



A NEW LEAF

A PUBLICATION OF MARIJUANA ANONYMOUS

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Alert! The 2002 Convention in Seattle is coming! Please find a full-page registration form for your convenience on Page Three. For more information on the upcoming event, please, visit the Convention website at www.seattlema.org!

Editors Note:

November is Gratitude month. I am grateful to ALL the Bureau Chiefs and the rest of the Staff that are of selfless service to ANL. This issue contains submissions from two Bureau Chiefs and one of MY favorite contributors to ANL. Please send Your thoughts, stories and shares to ANLP@Marijuana-anonymous.org OR write to: A New Leaf PO BOX 4313 N. Hollywood, Ca.91617.

Happy ThanksGiving ~
Debra C.

Gratitude

Grr8ful!

One of the most important changes recovery has brought to my life is a change in perspective about situations and people. Before I got clean and sober my misery and victimhood were comfortable, familiar places... woe was me! If things got too good I'd find a way to sabotage them. After a few months in the program I began seeing the world around me differently; this started out with small instances, like realizing I was staying up till midnight without coffee to counteract all the pot I'd smoked! Or when a lifelong friend complimented me on how blue my eyes were... I thought, my eyes are the same color as they always were... but then I realized she was probably seeing the whites of my eyes white for the first time!



Those were little, but very important steps to gradually attaining an attitude of gratitude. With each little sign I was strengthening my conviction of how positively recovery was affecting my life.

It's hard to feel grateful when things aren't going well for me. I used to get very upset when my sponsor would suggest writing a gratitude list at those periods of time. But I was willing to go to any lengths, which meant taking direction from my sponsor, so I'd always write the list. Usually balancing all that was not going smoothly in my life with remembering all that was fulfilling really helped me see a bigger picture of my life. My problems got smaller and my blessings shined brighter. I've even been able to be grateful for the obstacles and challenges in my life, but I usually have to be in a

Various Authors

tremendously good emotional state to achieve that level of gratitude! I do try to be mindful of at least a few of the many gifts I have received and graces that have been bestowed upon me, every day. This never fails to let me end each day with a smile on my face and a peaceful heart.

Valerie T.
Texas Bureau Chief
Austin, TX

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PO Box 4314
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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 necessarily reflect the opinions of Marijuana Anonymous as a whole.

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Gratitude!

When I got this email from you, I was having a pretty bad weekend. I have been battling some depression, as does everyone from time to time. However, being an addict, I always medicated myself rather than feel those emotions and deal with them. Now that I am clean and sober, there are times when I feel like I would give anything or do anything not to feel. I have come too far though to use now, and for all that hard work and awareness I am grateful. I am grateful for the fact that I am an addict, and that I cannot drink or smoke or do pretty much anything in moderation because I am unable to stop once I get started. I am also grateful that I have found MA (and other 12 step programs) because they have helped me to develop a relationship with my higher power and begin to become spiritually healthy. Furthermore, I have learned how to really be honest with myself and everyone else. Also, I have been able to develop real and healthy relationships with others both in MA and other areas of my life. Finally, I have had the opportunity to serve others in a variety of service positions including this one as Bureau Chief, and when I can be there for another person that is what I am most grateful for above and beyond anything else.

Stephanie W.
Bureau Chief
District 4

Gratitude

Hi my name is — and I am a grateful Marijuana addict." The first time I heard that I cringed. But then why would I ask him to be my sponsor? Because he had what I wanted. Such great addict thinking. We addicts are walking contradictions, and the phrase grateful addict is a great example.

I have heard many other addicts say they were grateful to be addicts. I even heard one member of MA share that he was glad at times like these, after September 11, 2001, that he was an addict because he had a place to come

and share his feelings. A place where he could feel safe. That is part of it for me, feeling safe, and feeling like I have come home at last. But that is only part of it for me. For me it is truly a feeling of gratitude for being an addict and finding recovery. I feel I could not help being an addict. I was born that way, it's in my genes. However, finding and working a program of recovery is what I am grateful for. I am very grateful that by the grace of my Higher Power, whom I choose to call God, I found recovery.

