



December 2019

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The Process of Recovery

Recovery is a process not an event as stated in Step One. I was really sick, in pain, and needed help. I had been lovingly encouraged by my partner to consider taking a look at the Marijuana Anonymous program, and reluctantly checked it out.

I read the Twelve Questions, and then knew that others had suffered from the disease of marijuana addiction that I was caught up in. It was a real relief to make the connection. I got up a little courage and made a commitment to attend a meeting. I learned there was an established program, and that others that came before me had success in getting well and living in sobriety. That was enough to convince me to give it a try. I was tired of feeling miserable. I had a real desire, and was willing to go to any lengths to recover.

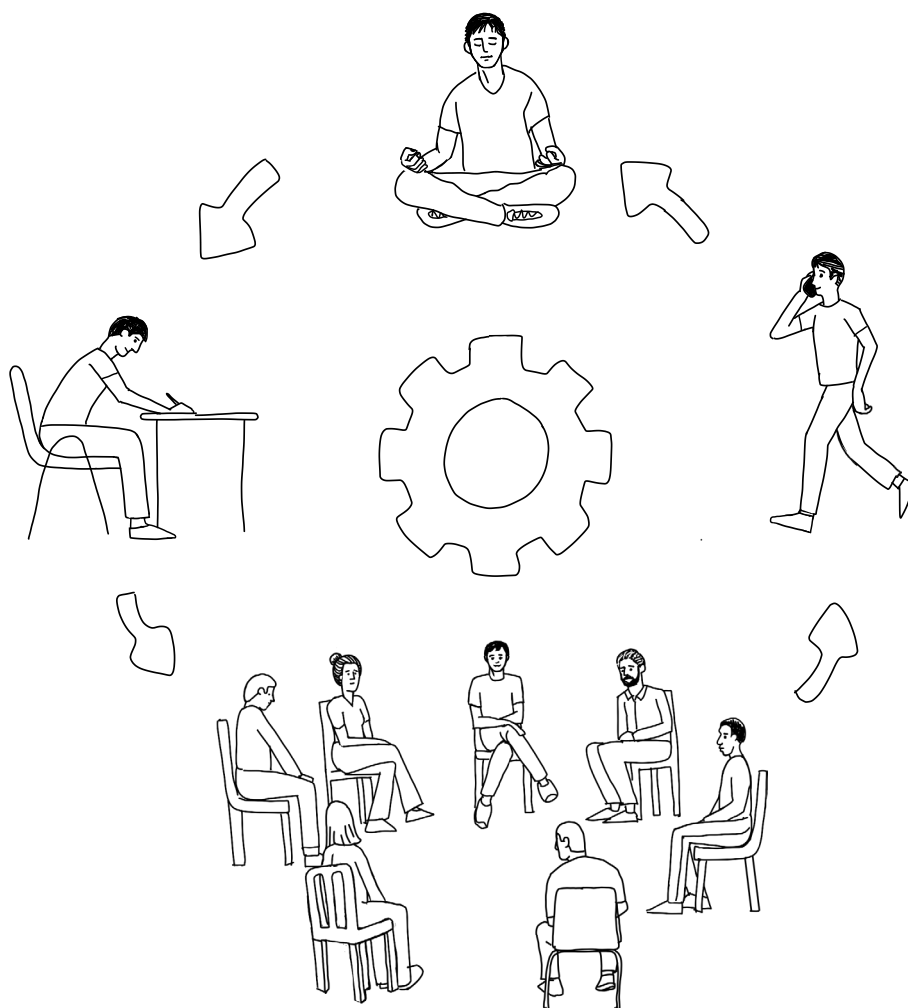
After attending a few weekly meetings there was enough hope to dig in a bit. I started working the Steps with a temporary sponsor. My mind and body started to slowly heal, and a sense of spirituality began to return as well. My temporary sponsor suggested I check out a phone meeting. After a couple nudges, I started dialing in. My attendance at first was pretty spotty and minimal at best. I slowly began to attend phone meetings on a more regular basis, because I was hearing some good experience, strength, and hope regarding recovery from marijuana addition. Those phone meetings have been real helpful in getting me through some pretty rough patches.

I continue in the process of recovery finding some serenity along the way—how cool is that. I try to keep it simple, and am fine with making slow steady progress. So take a little nudge from me, dial in, get connected and allow your recovery process to move forward. One day at a time. ▲

- Anonymous.

submit.

A New Leaf is your stories and articles. Please send them to: stories@anewleafpublications.org



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.

