



SEPTEMBER 2005  
Volume 15, Number 9

# A NEW LEAF

A PUBLICATION OF MARIJUANA ANONYMOUS

## Willingness to Go to Any Lengths

by Ernest F.

I entered recovery by admitting to a county health care agency worker I was a pothead. At first I couldn't believe I'd said this. I had some willingness to admit pot was a problem. Then I found M.A. and a partial hospitalization program. When I walked through the doors to my first meeting, I did not believe I was doing this. I envisioned this group as some super serious people who quit pot and were trying desperately to cope.

I had all these expectations. The people there were laughing, joking and talking amongst each other before the meeting started. I was welcomed and felt comfortable right away. I thought I would listen and consider quitting smoking pot. By my being willing, I stayed and got a 30-day chip. I swore an oath to myself I would give it thirty days and then would go out and do some "controlled smoking" after smoking pot for 20 years.

This seems so funny to me now. I didn't have control, the pot did. Then I became willing to keep coming back and started to like the way I felt clean from pot, detoxed and living a sober life. I was willing and took commitments to get me to the meetings and keep me in recovery. Now I finally have a sponsor, after doing very little program work for years. My sponsor is someone that I want to talk to and do the steps with.

The steps are truly a design for living, and my sponsor stresses the points to focus on and keeps me honest with myself. I became willing to be teachable, slowly at first. Then I got some 12-step meditation books and began a morning meditation practice. I guess I became more open and agreeable to the program. It's kept me sober and given me the 12-steps, which are REAL tools I can use to cope with life.

I journal and write a lot. This has become a useful tool in my recovery. I turn my life over to the care of a Higher Power daily and pray for others, which helps me get out of self. I still have district level commitments and try to give back to M.A. as it so freely gave to me. You just have to be willing to work and be open to it.

## You Can Never Go Back

by Anonymous Ex-Stoner

I had 7 months clean from pot and alcohol. That was BIG!!! In the 14 years I had smoked pot, I'd only been able to stay clean for short periods of time. I found MA online in August 2004. I couldn't believe it. I found out that MA is a great program. It gave me everything I needed to stay clean for an extended period of time.

I threw myself into the program like I had thrown myself into my pot smoking. I carried the promises in my pocket. I carried my chip in my pocket. I called people on my phone list. I called my sponsor every day. I worked really hard on the steps. I got to step 4 and got stuck. I thought I was done. But my sponsor wanted me to do more. So I tried. Around this time, I had become accustomed to whining about once a week to my sponsor. It never worked out to get through the step. I lost my sponsor around this time. Dealing with other humans has never been easy for me, and I had put her up on a pedestal when we first got together. When she let me down, I was so angry. I convinced myself that anything was better than being so angry all the time, and that since I had gone so long clean and sober (7 months), that I could go back out and use once in a while. I convinced someone to help me score, then went ahead. That night I smoked way too much, and ate way too much, and got really sick. I was up every couple of hours all night long, puking my guts out. But that didn't stop me. I rationalized that it must have been something bad I ate, or a combination of food I had eaten that made me sick.

I finished up the bag, smoking all day long, just like before I got clean. I slept a lot. I did a lot of thinking, and made myself a list of reasons why I need to not smoke pot. Pot controls me. I can't control it. It's like that cliché I've heard, "one is too many, and one thousand is never enough." I just wanted more and more. I fell into a deeper depression than I've been in for a long time. My friend scored another half a bag for me. I wanted to save it, but knew deep down that I would just smoke it all up. I knew MA is the only thing that would help me stay clean. I have to work a program, and stay in contact with my Higher Power. I can't ever go back to the days of using pot recreationally. Now I have no doubts. Relapse was something I had to do. I can go back to being sober and living life on life's terms. I can trust in my Higher Power. I am back to stay.



## 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.

### District Bureau Chiefs

District 1:	Ari
District 2:	Robert M.
District 3:	Jerry P.
District 4:	Thor
District 5:	Terry H.
District 6:	Carol R.
District 7:	Rob H.
District 8:	Rich L.
District 9:	Rockin' Rob
District 10:	Kristopher T.
District 11:	Paul G.
District 12:	Jody S.
District 13:	Scotty A.
Austin, TX:	Valerie T.
Chester Co., PA:	Lee R.

### ANLP Staff

Office Manager: Tom W.  
Field Editor: Susan B.  
Publishing Editor: Peter S.  
Secretary: Lisa T.  
Treasurer: VACANT  
Chairperson: Brandon R.

