



November 2023

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## Let Go and Let Me

Can you let go of the need to have control?  
To the idea that you know what's best for you?  
Can you let go of all your managing, planning, justifying, manipulating, forcing and fighting?

Can you loosen your grip?  
Maybe even let go completely?  
Can you release your need to know what happens next?  
Can you accept that you don't have the answers yet?  
Can you let it all go?

Aren't your hands tired, my love,  
from holding on so tightly?  
To this grip that keeps you unchanged  
unmoved  
bound  
tethered  
tired.  
All I wish for you is to release  
To let go and let Me.

Only then, will you see,  
that you never had to hold onto anything in the first place.  
My Platform to hold you has always been closer to you than roots are to soil,  
than air is to the lungs,  
than blood is to the vessel,  
than your feet are to the ground.

Do you want to wait until you can't bear the weight any longer?  
Or can you let go and trust that I Am here  
waiting to catch you,  
right now.

Let go and let Me.

~ Samantha D.



## Meditation: Community/People of All Ancestries

I have found that community has new possibilities for me today.

When I first got on the MA-Phone.org lines, it seemed impossible to imagine that a woman from rural Vermont of Euro-American descent would eventually be someone with whom I would develop a feeling of deep gratitude for having met. I did not imagine she would further and foster an artistic friendship to inspire healing from this incurable disease. We both were of service to others, and we both became sponsors eventually to newcomers. We chaired the various weekday meetings on the phone lines.

I listened to her on business meeting calls and one day realized that since I practiced Step 11 with a group of meditators in her part of New England, I could ask her to possibly break into a more face-to-face type of meeting with deeper relating.

Could this finally happen so that we would see the body of the voice we had come to know and enjoy?

We were able to travel to a common location. I had a bus ride and she had a car trip to plan. We managed as two folks from different families of origin, with different experiences growing up in urban U.S. and rural U.S., to come together and have a meeting of two.

Final thought: Today, I will be of service to others when I attend meetings, reach out to newcomers, use the phone, take service commitments, and when I sponsor fellow addicts. "The more we help others, the more we help ourselves." – *Life With Hope 12 Step Workbook*

~ Anonymous



## 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 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.

### ANLP Liaisons

We are reaching out to districts to update the ANLP Liaisons and birthday lists. Additionally, district/group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch: [Liaisons@anlp12.org](mailto:Liaisons@anlp12.org)

### ANLP Staff

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## Is There Anything Else?

I think for me, the truth about recovery appears to be pretty simple, and aside from the particulars of my story there isn't too much that I have to say about recovery that is very complicated or unique. The general message that I wish to convey, however, remains important, and that is that the work of recovery is good.

I got clean and sober in 1989, at which time I was 32 years old. I'd been getting high since I was a teenager, and my getting high had become worse and worse leading up to the very day when I put down weed, booze, and all other mind-altering drugs: October 5, 1989. I didn't know very much about recovery at that time, but I did have one friend who'd gotten sober and was still doing well a couple of years into it, so I knew that there was such a thing as getting sober, and that technically it was possible.

With all the things I did, weed was my biggest problem, but I also very much needed to quit drinking. So one Friday night I headed from my office in Santa Monica, California, to an after-work AA meeting, and it was in AA that I found a sponsor – or more accurately, where a sponsor found me. It was also in AA where I started working the 12 Steps of recovery. It was that AA sponsor who somewhere around the beginning of 1990 informed me that there was actually a program specifically for marijuana addicts like me called Marijuana Anonymous, and that I should check it out.

I started going to MA immediately, but I needed meetings every day back then, sometimes more than one. There wasn't that much MA to have at that time, so I still did a lot of AA and a couple other A's as well. But it was the Friday MA in Burbank and the Sunday MA in Glendale that became the foundations of my recovery. Not to bad talk AA, or any of the

other groups I attended – they were all life savers for me – but MA was instantly home for me because at my root and at my core, I am a pothead, and staying off the pot was the biggest fight for me, truth be told. Something about being in a room with people who are marijuana addicts and being able to focus on talking about my weed problem was exactly what I needed; sometimes it still is.

