



Achieving Progress Together: A MAWS Trustee Report

Happy Holidays and best wishes for a Happy New Year!

This year has been one of great changes for me, and the foundation of my recovery has made it possible for me to handle it all with gratitude. I am especially thankful to all of you – my family, the fellowship of Marijuana Anonymous. I am humbled to serve as your Policies and Procedures Trustee, to have the chance to give back what has been so freely given to me, and to do what I can to help build up our young and growing fellowship.

What an exciting time to be part of MA and doing service! As a young fellowship, there is much work to be done and being done. As a small and growing fellowship, we have a limited number of people to do all that service. This has created a situation where things are moving forward quickly and fine tuning happens after things are already in place. That's where the Policies and Procedures Committee comes in. It is our job to make sure what is already established conforms to our Twelve Traditions. We are also to help establish written policy to help future generations of MA carry on the message without having to reinvent the wheel.

"We strive for progress not perfection."

We must remind ourselves that MAWS is here to serve our members, and not the other way around. So, I encourage all of our members, whether holding a "formal" or elected service position or not, to share your insight with us. We welcome any and all ideas and opportunities to improve our adherence to all the principles we hold so dear. All of our Conference approved materials, the Service Manual, the pamphlets, etc., can be updated every year. If you, or your group, or your District notice ways to improve our written materials, or to make them more in line with the Traditions, let us know. Each one of us is responsible for our recovery and for our program. No one person can do it alone.

"...ever reminding us to place principles before personalities."

In service, all of us must try our best to keep this tradition close to our hearts. We focus on the Principles of our program, and without regard to our personality. Of course we remain ever so grateful to those who have tirelessly served MA day in and day out.

Nevertheless we can, with confidence, question and examine any part of MA, knowing that when service is done with a humble spirit, no one need be offended. That is the

necessary process of healthy change as we move forward.

I have said it before and I will say it again: MA is experiencing the kind of growing pains you can read about in the literature of our "parent" fellowship, AA. This pain is a miraculous gift because it means that MA is growing! Let us continue, together, to do the work that will build a strong foundation, giving us the ability to seamlessly pass the torch to future MA's as often as is necessary for us all to recover! ~
Aimee M, P&P Trustee



The Courage to be Vulnerable

We often hear the saying, "This is a simple program, but it isn't easy." After all, when you really look at the 12 step program, it is merely just an inventory process that helps us find those things in our lives that inhibit our spirituality and keep us from having better relationships so that we can ask G-d to remove them. Then why do so many addicts seem to come to a screeching halt when it comes to their 4th and 5th steps.

Many of us live lives of illusion. We have a public persona where we are smiles and competence and a private one

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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 reflect the opinions of Marijuana Anonymous as a whole.

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

The Courage to be Vulnerable

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where we are falling apart. (Or some variation on that theme.) We have molded our public presentation in such a way that we have even deluded ourselves into thinking we demonstrate an image of perfection. We are terrified lest someone rip off the mask. And so we remain alone, secure that no one has pierced our shell, preserving us from the risks of vulnerability – and from all the opportunities and pleasure as well.

I've got a little secret. Many people, especially our close friends, don't buy the illusion. They have already seen the flaws that we are trying so mightily to conceal. And they love us anyway. In fact some of those co-dependents in our lives may even love us more for our shortcomings. No one wants to go up against perfection. It's comforting and reassuring to see that everyone is struggling with similar issues and choices. We are not alone. Being loved, warts and all, builds greater confidence and deeper relationships.

Additionally, and perhaps surprisingly, it's ultimately more freeing to be vulnerable than not. Once you've been accepted for just being yourself and not some idealized version of you, you can really soar. All that energy that went into maintaining the pretense is now available for real growth and accomplishment. And being loved, warts and all, actually builds greater confidence and deeper relationships.

Isn't that what we all want?

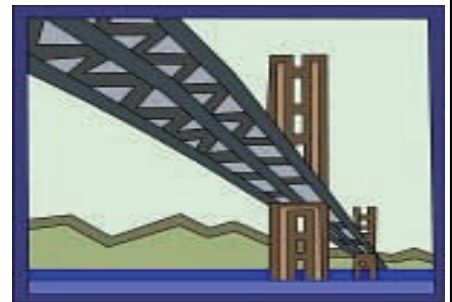
Vulnerability isn't a price we have to pay; it's the way to achieve our goals. It's the way to live a full life. It is the way to discover who we truly are so that we can ask G-d to remove those aspects and behaviors of our life that keep us from having better relationships with Him and others, as well as nurturing those aspects and behaviors that are positive assets in our lives. So stop sitting on your inventory and live. ~ Loren N. (Dist. 6) ▲

WE NEED WORKSHOPS PRESENTERS:

If you would like
to lead a workshop,
request a workshop
application at

info@maconvention.org

***MA District 11
Proudly Presents***
BUILDING BRIDGES
2010 MA World Convention
February 12-14, 2010
Double Tree Hotel - Lloyd Center
Portland, OR USA



**For more information,
please go to:**
www.maconvention.org

Participate in
our suggestions blog at:
blogideas2010.blogspot.com

PLEASE NOTE: An Error was made on the Registration Form in the November issue of a new leaf. The Registration Fee listed under the COSTS column should have read "\$55 after 1/20/10" instead of "\$55 after 2/12/10". Please share this information with your fellows.