Send all articles, inquiries and correspondence to:  
ANLP@marijuana-anonymous.org  
or  
A New Leaf  
P.O. Box 6842  
Torrance, CA 90504

We send approximately 681 copies of *A New Leaf* each month to subscribers in 31 states



## The Roving Reporter

For this month the Roving Reporter asked, "What do you do to take care of yourself when you're feeling low?" Here is what a few had to say:

My answer should be obvious...spend some time with rover, that's with my two dogs, Buddy and Modoc. Go out for a walk in nature and enjoy this beautiful world. Sounds too simple? Well, nothing lifts my spirits more than seeing nature in action. Dogs have such wonderful spirits. Being in nature reminds me that there's really nothing I need do, that HP is providing for us all, trees, birds, animals, the rocks the universe and myself. *thomas, aka buggin district 13*

I used to distract myself using weed, TV and obsessing about others when I felt low. Anything but looking into myself, because I "couldn't stand the pain." Today in recovery I have slowly learned to pick up the phone and call until I reach someone to talk to, or I jump on my bike and exercise. Sometimes I just sit with those feelings without judging them. They have a lot to teach me. *Drea, District 11*

Eat healthy food and avoid the white stuff (flour, starches, sugar). This always works for me. *Brandon, District 11*

I get perspective. I remember that I have felt low before and I got through it, so when I feel that way I know I won't always feel that way and I remember that there's a lesson in it. Then I call my sponsor to find out what the lesson is. *Paul G., District 11*

Call somebody. *Danielle, District 11*

Yoga. *Mac'ia, District 11*

I wish I knew cause I am right now --- sitting quietly in mediation; aromatherapy; drumming; hanging out with my animals. *Mike F., District 11*

I try and remember (meditate on, if I can) three things: a) that sadness, pain, and confusion, like joy, satisfaction, and inspiration are only temporary, as all things are, b) that I'm always connected to my loving and caring source, always, and c) that because of these two absolute Truths, all problems are illusions of the mind, traps created and maintained by the ego. Of course, if I can't remember all that stuff, I get my ass to a meeting. Oh, and to take care of myself, cookies don't do it anymore. Instead, I find something constructive to do like taking a soak, going to the gym, cutting my nails, gardening, calling my sponsor, stopping to pet a kitten I've never met while walking down a road I've never walked... *Anonymous*

I try to talk to someone in a program, go to a meeting or better yet log on to ma-online.org. Then I can gain a better perspective when I get myself out of myself with the help of my friends in the program. When I am feeling low it's like a toothache. All I think about is my pain. I have to make a conscious effort not to dwell on the bad. I try not to listen to the kind of music I really love. The music that feeds the sad or bitter emotions. So I try to think up recovery parodies. Anything to get out of my own pain. *Phantom Recovering Pothead - District 5*

First things first...I call my sponsor to help me sort out what is "really" bothering me. I go to a meeting. I do a 20 minute session of yoga to relieve the physical kinks. Lately I do a lot of e-mailing with the MAWS literature committee as we are working diligently on the MA step study workbook. Or I just do something fun...play with my daughter, go camping, take a nap in the sun (if available) this is Oregon, after all. Mostly, I take into account that I am allowed to feel my feelings and as long as I'm not on the pity pot too long. God will always provide what I need!!! *Trisa, District 11*

For October, the Roving Reporter asks, "Why is it important to be of service?"

# Knowing my Higher Power

by Oshynbeach

One day while driving to my husband's cousin's house in New Orleans, my husband and I were arguing. I can't remember what we were arguing about. All I know is I kept asking God, if smoking pot was so wrong, to give me a sign. After an hour and a half drive of smoking pot and arguing all the way there, I stepped into the bathroom to pee. The next thing I knew I was picking myself up off the floor. I knew my Higher Power had given me that sign, but it didn't stop me. I kept right on smoking. I never told anyone this story until I pushed myself into an M.A. meeting. I came to the realization marijuana was the reason I could find that Higher Power, which I can now call god. I am learning to seek his guidance in all aspects of my life. It has taken me 42 years to find the path to purpose and direction. I'm not there yet, but I feel I'm being guided in the right direction. I'm meeting people who are clean and sober and I'm making my family proud. I'm only 38 days clean at the time of writing this and I know I have a long way to go, but if I keep the people in my life through fellowship in M.A., I know that God will show me what he's had for me to do all my life.

Keep coming back, it works if you work it.