Finding recovery is what I am grateful for. Without it, I would at best be living on the streets, at worst, dead. But I am not. I have a life beyond my wildest dreams and that is due to the grace of God, and my footwork. Grace can open the door to a new life, to recovery, but YOU have to walk through that door. You have to pay attention to the little things, that is God talking to you. It is suggested you do the steps, all of them, in the order they are given. True, they are suggestions. Just like the suggestion when you jump out of an airplane to sky dive, they suggest you pull the ripcord to open the parachute.

It took time finding a good sponsor and working the steps for me to get grateful. I came into recovery kicking and screaming saying, "I'm not an addict. I'm not, I'm not, I'm not." I did not have a problem with smoking Marijuana everyday, all day, until I tried to quit. Until I was forced to quit. I failed a drug test at work, and if I wanted to keep my job I had to enter a hospital out-patient program and stay clean and sober for two years. I had been at my job 23 years so quitting my job and finding a new one really wasn't an option. I figured I would try recovery. After all, at the end of the two years, I could go back to smoking and doing the same old thing.

My life on drugs wasn't that bad. I would lose arguments with my 3-year-old grandson. Go off on my wife, at the time, over unimportant things like letting him play with dental floss instead of string. Or letting him play with a stuffed toy that had been sitting in a corner collecting dust for 20 years. For my daughter being 10 minutes late to

8th Annual Marijuana Anonymous World Convention

President's Day Weekend

February 15, 16, 17, 2002

Seattle, WA

Come enjoy the fellowship of other MA members. The weekend will feature many workshops and meetings, entertainment, banquet, dance, and a raffle. Lots of fun and sharing!

Friday, February 15 *

- 4-9 Registration
- 6 Introduction, Meet & Greet
- 7 Taco Salad Bar
- 8:15 Announcements
- 8:30 Speakers Meeting
- 10-1 Entertainment

Saturday, February 16 *

- Breakfast on your own
- 9-12 Workshops (Meetings)
- 12-1:30 Lunch on your own
- 1:30-4:45 Workshops
- 4:45-6:30 Free Time
- 6:30 Banquet Buffet, Raffle
- 8 Speakers Meeting
- 9:30-1 Musical Entertainment & Dance

Sunday, February 17*

- Breakfast on your own
- 9-10:30 Workshops
- Check-out of Hotel
- 11:30-2 Soup & Salad Buffet
- Closing Meeting
- Raffle
- Birthday Countdown

** All times are subject to change!*

The Hospitality Suite will be open all weekend, from 4 pm on Friday until Sunday morning. The suite will have free snacks and drinks, and is a great place to say hello. Vegan food items will be available at the suite and at all meals. Drum Circle, Chair Massage and other surprises TBA. We are working on getting ASL Interpreters for the Deaf, for more info, please contact Mary, sabetto@home.com. Check out the convention website, www.seattlema.org

HOTEL REGISTRATION

Hotel is **not included** in the price of the Convention; you must book your room separately.

Call the hotel and make a reservation (no reservations booked online!)
 Best Western Executive Inn, 200 Taylor Ave. North, Seattle, WA 98109
 (206) 448-9444 or 1-800-351-9444

Reservations must be made by January 1, 2002

*Our guarantee of a minimum of 25 room nights booked per night ensure our receiving use of meeting rooms and Hospitality Suite free of charge; **PLEASE RESERVE EARLY!!!***

Single or Double Room \$79.00, call for details

IMPORTANT!!! Shuttle Tickets for Airport Transportation are only for those who pre-register!!!

