



a new leaf

a publication of marijuana anonymous

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Roving Reporter Asks...

How do you use the 11th step “meditation” in your sobriety?

Meditation is something I try to do every day. Prayer is talking to God and meditation is listening to God, or so I've heard. Prayer doesn't have to be any fancy, exotic ritual. I just try to keep God at the front of my mind.

I don't do a lot of talking to myself in my head anymore – at least not even half as much as I used to. I try to turn it all over to Him. I try to give all my worry, stress, and general upset to Him – I talk to Him about it. I make conversation with Him over details great and small all the time.

Meditation is my “quality time” with God. I sometimes do formal meditations, complete with visualizations, during the day. I

like my imaginary desert oasis, but sometimes I use mountains and/or the California coast as a visualization.

I just let thoughts flow, and don't make mental comments on them. I try to stay focused on my quality time. I often picture God holding me or standing next to me in these places. I usually do some informal meditating at night too. I have been meditating, as a general rule, for over 20 years now.

It gets easier to do over time. It is important to me to stay in touch with the source of my sobriety – God. Since my higher power is the Spirit, or love, it is something I really want as well as need. God reminds me all the time why I wanted sobriety, and I never want to go back to active addiction.

~ Theresa L.

I've heard the 11th step read in meetings using the word “medication” accidentally instead of meditation. Sounds something like this: Sought through prayer and medication to improve our conscious contact with God, as we understood God, etc... thinking back, pot became my god. All I ever did before recovery was try and improve my conscious contact with weed or with me.

Thanks to the 12 steps, I can now say I've come to believe in a Higher Power I choose to call God. No longer must I rely on myself to fix me. For me, setting aside some time for meditation is a

practice that leads me to a higher spiritual awareness. And Serenity. Together prayer and meditation are actions I consciously take to open my heart and mind not only to recovery found in the program, but also to the experience, strength and hope of others. I've learned to actively listen to others. I pray only for knowledge of God's will for me and the power to carry that out. Today I seek through prayer and meditation to improve my conscious contact with God, as I understand God, and I pray only for knowledge of God's will for me and the power to carry that out. It works, it really does. ~ Anon



MA Daily Meditation Book

We're looking for YOUR writing to fill a year's worth of daily meditations, focused on MA recovery from marijuana addiction. The writings should be approximately 250 to 500 words, and focused on recovery. What would you want to read every day on your sobriety birthday? Send your submission and we'll print it on YOUR recovery birthday. If you feel so moved, send in more than one. If you need inspiration, take a look at daily meditation books from other fellowships.

We've included some submissions in this issue – be sure to write yours now to reserve your date for your submission. Send submissions to A New Leaf, Attention: Susan B.

ROVING REPORTER

Question for December

How do you help a newcomer at their first meeting?

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Submit your answers to your Bureau Chief, or or online, by November 17.

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.

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www.marijuana-anonymous.org
and click on the newsletter tab.

I Want What I Want When I Want It. Now.

Instant Gratification. That's what I got when I smoked pot. I was instantly altered. The minute I smoked, the second that the THC hit my bloodstream, at that moment, nothing else mattered. It all just faded away and I felt... nothing. I had unlearned 'waiting' and 'working towards' and I only lived in 'now or never.' When I wanted something I made darn sure I got it, and if I didn't, in my timeframe, according to my plan, then look out ANYONE who got in my way. I pouted, I displaced my anger at not getting what I wanted, and I set out to work harder to get what I wanted the next time (or doubled my efforts – ever try to take an old sock away from a dog? Yep, that was me – never give up, never surrender and growl).

Today, thanks to my Higher Power and the principles I am learning as I work the 12 Steps,

when I get it in my head that I MUST have 'that' (insert your own 'that' here), I can pause, and accept what IS. There is a line in a song that goes "...and I thank God for unanswered prayers..." I totally get that today. Just because I want something doesn't mean I need it or that I'm going to get it, and more and more I can recognize that the things that I want, I may not really need. And I can be okay with that most of the time. When I find myself getting really impatient, when I hear my mind beginning the process of manipulating in order to obtain that want, I call someone and tell on myself. The response I usually receive is "I am right there with you." I am reminded that the life I have today is not the life I planned, and I can return to acceptance, knowing that today I am right where I need to be. ▲

A Daily Meditation

January 3, 1995

"We go through what we go through to get where we are going."

Sometimes we feel like "Why me? Why does stuff happen to me?" I know that the experiences we go through only helps us become stronger, better people. We learn through our experiences. We have to go through these times of trials and tribulations just to get to the point we are trying to reach. Is there strength in your faith to get through the situation?