## SHARE ON STEP 9:

STEP NINE, AN ACTION STEP INVOLVES VERBALIZING OUR REGRETS TO PEOPLE WE HAVE HARMED. WE ADMIT OUR PART AND DO WHATEVER IS POSSIBLE TO MAKE AMENDS. DIRECT IS A KEY WORD HERE, WHENEVER POSSIBLE REQUIRES HUMILITY AND COURAGE. AND WE KNOW THAT COURAGE IS BEING AFRAID BUT ACTING ANYWAY.

I ONCE THOUGHT I COULD GO THE EASY ROUTE AND SEND A HALLMARK CARD WITH A FEW WORDS. WHAT I GOT LATER WAS A CALL FROM SOMEONE IN A DRUNKEN STUPOR. KEEP IT SIMPLE AND DIRECT. THIS STEP IS FOR US IN STATING OUR ERRORS AND HOW WE WILL MAKE AN EFFORT TO CHANGE THE BEHAVIORS AND ATTITUDES. WE MUST CONSIDER THE COST TO OTHERS IF IT WILL HURT THEM OR NOT. SOMETIMES IT'S BEST TO MAKE A "LIVING AMENDS OR INDIRECT AMENDS TO THOSE WHO DIED OR ARE UNAVAILABLE. WE CAN WRITE A LETTER, READ IT TO OUR SPONSOR AND GOD. IF I HAVE NEGLECTED FAMILY MEMBER IN THE PAST, I CAN PAY ATTENTION TODAY AND BE OF SERVICE TO OTHERS. IN STEP 8 I LISTED WHOM I HAD HARMED, HOW I HAD HARMED AND MY PART IN IT (STEP 4). STEP NINE IS NOT JUST SAYING, "I'M SORRY, IT'S THAT I TRY TO CORRECT THE WRONG. I'M STILL CLEARING UP THE WRECKAGE OF MY PAST. BUT IT FEELS GOOD TO AT LEAST CLEAR AWAY WHAT I CAN WHEN I CAN.

BY PHANTOM RECOVERING POTHEAD - DISTRICT 5

## Share on Tradition 9:

I must say that tradition 9 was one that attracted me to this program. I thought, "here's a place I can belong one that ought never be organized." That's because I never feel organized. It's part of my unmanageability.

I realize in the real sense of the tradition it is a service structure, with a rotation of leadership. Groups have business meetings, Public Information and convention committees. After all, someone has to arranged for speakers, set the dates, find the places. These serve us all to keep us informed and help maintain M.A. unity.

*by Phantom Recovering Pothead - District 5*

## DISTRICT NEWS

### District 5

*Annual Mt. Palomar Campout*  
Sept 30-Oct 2<sup>nd</sup> – [www.madistrict5.com](http://www.madistrict5.com)

### District 6

*Life is a Cabaret -- Talent Show*  
Sept 9<sup>th</sup> – [www.madistrict6.org](http://www.madistrict6.org)  
2006 Convention fundraiser

email: office@marijuana-anonymous.org  
 For Land and Online Meeting Schedules Go To:  
 http://www.marijuana-anonymous.org

# MA WORLDWIDE

**MA World Service Offices**

PO Box 2912, Van Nuys, CA 91404  
 800-766-6779

**San Francisco (Dist. 1)**

PO Box 460024, San Francisco, CA  
 94146-0025  
 415.522.7373

**East Bay (District 2)**

PO Box 20484, Oakland, CA 94620  
 510.287.8873

**South SF Bay Area (District 3)**

P.O. Box # 551  
 Saratoga, Ca. 95071-0551  
 408.450.0796

**Western Washington (District 4)**

POB # 17323, Seattle, WA 98107-1023  
 206.548.9034

**Orange County (District 5)**

(Includes San Diego)  
 1439 W.Chapman Ave.  
 PMB #215, Orange, Ca 92868  
 714.999.9409  
 619.685.2808

**LA County No. (District 6)**

PO Box 2433, Van Nuys, CA 91404  
 818.759.9194

**LA County So. (District 7)**

PO Box 3012, Culver City, CA 90231  
 323.964.2370

**New York (District 8)**

PO Box 1244, Cooper Station  
 New York, NY 10276  
 212.459.4423

**Santa Cruz (District 9)**

PO Box 3003, Santa Cruz, CA 95063  
 831.427.4088

**LA County East (District 10)**

(Includes Inland Empire)