After this my story is pretty generic, but it is worth telling because in my opinion, it's these same old generic things that are most important. I took commitments at meetings, and I established home groups; meaning groups that I attended every week without fail. I made coffee, I set up and cleaned up and eventually I took secretary and treasury commitments. I took all these commitments seriously, suiting up and showing up for each one without fail.

I tried central office work, and found that it was not for me, so I committed to a lot of panels and ran or participated on them for a very long time. As I recall, at some point early on I began to realize that my life depended on being in recovery. I haven't mentioned it yet, so I'll just say it – my life had become so completely unmanageable at the point that I got sober, that death or prison was distinctly possible, and that I had come to the precipice and my life was absolutely right on the verge of falling completely apart.

Something got me in the door though, and my sponsor grabbed on and stayed with me. Together we worked the steps using "How It Works" from the book *Alcoholics Anonymous*. In 1989, MA's book *Life With Hope* was being conceived, but had yet to be published. I did the Steps with my sponsor, one through twelve, and then we did them again,

(continued on page 3)

## Today Prayer

*Good morning god,  
thank you for another day!*

*Another day to find you  
by working with others,  
I hear you through their voices.*

*Another day to be thy will in action,  
I sense your guidance by intuition.*

*Another day to make amends when  
I've strayed from your will,  
by being humble and forgiving myself.*

*Another day to progress  
in giving and receiving love,  
your unconditional love shows the way.*

*Another day to be grateful  
for being alive and sober,  
letting go of the past and the future.*

*Being in the only day you've given me  
– thank you.  
Amen*

~ Anonymous

finding pieces I'd missed the first time around.

As my clean time started to pile up, I had the realization that recovery is a precious and delicate thing, and that it has to be worked to be held onto. One reason that I started working hard was because I was terrified about relapsing and finding myself back where I had been, or worse, but my life was also getting so much better that I didn't want to fall from the path. Perhaps you've noticed that I have not talked about God in all this, and here's the thing – I'm not, and have never been, religious.

To use a metaphor, I believe that it is the coffee not that cup that imparts that warm feeling inside, and I have been able to feel spiritually hopeful and full of awe and wonder, and in this way I have found my higher power. I cannot judge others, who like most of my friends are deists or of some religion or other, it's just not my take on things. I do believe in "Live and Let Live." By the way, one can still work the steps as an agnostic or atheist, and I have not yet burst into flames when I've bowed my head, opened my heart, and recited The Lord's Prayer in the circles of my friends.

It's 34 years later, and my sponsor is still sober and so is that friend I mentioned who got clean a couple years before I did – these are the miracles. I have worked hard and have also been extremely, extremely fortunate. I continue to do Twelve Step work, and today I have a sponsee as well as a wife and a home, although I don't hear from the sponsee all that often anymore.

For many years now, I have worked as a mental health professional in one of the world's most tough and challenging milieus. In this difficult, often painful work, I have

dealt with a lot of struggling addicts, some in recovery, some who are not, and in this particular work I am not free to disclose at all about my own history of addiction and recovery (to do so would cost me my job). This continues to be an interesting challenge, working a program of rigorous honesty in such a manner, but I have found ways to utilize my experience without giving myself away, so far. This is a quality problem for sure, and now that I think about it, another one of my problems that I am very grateful to have.

I think that's my story, so I'll leave it at that. I wish you all good fortune and encourage you to work hard, one foot in front of the other, with your eyes ahead, and to not give up hope.

*Respectfully,*

*Dr. J., Marijuana Addict*



## OUR STORIES!

*Help us to share the experience, strength and hope  
of marijuana addiction diversity...*

### THE MA LITERATURE COMMITTEE SEEKS STORY SUBMISSIONS

Shedding light on stories of recovery that may not always be told,  
the following are some examples:

- Detoxing, CHS
- Identity (*gender, racial, religious, sexual, etc.*)
- Mental Health, Psychosis
- Seeking Sobriety During Different Stages of Life
- Cross Addiction and Support From Other 12 Step Fellowships

### SUBMIT YOUR STORIES TO [STORIES@MA12.ORG](mailto:STORIES@MA12.ORG)

#### Willing to help?

Join the Stories sub-committee to support the review of these stories for implementation in various projects.

