

Welcome Everyone!! I'm Willow, grateful recovering marijuana addict, and today's MA meeting host. My co-host is _____.

Please help me to open this meeting with the Serenity Prayer:
God, grant me the serenity to ACCEPT the things I cannot change,
the COURAGE to change the things I can,
and the WISDOM to know the difference.
AMEN

If anyone has an MA related announcement, please send me a private message now so that it can be included at announcement time.
If anyone needs an attendance verification letter, please pm me after the meeting.

Marijuana Anonymous is a fellowship of men and women who share our experience, strength, and hope with each other that we may solve our common problem and help ourselves and others achieve freedom from marijuana addiction.

We can do this by practicing our suggested twelve steps of recovery and by being guided as a group by our twelve traditions.

The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. MA is not affiliated with any religious or secular institutions or organizations, including those organizations that sponsor our meetings and has no opinion on any outside controversies or causes.

Who is a marijuana addict?

We who are marijuana addicts know the answer to this question.
Marijuana controls our lives! We lose interest in all else; our dreams go up in smoke.
~~Poof~~

Ours is a progressive illness often leading us to addictions to other drugs, including alcohol.
Our lives, our thinking, and our desires center around marijuana - scoring it, dealing it, and finding ways to stay high.

Are there any newcomers here?
Please introduce yourselves by first name only so we can welcome you :)

HOW do the 12 steps work?
Honesty Openness Willingness:
The practice of rigorous honesty,
of opening our hearts and minds, and
the willingness to go to any lengths to have a spiritual awakening is essential to our recovery.

Our old ideas and ways of life no longer work for us.
Our suffering shows us that we need to let go absolutely.
We surrender ourselves to a Power greater than ourselves.

Here are the steps we take which are suggested for recovery:

1. We admitted we were powerless over marijuana, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs.

Do not be discouraged, none of us are saints.
Our program is not easy, but it is simple.
We strive for progress, not perfection.

Our experiences, before and after we entered recovery, teach us three important ideas:
That we are marijuana addicts and cannot manage our own lives;
that probably no human power can relieve our addiction;
and that our Higher Power can, and will if sought.

Now would anyone like to acknowledge any clean time?

In MA Online we send out Cyber Chips to recognize and celebrate milestones of clean time. We have a chip for 24 hours, 30, 60 and 90 days, 6 months, 9 months, 1 year and 18 months. We also have physical chips to recognize milestones of 90 days and above which can be mailed to you.

If you are celebrating one of these milestones please send me a private message. I will take your information in private, and have a chip sent to you.

The format of this meeting is topic discussion. Once a topic is decided I will ask for anyone who would like to share. An " ! " is used to show a desire to speak. When done sharing please indicate with Thanks, go ahead (GA) or something similar. We ask that

you please limit your sharing so that everyone has a chance to share."

It is also suggested that if you have used within the last 24 hours that you not share but please stay and listen. Questions should be saved till the conclusion of the meeting.

Burning desires to speak will be called 10 minutes before the end of the meeting. This is a non-crosstalk meeting. Cross-talk can be defined as interrupting or commenting on a share.

Would anyone like to suggest a topic to discuss?

The topics to discuss are: surrender, acceptance, step 6, patience, or anything else that you would like to discuss.

Who would like to share next? We ask that you please limit your sharing so that everyone has a chance to share.

Who would like to begin? We ask that you please limit your sharing so that everyone has a chance to share.

(announcements~~~~ make midpoint of shares)

Now for MA Announcements: Our 7th Tradition states, "We are fully self-supporting, declining outside contributions."

We have a post office box to collect any 7th Tradition donations MA Online members may want to contribute. The money collected will support MA Online, and MA as whole, and help spread the message of recovery.

You may send cash, or check or money order made out to "MA Online" to this address: MA Online, c/o Daniel G., P.O. Box 10072, Austin, TX 78766 or click Pay Pal on the main web page: <http://www.ma-online.org/>

MA Online is always looking for people to be of service by helping to lead our meetings. The only requirement is to have at least 60 days of continuous sobriety. Hosting requires a commitment of showing up on your scheduled day or finding a replacement host. If interested, please talk to the host after a meeting. Also, we need Group Service Representatives.

You can co-host the meeting with any amount of sobriety over 24 hrs. How often is completely up to you. Serving others is an important part of the program that helps us to stay clean. If you are interested please let the host know after a meeting.

Another way to be involved in service is through our MA Online District. The District Service Committee is a group of elected officers who address and vote on issues affecting MA Online as a whole.

This is referred to as the "Group Conscience" of the District. Anyone is welcome to participate. Please subscribe to find out the dates of meetings. To get District email you can subscribe at: ma-online-district-subscribe@yahoogroups.com and learn more about the MA Online District.

(~~10 mins before closing)

Does anyone have any burning desires? Does anyone need to share to keep from using tonight? today?

