



Save the Date and Join the Pack!

Oh, and get your passports—
The 25th Annual Marijuana Anonymous
World Convention will be hosted in
Vancouver, British Columbia!
See below for details.



When? February 15–17, 2019

What? Yes, you read correctly: Canada.

No, really, what?

It's the MA World Convention—
Come celebrate recovery with us!!!

POWER  OF THE PACK

Convention 2019 • Vancouver, Canada



Dear Friends and Fellows,

We are very excited to be hosting the 2019 World Convention in the beautiful city of Vancouver, British Columbia. Come experience Canadian hospitality and enjoy our version of experience, strength, and hope.

The Sheraton Airport Hotel will be ready for all of you, and has extended group discount rates for February 10th through the 21st, *so come for a vacation and stay for the Convention!*

There is a complimentary twenty-four-hour shuttle from the Vancouver International Airport (YVR), only minutes away, across the Fraser River to our location on the northwest of Lulu Island. More details are available on the site, and registration is now open:

www.MAWSconvention.org

If you're travelling to Canada from out of the country, you may have questions about crossing the border. Canada has some fairly strict laws, so you'll want to be informed and aware of measures you may need to take in advance. Please be sure to review the information we have provided under Travel Information, by following the top left navigation on the website:

Home > Convention Information > Travel Information

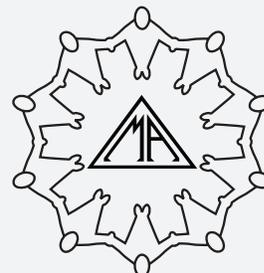
Regarding ID: Any travelers from the US to Canada going by land will need either an enhanced driver's license, a passport card, or a passport. For those going by air it must be a regular passport.

Questions? Want to lend a hand?
Please contact the host committee:

Convention.Vancouver@gmail.com

We look forward engaging in
and celebrating recovery with you—Fellowship awaits!

In Loving Service,
2019 Convention Host Committee



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 are reaching out to districts to update the District Bureau Chief and birthday lists. Additionally, district representatives, including but not limited to those serving as Bureau Chief, are encouraged to stay in touch by emailing Thor H. at: editor@anewleafpublications.org

ANLP Staff

Chairperson:	Rick V.
Treasurer:	John L.
Secretary:	Maurice R.
ANLP Admin:	*paid
Managing Editor:	Thor H.
Publishing Editor:	*volunteer

Contact ANLP

Send articles/stories:
stories@anewleafpublications.org

Eleventh Step Reflections

When I was less than 30 days clean and sober I heard a speaker say that he used to think that Step 11 said, "Sought through prayer and prayer to improve our conscious contact with God...". He went on to talk about the benefits he had found once he changed that second "prayer" to "meditation." I thought that was pretty clever, but of course I didn't start meditating myself; I guess I just wasn't ready.

That would come after two things: First, I heard someone say that the only Step that required willpower, according to Bill W., was Step 11. Second, I got a spiritual advisor who insisted that I meditate. That was the catalyst I needed. I started setting my alarm earlier and got into the routine of reading some daily meditations before getting out of bed, followed by making coffee, and then sitting in my chair to meditate. At times I meditate twice a day, 20 minutes in the morning and afternoon; other times it's only the mornings. I have gone months without missing a day, and I have also gone months without meditating. The difference in my life during the times I'm faithful

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340 S Lemon Ave # 9420
Walnut CA 91789-2706

Other inquiries and correspondence:
info@anewleafpublications.org

to meditation vs. the times I fall out of the habit are significant.

Life with Hope describes the rewards of meditation: "We cultivate a more loving relationship with ourselves, others, and our Higher Power. We start to replace criticism with acceptance and forgiveness." Later it continues, "As we grow spiritually, we can't help but notice that old selfish attitudes and character defects have undergone drastic changes. Our desires change with time and a consistent effort to live by spiritual principles."

I have experienced those benefits. Yet there are still times when I lack the willpower and the discipline to put aside other concerns, light a candle, do a reading, set the timer on my app (Lots of good meditation timer apps are available.) and sit for 20 minutes. I am a work in progress.

When I am faithful to my practice, I notice several things: I have more serenity; it takes longer for me to get frustrated; I am more understanding of others and less judgmental; I am more productive, more focused in my tasks; I am more "connected", to others and to creation. In short, I think I am more of who/what my Higher Power wants me to be. I am also more patient with myself—and I find that the gentleness that comes with the patience helps me to grow faster and further than when I get upset with myself.

I am thankful to the Program for Step 11. I am convinced that without a regular practice of prayer and meditation I would have relapsed by now. I just get too frustrated too often, and in the old days the best thing for frustration was to get loaded. Now I choose serenity; the other people in my daily life are glad I do. ▲

~by Maurice R.



*To work with ANLP, please send a note to board@anewleafpublications.org

Grieving in Recovery

When I was 503 days clean of marijuana I received a call telling me that my father (only 68 years old) was missing. The first thing I did was text my sponsor and friends in sobriety saying "My dad is missing. We don't know what's going on, but I will stay sober through this." That night I learned that my dad had taken his own life. A week later my same sober network attended my dad's memorial. None of them had met my dad before, but they did what we are told we do in recovery: We show up.



I am grateful beyond my ability to communicate for the life recovery has offered me. To be present for my dad during his illness, to be able to show up for him at a moment's notice (because I was never impaired and therefore unable to get in the car

to be with him) and to witness his addiction with a clear gaze meant that I was able to fortify my own dedication to a sober life. My dad gave me the gift of honesty when he was sick; he showed me what my life could look like if I continued to abuse marijuana for the rest of my life and he showed me just how much I have to be grateful for with substances in my rear view mirror.