We are reaching out to districts to update the ANLP Liaisons and birthday lists. Additionally, district/group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch: chiefs@anewleafpublications.org

ANLP Staff

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info@anewleafpublications.org

Relapse Prevention Tips

Here at *A New Leaf*, we editors are addicts like you. We'd like to share a few gifts from our 'toolkits.' Please take what's useful and leave the rest. And remember that you never have to use again, whether you want to or not!

Most of what we have to share here are things you may have heard before, but are worth repeating. Those of us who regularly attend meetings—in person, on the phone at ma-phone.org or online at ma-online.org—have heard and shared comments like these:

Be very aware of what triggers you.

People: Friends or relatives that you used to use with, or people who elicit feelings of shame or guilt within you should be met with caution and support.

Places: Locations where you used to get high or score drugs, as well as places with strong, emotional memories can be powerful triggers.

Things: Objects that remind you of using or that were part of your using can be triggering. Drug paraphernalia, clothing, even vehicles need to be taken into account.

Uncomfortable Emotions or

Symptoms: Remember HALT! (Hungry, Angry, Lonely or Tired) Stress, anxiety, irritability, pain, sickness, or lack of sleep can all be a threat to our recovery if not addressed.

Relationships: Even a great relationship can have its ups and downs. If things are going well we can perhaps get overconfident; If things are troubled, we can experience anxiety or stress.

Isolation: We ought to pay attention to how much time we spend alone. While solitude can be very healing, too much isolation can take us

away from our fellows and the moral support offered in recovery. Spending too much time with our own "stinking thinking" can also lead to distress. If you find yourself feeling "squirrely" try asking yourself when was the last time you went to an MA meeting. The answer can be revealing.

Denial or Overconfidence: The feeling that we may be cured of our addiction can be very dangerous. Thinking, "I don't have a marijuana problem," or "I got this now!" are signals of possible denial. Remember: Our best thinking got us here.

Remember, it's one day at a time! Marijuana addiction is an illness, for which there is no cure. It can be managed, though. Keeping our sobriety is contingent upon maintenance of our spiritual condition.

Be open to replacing old habits. Being around people, places and things associated with using can lead back to using. Spend time and energy exploring and discovering situations that bring confidence and the good feelings you desire. Hang-out with winners. Learn to have fun in recovery. Check out clean and sober parties and events.

Build a strong support team and rely on it! Get a sponsor, or at least a temporary sponsor, if you don't have one. Collect phone numbers of friends from MA meetings you attend. Ask others in recovery, friends, family members, and professionals who support you if you can call them if you need to. Keep this list with you. Call before you use! Don't try to deal with difficult situations without support. Remember "we recover." You don't have to do recovery alone and you do not have to use, no matter what. ▲

- A New Leaf Publications

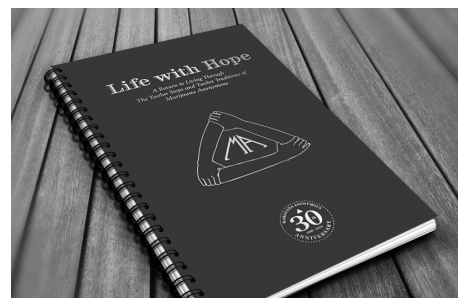
LIFE WITH HOPE: A Special Printing of the 1st Edition



To help celebrate MA's 30th anniversary, a special edition reprint of the original Life with Hope book is in the works.

This limited edition volume will be a prized addition to your recovery library and a dedication to the founders of our program. Purchasing one will help Marijuana Anonymous achieve its mission.

These slim, exclusive versions will be available for sale at this year's convention and online at the MAWS and ANLP websites.



Help us make this book special by telling us what you'd like to see in the collectible edition.

tiny.cc/LwH30th



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.

'Tis the Season'... to be of Service

Tradition Twelve and Step Twelve carry similar messages that offer guidance to recovering marijuana addicts. Step Twelve has two parts: while the first suggestion is that we try to carry the message to marijuana addicts, the second suggestion is to practice these principles in all our affairs. In Tradition Twelve the suggestion is to place principles before personalities.

While either might seem to be a tall order for us in recovery, especially this time of the year, they are yet further reminders that ours is a spiritual program of action and that regardless of the situation or our state of mind, the ultimate question is: How can I be of maximum service to others?

The holiday season is a time of celebration and using for a lot of "normies." For us, though, the season is often fraught with perils as we face unresolved issues with people, places and things clean and sober. Practicing what we learn from Tradition Twelve helps give us a different perspective on how to approach group situations. Groups can be seen as anything from the Halloween party, a business meeting or office event, to family-of-origin gatherings and religious or secular activities from Thanksgiving to New Years.

