



# 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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or submit online:  
www.marijuana-anonymous.org  
and click on the newsletter tab.

## Personal Prayers

It has been said that much of the work of our program deals with defining a higher power that can work in our lives. This has certainly been true for myself, but equally (if not more important) has been determining how I connect with that power. Meditation and prayer are, of course, the primary tools that most of us use to connect with our notion of a greater power.

In order to however continue to expand spiritually, it has been necessary (for this addict) to deepen my practice through exploration of these tools. This has resulted in not just sitting still in meditation, but also practicing mindfulness in my daily activities, doing guided meditation, walking meditation, and actively practicing compassion towards myself and others.

In relationship to prayers, I have sought out prayers from various religions, other programs, as well as the tried and true prayers that we hear at all of our meetings. I have slowed them down, concentrating on the meaning of each word, each phrase, and thought hard about what it was that I was really asking for while praying, in order to avoid a mechanical spirituality more akin to brushing my teeth than seeking spiritual healing.

Spurred on by my sponsors suggestions to write my own third step prayer, I began to see the benefits of putting prayers into my own words. It was as if through translating the meanings of the spiritual principles and goals of the steps, I was actually defining my relationship with a higher power; personal prayers for a personal God.

With that preamble, I wish to share these prayers with my fellowship in the hopes that my "translation" may help to provide

further insight towards how we work this spiritual path. Perhaps, if you are reading this, you could write a prayer of your own and submit it to the new leaf (I hear they need things to publish)!

### **Surrender Prayer:**

*As I am, I offer myself to you as you are. Today I pray to live in acceptance - with or without knowing. I pray to release my history - with or without fear. I pray to love with all my heart - with or without expectation and fill myself with the nameless nature of the world. Meaning and purpose are your domain. As I am, I offer myself to you as you are.*

### **Inventory Prayer:**

#### *Great Spirit*

*Grant me admittance into your infinite peace. Cleanse my perceptions. Remove the hues and shades of my past actions for the possibility of a clearer heart to share your abundance with all whom I meet. Allow me to see the beauty and divinity of all things. Share your capacities with me so that I may love others as you love me. I offer my purpose for you to define to give away everything I have to be made whole, anew, each day.*

### **Prayer for Skillful Behavior:**

*God, Lead me when I am willing  
And lead me to willingness when I am not. Let me see rightly when my eyes are open and open my eyes when they are not. Fill me with your love when I am in fear. So that I may share that love with others when I am not. I thank you for walking beside me today, as it has always been.*

### **A Morning Prayer:**

*God, lead me from questionable thinking, the misgivings of self-concern and the common corruption of reality by my finite mind, Help me past the vagaries of my perception to see rightly with an open heart and serve a purpose better than that which I find alone.*

## **YOUR VOICE MATTERS**

MAWS is conducting an "Effectiveness Survey" to evaluate what the society of MA thinks about MAWS' service to date to: Districts, meetings and members. We hope to collect a society-wide group conscience to give direction to the type of work in which MAWS should be engaged and to help evaluate MAWS' current ability and potential to serve MA's needs as conveyed by that MA group conscience.

**SHARE YOUR OPINION.** This month we would like you, your groups, and/or your Districts answers to the following questions:

1. *Do elected Trustees and Delegates serve out their terms, or does the turnover seem excessive? If so, why? What can MAWS do as a group?*

2. *(Tradition 11) At the general public level, does MAWS publicize any individual MA member's name or picture as a self-appointed representative of MA?*

For more details, please go to the website [forum.marijuana-anonymous.org](http://forum.marijuana-anonymous.org). To submit your ideas and share your thoughts on these questions email us at [mes@marijuana-anonymous.org](mailto:mes@marijuana-anonymous.org).

### **ROVING REPORTER ASKS...**

#### **How do to stay connected to your Higher Power?**

(Please submit answers by December 17)

## **I Quit After 30 Years of Smoking**

I've heard many people call themselves many different things during MA meetings, and I'm happy to say I'm a "grateful recovering marijuana addict." Saying I was a marijuana addict was one of the scariest things I had ever done. But I am so glad I did! I had wanted to quit for most of my life. I always felt I had a greater purpose than how I was living my life.

