



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

## EVENTS & ANNOUNCEMENTS

### STEPS 1, 2 & 3 VIRTUAL WORKSHOP SERIES

Hosted by the MA World Services Newcomer Support Committee, these free, 90-minute Saturday workshops delve into the foundational steps of Marijuana Anonymous and include inspiring readings, speakers, and fellowship.

- Jan 13, 2024 – Step 1, 12:00 PM-1:30 PM Eastern Time
- Feb 10, 2024 – Step 2, 12:00 PM-1:30 PM Eastern Time
- March 9, 2024 – Step 3, 12:00 PM-1:30 PM Eastern Time

Learn more: <https://marijuana-anonymous.org/events/workshop123/resources>

### SERVICE KEEPS US SOBER

All MA groups rely on volunteers to sustain meetings. Please consider doing service at your meetings; they cannot run without you! Volunteer opportunities are also available at the District and World Services levels.

New England Marijuana Anonymous (NEMA), District 22, encourages members to participate in service roles during the meetings they attend, such as chair (scripts provided!), timekeeper, group meeting representative (GSR), treasurer, secretary, and chips leader.

The District Service Committee (DSC) for New England's District 22 meets the second Monday of every month from 7-8:30pm on Zoom: <https://newenglandma.org>. Open positions at the district level include Fundraising and Hospitals and Institutions/Public Information (HIPI). The election of two delegates to MA World Services will take place during the Feb. 12 meeting. If interested in serving in this capacity or supporting the election, please attend the meeting.

NEMA also holds a twice-monthly HIPI panel (1<sup>st</sup> & 3<sup>rd</sup> Mondays at 7PM) at McLean Hospital in Belmont, MA. To get involved doing service carrying the message of recovery to people in hospitals & institutions and/or sharing public information, reach out to: [hospitalsandinstitutions@newenglandma.org](mailto:hospitalsandinstitutions@newenglandma.org)

For more information about how to be of service, visit MA World Service's new "Being of Service" webpage: <https://marijuana-anonymous.org/service>

MA World Services currently has the following open position:

- A New Leaf Publications (ANLP) Volunteer Content Editor

Learn more: <https://marijuana-anonymous.org/open-positions>

### RESOURCES

Find all the literature and pamphlets on the free MA app!

Celebrate your milestones! If you would like a chip for your time, email your postal address and sober time to [CHIPS@NEWENGLANDMA.ORG](mailto:CHIPS@NEWENGLANDMA.ORG) and we'll mail it to you!



### District 22 New England MEETINGS

<https://newenglandma.org>  
Virtual (V)      In Person (IP)

#### SUNDAY

X-Sunday Stoners , 6 pm (V)  
Somerville SobrieTEA, 7:30 pm (V)  
Band Camp, 9 pm (V)

#### MONDAY THROUGH FRIDAY

**NEW!** 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, Southborough, MA

#### TUESDAY

Rainbow Buds, 6 pm (V)  
Arlington Tuesday 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)  
Wed. Weed Whackers, 8 pm (V)  
Gathered Leaves, (IP)  
8:30 pm, Northampton, MA

#### THURSDAY

Stomp on the Roaches, 8 pm (V)

#### FRIDAY

Kind Buds, 6 pm (V)  
**NEW!** Unbaked Boston Beans, 7 pm  
(IP) Brookline, MA  
Fri. Night Don't Light, 8 pm (V)  
Weapons of Grass Destruction (IP)  
8 pm, Newton, MA

#### SATURDAY

**NEW!** Keep Off the Grass Women's  
Meeting (IP) 9 am, Lynn, MA  
Wake & Don't Bake, 11:30 am (V)  
Sober Saturdays, 7 pm (V)

# Recovery is Discovery

## Reflections from NEMA Members



### Nature's and Recovery's Ongoing Cycles – Unity, Recovery, Service

The winter season has begun, and our earth renews its journey around the sun. The days are getting incrementally brighter. Plants and animals hibernate and recover for the new year. In our fellowship, as in nature, we are reflecting on the ongoing process of recovery. Spiritual awakening compels us to carry the message of hope to our fellow addicts and to practice spiritual principles in our lives. We return to our foundational steps 1, 2, and 3. We are honest and admit we can't recover alone. We are open that a power greater can. And we are willing to let go and let God."

During this season, we reflect on our experiences and lessons of the past year and dream about our hopes for the new year – one day at a time. As the plants and animals need time to rest and recover, so do we. We reflect on the gifts we have received, and we can't keep them unless we give them away. What gifts can we share with others today and in the new year? Being present, listening, calling, holding space, taking a hit of life-giving breath and sharing this serenity and courage with others are simple gifts, and perhaps the most important.

During the darkest time of the year, we remember the smallest candle can light the greatest darkness. Where are our lights, or stars, that guide us through this season? Is there a little light in you that you can shine in your day and brighten others' day with?

~ Brian L.

### 10/23/23 to Now

Empty & Sad  
I just want to use  
over & over again

But I want to be  
CLEAR  
free and in control of  
my life & actions

### P R E S E N T

I want stability & clarity  
yet I keep using  
& using  
& using  
Sobriety feels so far away

Yet as of today November 27th, 2023  
as I send this poem to the newsletter  
depicting my pains of deep addiction

I am almost 27 days sober  
I begin to feel  
CLARITY  
STABILITY

Will I be sober next month?  
That I do not know  
But I am sober today & I  
Take it one day at a time

k n o w i n g

The opposite of addiction is  
CONNECTION

~ Shley B.

### SHARING IS CARING!

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