

December 1998
Volume 8 - No. 12

A NEW LEAF

A Publication of Marijuana Anonymous

\$12.00 -Year Subscription

On Meditation

By Sue R., District One

I did not use meditation techniques before I came into recovery in 1994. Since then I have learned several different meditation techniques.

In my early recovery I was emotionally unbalanced. I purchased a daily reading meditation book and when I got upset I would sit on the living room floor and I would look up the daily reading that pertained to the emotion I was feeling. I made sure the house was completely silent before I would read several daily readings and reflect on them in reference to my current situation. I think that was my first experience with meditation. I did that for about one year. It really

helped to calm me down and get a better perspective of things.

When my rollercoaster of emotions leveled off, I began meditation in the silence of my living room by just listening to the voices in my head. I had heard at a meeting that in prayer we ask for advice and in meditation we hear the answers. This type of meditation works quite well for me still today. If I just listen to my head and I don't try to figure out why I'm thinking the thoughts that are there and I just let them flow, then I usually find some answers.

My latest meditation technique involves con-

trolled breathing. I have an illness that is very painful at times and my physical therapist suggested I learn controlled breathing techniques to help alleviate the pain. I lie down on my back with my knees bent and I place one hand on my chest and the other on my stomach. I breathe in from my nose. I bring the air all the way down to my stomach forcing my hand that I placed there to rise and the hand on my chest should remain still. I hold the air in until I count to five and then I blow it out of my mouth slowly. This technique helps to clear my mind and relax my body. The pain actually diminishes.

Gratitude...

By, Mary M., District Four



It was Springtime 1995 and it was a very bad time for me. I was hospitalized again for depression. This time they told me I had a dual diagnosis. They told me I was also chemically dependent. Of course I was in a lot of denial,

I did not want to stop using pot. I told myself I didn't have a problem. I had smoked everyday if I had it for thirty years. My husband was telling me he was concerned about me driving while I was high. I was

spending up to \$200 a week on weed. I spent most of my time thinking about where and when I could get some more, and my only "friends" were people who smoked.

While at the hospital I was given (continued on page 2)

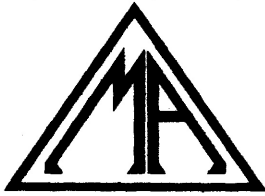


Subscribe to *A NEW LEAF*!!

For the low price of \$12.00 per year, you could have monthly issues of *A NEW LEAF* delivered to your home!

Send a check with your subscription order to:

A NEW LEAF P.O. Box 4314 North Hollywood, CA 91617



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.

Managing Board

Editors:

Mary Ellen K. and Tom M.
ANL Distribution Coordinators:
Robin H. and Debra S.
LWH Distribution Coordinator:
Coleman G.

District 1 Bureau Chief: (vacant)
District 2 Bureau Chief: Don C.
District 3 Bureau Chief: Jerry
District 4 Bureau Chief: Mary M.
District 5 Bureau Chief: Melody
District 6 Bureau Chief: Sandy B.
District 7 Bureau Chief: Gary L.
District 8 Bureau Chief: Rob D.
District 9 Bureau Chief: Bernie G.
District 10 Bureau Chief: Bill H.
District 11 Bureau Chief: Susan B.
Eastern PA Bureau Chief: Lee R.

A NEW LEAF Executive Board:

Chairperson: Loren N.
Treasurer: Carol Mc.
Secretary: Ilene M.

Send all articles, inquiries and
correspondence to:

A NEW LEAF

P.O. Box 4314
North Hollywood, CA 91617
Email: ANuLeaf@aol.com

Editorial Phone #:
(415) 664-6917

Gratitude... (cont'd from page 1)

a schedule of Marijuana Anonymous meetings. I taped it on my refrigerator where I could see it every day. I knew I should go but I was so scared. I was not using; I was white-knuckling it. It was awful. Finally I got up enough courage to go.