Grieving in recovery has been an intense, heart-wrenching process. I don't numb out. I don't press pause on my sadness to postpone it for another, more convenient day. I have felt every nostalgic pang, every angry flare and devastated jag. The strong foundation I have built in recovery with my sponsor, working the steps and being active in service serves as a life raft that carries me along on this never-ending river of grief. ▲

~by A.M. in Seattle

THE ROVING REPORTER

Every month, our readers have **another opportunity** to reflect on their recovery and to help carry the message to the addict who still suffers. This issue presents certain questions/topics, the responses to which may be published in the December issue. In addition to questions/topics, the Step and the Tradition corresponding to the month of publication are offered as topics.

For example, in this **November** issue we are requesting submissions related to **Step/Tradition 12** for publication in **December**. The deadline is the 16th of November. You need not write more than a couple paragraphs and the exercise may strengthen your own recovery. The action you take will certainly bring to life **Step Twelve** and **Tradition Five**.

The Fellowship hopes to hear from you often. One of this month's topics is derived from a line within **Step 12 of Life with Hope** (3rd Ed., p. 60, 2nd para).

Please submit to: stories@anewleafpublications.org with Subject: "12/2018 Roving Reporter"

First, to quote: "We apply these principles not only to the people and situations we encounter within the program, but also to all other aspects of our lives."

Consider writing about specific instances describing how your recovery has given you the ability to practice the many principles that are foundational to living clean and sober, maintaining integrity with yourself, and others.

And/or you may wish to respond to a different topic. First, read Step 12, then... **Briefly how MA's message was carried to you, maybe in treatment or otherwise, and/or how you've carried the message to others.**

One final suggested topic, related to the Tradition 12:

How do you practice this Tradition, personally? How do you encourage it at the meeting level? At District? At MA World Services?

Outreach Board

New Meeting Support Project:

Seeking members with service experience and working knowledge of the Twelve Steps and Traditions to aid in providing support to new meetings in their first year. Volunteers will receive support and resources from the Project Lead and are paired with a new meeting to provide ongoing correspondence in regards to service topics, meeting level successes and needs, and more.

outreach@marijuana-anonymous.org

Correspondence Committee:

Seeking additional volunteers with service experience and a working knowledge of the Twelve Steps and Traditions to respond to support requests received through our 800 helpline, as well as email inquiries. office@marijuana-anonymous.org

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new...**

Please help our readers by sharing a bit of your recovery. Thank you!

stories@anewleafpublications.org

YOUR recovery content



Marijuana Anonymous Worldwide

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

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www.marijuana-anonymous.org ▲ info@marijuana-anonymous.org ▲ +1.800.766.6779

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DIST. 3 South SF Bay Area www.madistrict3.org	+1.408.450.0796	DIST. 15 Long Island, NY www.ma-longisland.org	+1.631.647.0768
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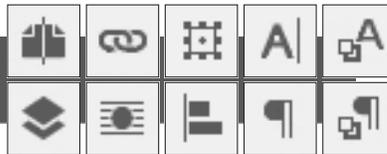


WANTED: Designer, with InDesign chops to join the team!

We are in need of *both* a paid

Admin, and a volunteer Publishing Editor. The latter requires InDesign CC, a grasp of Character and Paragraph Styles, *e.g. how they're used in layout*, and willingness to be of service on a team. Per our charter, it's a 1-year commitment, optional second year, by a member ideally 2 yrs clean+sober. We've found that the best way to elicit

support is asking directly, and we hope our readers will do just that. Specifically, we encourage you to not **only** announce this in meetings, but to learn who in your area might have design skills and discuss this service opportunity with them directly. Thank You! ~ANLP
board@anewleafpublications.org



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.



In case you missed it on the front page:

Regarding ID for entering Canada, any travelers from the US to Canada going by land need either an enhanced driver's license, a passport card, or a passport. For those going by air it must be a regular passport.

Celebrating 124 Years of Sobriety!

District 2

Melina R. 9/19/2016 2 yrs

District 5

Anthony 9/12/2017 1 yr
Az 9/30/1986 32 yrs
John L. 10/6/2015 3 yrs
Mike G. 9/28/2015 3 yrs
Scott 9/28/2014 4 yrs
Trés 9/20/2002 16 yrs

District 7

A. J. 10/13/2017 1 yr
Amir B. 9/28/2016 2 yrs
Nolwen 9/14/2017 1 yr
Steve C. 9/10/2011 7 yrs

District 11

Kelly P. 10/29/2010 8 yrs
Kevin H. 10/19/2015 3 yrs
Susan C. 10/9/1987 31 yrs

District 21

Jay 9/28/2015 3 yrs
Julie 10/1/2015 3 yrs
Karen 9/29/2014 4 yrs
Sharon 9/23/2017 1 yr

MA-Phone

Beth F. 10/17/2016 2 yrs

GOT A YEAR? WOULD YOU LIKE ANLP TO PUBLISH YOUR SOBRIETY ANNIVERSARY?

Give your sobriety date to your local GSR and it will be forwarded to your Bureau Chief or e-mail chiefs@anewleafpublications.org. Bureau Chiefs are encouraged to submit Birthdays that 1) HAVE occurred, 2) HAVE NOT been published and, 3) ARE NOT OLDER THAN 45 days.

