



# a new leaf

a publication of marijuana anonymous

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## Dealing with Life

As I approach the five-year mark in my sobriety, I look back over the past year of my life. It has been challenging to say the least. Recovery tends to be easy when life is going well. But as one addict once shared in a meeting, "The problem with life on life's terms is that you don't get a day off." If not for recovery, I assuredly would have gone back out and started using again.

*So what have I learned in this program that keeps me sober? So many things...*

### Boundaries

I don't try to please people anymore. When someone tries to take advantage of me, I let them know I don't appreciate how they are treating me. I recognize that I can't control others. I can control myself and be authentic with my values.

### Prayer

While battling constant anxiety and insomnia, I would resort to "let go and let God." I would say it over and over again. Eventually, I would fall asleep.

### Meditating

There are many ways to meditate, but I always go back to mindful meditation. I try to remove all thoughts from my head and focus

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## How's your World Convention planning coming along? February 15–17, 2019

*See inside for a letter from your convention hosts in Vancouver, BC.*



**P**lease distribute the registration forms enclosed with this newsletter at your local meetings. PDFs can be downloaded here: [tiny.cc/2019ConventionReg](http://tiny.cc/2019ConventionReg)



## The Insane "At least it doesn't black me out" Thinking

What was it like? What happened? What is it like now? I took my first hit of marijuana at the age of thirteen while walking to the playground after dark with a group of my friends. I only took a few hits probably because we were in public, and I didn't want to get caught. It made me laugh. I felt more outgoing. I enjoyed the whole evening and the next morning, I still felt a little high, better than normal. I'm sure it entirely wore off by lunch, and then I was mentally and physically back to my normal self.

As soon as I could, maybe a week later, a friend and I bought a gram, and we took it into an abandoned train tunnel deep in the woods to further experiment. I think we overdid it because we both left the tunnel feeling more paranoid than high until we came down a bit. So from the second time that I smoked, I found out that it was possible to over do it. I could

smoke too much in one sitting and not get the effect that I wanted.

After that I never bothered to buy my own weed again until I was twenty-one years old. I still smoked about once or twice a month but only when it was around. A little bit went a long way, and I never really cared when the next time would be when I got high again.

At the age of twenty, I joined the military part-time to serve, for the experience, and to help pay for college. While enlisted, I was subject to random urinalysis testing once a month. They didn't test us every month, but it was possible.

For the first time I had to control, a lot more precisely, which day I smoked on. It couldn't be just on whatever day it was around. I could only smoke the evening right after being released from drill. That way I would usually have close to a month to detox before the next drill. If it wasn't the Sunday evening that I got released from drill, I didn't smoke.

This was when I started to buy my own, and I started to look forward

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“  
*The problem with  
life on life's terms  
is that you don't  
get a day off.*  
”

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 contained 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.

District Bureau Chiefs

We are reaching out to districts to update the District Bureau Chief and birthday lists. Additionally, district representatives, including but not limited to those serving as Bureau Chief, are encouraged to stay in touch by emailing Thor H. at: [editor@anewleafpublications.org](mailto:editor@anewleafpublications.org)

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\*To work with ANLP, please send a note to [board@anewleafpublications.org](mailto:board@anewleafpublications.org)

Dealing with Life

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on my breathing. It's challenging and I have to be kind to myself when my mind wanders.

Gratitude

If I stop and think about what's good in my life, the immediate issue becomes more manageable. I am certain I would be dead if not for the people and fellowship in this program.

Therapy

I regularly saw a therapist who helps me meditate and separate internalizing negative thoughts. In other words, I ask for help, and remove my ego.

Connection

I reach out to people at meetings and reconnect with those I haven't heard from in several years. I attend meetings regularly and sometimes I pick up extra meetings when I recognize my addict is stirring.

Sponsorship/Service

I met with my sponsor more regularly and picked up an additional sponsee. Isn't it ironic that when we help others it actually helps us more than it helps them?

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[www.anewleafpublications.org](http://www.anewleafpublications.org) or subscribe by sending your name, address and a \$15 check (\$20 non-US) to:

**A New Leaf Publications**  
340 S Lemon Ave # 9420  
Walnut CA 91789-2706

Other inquiries and correspondence:  
[info@anewleafpublications.org](mailto:info@anewleafpublications.org)

Reading Literature

I need to constantly be reminded of my disease, the solution, and the experiences of others.

Inventory

Constant evaluation on my physical, emotional, mental, and spiritual well-being. The more aware I stay the more vigilant I remain against relapse.

At the end of the day, I'm an addict.

While my thoughts of using have significantly decreased, they do come back from time to time, and more so when life presents me with opportunities for growth. Fortunately, this program has removed the obsession and taught me picking back up will only lead to more suffering. With this knowledge, and the tools outlined above, I'm able to continue making progress in my path through life. ▲

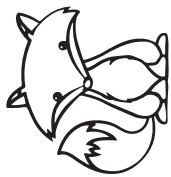
~by Chris C.

The Insane ... Thinking

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to the next time I could get stoned. I always had the usual drinking problems to manage, like throwing up, getting the spins, next morning nausea and indigestion. Smoking weed eliminated these undesired effects of drinking. At some point, I tried smoking in the morning and multiple days in a row. One day I ran out just after dinner. I thought, "That was fun. I'll get some more whenever", but I couldn't sleep that whole night. I got fed up and took a walk to the woods at three o'clock in the morning.

That was the first time I thought, "Am I addicted? Is weed addictive? It never was before." Marijuana was forcing my brain to be happy whether I would have been or not. No matter what happened around me, nothing bothered me.



Hello!  
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I started smoking it at work and in the car before I went to classes. It made time pass by calmly.