Well, I can't even begin to tell you how I felt. Here were people telling my story! I listened to what they had to say and felt like crying the whole time. I left there that evening feeling as if there was hope for me for the first time in my life. I wanted what they had, so I did what they said to do. I went to meetings, did service work, got a sponsor, and turned my will and my life over to the care of God one day at a time.

Last May I was involved in the conference held here in Seattle. I met many people from all over the country. I even had some stay with me at my home. It was such a honor to be involved with these admirable people who work so hard to keep MA going. I went to my first sober party and had a blast!

I am so grateful to my Higher Power and MA because today I am happy, joyous, and free. Because today I can deal with my pain. I'm learning how not to be afraid of others, and I now know I can relax have fun and be clean and sober. Some days are a struggle and on these days I just pray and ask God to show me the way.

from "The Solution" by MA members

Several stories were submitted to MA World Services by MA members for publication in a new edition of Life With Hope. "The Solution" is a compilation of excerpts from these stories that was given to A New Leaf for further publication, to share experience, strength and hope with other marijuana addicts.

I really hated these Grateful potheads when I first became sober. I mean what is there to be grateful for. You have just lost your best friend Mary Jane and you have to go to all these meetings and share your feelings. I didn't like it at all. However, the longer I stayed sober, the more I began to realize why they were grateful and all the miracles in my life that I should be grateful for. So as much as I hate to admit it, I too am a grateful pothead.

I am so grateful that the hand of MA was there when this marijuana addict reached the point of incomprehensible demoralization. I am so grateful to all the people that have helped me on this journey.

So many times I questioned this path and almost returned to my self-destructive ways. I never knew that there was this much love to be had in life. I just didn't even know it was there.

On Meditation

(Cont'd from page 1)

juana on a daily basis, I wasn't learning about how to calm my mind and spirit. But now that I am in recovery, I am open to new ideas that will help me to grow and learn on an emotional and spiritual level. Without meditation or quiet time, I don't think my recovery would be as healing as it is.

**Pleasant
and
Peaceful
Solidays
from your
Trusted
Servants**

at

A NEW LEAF

MA Worldwide...

San Francisco
(District 1)
P.O. Box 460024
San Francisco, CA 94146
(415) 522-7373

East Bay (District 2)
(510) 287-8873

South Bay (District 3)
P.O. Box 111341
Campbell, CA 95011
(408) 450-0796

Seattle (District 4)
P.O. Box 1509
539 Queen Anne Ave. N
Seattle, WA 98109
(206) 548-9034

Orange County
(District 5)
358 S. Main #215
Orange, CA 92668
(714) 999-9409

L.A. County, North
(District 6)
P.O. Box 2433
Van Nuys, CA 91404
(818) 759-9194

L.A. County, South
(District 7)
P.O. Box 3012
Culver City, CA 90231
(213) 964-2370

New York (District 8)
(212) 459-4423

Santa Cruz (District 9)
P.O. Box 3196
Santa Cruz, CA 95063
(408) 427-4088

L.A. County, East
(District 10)
P.O. Box 94400
Pasadena, CA 91109
(909) 787-6020
(626) 583-9582

Portland, Oregon
(District 11)
P.O. Box 14125
Portland, OR 97293
(503) 221-7007

Humboldt, CA Area
(707) 443-5928

Eastern Pennsylvania
Chapter
P.O. Box 194
Sadsbury, PA 19369
(610) 622-9243

New Zealand
MA Service Centre
P.O. Box 74-386
Newmarket
Auckland 3,
New Zealand
(09) 846-6822

**World Service Office**

P.O. Box 2912, Van Nuys, CA 91404 • (800) 766-6779

<http://www.marijuana-anonymous.org>

e-mail: info@marijuana-anonymous.org

**Congratulations to Our Members
Celebrating Their Sober Birthdays!**

District 1

Mary Ellen K. 12/17/94 4 years

District 3

Paul R. 12/2/95 3 years

Rick R. 12/2/97 1 year!

