



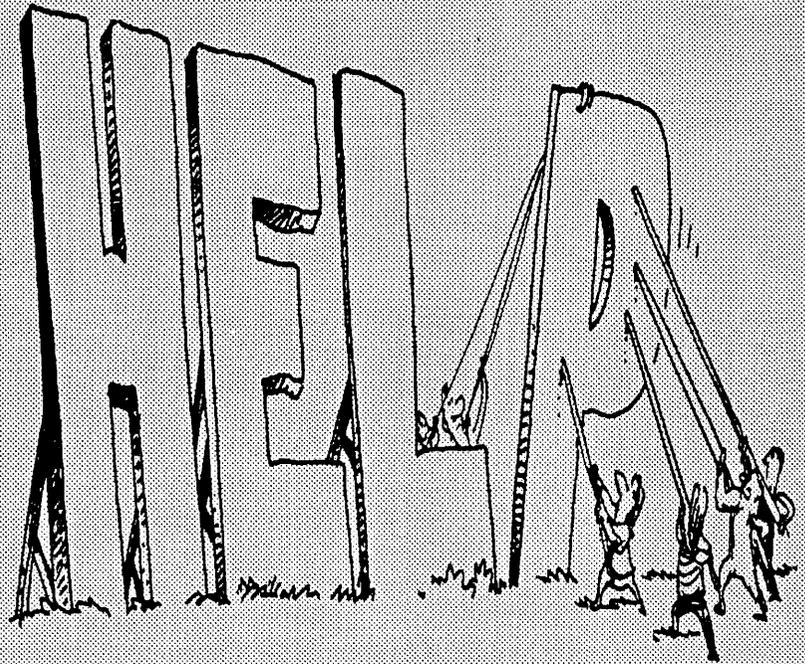
# A NEW LEAF

July 1994

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A Publication of Marijuana Anonymous

***We seek it — then return to offer it to somebody new. In fact, it is something that even those with only a few days of sobriety can advance. And on the following pages, we gladly present it again in the form of words of experience. Simply put, we offer a little....***



## Releasing Love Can Void the Empty Hole

by Bruce S., District 6

Addicts often speak of a need to fill a hole within themselves. I used marijuana to fill a hold in my heart and spirit. But marijuana couldn't fill that hole. No substance could, nor could any diversion. All the attempts I made merely accentuated its emptiness and the futility of trying to fill it from without. My attempts were insubstantial patchworks that covered the emptiness only until the highs wore off or the diversions ended.

To repeatedly try to fill that hole with something from outside myself has been a great folly in my life, one which I have come to recognize as insanity. A teacher of Zen has likened it to "pouring a glass of water into the ocean in order to make it wet." The hole in me wasn't created by something having been removed but by having pulled it so deeply within myself that its absence created a painful

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## Giving Back What Was So Freely Given To Me

by Joellen, District 6

Hi fellow addicts. I want to share a little about sponsorship. When I walked into my first MA meeting, I had five days of sobriety and was willing to do anything for a better life. At this meeting, I actually listened to the leader and after, asked her to be my sponsor. She has been ever since.

She has taught me more than words can say, but I can say she is the person I can go to with all my problems, and not be told how to fix them. She is the one person I go to when my whole world is falling apart, and she'll tell me, "this too shall pass." She was the first true friend I found in my new life.

And now, I have the opportunity to give it back. I recently became a sponsor, and when I get calls of distress or upsetment, the words just come out and I can actually remember the exact words my sponsor

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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 necessarily reflect the opinions of Marijuana Anonymous as a whole.

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## A Collection of Views and Opinions from Around the Fellowship

*This month's question: What part, line or reference in the Big Book do you use the most and why?*

**Dave K., 5 yrs. 6 mos.**

Wow! Tough question Roving Reporter. The segment that first comes to mind and seems to have had the most impact upon me is the "Acceptance" page (449). Life, whether it's one day sober or 10 years sober, is full of ups and downs. Accepting what occurs in life is not always easy but when I do it feels like I mature and grow. It's easy for me to get upset and discontent over life's occurrences, but that "Acceptance" page is very calming and nurturing.

**Anonymous, 3 years**

An AA oldtimer, Captain Serenity, always mentions "Page 20 and 86 every-day" when he shares. I encourage reading the first complete sentence on the top of page 20 and using page 86 to begin and end your day.

**George B., 6 yrs. 5 mos.**

The Promises. When I first got here, the promises gave me hope when they were read in meetings. I wasn't sure they were possible. Today I know that they're possible, and if they are possible, then anything is. Now, every time I hear them, I feel the closeness of God in my life.

**John G., 2 yrs. 6 mos. (in dog years)**

Rarely have we seen a person fail who has thoroughly followed our path. Why? So few of us make it! So few of us thoroughly follow the path!

**Peter K., 13 days**

Came to believe that a power greater than ourselves could restore us to sanity. Why? That's where I'm at in the Steps. I better believe it because if the desire is a power greater than myself, then God better be as well or I am doomed.

