



My Story by Jenne

My name is Jenne and I am a marijuana addict in recovery. I am grateful to be alive and to have made it back to these rooms. My story is as follows:

In 1989, overwhelmed with the way my alcohol use had become increasingly erratic and dangerous, I made it to the rooms of a 12 Step program. After 3 months - my sponsor confronted me about my marijuana use and I stopped smoking 11/23/1989. Failing to find community in other 12 step programs, I found my way to MA. I loved the meetings, people, and familiarity of hanging with other potheads who grieved the loss of their best friend.

I had a sponsor, worked the steps, and committed myself to service. For 7 years, I found my home in these rooms and diligently addressed my lack of pro-social coping skills and self esteem. I had put off becoming a mother because of my drug use, not wanting to cause pregnancy problems, I began to have hope I would one day have a child. In the rooms of MA, I found peace and connection to the spiritual self I had long lost.

My health suffered greatly during my sobriety, being diagnosed with an autoimmune disease and depression, but the program offered me options to address the physical and emotional

pain. The death of my sponsor was another blow to my stability, and I stopped going to meetings. I white knuckled sobriety for 3 years - but we know how the program only works when we work it!

“I have my life switch on”

By 2001 my health continued declining, culminated into the diagnosis of ovarian cancer. Faced with never having children, overwhelmed with fear, frustration and the addict mentality, I gleefully asked my doctor for a Medical Pot prescription and began using.

My treatment for cancer was fairly simple. I had a large tumor that, after 2 surgeries, was removed. I never had chemo or radiation, but continued to use pot. By August 2002, the cancer was gone. By October 2002 - I was pregnant.

My moods continued to baffle me; my inability to control my pot use became increasingly obvious. Five years passed and I continued to smoke daily. Knowing that the pot was interfering with my need to address my moods, chronic

health problems, and ability to find medication to address my health needs that wasn't illegal, expensive, or insufficient, I began to make plans to quit.

First, I began treatment with a psychiatrist, who began to help me address my moods with medication. Next, I told my family and friends that I needed support with child care so I could go to meetings, lastly I started to go to meetings. I tried to quit many times during this time - scraping together 3 days at the most.

I picked a quit date, and ensured there was no stash in my home. The morning of my quit date I started the day with a prayer and called people from the phone list instead of finding ways and means to find more. I removed my Marijuana Prescription from my wallet and replaced it with a meeting directory and phone list. I printed out step one from the workbook.

Today, September 8, 2008 and I have 24 hours of sobriety today - am I guaranteed more? No - but instead of switching my life switch off, I have my life switch on. The time I had before is not lost, but instead is a lifeboat carrying me towards safety. I have made the changes I need to change. I kept coming back - because it works.



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, & 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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Send all articles, inquiries and correspondence to:

anlp@marijuana-anonymous.org

A New Leaf
P.O. Box 6482
Torrance, CA 90504

or submit online:
www.marijuana-anonymous.org
and click on publications.

RR: Share some suggestions on how you overcome depression in sobriety.

When I fall in to that well of depression, I take the steps. I may be powerless, but I don't have to be depressed. I ask myself why I'm depressed. There are normal feelings of sadness from time to time. I may overreact. I don't always accept the fact that hardship is a simple fact of life, not a personal assault on me. Blaming my bad mood on others is NOT a solution. But relying on my own power to get myself out of the suffering is the vortex that sucks me into self-centeredness. I need to reach out and have the humility to ask for help. Talk to a doctor, sponsor, or friend.

Today I'm learning to live life on life's terms. It's not perfection, it's progress. When I take and inventory, usually it's my distorted thinking that has to be looked at. Changing the negative thoughts changes the way I feel. I look at how my feelings may be affecting others. Am I grouchy or do I withdraw? Or maybe it's anger turned inward. Since I've come to believe I can be restored, I turn my will, including my thoughts, feelings, and behaviors over to my HP. I ask my HP to remove the thinking that are the shortcomings which block me from Him, myself and others.... And still I am learning. ~ Anon

I have been struggling with depression since the eighth grade. Just as the program tells us that addiction is not our fault and that it lies within the body; so does depression. Depression is not my fault. It is not caused by laziness or a lack of motivation. It is caused by factors beyond my control. Having

an explanation for my depression does not mean I have an excuse. I'm an addict, too. This is a major part of my life as well. I used to deal with these problems and the problems of living by using drugs. The principles of the program are essential to my well-being and I would not be able to have any coherent thoughts without it. The way I deal with depression in the program is by taking responsibility for what it is that I have. Just like an addict must admit they are an addict before any real change can occur, I had to admit I had psychiatric issues that I was now responsible for dealing with. The steps I have taken include finding the right medication (I am still sober when I take proper medication as prescribed by my doctor). It took me about 6 years to find a psychiatrist I trusted. I've also made my depression and bipolar support group an integral part of my recovery. I attend workshops and have included my parents in my recovery. I have recently started attending dual recovery anonymous meetings as well. But as with my addiction, seeking out people suffering from the same condition as myself, who are sharing their experience, strength and hope and whose communities provide support and practical tool for recovery has been essential to living a higher quality of life. Additionally, I'm working on treating myself with kindness. Exercise, nutrition, and healthy patterns are essential, but believing in myself through the support of others and my higher power are what takes a painful debilitating depression to a place where I can get up and do what I have to do.