I always thought the grass was greener (he he he) on the other side, and I finally found out, it was! It was so difficult to finally get clean. I started smoking at 13, and kept on smoking, but for very short periods of time. Those times of brief sobriety were not recovery, and there is a huge difference.

I kept smoking, and finally pot turned on me for good. No longer was it any fun . . . I smoked morning, noon, and night, every hour, every day. I was a paranoid, unhappy wreck with friends who were the same. I couldn't sleep, I couldn't think, I couldn't function in society. I was angry, defiant and spiteful. I had no future.

Some friends of mine were talking about MA, and I said, "What? There is an MA???" Ding! Ding! Ding! The light bulb went off in my head, and while my friends were laughing about the mere existence of MA, I was thinking, "maybe that could work for me?"

I wanted my life to change and I finally made it to my first MA meeting when I was 33 days sober. Entering recovery has been the hardest thing I've ever done, but I have to say, I am a completely different person than I was then. A much better version.

I went through a terrible detox period. Some people have symptoms for 2 weeks, some much longer. I went through withdrawal symptoms for a full 90 days. My

hands would sweat, my eyes leaked, I had a chronic headache that just wouldn't go away. I'd cry or laugh too loud at the drop of a hat. I felt I had to hide away because I wasn't sure how I'd react to someone. Slowly but surely, each one of my detox symptoms went away. I was finally able to listen and absorb all the powerful stories I heard in the meeting rooms, MY stories. I had found my people.

I began working the Steps, comforted by the beautiful people in my fellowship. I would not be the person I am today without these amazing former potheads. I have a connection to my higher power that I so longed for when I was using. Doing service for MA, attending meetings, taking and receiving phone calls, and just LIVING the program keeps me going. I now have tools to cope with the bad times. I've learned emotions are like clouds . . . they drift away and change over time. I can feel my feelings and not have to stuff them down (the bad and the good) with marijuana.

Change is possible and I can't wait to see how my future evolves! Thank you all for being on this journey with me. Lynne M ◀

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

**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.

# marijuana anonymous worldwide

## MA World Services

PO Box 7807 Torrance, CA90504 800.766.6779

www.marijuana-anonymous.org

email: office@marijuana-anonymous.org

### District 1 San Francisco

www.ma-sf.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 323.943.9228

### 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](http://www.marijuana-anonymous.org)

## HELP WANTED

FIELD EDITOR

NEEDED

INTERESTED

ADDICTS SHOULD

EMAIL

THE ANLP BOARD.

[anlp@marijuana-anonymous.org](mailto:anlp@marijuana-anonymous.org)

## SAVE THIS DATE!

The MA Convention hosted by District 3.

Presidents' Day weekend

**February 17-19, 2012**

*Biltmore Hotel & Suites*

*Santa Clara, California*

Watch this space for more info

or go to...

[www.madistrict3.org](http://www.madistrict3.org)

## birthdays Celebrating 246 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 2

Noah	10/03/10	1YEAR!
Judy K.	10/17/10	1YEAR!
Lucy	10/22/07	4yrs
Elizabeth	10/27/84	27yrs

### District 5

Michael L.	10/29/90	21yrs
Jason	10/29/93	18yrs
James V.	10/29/98	13yrs

### District 6

Sheila S.	10/6/01	10yrs
Wes D.	10/16/97	14yrs
L.B.D.	9/20/05	6yrs
Jessica P.	9/22/10	1YEAR!
Gary Z.	10/13/99	12yrs
Leon H.	9/19/10	1YEAR!

### District 7

Kate C.	8/1/00	11yrs
Rebecca L.	9/9/09	2yrs
Kevin L.	9/9/08	3yrs
Spencer L.	9/20/08	3yrs
Craig J.	9/23/96	15yrs

### District 8

Salomon I.	9/19/09	2yrs
Alexa L.	9/22/09	2yrs
John M.	9/24/10	1YEAR!

### District 10

Mike W.	10/9/09	2yrs
Dan K.	10/29/10	1YEAR!
Kristopher T.	10/8/03	8yrs
Elizabeth P.	10/10/05	6yrs

### District 11

Mariska P.	9/18/87	24yrs
Jim S.	9/24/07	4yrs
Susan C.	10/9/86	25yrs
Jan D.	10/13/03	8yrs



**KEEP COMING BACK!**