

A NEW LEAF

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My 30-Day Miracle by Samuel

Today is day #32 of being abstinent from pot (and all other mind altering substances except caffeine) in Marijuana Anonymous for me. I asked someone to be my sponsor at the first meeting I attended and much to my surprise, he accepted. My sponsor suggested some things for me to do; stop smoking pot, attend 30 meetings in 30 days, journalize my feelings every day, try to talk to others at the meetings, share at some of the meetings, introduce myself as a newcomer at every meeting, meditate in the morning when I woke up, pray, and call him every day. I've been able to do everything except the meditation and praying. The absolutely hardest part for me has been talking to others and sharing. After 3 days without Marijuana, I realized that I also had a problem with compulsive overeating. Without Marijuana to cover up feeling, I was inhaling food, eating constantly and I was unable to control it. So I started going to Overeaters Anonymous as well.

I seem to be actually getting things(comprehending) that are

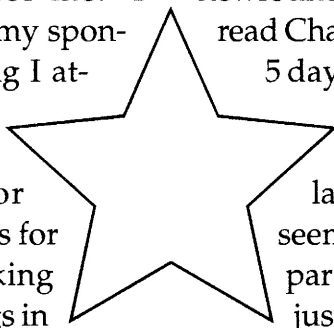
said now. I actually believe that my Higher Power, as I understand him, is speaking to me through others. Wow. A newfound friend suggested I read Chapter 4 in the big book 5 days ago. I did, and was absolutely amazed at how much I related to some of it. It seemed as if some of the paragraphs were written just for me. I don't really understand what my Higher Power is right now, but I do believe that one exists, and I am open to it.

When my alarm clock went off at 6:15 am this morning I opted to turn off the alarm and sleep more instead of going to another meeting. In the 2 hours that I stayed in bed after that, my mind was working in overdrive. I had so many thoughts that made such sense to me. Many things that had been said over the course of my weekend seemed to gather together and speak to me. From Friday evening to Sunday night, I attended 6 meetings, I actually spoke to people at every meeting, I shared in a couple meetings, I had my 2nd step meeting

with my MA sponsor, had a wonderfully insightful fellowship with a newfound friend, journalized every day and smiled a lot. I smiled inside as much as I did outside. I'm crying as I type this. Wow.

Last night, my newfound friend commented on my lack of emotion when I said that I was angry about something that had happened in my past. It really struck a cord in me. Wow. Thanks to the miracle I've received through the 12 step programs MA and OA, I can now realize that I haven't allowed myself to really feel in the past. I've buried my feelings in pot, food and other

continued on next page



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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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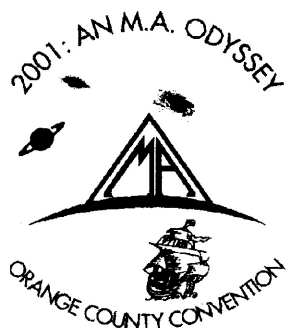
My 30-day Miracle *continued*

obsessive behaviors through my life. I've amassed an overwhelming unfinished emotional graveyard inside of me. The quick fix numbing buzz from each hit of marijuana has worn off, the food that initially filled up each plot has long since digested, leaving each grave open, unfinished, exposed. I haven't been able to fill in the graves with the feelings that are piled up next to them. All those intense emotional dirt piles are just sitting there, unprocessed, weighing me down. I need to dust off the resentful, angry cobwebs that cover the gaping holes in my graveyard so I can begin to dig into the confusion and fill up each grave. One at a time. 33 days ago this would have seemed impossible to me. I'm coming to this realization as I insightfully assemble letters on this keyboard. Right here, right now, I am able to look at this monumental task and see it as a process, something that can be done one day at a time, one grave at a time without marijuana and compulsively eating. Each individual incident that created the graves has long since passed. I'm thinking that the way for me to fill in the accumulated overall emptiness within the graveyard in my head and heart is by shoveling

my feeling thoughts in. Use the tools of the programs, go to meetings, journalize and continue working the 12 steps. As past unfinished memories present themselves to my consciousness, I should jot them down, as soon as they present themselves. Then think about the incident, how it made me feel, how I still feel, allow myself to feel it, then jump in and flex my muscles. Fill in the hole with my thoughts, finish the burial. Let the grave settle, mourn the passing, and release my feelings. I need to feel my feelings as they happen, then let them go. The program is already working for me. Wow

I have many character defects. I've lived in my own illusion of reality for so long that it's difficult to comprehend the changes that are coming my way. The miracle of this program is allowing me to recognize my faults, realize that they are just defects, and see the hope for recovery. With a lot of effort, the help of the programs, fellow trudgers, and my Higher Power, I can and will adopt a new way of living. I can't do it alone. I have so much gratitude for everyone who has shared in meetings as they have allowed me to realize that I am not alone. Thank you for sharing and giving me hope.





