



## The Topic was Gratitude...

On a recent phone meeting, the topic was gratitude and how have I changed because of Marijuana Anonymous?

Marijuana Anonymous helped to gradually change me from being a spaceshot pothead to someone with a life of clear, calm sobriety. I am healed in many ways and far happier. Not to sound too-too awesome, because obviously life isn't without bruises or spilled coffee on my white shirt, but it is way better without weed. I have gotten to know so many friends, mentors, newcomers, old timers and one timers in Marijuana Anonymous over the years. Everyone has taught me something in this program, and it's not always a good times party filled with perfect people. I don't think you can learn much from perfection.

Weed is recreationally legal in my state and it's still ramping up since the law passed, so I know that keeping up with Marijuana Anonymous is necessary for me. That old insatiability would expand to new levels, because during a relapse a few years ago, that's exactly how it was. I wanted to "check it out" in Colorado, and dang if that wasn't insanity. That's why I'm an addict—I can go into something feeling under control, but then I enter a Zone that takes over. The only requirement to belong to Marijuana Anonymous is the desire to stop with the weed, and that resonated with me, because that Zone was hard to get a handle on for a long time.

At this point, I go with my feet on the knowledge of my powerlessness, and

keep walking myself to meetings on land or on the phones, pretty much once a day. I have to—I'm too much of a pothead, and working the program of Marijuana Anonymous on the daily is what helps me live a sober, happy life right now. Not sure if this will always be true, but this willingness finally got me a couple of years clean which wasn't happening before I put in the effort.

There was so much unmanageability when a stoner—the bills weren't paid, the car was falling apart, and I had a janky cell phone always on the verge of getting shut off. I wasn't "adulting" very well.

One of my views is that "sharing is caring" and so, here is a list of ways that I'm grateful for Marijuana Anonymous:

- I could open up in meetings (or to a Sponsor, fellow, newcomer) about my problems and people could relate, so there wasn't that societal pushback of "is weed addictive" and "pot is harmless". There was no barrier to the validity of my problems, nor was there shame or judgment. I could be free about my nightmare crazy world of pot, and there was an easy understanding from others in recovery.
- Happy people in MA always seem willing to help. It's like they know the other side of the bridge is better, and without describing it, they naturally walk with others to lead them over. I am grateful to those who reach out to help or listen.
- Going through the Steps dug into emotional problems, and gave me a path into healing in order to move past them. The workbook

of Marijuana Anonymous had great questions and worksheets to go along with Life with Hope in order to work the 12 Steps. I am grateful for going through this, and for now being able to help Sponsees through it too.

- I made friends in the rooms and on the phone lines based on realness, honesty, personal exposure, and vulnerability. Because they put principles before personalities, the old-timers especially could handle me in those early raw days with an amazing, generous, kind comfort that was truly touching and profound.
- I also learned how to handle my feelings around those who weren't exactly my friends, and the true meaning of "principles before personalities" and the importance of Unity. These lessons carry with them the ways of detaching from ego, forgiveness, and compassion, as I continually learn how to move towards humility, forgiveness, helping others, and looking for the guidance of a Higher Power. I am grateful to see my character defects with softer eyes than my own, and to be open enough to see my part in problems.
- I wasn't alone when facing the issues of personal growth that were brought up in meetings, and could see that others struggled too, so that learning how to function as a sober adult became a MA classroom of changing- day by day. I felt a lot of shame for not "getting" what everyone else in the world seemed to get, and while I had a doctoral degree in getting high, my ability for basic functioning was in preschool

## ANL's Purpose

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. MA is not affiliated with—and does not endorse or accept contributions from—any outside enterprise.

### District Bureau Chiefs

We will be reaching out to districts soon to update the District Bureau Chief list. Additionally district representatives, including but not limited to those serving as Bureau Chief are encouraged to stay in touch: [editor@anewleafpublications.org](mailto:editor@anewleafpublications.org)

### ANLP Staff

Chairperson:	Alan B.
Treasurer:	John L.
Secretary:	Rick V.
ANLP Admin:	volunteer*
Managing Editor:	volunteer*
Publishing Editor:	volunteer*

### Contact ANLP

Send articles/stories:  
[stories@anewleafpublications.org](mailto:stories@anewleafpublications.org)

Or they may be submitted online:  
[www.marijuana-anonymous.org/story](http://www.marijuana-anonymous.org/story)

## We need YOU!

IN STEP TWELVE, we take action to carry the message of recovery to the marijuana addict who still suffers. Listed below are a number of opportunities for you to participate in your own recovery while helping others. Please volunteer today!

### ► An ANLP Managing Editor

Maintain relationships with district Bureau Chiefs, encourage participation in ANL community, collect articles, birthdays, etc. Please get in touch!  
[board@anewleafpublications.org](mailto:board@anewleafpublications.org)

### ► An ANLP Publishing Editor

Produce the monthly ANL newsletter using Adobe InDesign and other tools. Use your design skills!  
[board@anewleafpublications.org](mailto:board@anewleafpublications.org)

### ► An ANLP Administrator

Respond to incoming mail & email. Processes, packs & ships orders.  
  