16th Annual MA World Convention - Building Bridges
February 12-14, 2010 Portland, Oregon

REGISTRATION FORM

www.maconvention.org



HOTEL

The Doubletree Lloyd Center
1000 NE Multnomah Street, Portland
(503) 281-6111
\$104 per night, up to 4 people
Call direct, ask for MA's group rate
to save \$, or use the Hotel link on our
website: www.maconvention.org

COSTS

REGISTER EARLY AND SAVE
\$35 before 12/1//09
\$45 between 12/1/10 - 1/20/10
\$55 after 1/20/10
\$45 Sat. banquet
\$5 Sat. Dance featuring
Dist. 4's The Resentments!

TRANSPORT

The hotel is relatively close to the
Portland International Airport (PDX).
There is inexpensive public trans-
portation (MAX Light Rail) that is
almost door to door from the
Airport to the Hotel. Please use the
online Trip Planner at:
<http://trimet.org>

One registration form per attendee please

Name: _____

Address: _____

Phone: _____

Email: _____

Registration: ☐ \$35 (before 12/1) ☐ \$45 (12/1 - 1/20) ☐ \$55 (after 1/20) \$ _____

Banquet: ☐ \$45 (please specify) veggie _____ meat _____ fish _____ \$ _____

Dance: ☐ \$5 \$ _____

Raffle Tickets: ☐ \$1 Number of Tickets: _____ \$ _____

TOTAL \$ _____

Registration and payment can be made through the website.
Otherwise, please mail a check or money order with this form to:

MA District 11 • P.O. Box 2012 • Portland, Oregon • 97208-2012

For most current information please visit: www.maconvention.org

We welcome any questions you may have! Please email us: info@maconvention.org

marijuana anonymous worldwide

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District 4 Western Washington

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PO Box 1244 Cooper Station New York, NY 10276 212.459.4423

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PO Box 2012 Portland, OR 97208-2012 503.221.7007

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PO Box 2842 Petaluma, CA 94952 415.419.3555 707.583.2326

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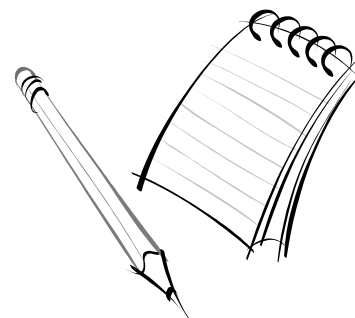
For a complete listing of all meetings visit www.marijuana-anonymous.org

MA Daily Meditation Book

We're looking for YOUR writing to fill a year's worth of daily meditations, focused on MA recovery from marijuana addiction. The writings should be approximately 250 to 500 words, and focused on recovery. What would you want to read every day on your sobriety birthday? Send your submission and we'll print it on YOUR

recovery birthday. If you feel so moved, send in more than one. If you need inspiration, take a look at daily meditation books from other fellowships.

Send submissions to A New Leaf, Attention: Susan B.



SUBMIT

Share your experience, strength and hope! Submit your article to your Bureau Chief or see page 2 for contact information.

birthdays - Celebrating 190 years of sobriety in this issue!

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

District 1

Bob D. 11/02/01 8 yrs.

District 3

Dave L. 11/01/04 5 yrs.

Margee W. 11/06/08 1 year!

Kevin D. 11/08/00 9 yrs.

David G. (Fisherman) 11/19/03 6 yrs.

Steve C. 11/27/03 6 yrs.

Mark T. 11/28/07 2 yrs.

District 4

Tristan H. 10/04/98 11 yrs.

Paul L. 10/08/06 3 yrs.

Anna 10/10/07 2 yrs.

Reed 10/15/07 2 yrs.

Tim G. 10/16/03 6 yrs.

David H. 10/26/96 13 yrs.

George T. 10/29/89 20 yrs.

Eric N. 11/04/07 2 yrs.

Vinny 11/22/03 6 yrs.

District 5

Mary C. 12/05/08 1 year!

District 7

Mary M. 10/10/95 14 yrs.

Doreen N. 10/17/08 1 year!

Richard M. 11/11/00 9 yrs.

District 8

Mike M. 10/25/99 10 yrs.

Tim C. 10/26/08 1 year!

Mike M. 11/00/06 3 yrs.

Carl P. 11/13/90 19 yrs.

Patty N. 11/14/04 5 yrs.

Suzanne B. 11/15/96 13 yrs.

District 13 (Online)

Rochester, NY

Christy P. 11/08/08 1 year!

District 15

Howie R. 11/09/05 4 yrs.

Other Cities

Phoenix, AZ

David K. 10/20/08 1 year!

Denver, CO

Jay 11/11/03 6 yrs.