**Coleman, 1 yr. 11 mos.**

"Spiritual progress not perfection." I like this reference because it helps me realize that living by the spiritual principals of the program are a goal — not an overnight change. It reminds me to cut myself some slack in overcoming the controlling/perfectionist defects of my using days that just didn't work.

**Mikki K., 3 years**

Pages 449-452. Because every time I call my sponsor to cry or whine about something or someone that's what she tells me to read. I have a problem with control or acceptance and these pages help point this out and what to do about it.

**Randy F., 6 yrs 8 mos.**

Page 20 — my very life depends upon this first line. Page 45 — the first and second full paragraphs are the main object of the book. Page 62 — the first full paragraph on...tells me the root and nature of my troubles. Pages 84-88 — shows me how to live today! P.S. — The

Doctor's Opinion and the Disease Concept often helps by reminding me of the nature of this disease.

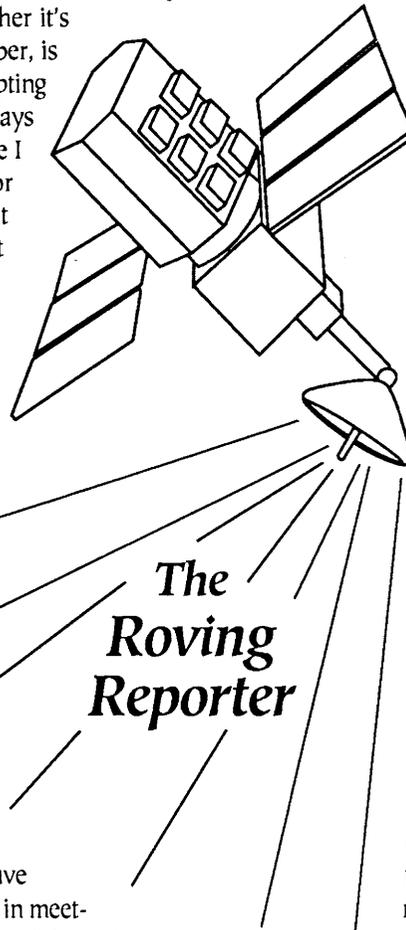
**Gary Z., 70 days**

We Agnostics. I feel that an introduction or return to spirituality is the cornerstone of our/my sobriety and continuing recovery.

**Abdol S., 9 years**

Page 60, part "C" — God could and would if he were sought.

*This month's Roving Reporter was compiled by Rob M. from the fellowship in Districts 5 and 6.*



# The Void

Continued from Page 1  
 void. That something is love.

The love I receive from others reminds me that my heart is already wet and coaxes me to allow the love within me to again come forth. As it pours outward I learn to accept and love myself. But it is when I allow it to stream beyond myself that the hole truly begins to fill. And it is in those times, when I am fully giving to others, that I feel complete.

I understand God as love. When I feel that spirit flow through me to you I see God as our unity in the love we share.

And as we learn to release the love we kept dammed up within ourselves for so long, what we begin to recover is our wholeness. △

# Giving Back

Continued from Page 1  
 gave me when I was there.

To me, the feeling of helping someone newer than myself go through the tears, fears and pain of early sobriety is truly a gift. I'm giving back what was so freely given to me. To see people grow in this program is an amazing sight, but what amazes me most is when I help them. I can actually see the change in myself.

What I'm trying to say is sponsorship is someone who's "been there, done that," helping another who's going through it come out the other side sober, happier, and a little wiser.

I want to thank my sponsor for giving me all the strength, courage, hope, and wisdom I need to "trudge the road of happy destiny." I love her, and all the people in MA. △

KCB — it works.

## Thought for the Month:

**Share the message, not the mess!**

# Conference Works to 'Carry the Message' to Others

by Richard A., District 3

The 1994 MA World Conference is over and I am still riding high. You just can't imagine the energy that is generated from these conferences unless you have been to one. As the conference coordinator, I can now take a deep breath and look back at what took place on Memorial Day weekend.

First, I would like to thank all of District 3 for their financial contributions and their time and effort. They were all amazing and made this conference work.

Next, I would like to thank the City Team Ministries for the conference site and for all their hard work in helping us pull this off.

Most of all, I would like to thank all of you that attended this year's conference — trustees, delegates and all attending MA members who came to add their ideas and made this conference what it was — great!

For those of you out there that have never been to a conference, I highly recommend the next one. The true meaning of "unity" will come to life for you as it did for the rest of us. Forty-plus members of MA working towards one goal, "to get the message to the addict who still suffers."

I sat there each day getting more and more energized and thinking of new ideas that I could bring back to my district. New ideas of literature, fund-raisers and new meeting ideas. The creativity just can't be

stopped when there are that many people working for the same goal.

Next year's conference will be hosted by District 6 (L.A. North). I hope that all of you find it in your recovery to get to the 1995 conference and help MA to carry the message.