This is a paid position.  
[board@anewleafpublications.org](mailto:board@anewleafpublications.org)

### Purchase Books & Subscriptions

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or subscribe by sending your name, address and a \$15 check (\$20 non-US) to:

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340 S Lemon Ave # 9420  
Walnut CA 91789-2706

Other inquiries and correspondence:  
[info@anewleafpublications.org](mailto:info@anewleafpublications.org)

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- and those baby steps forward didn't happen alone. Thankfully!
- o I got my personal goals and dreams wayyyy more together, and away from the fantasy of functionality BS stoner talk. I'm gratified beyond belief to not smoke my life away anymore in exchange for gaining traction on what is more meaningful and valuable to me.
- o I learned that marijuana addiction is clinically real, and it became important to accept the progression of my disease and to admit it was heading into narcotics and that suicidal thoughts weren't uncommon. Many thanks for the inclusion of "About Marijuana Addiction" into the MA literature.
- o There are all of these phone and land meetings, and Marijuana Anonymous has many recovering stoners who are willing to be of service. They chair meetings, keep track of the dollars getting passed around in the basket, order chips and hand them out, or they turn up for meetings and pay attention to the newcomer walking in the room or coming onto a phone meeting still high and unsure. I am grateful for this community.
- o The members in service to the fellowship are awesome people, and I've been lucky to meet many of them at both the conventions and the business conferences. We all care about the marijuana addict who suffers, and I am grateful to get that kind of help and caring to the point where I can now share this wisdom for others new to the program, or here far longer than me. Thank you to those who started MA, and of course big thanks to the founders of AA and the 12 Steps. Just for today, I am clean and sober, and grateful because it isn't often easy but it is definitely possible. AND WORTH IT. ▲

~Rachel C.

\*To volunteer at ANLP send a note to [board@anewleafpublications.org](mailto:board@anewleafpublications.org)

## I Could Identify with Others

I went to Marijuana Anonymous meeting and I would try to listen.

I could identify with some of the people's stories. I was not the only person who smoked Marijuana and found I needed it.

I thought I would feel like I belonged, and I was welcomed. I thought if I stopped maybe nothing bad would happen to me.

I listened and I heard other members' stories. I listened attentively and I heard my story. I was open to believe that my thoughts and feelings and needing to cope caused my use of marijuana. I listened, the 12 Steps were for a person like myself.

There could have been some behaviors that I felt that did not belong to my self-image that I

had made. I wanted a chip, and the next chip. I could identify with the literature and I could identify more with the people.

I should need support and recovery from marijuana. It is not that it was that bad, it was just not that good. ▲

~E-Boogie

## Outreach Board

### New Meeting Support Program:

The Outreach Committee invites *you* to engage in service by supporting new and independent meetings by participating in the New Meeting Support Program.

Did you know that thousands of marijuana addicts have no local access to in-person meetings?

Luckily, new meetings are starting up all over to increase access to the fellowship. As MA continues to grow around the world we find that many new meetings face challenges as they begin to build their foundation. In addition, many meetings operate without service sponsorship or other types of support because they are located in geographic areas that don't fall within an MA district.

We want to reduce the isolation by connecting these meetings with volunteers who can share their both their recovery through the 12 Steps and MA service experiences. Volunteers are paired with a new meeting and provide correspondence (email or phone) with a contact person to discuss service topics, challenges and successes the new meeting is experiencing.

The Outreach Committee has set a goal of each District having two members joining the New Meeting Support Program. Please spread the word about this program so we can better serve and support MA's new and independent meetings. If you have questions or would like to volunteer please contact Aimee or Drift at [outreach@marijuana-anonymous.org](mailto:outreach@marijuana-anonymous.org)

### Correspondence Committee:

The newly formed Correspondence Committee is looking for volunteers!

We are seeking additional volunteers with service experience and a working knowledge of the Twelve Steps and Twelve Traditions of Marijuana Anonymous to respond to support requests received through the MA 800 helpline and email inquiries. Volunteers will respond to calls that come in on the voicemail line with a goal of returning calls within 48 hours. If you have questions or would like to volunteer please contact [office@marijuana-anonymous.org](mailto:office@marijuana-anonymous.org)

### Are you fluent in another language?

Many people across North America and the UK contact MA looking for help. However, the long-term goal of Marijuana Anonymous is to become a truly global support network, able to provide resources to suffering addicts in countries all over the world. In taking steps to reach this goal the Outreach Committee is looking to create a database of members who are fluent in languages other than English who would be able to help us bridge the communication gap. We are especially looking for Spanish speakers, as well as European language speakers. If you have questions or would like to volunteer please contact Outreach at [outreach@marijuana-anonymous.org](mailto:outreach@marijuana-anonymous.org)

