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## Reflecting on Sober Life

I have had the experience, and perhaps you have too, of people scoffing at me when I tell them that I am a marijuana addict in recovery.

Typically, that person is some other kind of addict, a “real addict,” one who has been addicted to “the hard stuff.”

Typically they’ll make some comment like “Marijuana! You can’t be addicted to Marijuana; it’s just weed!” I’m not angry when I hear this; they just don’t know what I know about being addicted to weed.

Because I am truly a Marijuana Addict, I know that there is such a thing, and because I used to smoke back in the day with a couple of other guys that I’m pretty sure smoked in the same pathetic, compulsive way that I did, sometimes I get this crazy idea that I may not only be able to diagnose marijuana addiction in other people, but also to somehow influence them to get clean and free from the weed like I did.

For the most part, for me at least, this is probably not the greatest idea, but here goes the story:

I have a family member, a full grown adult, who is pretty much always high. When I spend any amount of time around him, I notice him stepping out to sneak quick hits all throughout the day. I think that because I am an addict and was such a heavy and continual pot smoker myself that I am hyper-attuned to notice such behavior in others.

I also notice that this relative always appears sullen, withdrawn, angry, and disconnected. When I see

him, I see myself; and from there I deem that he must be an addict too. Another thing to mention is that I hear a lot of comments from other people about him too, comments about how much weed he smokes or about how he seems to be “high all the time.”

I got off the pot a pretty long time ago when possession of any amount of marijuana was still a felony where I live, and when it wasn’t possible to openly grow it, nor could one traipse down to the marijuana store and select from the however many kinds of weed they have, much of which I am sure are far, far stronger than even the “good stuff” that was around back in my time using.

*"what can I do;  
what must I do;  
what shall I do?"*

This family member of mine grows a lot of marijuana and he knows what he is doing. It’s his “hobby” and he’s a proselytizer of all things marijuana. Although I can find gratitude in all of this - that I am free of marijuana and marijuana addiction - it still makes me sorry and sad.

The question of what I am to do is a tricky one. Of one thing I am convinced, that given the situation in my family, direct intervention on my part is not really possible. Even to attempt it would probably be a bad idea (some of you know exactly what I mean). And then of course, you

have to toss in the question: is he an addict with a marijuana problem or is it just my perception that he is?

And after that I have to concede that this is not for me to say. So then, what am I to do about it? It takes me back to my grandmother’s steadfast advice when dealing with such a dilemma: “what can I do; what must I do; what shall I do?”

I have come to believe that I cannot fix another person and that I must remain on my path, which is to abstain entirely from marijuana and all mind-altering substances and to strive each day to live a life of honesty and integrity by using the principles that many of us have come to believe in.

I also choose to retain an open heart for my relative, which for me is an attitude of hope and loving kindness. If that knock comes on my door, I will answer it.

I will share my hope and experience (either directly or vicariously) and I will tell of what I have received in recovery and about all that I found in Marijuana Anonymous. If that knock should come, I will do everything I can do to point my loved one in the right direction.

Sadly, it’s quite likely that this day will never come, and I have to accept this as well. Our program is, after all, based on attraction not promotion, and now that I think of it, that is the point I have been trying to make all along.

~ Anonymous

## 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](mailto:chiefs@anewleafpublications.org)

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## Goodbye Marijuana

I am breaking up with you for good, as what I once thought would make me feel better (and maybe you did a few times before you didn't) in the end hurt me terribly. You rendered me powerless, distanced me from God and the people and things I loved, and you took over my entire life.

When I was engaged with you I couldn't stand how I felt while using you and how I felt when I stopped. You robbed me of joy, motivation, and hope. While you're in my life, I don't take care of myself the way I normally would or want to. You're an escape from life that leaves me 1000 times worse.

You are an illusion of freedom, but you are the worst confined prison I have ever known. You filled my heart, soul, and body with shame. You filled me with such darkness I couldn't access God, my spirit, intuition—all the things I rely on and need to live a joyful life.

You lured me in little by little until I couldn't stop, and for that reason, and the powerlessness you left me in, I will never be able to be in a relationship with you again. Not long term. Not short term. Not even a one night stand.

You destroyed my libido and at other moments, increased it so much that no amount of release was enough. You dulled me, and my light. You darkened and then disappeared my hopes and dreams. It got to the point I couldn't do anything when I was with you, and couldn't do anything without you. I would never let another human or soul stay that caused a fraction of the damage you did, yet I let the lie of salvation you gave me keep you here. No more.

You are the reason I gained substantial weight; let "fuk it" run my world; steal, lie, and cheat myself and loved ones of money; eat whatever I want; and spend

days, weeks, months, and years drowned in numbing television and social media. You became more important than my well-being, my relationships, my life!

You were once the worst thing that happened to me, but I'll make sure you're the best thing that did—but I only can do so by staying away from you forever — one day at a time.

You lie to me, over and over and over again, telling me I can safely be with you and that you'll make it better, but you never did and never have.

I hate myself when I'm with you. I am not myself when I'm with you. I fed my terrified inner child and adult you instead of the things it really needed: nourishment, hope, to feel my feelings, to cry, to process, and to let go of the trauma.

You are so cunning, baffling, and insidious that I abused you when I was terribly sick and suffering and experiencing severe brain and neurological pain—and you probably were a big part of why I was.