7th ANNUAL MARIJUANA ANONYMOUS CONVENTION JANUARY 19, 20 & 21, 2001 COSTA MESA, CA

TENTATIVE AGENDA

— Specific starting times subject to change —

Friday, January 19	Saturday, January 20	Sunday, January 21
4 PM - 9 PM: Registration Dinner on your own (Hospitality Suite Available) 6 PM: Meet & Greet 7 PM: Announcements 7:30 PM: Speaker Meeting 9 PM - Midnight: Coffee House Entertainment	7:30 AM: Breakfast on your own* 9 AM - 5 PM: Registration 8:30 - 11:45 AM: Workshops 11:45 AM - 1:45 PM: Lunch on your own 1:15 - 4:30 PM: Workshops 6 - 9 PM: Banquet Dinner Keynote Speaker Meeting 9 PM - 2 AM: Dance	7:30 AM: Breakfast on your own* 8:30 - 10 AM: Workshops 10:00 - 11:00 AM: Checkout 11:00 AM - 1:30 PM: Closing Meeting: Speakers Raffle Birthday Countdown

HOTEL REGISTRATION

— Hotel is not included; you must book your room registration seperately —

WYNDHAM GARDEN HOTEL • 3350 Avenue of the Arts • Costa Mesa, CA 92626
 (714) 751-5100 • (800) WYNDHAM

You must say you are with the M.A. Convention to receive the following rates

Reservations must be made by Wednesday, January 3, 2001, to guarantee the Convention rate

Our guarantee of a minimum of 45 rooms booked per night ensure out receiving use of meeting rooms and hospitality room free of charge; PLEASE RESERVE EARLY!

Single Room: \$92.00 per night (includes 1 Breakfast Buffets per day)

Double Room: \$92.00 per night (includes 2 Breakfast Buffets per day)

Executive Suite: \$102.00 per night (includes 1 or 2 Breakfast Buffets per day)

Suite: \$127.00 per night (includes 1 or 2 Breakfast Buffets per day)

**(All rooms will accomodate up to four persons; but the price of each room includes only two complimentary breakfast buffets. Additional Breakfast Buffets are available for purchase from the hotel for \$12.00 per person)*

FREE SHUTTLE FROM ORANGE COUNTY AIRPORT

CONVENTION REGISTRATION ORDER FORM

REGISTRATION	COST	QUANTITY	TOTAL
Before December 1st	\$25.00	_____	\$ _____
After December 1st	\$35.00	_____	\$ _____
BANQUET/SPEAKER MEETING/DANCE	\$30.00	_____	\$ _____
TOTAL REGISTRATION COST		_____	\$ _____

Banquet Dinner Choice: Beef (QTY) _____ Chicken (Qty) _____ Vegeterian (Qty) _____

Any person attending the Banquet will be eligible for the Banquet Raffle

Please mail Registration Form and check for total amount payable to:

M.A. Convention • 2458 Newport Blvd. • PMB 149 • Costa Mesa, CA 92627

Your anonymity will be protected for all mailing purposes

Name(s) _____ Phone _____

Address _____ City _____ State _____ Zip _____

Visit the Convention Website at www.jhras.com/ma2001

An update...

The MAWS Service Manual has been updated to Revision 1.3 to reflect the changes voted in at the Y2K MAWS Conference.

While most of the changes are minor, a "definition of cross talk" has been added to the Suggested Meeting Format (Appendix B) which your meetings might find helpful.

Masters of the new pages have been sent to the Districts and copies of the update pages should be available from your District's Literature person.

If you are from an area outside an existing district, these pages are available by mail from A New Leaf Publications, for the cost of postage.

Please keep in mind that this is an update from Revision 1.2 to Revision 1.3. We also have available the update from Revision 1.1 to Revision 1.3. The revision

number is visible on the title page of the MAWS Service Manual in the lower left hand corner.

Mailing costs:

Revision 1.2 to 1.3 \$.77
Revision 1.1 to 1.3 \$1.87

If you are using a Revision 1.0 Service Manual, A New Leaf Publications suggests that you purchase a new updated version. These are currently available for \$10.00 (including shipping).

Please specify which revision you need and send with a check or money order to:

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★ **Congratulations to Our Members** ★
★ **Celebrating their Sober Birthdays!** ★

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Annette G.	12/28/97	3 Years
Dave N.	12/28/93	7 Years
Mike H.	12/9/96	4 Years
Pat Mc.	12/29/89	11 Years
Richard A.	12/2/95	5 Years
Rick R.	12/2/97	3 Years
Rob E.	12/3/98	2 Years

District 4

Marc Mc.	12/12/84	16 Years
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District 5

Lisa S.	12/7/93	7 Years
Mike U.	12/11/1999	1 Year!
Gary R.	12/20/1990	10 Years
Tim L.	12/27/1999	1 Year!

District 7

Aiesha R.	11/1/1996	3 Years
Peggie	11/11/1996	3 Years
Jeff M.	12/6/1996	4 Years
Sean W.	11/1/99	1 Year!
Mike H.	11/6/1999	1 Year!
Manny	12/6/1999	1 Year!



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