Remember, if for some reason you just can't make the next conference, your ideas are still valuable to MA. Get those thoughts to your delegates and trustees during the year so that we may carry your message back to the conference for you. Don't forget, it is "one addict helping another." See you next year. \* \* \* \*

**Editor's Note:** In a story on the World Service's Conference which appeared in last month's edition of *ANEWLEAF*, the following two items were edited out because of space limitations: District 3 was formally thanked in a motion by the Conference body for "performing an exceptional job in caring for the physical and spiritual needs of the delegates and trustees" so they could concentrate on business; and, it was also noted that this year's income (approximately \$4,000) is \$2,000 less than was projected while expenses encumbered remained at expected levels. A full financial report is forthcoming and will be published in an upcoming issue. △

## Congratulations to our members celebrating their sober birthdays!



Bob E.	May 20	6years	•	"Terrorist" John	July 2	3 years
Melody E.	May 20	6years	•	Mike G.	July 7	7 years
Jill K.	June 8	6years	•	Dan K.	July 8	1 year
Doug K.	June 10	6years	•	Joanie	July 8	1 year
Roger H.	June 12	5years	•	Rene G.	July 11	1 year
Steve C.	June 15	3years	•	Pete D.	July 12	1 year
Debbie J.	June 27	1 year	•	Chris F.	July 16	5 years
Paul M.	June 27	1 year	•	John R.	July 17	8 years
Dean (La Chef) W.	June 29	2years	•	Patricia G	July 25	4 years
Betsy C.	July 1	3years	•	Andrea S.	July 25	1 year
Jaime B.	July 1	4years	•	Scott B.	July 27	8 years

# BULLETIN BOARD — News, Events, Misc Items

## Volunteers Needed

The World Services office manager needs volunteers to call back addicts who have left messages on the 800-line. Volunteers should be clean and sober at least six months. Please call Stacey at 1-800-766-6779 and leave a message and your phone number. Open to all districts.

## Convention Funds Come In

We have raised \$275 in contributions toward a future convention focusing on recovery and workshops for our members. If you wish to make a donation, make your checks payable to Marijuana Anonymous and mail to BW L. at 2915 California St.#6, San Francisco, CA 94115. Remember to save your canceled checks — contributions are tax deductible!

## MA's Big (Little) Book

Stories are being sought for an MA personal stories book. Narratives from early members are of particular interest, as well as histories of the early MA, MAA and MSA groups. All stories are subject to editing and portions may be published in *A NEW LEAF* unless otherwise directed by the authors. Send to Carol Mc., 7653 Lindley Ave., Reseda, CA 91335.

## Birthdays & Articles Needed

Having a birthday? Tell us how you stayed clean this long! Submit birthday information and/or articles either to your local Bureau Chief or directly to *A NEW LEAF*, P.O. Box 4314, North Hollywood, CA 91607. Stories should be in by the 15th and birthdays by the 23rd.

## District Notices

Do you (your meeting/your district) have any announcements you'd like to make? Send to The Bulletin Board, c/o *A NEW LEAF*, P.O. Box 4314, North Hollywood, CA 91607.

## A Great Gift Idea

Looking for a gift for an out-of-area recovering friend? Gift cards can be sent in your name with each subscription purchase of *A NEW LEAF*. Single subscriptions are available for only \$10 per year. (The return address is a p.o. box number only.) Mail your order to *A NEW LEAF*, P.O. Box 4314, North Hollywood, CA 91607. And don't forget MA merchandise! A few mugs, caps, tee-shirts and sweat shirts are still available. Ask your GSR for more information. △

## MA WORLDWIDE....

DISTRICT 1 - SAN FRANCISCO  
P.O. Box 194252  
San Francisco, CA 94119  
(510) 287-8873

DISTRICT 2 - EAST BAY  
P.O. Box 8354  
Berkeley, CA 94707  
(510) 287-8873

DISTRICT 3 - SOUTH BAY  
P.O. Box 111341  
Campbell, CA 95011  
(408) 450-0796

DISTRICT 4 - SEATTLE  
P.O. Box 45646  
Seattle, WA 98145-0646  
(206) 548-9034

DISTRICT 5 - ORANGE COUNTY  
358 S. Main #215  
Orange, CA 92668  
(714) 999 - 9409

DISTRICT 6 - LOS ANGELES (NORTH)  
P.O. Box 2433  
Van Nuys, CA 91404  
(818) 566-3678

DISTRICT 7 - LOS ANGELES (SOUTH)  
P.O. Box 3012  
Culver City, CA 90231  
(213) 964-2370

DISTRICT 8 - NEW YORK  
(no address at this time)  
(212) 459-4423

DISTRICT 9 - SANTA CRUZ  
P.O. Box 1481  
Santa Cruz, CA 95061  
(408) 427-4088

NEW ZEALAND  
(no info at this time)

WORLD SERVICE OFFICE, P.O. Box 2912, Van Nuys, CA 91404 • (800) 766-6779

## No Marijuana in My Life

by Steve G., District 6

I don't use marijuana today. One day at a time I am a recovering addict who doesn't choose to use. A Higher Power has allowed me to stay clean today. I didn't know this until I got a sponsor (guide) and went to work on Steps 1, 2 and 3.

I encourage you to investigate this for your program. I feel comfortable today because of continuing on the spiritual journey of completion of Steps 4-12. Service, recognition, humility and honesty keep me sober.

Today I have confidence in myself, God and friends of the MA program who attempt to live life the right way. Sober is better.

Have Fun! △

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