The one time I went to the Amen Clinic for a brain scan, they wrote about you all over their walls. How dangerous you were, and I still didn't listen. I hate you. I am crying now because of you, but it's only because I've broken up with you that I'm even able to cry.

You pretend to be enjoyable. Even now, I had a glimpse of inhaling you, but I won't. Not today. Please God not tomorrow. You may have weakened me and broke me down to the point I couldn't ever say no to you when stopped or when I started, but you can't this time.

I want to be gentle with you — more so with the part of me that chose you for the false sense of protection. But my veil is up now and protecting me, and this inner child who's needed

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me for decades that I've ignored is now my priority. Real protection.

I feel obese because of you and the binging I did when I smoked you. Gosh, you're so sneaky...lying to me that I've had it so hard that I deserve to do whatever I want. No! Wrong!

I deserve to do what's good for me even if I don't want to. They say the definition of insanity is doing the same thing and expecting the different results. After four years of you winning, I am doing it differently.

I have meetings every day reminding me how harmful you are. I have so many numbers in my phone of other people you hurt too that, together, are recovering. In theory, I used you, but in truth, I was used by you, and I won't allow that again.

I lost every ounce of beauty and self-confidence and positive body image because of you. Thank God, that—and everything else you took, I know I can restore with God's direction and partnership, and I am already.

I chose you, I am responsible for it all—but you are the poison, and I am just the one in pain that was looking for comfort. I chose the wrong way. I chose you, and now I am choosing to let go of you, forever.

I would never let a person near me who caused an iota of what you did—and I pray from my aching soul, who today—I celebrate being able to even connect with that, that I never go near you again.

The opposite of you is connection. It's love. It's a chance. And I am giving myself that today.

You have no place in my life, and true life has no shot with you.

I'm sorry, but this is it. You can't hurt me anymore.

~ Nicole K

## They Know

*They know the abuse and homelessness  
no shoes on my feet,  
they know of my use and hopelessness  
wasted wreckage on the street.*

*They know about the fine lines  
my throat against a knife,  
they know about the served time  
and being shocked back to life.*

*They've watched me throw it all away  
and still come back again,  
they said they loved me anyway  
in the rooms I'm always welcome.*

*They lifted me right up from death  
and held me by the hand,  
gave me some of their own breath  
they carried me til I could stand.*

*They see the things I cannot see  
they know when I need help,  
and they just keep on loving me  
till I can love myself.*

~ Jade H

## Seeking Office Administrator

### MA World Services and A New Leaf Publications accepting applications

We would like to express our gratitude to Mariska P. for her dedication as ANLP Administrator! She will not be continuing on, and with her departure and the current opening for MAWS Administrator, MA World Services has decided to combine the role of MAWS Office Administrator and ANLP Administrator.

Send questions and resumes to:  
[hr@marijuana-anonymous.org](mailto:hr@marijuana-anonymous.org)

Applications are due by  
January 10, 2023

Learn more at [m12.org/admin](http://m12.org/admin)

## Please Get Involved – MA World Services Committees Need You!

**Newcomer Support:** (minimum of 6 months of clean time required) General committee work of responding to support requests; Subcommittee for drafting training materials on responding to support requests; Subcommittee for facilitating future workshops for newcomers and sponsors

**Literature:** Subcommittee to work on Stories for *Life with Hope*, 4th edition; Subcommittee for revising the pamphlet on Detoxing from Marijuana to include brief introduction to CHS & CIP

**Public Information:** Social media subcommittee needs help managing content for Instagram and Facebook; Website Redesign Subcommittee

**Hospitals and Institutions:** General committee work of sending materials and providing support to individuals and meetings within hospitals and institutions

**Conferences and Conventions:** Convention handbook; Conference Agenda Committee; 2023 Convention Planning Committee

**Policy and Procedures:** Special Worker Review Process Subcommittee; writing Conference Agenda items

**Outreach:** General outreach work; Subcommittee re-writing the New Meeting Starter Kit; Representation and Accessibility

**Finance:** Finance handbook for Districts; Milestone Chips Subcommittee

**Internet:** General internet work to maintain the website and work with the PI website redesign committee; new App development

**Correspondence:** Communications subcommittee for the *Carry the Message* newsletter

If you are interested in any of these committees, please contact the Trustee of that committee. You can find their contact information on the MA Website at:

[marijuana-anonymous.org/contact-us](http://marijuana-anonymous.org/contact-us)

# Marijuana Anonymous Worldwide

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

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www.ma-phone.org

## Step and Tradition of the Month

### 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 190 Years of Sobriety!

### District 5

Carly D	11/09/2020	2 yrs
Derek	10/20/2013	9 yrs
James V	10/29/1998	24 yrs
Joe W	11/19/2011	11 yrs
John G	11/5/2011	11 yrs
Kathy D L	11/4/2003	19 yrs
Michael L	10/29/1990	32 yrs
Nathan	11/01/2020	2 yrs
Ray M	11/19/2013	9 yrs

Ron "The Gardner"	11/05/1995	27 yrs
Shelby	11/15/2015	7 yrs
Tina	11/6/2007	15 yrs

### District 6

Morgan B	11/14/2020	2 yrs
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### District 16

Heather T	11/13/20002	20 yrs
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**See your sobriety date here!**



*If your sobriety date has occurred, has not been published, and is not older than 45 days, please submit it in the format you see on the left by the 16th of the month. You may tell your local GSR, ANLP Liason, or e-mail to: chiefs@anewleafpublications.org*