Beginning November 15th we will meet on the  
3rd Wednesday each month at 4pm PT / 7pm ET.

Email to join the sub-committee: [Literature@MA12.org](mailto:Literature@MA12.org)

# Marijuana Anonymous Worldwide

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

## MA World Services

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| <b>DIST. 2 San Francisco &amp; East Bay</b><br>www.madistrict2.org                    | +1.510.957.8390 | <b>DIST. 16 Melbourne, Australia</b><br>www.marijuana-anonymous.com | +61.403.945.083        |
| <b>DIST. 3 South SF Bay Area</b><br>www.madistrict3.org                               | +1.408.450.0796 | <b>DIST. 17 Denmark</b><br>www.ma-danmark.dk                        |                        |
| <b>DIST. 4 Western Washington</b><br>www.madistrict4.org                              | +1.206.414.9270 | <b>DIST. 18 Sacramento, CA</b><br>www.sacramentoma.org              | +1.916.341.9469        |
| <b>DIST. 5 Orange County</b><br>www.madistrict5.org                                   | +1.714.999.9409 | <b>DIST. 19 Toronto, ON, Canada</b><br>www.matoronto.org            | +1.416.999.2244        |
| <b>DIST. 6 LA County North</b><br>www.madistrict6.org                                 | +1.818.759.9194 | <b>DIST. 20 San Diego, CA</b><br>www.ma-sandiego.org                |                        |
| <b>DIST. 7 LA County South</b><br>www.madistrict7.org                                 | +1.310.494.0189 | <b>DIST. 21 Colorado State</b><br>www.ma-colorado.org               | +1.303.607.7516        |
| <b>DIST. 8 New York</b><br>www.ma-newyork.org   |                 | <b>DIST. 22 New England</b><br>www.newenglandma.org                 |                        |
| <b>DIST. 11 Oregon</b><br>www.madistrict11.org  | +1.503.567.9892 | <b>DIST. 23 Georgia State</b>                                       | +1.770.468.8508        |
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| <b>DIST. 13 MA Online</b><br>www.ma-online.org  |                 | <b>DIST. 26 Iceland</b><br>www.maisland.is                          |                        |
| <b>DIST. 14 London, England</b> +44.300.124.0373<br>www.marijuana-anonymous.co.uk     |                 | <b>DIST. 27 Independent Mtgs.</b><br>www.madistrict27.org           | madistrict27@gmail.com |
|   |                 | <b>DIST. 28 MA Phone Meetings</b><br>www.ma-phone.org               |                        |

## Step and Tradition of the Month

### 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 upon 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.*

## Celebrating 105 Years of Sobriety!

### District 3

|            |            |        |
|------------|------------|--------|
| Antonia A. | 10/09/2018 | 5 yrs  |
| Steve Mc.  | 10/04/1993 | 30 yrs |

### District 5

|         |            |       |
|---------|------------|-------|
| Ryan C. | 10/05/2021 | 2 yrs |
|---------|------------|-------|

### District 22

|             |            |        |
|-------------|------------|--------|
| KC C.       | 9/27/2022  | 1 yr   |
| Meredith R. | 10/01/2013 | 10 yrs |
| Rachel C.   | 10/13/2015 | 8 yrs  |
| Ryan K.     | 10/13/2010 | 13 yrs |

### Independent & Virtual Meetings

|             |            |        |
|-------------|------------|--------|
| Helen C.    | 10/10/2021 | 2 yrs  |
| Dr. Joel G. | 10/06/1989 | 34 yrs |

**See your sobriety date here!**



*If your sobriety date has occurred, has not been published, and is not older than 45 days, please submit it in the format you see on the left by the 16th of the month. You may tell your local GSR, ANLP Liaison, or e-mail to: Birthdays@ANLP12.org*