



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

Events & Announcements

NEMA Picnic

Celebrate your independence from marijuana during New England MA's summer picnic on Sunday, July 21 beginning at noon at Blue Hills Reservation in Milton, MA. The picnic will take place in the Houghton's Pond recreation area. Bring your picnic lunch, snacks, water, a hat, sunscreen, and your experience, strength, and hope for some sober fun in the sun! View map & information at: [Events | newenglandma.org](https://newenglandma.org/events)

NEMA Campout!

Get ready for a weekend of fun and fellowship! The Events Committee has reserved a campsite at Shawnee Crowell State Forest in Sandwich, MA from Friday, Sept. 6 – Sunday, Sept. 8. More details, including carpooling arrangements, will be announced soon on the NEMA website: [Events | newenglandma.org](https://newenglandma.org/events).

Online Introduction to MA Workshop

MA World Services and the Newcomer Support Committee is presenting an Introduction to Marijuana Anonymous workshop on Sunday, Aug. 4 at 3 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).

MA Word Services Convention

The MA World Convention is the annual recovery and social gathering for all of MA Anonymous. This year's convention, Gratitude by the Golden Gate, takes place Aug. 30 – Sept. 1 in San Francisco, CA. For details, visit: [Fellowship Convention - Marijuana Anonymous Convention 2024 \(mawsconvention.org\)](https://mawsconvention.org)

Service Opportunities

Our Fellowship welcomes volunteers to serve as meeting chairs (script provided!), literature representative, group service representatives (GSR), and other short and long-term roles. Service positions are also available on District and MAWS committees. Learn more: [Being of Service - Marijuana Anonymous \(marijuana-anonymous.org\)](https://marijuana-anonymous.org/being-of-service)

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



District 22 New England MEETINGS

<https://newenglandma.org>

Virtual (V) In Person (IP)

SUNDAY

- X-Sunday Stoners, 6 pm (V)
- **NEW!** 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
- Freed from Weed, (IP), 7:30 pm, Southboro, MA

TUESDAY

- Rainbow Buds, 6 pm (V)
- 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
- Stone Free, 7 pm, (V)
- **NEW!** Young People MA, 7:15 pm, (IP & V), Quincy, MA
- Wednesday Weed Whackers, 8 pm (V)
- Gathered Leaves, (IP), 8:30 pm Northampton, MA

THURSDAY

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

FRIDAY

- Kind Buds, 6 pm, (V)
- Unbaked Boston Beans, 7 pm, (IP), Brookline, MA
- Friday Night Don't Light, 8 pm (V)
- Chronically Recovering, (IP) 8 pm, Newton, MA

SATURDAY

- **NEW TIME:** Sober Sisters of MA, (IP), 10 am, Lynn, MA
- Wake & Don't Bake, 11:30 am (V)
- Sober Saturdays, 7 pm, (V)

Recovery is Discovery

Reflections from NEMA Members

Service in Recovery

MA has saved my life, along with many others. I was introduced to addiction at a young age as some family members struggled with it. It took me into my college years to really understand how serious addiction is, however.

My marijuana usage started as I entered college. At first it was just something casual with friends, but it quickly turned into something much more. By my sophomore year, I was smoking daily. I needed it to leave my dorm regardless of what I was doing. I became dependent on it and it was starting to control my life.

Junior year came along, and I was still smoking as much if not more than ever. I started to develop CHS, or Cannabinoid Hyperemesis Syndrome. This condition has become more prevalent in users over recent years. CHS happens when you have cycles of nausea, vomiting and abdominal pain after using marijuana for a long time. I had many bouts of CHS, many weeks being sick all day, losing between 10 and 50 pounds per bout. After I felt better, my addict brain told me there's no way it could be the marijuana and I would go back to using and repeat the process all over again.

When I found the rooms of MA, I was at my rock bottom, I had no hope left. I remember how amazing my first meeting was, a room full of hopeful addicts all striving toward the same goal of sobriety. I stayed that first night for an extra hour and a half after the meeting with the host and some core members who I am lucky enough to call my best friends now. They showed me what I wanted was achievable and that I deserved sobriety. After my first month in recovery, I wanted to give back to the program and be the person they were for me on that night. I started volunteering to chair meetings and I fell in love with it and with service as a whole.

Since my first month, I have attended multiple business meetings per month and have volunteered to do a form of service every month.

Service has strengthened my recovery tenfold and holds me accountable to myself as well as others. Without service there are no meetings! I recently have even taken a service role at the district level. I continue to preach service every meeting I chair, as for me it has been a major part of my continued success in recovery. Without service, the meetings, and my MA fellows I would not be celebrating 18 months of sobriety. I can honestly say I have never been happier in my life than I am today being clean and sober, as well as in recovery. I am blessed to be where I am at the age of 24.

If no one has told you they love you today, I love you! Stay strong!

~ Joshua H.

But How Do We Do It?

Nature is flamboyantly showing us how it's done.

Gurus,
calling us Home in each and every moment...

When the eyes and hearts are open to receiving their obviously subtle, silent teachings.

The butterfly that flutters by in the wind
delicately showing off her transcendence.

The dragonfly that undergoes twelve transformations before taking flight into the air above.

The plant, that grows until a climax of colors on petals blooms into geometrical shapes sending its aromatic fragrance to dance with the wind.

The tiny seed, that explodes into a magnificent, gigantic tree connected and fed by an intricately extensive underground root system...

Transcendence won't be found on the same plane that keeps us separated. When one is willing to take on a completely different form, leaving no resemblance of the prior, through trusting in the infinite nothingness that we are...

That is when we will dance in the wind with the butterflies,
the dragonflies,
burst into ecstatic flowers with fragrance,
climb the skies on growing branches...

There...
that is where we will all meet again.

~Poem & cover photo
Samantha D.