Mike H. 12/9/96 2 years

Kathryn M. 12/11/96 2 years

Annette G. 12/28/97 1 year!

Dave N. 12/28/93 5 years

Pat Mc. 12/29/89 9 years

District 4

Buck 11/4/89 9 years

District 5

Lisa S. 12/7/93 5 years



Gary R. 12/20/90 8 years

Mike G. 12/24/91 7 years

Gary G. 12/31/94 4 years

District 7

Steve A. 8/28/95 3 years

District 8

Dave A. 12/18 18 months!

Dave T. 12/9/94 4 years

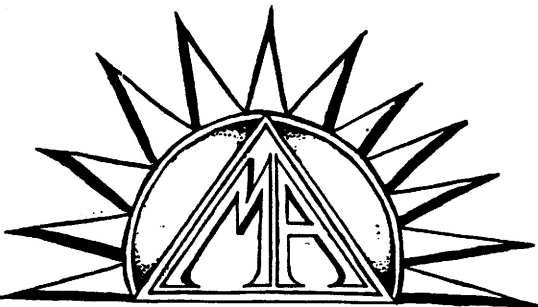
District 11

Dave C. 12/13/97 1 year!

Tim S. 12/16/97 1 year!

Lee H. 12/20/97 1 year!

Ethan L. 12/27/97 1 year!



The 5th Annual
Marijuana Anonymous Convention
"Stepping Into The Light"
January 15-16-17, 1999
Burbank, California

Tentative Agenda

(Specific starting times subject to change)

Friday January 15

Registration opens-4pm
Dinner on your own
Opening meeting-7pm
Meet and Greet Event-9pm
Late Night meeting-11pm

Saturday January 16

Early meeting-7am
Breakfast-8:30am
Workshops and Meetings
Banquet Dinner-6pm
Speaker meeting-7:30pm
Surprise entertainment-8:30pm
Dance-10pm
Late Night meeting-11pm

Sunday January 17

Early meeting-7am
Breakfast-8:30am
Workshops and Meetings
Closing Ceremonies-11:30am
Raffle

Hotel Registration

(Hotel is not included in registration costs-you must book your room separately)

Burbank Airport Hilton 2500 Hollywood Way, Burbank, California (800) HILTONS (Hotel is across the street from Burbank Airport)

Room Rates: \$89.00 per night plus tax-1 to 2 people per room. Add \$10.00 per night for each additional person up to 4 people per room.
(\$109 per night plus tax for 4 people in a room)

Reservations must be made by December 15, 1998 to guarantee this rate.

You must say that you are with the MA Convention to receive this rate.

(You may stay Sunday night at the Convention rate if you wish!)

+++++

Convention Registration Order Form

Full Packages

	Cost	# of tickets	Total
Before December 15-All events and food	\$70	_____	\$_____
After December 15-All events and food	\$80	_____	\$_____
At the Door-All events and food	\$90	_____	\$_____

Individual Events

	Cost	# of tickets	Total
Friday-Opening meeting and Meet & Greet Event	FREE	_____	_____
Saturday-Workshops, Banquet, Speaker Meeting, Entertainment and Dance	\$50	_____	\$_____
Saturday-Workshops, Speaker Meeting, Entertainment and Dance (NO FOOD)	\$15	_____	\$_____
Saturday-Speaker Meeting, Entertainment and Dance Only (NO WORKSHOPS OR FOOD)	\$10	_____	\$_____
Sunday-Workshops and Closing Ceremonies (NO FOOD)	FREE	_____	_____

Send order form and check for total amount payable to:

Total Registration Cost \$_____

MA Convention Fund

P.O. Box 2912

Van Nuys, Ca 91404

Name (s) _____ Phone _____

Address _____ City _____ State _____ Zip _____

E mail address (if applicable) _____

(Your anonymity will be protected on all materials)

Banquet Dinner Choice: Chicken (quantity) _____ Vegetarian Lasagne (quantity) _____

Will you need shuttle service from Burbank Airport? _____