



"The only requirement for membership is a desire to stop using marijuana."

Events & Announcements

NEMA Holiday Party

The New England MA holiday party will take place Saturday, Dec. 14 from 5 – 8 p.m. at Grace Episcopal Church, 76 Eldredge St, Newton MA, beginning with a potluck dinner followed by a meeting at 7 p.m. Sign up with your food contribution on the NEMA events page: <https://newenglandma.org/events.html>.

NEMA District Service Elections

Your service is appreciated! All New England MA members are invited to attend the NEMA District Service Committee on Monday, Dec. 9 at 7 p.m. to volunteer for service positions for the upcoming year. Service positions include: Delegate, Chair, Vice Chair, Secretary, Chips, Literature, HIPI, Events, Outreach, Internet, and Fundraising. Descriptions can be found [here](#). The link to join the Zoom meeting can be found on the NEMA website homepage: newenglandma.org.

Group conscience for January MAWS conference

MA World Services is convening a meeting of the fellowship on January 11 to decide on proposed changes to the Daily Reader. Group Service Representatives - please collect group consciences at your group's business meeting and report results to our Delegate, skylar, at evildoombabies@gmail.com. Agenda items can be found [here](#) on page 6.

Online Introduction to MA Workshop

MA World Services and the Newcomer Support Committee is presenting an Introduction to Marijuana Anonymous workshop on Sunday, Dec. 8 at 4 p.m. Eastern Time. Topics will include withdrawal, sponsorship, MA meetings, and a Q&A, Join us! Zoom link: [MA12.org/Intro](https://ma12.org/Intro).



District 22 New England MEETINGS

<https://newenglandma.org>

Virtual (V) In Person (IP)

SUNDAY

- X-Sunday Stoners, 6 pm (V)
- **NEW!** Lovely Buds, (IP) 6:30 pm, Northampton MA
- Monterey MA, (IP), 7 pm, Monterey, MA
- Somerville SobrieTEA, 7:30 pm (V)
- Band Camp, 9 pm (V)

SUNDAY THROUGH FRIDAY

- Rise and Shine, 6 am (V)

MONDAY

- Serenity on the Sand, (IP), 6 pm, Hyannis, MA
- Joint Session, (IP), 7 pm, Burlington, VT
- Unbaked Boston Beans, 7 p.m. (IP) Brookline, MA
- Freed from Weed, (IP), 7:30 pm, Southboro, MA

TUESDAY

- Rainbow Buds, 6 pm (V)
- **NEW!** The Bratt Pack, (IP), 6 pm, Brattleboro, VT
- Arlington Tues. Nights, (IP) 7 pm, Arlington, MA
- Keep Off the Grass, (IP), 8 pm, Beverly, MA

WEDNESDAY

- It Doobie Like That, (IP), 5:30 pm, Portland, ME
- **NEW!** RI New Leaf, (IP) 7 pm, Providence, RI
- Stone Free, 7 pm, (V)
- Young People MA, 7 pm, (IP & V), Quincy, MA
- Wednesday Weed Whackers, 8 pm (V)
- Gathered Leaves, (IP), 8:30 pm Northampton, MA

THURSDAY

- Young People MA, 7 pm, (IP & V), Westfield, MA
- Stomp on the Roaches, 8 pm (V)

FRIDAY

- Kind Buds, 6 pm, (V)
- Friday Night Don't Light, 8 pm (V)
- Chronically Recovering, (IP) 8 pm, Newton, MA

SATURDAY

- Wake & Don't Bake, 11:30 am (V)
- Sober Saturdays, 7 pm, (V)

Recovery is Discovery: Reflections from NEMA Members**Stinking Thinking**

I recently passed through a couple of days where I was overwhelmed by negative thinking. These thoughts tore at the fabric of my well-being. I felt emotionally triggered in a social situation and I experienced a landslide of emotional thoughts.

Even though I have a little time sober in MA and even though I've been relieved of the obsession to use because of MA, I need to stay vigilant and wary of stinking thinking. It seems like just one negative thought can fuel a train of negative thoughts and, as a Sober woman, I can't let this kind of thinking take root in my mind. Negative thinking, unrestrained, will lead me back to using and I'm learning that what I think dictates how I feel and how I feel dictates how I behave.

The steps of the MA program teach me the valuable tools of pausing and restraint. It takes daily training and practice, because pausing is not innate. But by slowly learning to pause, just here and there, a space opens up before me and I inherit the freedom to choose my next steps. If I can employ pausing and restraint, I can catch a negative response, identify it briefly, and choose another course of action.

I've learned that the people and the world around me are not the cause of my troubles. It is my perception of the people and the world around me that is my greatest source of turmoil at times. I understand that this may sound overly simplistic but when I am disturbed by a person, place, or thing, I play a role in that disturbance. What's helpful about this concept is that I can never play the victim with this attitude. Taking responsibility for my thoughts, feelings, and actions sets me free.

As a woman who has the disease of addiction, there are tools that I can use every day. I need to continue to go to MA meetings and to develop an attitude of service. I also have the loving support of my fellows who help to keep me on track and when I fall, MA gives me the strength to get back in the saddle and to continue on this journey of learning about my character defects and how to use the tools that MA sets down before me. Pausing and restraint are only one set of tools of the many tools that MA has to offer. And this is why I need to go through the steps with a sponsor. Behind each step there is a new tool to learn.

~ Ann S.

FORGIVENESS

I forgive myself for not knowing the answers.
 I forgive myself for the control I've tried to have.
 I forgive the parts of me that have been stuck.
 I forgive my conditioning & programming that has run my past life.
 I forgive myself for not allowing myself to love another partner.
 I forgive myself for the ways my past self has tried to protect me.
 I forgive myself for being so hard on myself a lot of the time
 I forgive myself for all the ways in which I've previously treated my body.
 & for all the times I've allowed others to mistreat my body.
 I forgive myself for being different than the status quo.
 I forgive myself for all the times I've acted out of alignment with who I really am
 so that family & others would love & accept me.
 I forgive myself for forgetting who I am and where I come from.
 I forgive myself for this mind that tries to understand everything.
 I forgive myself for giving my power away the moment I started using.
 I forgive myself...
 ...for being human.
 & I forgive myself for negating my humanness...for trying not to be human...
 ...when that's what I am, at least for now.
 I forgive you & I love you deeply.

~ Samantha D.



If it's heavy, let it go.

submit your recovery-focused reflections, poetry, and photographs for publication in NEMA's quarterly newsletter! Email: info@newenglandma.org