I didn't have trouble concentrating or getting good grades. When one of my friends got busted by the cops, I had a dry period for about a week or two. I did notice the withdrawal at that time even though I was drinking a lot of liquor every day. I got reconnected. It all started again with one gram. My tolerance must have lowered because once again a little bit went a long way. I had all the effects that I wanted in weed, for about three weeks. That first gram lasted me a whole week. Nothing

could bother me. After three weeks, I was smoking a gram per day. I started feeling discontented, even irritated with my friends and customers at work. I was beside myself. How am I feeling annoyed while high on dubage all night?

At this point, I was addicted to alcohol, marijuana, and tobacco. I totally changed my goals to accommodate these addictions. I dropped out of college and was living with my wife and two children at



my father-in-law's house. Since I got out of basic training, I completed nearly two years of college, graduated from police academy, and was making good money delivering pizza. Instead of finishing college and starting a career, I delivered pizza for ten years....

Editor's Note: Stay tuned!  
This story submitted by RIK H. will be continued in the January 2019 issue.

POWER OF THE PACK  
Convention 2019 • Vancouver, Canada



Dear Friends and Fellows,

We are very excited to be hosting the 2019 World Convention in the beautiful city of Vancouver, British Columbia. Come experience Canadian hospitality and enjoy our version of experience, strength, and hope.

The Sheraton Airport Hotel will be ready for all of you, and has extended group discount rates for February 10<sup>th</sup> through the 21<sup>st</sup>, so come for a vacation and stay for the Convention!

There is a complimentary twenty-four-hour shuttle from the Vancouver International Airport (YVR), only minutes away, across the Fraser River to our location on the northwest of Lulu Island. More details are available on the site, and registration is now open:

[www.MAWSconvention.org](http://www.MAWSconvention.org)

If you're travelling to Canada from out of the country, you may have questions about crossing the border. Canada has some fairly strict laws, so you'll want to be informed and aware of measures you may need to take in advance. Please be sure to review the information we have provided under Travel Information, by following the top left navigation on the website:

Home > Convention Information > Travel Information



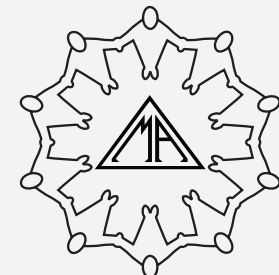
Regarding ID: Any travelers from the US to Canada going by land will need either an enhanced driver's license, a passport card, or a passport. For those going by air it must be a regular passport.

Questions? Want to lend a hand?  
Please contact the host committee:

[Convention.Vancouver@gmail.com](mailto:Convention.Vancouver@gmail.com)

We look forward engaging in and celebrating recovery with you—Fellowship awaits!

In Loving Service,  
2019 Convention Host Committee



# Marijuana Anonymous Worldwide

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

**MA World Services** 340 S Lemon Ave # 9420, Walnut CA 91789-2706  
www.marijuana-anonymous.org ▲ info@marijuana-anonymous.org ▲ +1.800.766.6779

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<b>DIST. 13 MA Online</b> www.ma-online.org		<b>PHONE MA Phone Meetings: 4 Distinct Groups</b> www.ma-phone.org	

Id

**WANTED: Designer, with InDesign chops to join the team!**

We are in need of *both* a paid Admin, and a volunteer Publishing Editor. The latter requires InDesign CC, a grasp of Character and Paragraph Styles, *e.g. how they're used in layout*, and willingness to be of service on a team. Per our charter, it's a 1-year commitment, optional second year, by a member ideally 2 yrs clean+sober. We've found that the best way to elicit

support is asking directly, and we hope our readers will do just that. Specifically, we encourage you to not *only* announce this in meetings, but to learn who in your area might have design skills and discuss this service opportunity with them directly. Thank You! ~ANLP  
board@anewleafpublications.org

*From Life with Hope*

## Step Twelve

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts, and to practice these principles in all our affairs.*



## Tradition Twelve

*Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.*

## Celebrating 181 Years of Sobriety!

### District 2

Carl P. 10/16/2017 1 yr

### District 4

Aly M. 11/2/2016 2 yrs  
Angela K. 10/19/2016 2 yrs  
Beck G. 10/29/2016 2 yrs  
Shauna L. 10/11/2016 2 yrs

### District 5

Dennis D. 10/28/2011 7 yrs  
James V. 10/29/1998 20 yrs  
Jason 10/29/1993 25 yrs  
John L. 10/6/2015 3 yrs

Kathy D. 11/4/2003 15 yrs  
Rich C. 11/2/1998 20 yrs  
Robert S. 10/20/2010 8 yrs  
Ron L. 11/5/1995 23 yrs  
Shelby 11/15/2015 3 yrs

### District 7

Adam B. 10/26/2013 5 yrs  
Jared N. 11/10/2012 6 yrs  
Phil W. 10/17/2014 4 yrs  
Rahul D. 11/9/2014 4 yrs

### District 11

Lisa N. 11/13/2017 1 yr

### District 19

Andrew J. 10/31/2015 3 yrs  
Mike S. 11/2/2011 7 yrs  
River 11/1/2013 5 yrs  
Tom C. 11/16/2012 6 yrs

### Ann Arbor, MI

Janelle E. 11/14/2017 1 yr

### Birmingham, MI

Lulu R. 11/14/2017 1 yr

### Phoenixville, PA Group

RIK H. 10/13/2013 5 yrs

## GOT A YEAR? WOULD YOU LIKE ANLP TO PUBLISH YOUR SOBRIETY ANNIVERSARY?

Give your sobriety date to your local GSR and it will be forwarded to your Bureau Chief or e-mail chiefs@anewleafpublications.org. Bureau Chiefs are encouraged to submit Birthdays that 1) HAVE occurred, 2) HAVE NOT been published and, 3) ARE NOT OLDER THAN 45 days.

