/03	6 yrs.

"The Gardener"	11/05/95	14 yrs.
Tina C.	11/06/07	2 yrs.
Art	11/09/06	3 yrs.
Bobby	11/15/05	4 yrs.
Larry C.	11/28/99	10 yrs.

District 7

Jim J.	3/13/03	6 yrs.
Guy K.	9/13/09	1 year!
LB	9/20/05	4 yrs.
Dale T.	9/26/90	19 yrs.
Bob W.	10/10/07	2 yrs.

District 10

Bill H.	7/10/92	17 yrs.
Jorge J.	10/02/08	1 year!
Kristopher T.	10/08/03	6 yrs.
Elizabeth	10/14/05	4 yrs.
Richard N.	10/23/95	14 yrs.
Devin G.	11/24/08	1 year!
Shaun		3 yrs.

District 11

Anthony S.	11/26/00	9 yrs.
Josh B.	11/28/07	2 yrs.