PO Box 94400, Pasadena, CA 91109  
 626.583.9582

**Portland (District 11)**

PO Box 2012, Portland, OR 97208-2012  
 503.221.7007

**North Bay, CA (District 12)**

PO Box 1001, Petaluma, CA 94952  
 415.419.3555  
 707.583.2326

**MA Online (District 13)**

PO Box 2912, Van Nuys, CA 91404  
 800-766-6779

**District 14**

**London, England Chapter**  
 07940.503438

**Chester Co., PA Chapter**

PO Box 194, Sadsburyville, PA 19362  
 610.622.9243

**Hawaii**

www.angelfire.com/ma4/hawaii  
 (808) 965-5535 - ext. #5  
 ma4hawaii@hotmail.com

**Fresno, CA**

4718 Griffith Way, Fresno, CA 93722  
 559-289-5099  
 DuaneizKing1961@sbcglobal.net

**Colorado**

303.607.7516

**Denton, TX**

outofthefogDFW@yahoo.com

**Ithaca, NY**

ma\_ithaca@yahoo.com

**Omaha, NB**

omaha\_ma@hotmail.com

**Rogue Valley, OR Chapter**

541.941.2995

**Westmont, NJ**

JERSEYMA12@yahoo.com

**Australia**

MA Australia  
 PO Box 202, Hindmarsh, 5007, South Australia  
 0.500.502.654  
 maaustralia@yahoo.com.au

**St. Louis, MO**

ma\_stpeters@hotmail.com

**New Zealand**

MA Service Centre, PO Box 74-386  
 Market Road, Auckland 3, New Zealand  
 649.846.6822

**Austin, TX**

higherground\_austin@yahoo.com

**Chicago**

Ma\_chicago@hotmail.com

## ATTENTION IMPORTANT ANLP NEWS

Dear Marijuana Anonymous fellowship. Please note A New Leaf Publications has a new P.O. BOX address. It is P.O. BOX 6842, Torrance, CA 90504 and can also be found on page 2 for future reference. Please ensure you use this new P.O. BOX for all your written correspondence in the future. Thank you, ANLP STAFF

A New Leaf Publications is seeking a volunteer to serve as Executive Treasurer. To qualify as an executive director one must be clean and sober from marijuana, alcohol, and all other mind altering substances for two years AND must satisfy at least one of the three following requirements; 1. Has been either a Managing or Executive Director on the board of ANLP for at least one year, 2. Has been a MAWS Trustee for at least one year, or 3. Has been a MAWS Delegate for at least one year. The selected candidate will have a solid understanding of basic accounting & bookkeeping principles and practices and show demonstrated competency managing financial services professionals. Duties to include; managing professional accounting bookkeeping services provided by an outside vendor, maintaining general oversight of ANLP's financial systems, controls, and obligations. If you are interested please contact Brandon by e-mail at [office@marijuana-anonymous.org](mailto:office@marijuana-anonymous.org).



# BIRTHDAYS



Are you celebrating a birthday in the next few months? Or have you celebrated one in the last 30 days and not seen it in A New Leaf? If you live in a District area of MA, let your Bureau Chief know about it. If not, tell us! For contact information, see the box on page 2.

### District 6

Whisker 9/09/03 2 years  
 Desiree 6/07/02 3 years  
 Stella 8/11/02 3 years  
 Vicky H. 7/19/01 4 years  
 Mark I. 6/21/99 6 years  
 Ellie F. 9/27/97 8 years  
 John B. 7/23/96 9 years  
 Cliff B. 8/05/93 12 years  
 Kurt S. 8/12/92 13 years

### Fresno, CA

Racheal V. 8/17/04 1 year!  
 Norton C.K. 8/01/04 1 year!  
 Monquie L. 9/04/03 2 years  
 Joh 8/08/04 1 year!  
 Etheia C. 8/16/04 1 year!  
 David G. 8/12/03 2 years  
 Anthony A. 9/30/02 3 years

### District 5

Az 9/30/86 19 years  
 Terry H. 9/07/96 9 years  
 Tres 9/20/02 3 years  
 Sarah V. 9/30/03 2 years

### District 12

William 9/11/03 2 years  
 Robert D. 9/13/98 7 years  
 Dan T. 9/22/04 1 year!  
 Lawrence D. 9/30/98 7 years

### District 3

Chuck F. 9/05/99 6 years

### District 11

Drea 8/27/02 3 years

**Celebrating 130 Years of Sobriety in This Issue!**