Another Daily Meditation

September 7, 1996

"Relieve Me of the Bondage of Self"

I first heard "I'm an ego maniac with an inferiority complex" at an MA meeting. I can relate to this statement. I seem to be on both sides of a spectrum of self-esteem. At times I think of myself as "holier than thou" or some great knowledgeable person that others look up to and

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2011 Marijuana Anonymous Convention



Registration

First Name: _____ Last Name: _____

Address 1: _____

Address 2: _____

City: _____ State/Province: _____ ZIP Code: _____

Country: _____

Phone: _____ E-mail: _____

Other Registration Info

MA Mar-Anon Guest

Special needs: None Deaf/Hearing Impaired Wheelchair Access

Other: _____

I would like to: *(check all that apply)*

Help outreach for MA 2011

Volunteer for service

Be on the monthly e-mail list

Update my Contact information

Registration Prices:

\$45 August 1 - December

\$55 December 2 - February 17

\$60 At the door

Items for Registration

MA 2011 Convention Registration \$ _____

Saturday Banquet: \$50 _____

Saturday Dance: FREE

Total Amount of Check: \$ _____

Name on Check *(if different from Registrant)*: _____

Make Check Payable to "MA District 8"

Send to: MA District 8
PO Box 1244, Cooper Station
New York, NY
Attention: Convention Committee

YOU MAY REGISTER ONLINE USING PAYPAL OR A CREDIT CARD AT MA-NEWYORK.ORG/CONVENTION

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

www.madistrict1.org 415.325.4785

District 2 East Bay

PO Box 20484 Oakland, CA 94620 510.287.8873

District 3 South SF Bay Area

PO Box 551 Saratoga, CA 95071 408.450.0796

District 4 Western Washington

PO Box 17452 Seattle, WA 98107 206.414.9270

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

Another ... Meditation

(continued from Page 2)

at other times I think of myself as a worthless loser. I have learned through program that my self-centered thinking is at the core of this dichotomy. During the first 37 years of my life I felt responsible for much of what was going on outside of me and developed a belief that I could control it. For the past 9 years I have been learning that I am responsible for my actions and God is responsible for the results. I must focus on the right action for me and not let fear or desire for results affect that focus. I am trying

to learn humility, to let go of my self-centered egotistical thinking, see others as fellow travelers on this spiritual path and recognize God as the One in charge. My bad habit of judging people (including myself) has diminished as I work the program. I am slowly learning to accept myself, others and life as they are instead of expecting them to be something I have conceived. Life continues to turn out so much different than my ideas and plans of how I wanted it to be and this is very painful at times. I am, however, experiencing levels of joy and fulfillment that I could never

have dreamt of, and it is clear now that God knows what is best for me and my loved ones. Today I like myself most of the time. I still do experience periods of self-hatred and inflated ego, but they are less frequent now and the duration is shorter. MA is saving me from the bondage of self and I am grateful.

"Your proper concern is alone the action of duty, not the fruits of the action. Cast then away all desire and fear for the fruits, and perform your duty."

The Bhagavad-Gita

birthdays

Celebrating 170 years of sobriety in this issue!

Want your sobriety date published? Let your Bureau Chief know or see ANL contact information on page 2. Bureau Chiefs are encouraged to submit Birthdays that, a) HAVE occurred, b) HAVE NOT been published and, c) are not older than 45 days.

District 5

Big Dog 09/22/06 4 yrs.
Thievin' Dog 09/30/86 24 yrs.
Tom "G" 10/17/93 17 yrs.

District 6

Sheila 10/06/10 9 yrs.

District 7

Dena S. 09/15/99 11 yrs.
Trevor 09/21/05 5 yrs.
Joe W. 09/30/08 2 yrs.
Ruth B. 10/08/01 9 yrs.

District 8

Jeff S. 09/01/99 11 yrs.

District 10

Kevin L. 09/09/08 2 yrs.
Mike W. 10/09/09 1 year!
Kristopher T. 10/11/03 7 yrs.

District 11

Mariska P. 09/18/87 23 yrs.
Jim S. 09/24/07 3 yrs.
Susan B. 10/9/86 24 yrs.
Jan D. 10/13/03 7 yrs.

District 12

Tug C 08/24/09 1 year!

Others

Omaha, NE
Mike B. 09/27/09 1 year!

Cambridge, MA

Dalit W. 09/05/01 9 yrs.