Taking the perspective of being of maximum service can help us. We use our best judgment, we are open to guidance through prayer, meditation and talking with our

sponsor. We should be mindful that some pending situations might trigger us. We may decide we should stay away. Other situations, we may feel obligated to attend.

"As individuals, we had to change our behavior and give up our old ideas in order to recover"... "Putting principles before personalities means that we listen to God's will for us and do what is right no matter who is involved. We practice the spiritual principles of honesty, humility, compassion, tolerance and patience with everyone, whether we like them or not."
- Life with Hope, Tradition Twelve.

Here's to a season of service, principles and spiritual growth. ▲

- A New Leaf Publications

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 - +1.800.766.6779
WWW.MARIJUANA-ANONYMOUS.ORG - INFO@MARIJUANA-ANONYMOUS.ORG

DIST. 2	San Francisco & East Bay	+1.510.957.8390
	www.madistrict2.org	
DIST. 3	South SF Bay Area	+1.408.450.0796
	www.madistrict3.org	
DIST. 4	Western Washington	+1.206.414.9270
	www.madistrict4.org	
DIST. 5	Orange County	+1.714.999.9409
	www.madistrict5.org	
DIST. 6	LA County North	+1.818.759.9194
	www.madistrict6.org	
DIST. 7	LA County South	+1.310.494.0189
	www.madistrict7.org	
DIST. 8	New York	
	www.ma-newyork.org	
DIST. 11	Oregon	+1.503.567.9892
	www.madistrict11.org	
DIST. 12	North Bay, CA	+1.415.419.3555/+1.707.583.2326
	www.madistrict12.org	
DIST. 13	MA Online	
	www.ma-online.org	

DIST. 14	London, England	+44.300.124.0373
	www.marijuana-anonymous.co.uk	
DIST. 15	Long Island, NY	+1.631.647.0768
	www.ma-longisland.org	
DIST. 16	Melbourne, Australia	+61.403.945.083
	www.marijuana-anonymous.com	
DIST. 17	Denmark	
	www.ma-danmark.dk	
DIST. 18	Sacramento, CA	+1.916.341.9469
	www.sacramentoma.org	
DIST. 19	Toronto, ON, Canada	+1.647.201.9161/+1.416.999.2244
	www.matoronto.org	
DIST. 20	San Diego, CA	
	www.ma-sandiego.org	
DIST. 21	Colorado	+1.303.607.7516
	www.ma-colorado.org	
DIST. 22	New England	
	www.newenglandma.org	
DIST. 24	Vancouver, BC, Canada	+1.778.554.8997
PHONE	MA Phone Meetings	
	www.ma-phone.org	

2020 MA CONVENTION

A Vision For Us

February 14th - 16th 2020
30th Anniversary of MA

Airtel Plaza Hotel
7277 Valjean Ave. Van Nuys, CA 91406
www.mawsconvention.org



Celebrating 182 Years of Sobriety!

District 2		
Carl B.	10/16/2017	2 yrs.
District 3		
Laurie S.	10/19/2009	10 yrs.
District 4		
Aly M.	11/2/2016	3 yrs.
Beck G.	10/29/2016	3 yrs.
Reeanna B.	11/1/2018	1 yr.
District 5		
Dennis D.	10/28/2011	8 yrs
James V.	10/29/1998	21 yrs

Jason	10/29/1993	26 yrs
Kathy D.	11/4/2003	16 yrs
Rich C.	11/2/1998	21 yrs
Robert S.	10/20/2010	9 yrs
Ron "The Gardener"	11/5/1995	24 yrs
Shelby	11/15/2015	4 yrs
Tina C.	11/6/2007	12 yrs

District 11		
Issa K.	11/11/2009	10 yrs.
Lon M.	11/24/2009	10 yrs.
Birmingham, MI		
Lulu R.	11/14/2017	2 yrs.

See your sobriety date here.



Allow us to publish your anniversary to celebrate!
Provide your sobriety date to your local GSR, ANLP Liaison, or e-mail to:
chiefs@anewleafpublications.org

Members / GSRs / ANLP Liaisons are encouraged to submit birthdays that...

- 1) HAVE occurred,
- 2) HAVE NOT been published recently,
- 3) and ARE NOT OLDER THAN 45 days.

Please submit by the 15th of the month and use the format shown in the listing at left. *Thanks!*