### Women's Town Hall:

The Outreach Committee is currently researching and developing an online Town Hall for MA's female-identified members. The Project Lead is seeking input, guidance and volunteers to develop this remote Town Hall for the fellowship worldwide. If you have questions or would like to volunteer please contact Lana or Drift at [outreach@marijuana-anonymous.org](mailto:outreach@marijuana-anonymous.org)

### Our Institutional Memory

The MA World Policies and Procedures Committee is seeking volunteers to work on the MA World Conference Motions Archive Project. This is a wonderful opportunity for members of our Fellowship to delve into our fellowship's 28-year history stemming back to the 1989 Unity Conference. An archive is more than a log of data and dates. Every item has its own story. Archives unlock doors to the past, and with your help this history can be made available to future generations of MA'ers. What a gift it is to take a peek into the work of those who came before, who graciously devoted their service to developing the bedrock of Marijuana Anonymous. Volunteers can take on as much or as little service work as they wish. If you or someone you know is interested in helping, please get in touch!  
[ppcom@marijuana-anonymous.org](mailto:ppcom@marijuana-anonymous.org)

# Marijuana Anonymous Worldwide

For a complete listing of all meetings visit  
WWW.MARIJUANA-ANONYMOUS.ORG

**MA World Services** 340 S Lemon Ave # 9420, Walnut CA 91789-2706  
www.marijuana-anonymous.org ▲ info@marijuana-anonymous.org ▲ +1.800.766.6779

<b>DIST. 2 San Francisco &amp; East Bay</b> www.madistrict2.org	+1.510.957.8390	<b>DIST. 14 London, England</b> www.marijuana-anonymous.co.uk	+44.300.124.0373
<b>DIST. 3 South SF Bay Area</b> www.madistrict3.org	+1.408.450.0796	<b>DIST. 15 Long Island, NY</b> www.ma-longisland.org	+1.631.647.0768
<b>DIST. 4 Western Washington</b> www.madistrict4.org	+1.206.414.9270	<b>DIST. 16 Melbourne, Australia</b> www.marijuana-anonymous.com	+61.403.945.083
<b>DIST. 5 Orange County</b> www.madistrict5.org	+1.714.999.9409	<b>DIST. 17 Denmark</b> www.ma-danmark.dk	
<b>DIST. 6 LA County North</b> www.madistrict6.org	+1.818.759.9194	<b>DIST. 18 Sacramento, CA</b> www.sacramentoma.org	+1.916.341.9469
<b>DIST. 7 LA County South</b> www.madistrict7.org	+1.310.494.0189	<b>DIST. 19 Toronto, Canada</b> www.matoronto.org	+1.647.201.9161/+1.416.999.2244
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<b>DIST. 12 North Bay, CA</b> www.madistrict12.org	+1.415.419.3555/+1.707.583.2326	<b>DIST. 22 New England</b> www.newenglandma.org	
<b>DIST. 13 MA Online</b> www.ma-online.org			

Mar-Anon is growing! Private chat meetings are held Mondays at 12pm Central Time. To request access, please email [outreach@mar-anon.com](mailto:outreach@mar-anon.com) and provide your first name, last initial, and your preferred email address. You will receive an email with login information. visit [www.mar-anon.com](http://www.mar-anon.com) for more information.

## Celebrating 80 Years of Sobriety!

District 7			District 11		
<b>Amir B.</b>	<b>9/28/16</b>	<b>1 yr</b>	Jim S.	9/24/07	10 yrs
Charles H.	10/8/15	2 yrs	Mariska P.	9/30/87	30 yrs
<b>Megan J.</b>	<b>9/3/16</b>	<b>1 yr</b>	Susan C.	10/9/87	30 yrs
Shawna T.	10/3/12	5 yrs			
District 22					
			<b>Dee</b>	<b>10/29/16</b>	<b>1 yr</b>

### GOT A YEAR? ALLOW US TO PUBLISH YOUR ANNIVERSARY TO CELEBRATE!!!

Provide your sobriety date to your local GSR to be forwarded to your Bureau Chief, or e-mail your details to [chiefs@anewleafpublications.org](mailto:chiefs@anewleafpublications.org) or submit them online at [tiny.cc/mabday](http://tiny.cc/mabday).

Members / GSRs / Bureau Chiefs are encouraged to submit Birthdays that

- 1) HAVE OCCURRED,
- 2) HAVE NOT BEEN PUBLISHED RECENTLY,
- 3) and ARE NOT OLDER THAN 45 days.

Please format birthday submissions in this manner: Name <tab> Date <tab> #yrs



## From Life with Hope

### Step Eleven

*Sought through prayer and meditation to*

*improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*



### Tradition Eleven

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow MA members.*

## 2018 MA World Convention

District 4 – Western Washington MA will proudly host the World Convention in

**Seattle, February 16-18, 2018**

General Registration: November 1 - January 24

[mawsconvention.org](http://mawsconvention.org)