Marijuana Anonymous 15th Annual World Convention

February 13-15, 2009
Seattle, Washington, USA

Hosted by:
MA District 4, Western Washington

	cost	amount due
Convention Registration <i>includes all workshops and hospitality room</i>	\$35 Early Bird Special <i>on or before 2/1/09</i> \$45 <i>after 2/1/09</i>	
Banquet <i>salmon, London broil, vegetarian</i> <i>please circle one</i>	\$40	
Dance	\$5	
Total Amount Due		

Name: _____

Address: _____

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Please send this form and your check to:

MA Convention 2009
PO Box 17323, Seattle, WA 98127

Further information and electronic registration: www.maconvention.org

Hotel: Best Western Executive Inn, Seattle

Phone: 1-800-780-7234 (nationwide), 206-248-9444 (local)

Website: www.bestwesternwashington.com/hotels/best-western-executive-inn

Mention "Marijuana Anonymous" to get the special rate of \$104/night

Transportation to and from Seattle-Tacoma International Airport
will be provided by District 4 drivers

Contact: Thor – madasahatter@copper.net

Onsite registration begins at 4 PM on Friday, 2/13/09

marijuana anonymous worldwide

MA World Services

PO Box 2912, Van Nuys, CA 91404 800-766-6779
 www.marijuana-anonymous.org
 email: office@marijuana-anonymous.org

District 1 San Francisco

PO Box 460024 San Francisco, CA 94146 415.522.7373

District 2 East Bay

PO Box 20484 Oakland, CA 94620 510.287.8873

District 3 South SF Bay Area

P.O. Box 551 Saratoga, Ca. 95071 408.450.0796

District 4 Western Washington

PO Box 17323 Seattle, WA 98107 206.548.9034

District 5 Orange County

1439 W.Chapman Av. PMB#215 Orange, Ca 92868 714.999.9409

District 6 LA County No.

PO Box 2433 Van Nuys, CA 91404 818.759.9194

District 7 LA County So.

PO Box 3012 Culver City, CA 90231 323.964.2370

District 8 New York

PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

District 9 Santa Cruz

PO Box 3003 Santa Cruz, CA 95063 831.427.4088

District 10 LA County East

PO Box 94400 Pasadena, CA 91109 626.583.9582

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PO Box 2012 Portland, OR 97208-2012 503.221.7007

District 12 North Bay, CA

PO Box 1001 Petaluma, CA 94952 415.419.3555 707.583.2326

District 13 MA Online

www.ma-online.org

District 14 London, England

07940.503438

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www.ma-longisland.org 516-568-5883

District 16 Melbourne, Australia

24HR. info 0403 945 083 from overseas +61 403 945 083

District 17 Denmark

info@ma-kbh.dk

For a complete listing of all meetings visit www.marijuana-anonymous.org

birthdays

Celebrating 118 years of sobriety in this issue!

Want your sober birthday published? Let your Bureau Chief know or see ANL contact information on page 2.

District 2

Sarah A.	12/11/06	2 yrs.	west palm beach
Mike B.	11/15/06	2 yrs.	Arliegh 12/14/07 1 year! Jah M. 11/17/07 1 year!
Christopher	11/1/04	4 yrs.	Noelle 12/21/07 1 year!

District 4

Tim D.	12/19/06	2 yrs.	Aaron G. 12/25/06 2 yrs.
Jennifer G.	12/17/92	15 yrs.	Mike B. 12/21/0 7 yrs.
			Paul B. 11/20/04 4 yrs.
			Frank A. 10/13/05 3 yrs.
			Grass Valley, CA
			Nancy G. 11/10/03 5 yrs.

District 5

Lisa S.	12/7/93	15 yrs.	District 12
Jaime	12/7/06	2 yrs.	Marilyn B. 12/21/04 4 yrs.

District 7

Scott R.	10/21/05	3 yrs.	District 15
Mike H.	11/06/99	9 yrs.	Heather K. 11/13/02 6 yrs
Jay I.	11/22/01	7 yrs.	

District 10

Richard N.	10/23/95	13 yrs.	Misc.
Kristopher T.	10/5/03	5 yrs.	Cambridge, MA
Greg D.	10/20/07	1 year!	Jason F. 10/31/07 1 year!
			Jeff 11/27/05 3 yrs.