CONVENTION REGISTRATION FORM

REGISTRATION	COST	QUANTITY	TOTAL
•Before January 1, 2002	\$40.00	_____	_____
•After January 1, 2002	\$45.00	_____	_____
•Banquet Buffet, Speaker Meeting, Dance (vegan options)	\$40.00	_____	_____
GRAND TOTAL:			_____

Any person attending the Banquet will be eligible for the Banquet Raffle, the Banquet is an additional cost

Please make check out for total amount payable to Marijuana Anonymous, and mail to MA Puget Sound Service Committee, PMB 4403, 10002 Aurora Ave. North #36, Seattle, WA 98133-9334

Your anonymity will be protected for all mailing purposes.

Name _____ Phone (_____) _____ - _____
 Address _____ City _____ State _____ Zip _____

continued from page two

pick up the grandson because she was cutting into my smoking time. The high self esteem (NOT) that I had for myself because it was so difficult trying to go one day with out smoking. That every day was a struggle to get through. That even though I had the most time at my job, I was always listed as the poorest performer. I had been married for over 20 years but was still actively looking for that one woman to make my life complete. I was not happy in my life. The only way, I thought, that I could cope with my miserable life was with drugs. How wrong I was.

With the help of the out-patient program I slowly, as the smoky haze of Marijuana cleared out of my system, began to realize that smoking was part of the problem. I can remember hearing "The Promises," found on page 83 of the big book of AA, when I had about two weeks of sobriety and laughing. I laughed because I just knew those things would NEVER come true for me. I stopped laughing at the promises when I had just over 6 weeks sobriety because they were coming true. Not all of them, at that time, but some of them. That is when I heard someone say they were grateful for being an addict.

Yes I cringed, but I had an inkling of what he was saying. I wanted to hear more, so I asked him to be my sponsor. But not before my Higher Power showed me that I had made the right decision. Sitting there hearing him talk about being grateful, and hearing him tell part of my story, I had the idea to ask him to be my sponsor. I wasn't sure how to approach him to ask him. I wasn't very good at going up and talking to people. It had been a long time since I had done that sober. Then my Higher Power gave me the opportunity. When he got done giving his birthday pitch, he just turned two, he walked half way around the room and gave me his chip. That was the opening I was looking for. After the meeting I went up to him, thanked him for the chip and asked him to be my sponsor. He said yes. Now almost five years later, I still call him almost every day. He has taken me through the steps and over some rough times, but he has

MA WORLDWIDE

For Land and Online Meeting Schedules Go To: <http://www.marijuana-anonymous.org>

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Berkeley, CA 94707
510.287.8873

South Bay (District 3)
408.450.0796

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PMB # 342
300 Queen Anne Ave. N.
Seattle, WA 98109-4599
206.548.9034

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District 2

Fay	11/30/89	12 Years
Barbara	11/16/00	1 Year!

District 5

Meredith	11/5/91	10 Years
Ron "Gardener"	11/5/95	6 Years
Rich C.	11/2/98	3 Years

District 7

Terry	11/18/90	11 Years
Alesha R.	11/1/96	5 Years
Peggie	11/2/96	5 Years
Mike H.	11/2/96	5 Years
Sean W.	11/1/96	5 Years

District 7 (cont'd)

Mike H.	11/6/99	2 Years
Andy	11/13/99	2 Years
Steven C.	11/?/99	2 Years

District 8 (5 Belated)

Jonathan F.	9/22/97	4 Years
Jeff S.	9/1/99	2 Years
Scott P.	9/3/00	1 Year!
Deborah S.	10/19/98	3 Years
Bob V.	10/14/00	1 Year!
Jim J.	11/9/99	2 Years

Texas

Kim K. (El Paso)	??/?/?/99	2 Years
Pihana N. (Austin)	11/26/00	1 Year!

Celebrating 85 Years of Sobriety in This Issue!

taught me how to be grateful for being an addict.

Moreover, he has shown me how to pass it on. I have sponsees who are glad to be in recovery also. So today as I write this, I am very grateful to be an addict because I have a life beyond my wildest dreams. I wouldn't have this life if I had not been an addict. Through the grace of God, as I understand Him, and the principles of this program, I have found recovery, and for that, I am grateful.

Jeff M.