In closing, please remember that anonymity is the foundation of all our traditions, ever reminding us to place principles before personalities.

Reason with each other, talk with each other, but please don't let there be gossip or criticism of each other.

Who you see here, what is said here...let it stay here; hear here.

Let's join hands for the closing prayer.

Closing prayers, choose one
Promises, last page

Walk in Beauty Prayer

Great Spirit Whose voice I hear in the wind
Whose breath gives life to the world
Hear me I come to you as one of your many children
I am small and weak
I need your strength and wisdom
May I walk in beauty Amen

Road of Happy Destiny Prayer

Abandon yourself to God, as you understand God.
Admit your faults to him and to your fellows.
Clear away the wreckage of your past.
Give freely of what you find and join us.
We shall be with you in the Fellowship of the Spirit,
and you will surely meet some of us
as you trudge the Road of Happy Destiny.
May God bless you and keep you until then. Amen

Affirmation Prayer

Help me learn to meet life with an affirmative attitude
There is good in the world, and I can follow that good.
Power is available to help me do the right thing.
Therefore, I must accept that power.
I pray that I will not be paralyzed by doubt.
Thank you all for being here. Amen

Peace Within (St. Therese's Prayer)

May today there be peace within.
May we trust our highest power that we are exactly where we are meant to be.
May we not forget the infinite possibilities that are born of faith.
May we use those gifts that we have received,

and pass on the love that has been given to us.
May we be content knowing we are children of God.
Let this presence settle into our bones, and
allow our souls the freedom
to sing, dance, praise and love.
It is there for each and every one of us. Amen

Prayer to Get Past Self Doubt

Help me learn to meet life with an affirmative attitude.
There is good in the world, and I can follow that good.
Power is available to help me do the right thing.
Therefore, I must accept that power.
I pray that I will not be paralyzed by doubt.
I pray that I may meet life affirmatively on the venture of faith. Amen

Freedom of Bondage Prayer

If you have a resentment you want to be free of,
if you will pray for the person or the thing that you resent,
you will be free.
If you will ask in prayer for everything you want for yourself to be given to them,
you will be free.
Ask for their health, their prosperity, their happiness,
and you will be free
Even when you don't really want it for them,
and your prayers are only words and you don't mean it,
go ahead and do it anyway.
Do it everyday for two weeks and you will find you have come to mean it
and you want it for them,
and you will realize that where you used to feel bitterness and resentment and hatred,
you now feel compassionate understanding and love. Amen

Spiritual Growth Prayer

Higher Power,
May my development as a spiritual person
temper my habitual hankerings for material security.
May I understand that the only real security in life is spiritual.
If I have faith in my Higher Power, these revisions in my attitudes will follow.
May I grow first in spiritual awareness. Amen

Set Aside Prayer

Higher Power, please help me set aside everything I think I know about myself,
my disease, these steps, and especially you,
for an open mind and a new experience with myself,
my disease, these steps, and especially You. Amen

Second Step Prayer

Higher Power,
I know in my heart that only you can restore me to sanity.
I humbly ask that you remove all twisted thought
and addictive behavior from me this day.

Heal my spirit and restore in me a clear mind. Amen

Third Step Prayer

Higher Power, I have tried to control the uncontrollable for far too long.
I ask that you take this burden from me.
I acknowledge that my life is unmanageable.
I ask for your care and guidance
Grant me honesty, courage, humility, and serenity,
to face that which keeps me from you and others.
I give this life to you, to do with as you will. Amen

11th Step Prayer

Higher Power,
Please Help Me.
Help me learn what I'm supposed to learn.
Help me do what I'm supposed to do.
Help me be who I'm supposed to be.
Stay with me always.
In my hour of deepest despair.
And my hour of greatest joy. Amen

Unity Prayer

I place my hand in yours, and together we can do
what we could never do alone.
No longer is there a sense of hopelessness.
No longer must we each depend upon
our own unsteady willpower.
We are all together now, reaching out our hands,
for a power and strength, greater than ours.
And, as we join hands, we find love and understanding
beyond our wildest dreams!
Amen

Victory Prayer

Higher power, I offer myself to you.
To build with me and to do with me as you will.
Relieve me of the burden of self, that I may better do your will.
Take away my difficulties.
That victory over them may bear witness to those I would help.
Of your power, your love and your way of life.
May I do your will always. Amen

Higher Power,

Aware of the suffering caused by unmindful speech
and the inability to listen to others,
I vow to cultivate loving speech and deep listening
in order to bring joy and happiness to others
and relieve others of their suffering.
Knowing that words can create happiness or suffering,
I vow to learn to speak truthfully,

with words that inspire self-confidence, joy, and hope.
I am determined not to spread news that I do not know to be certain
and not to criticize or condemn things of which I am not sure.
I will refrain from uttering words that can cause division or discord,
or that can cause the family or the community to break.
I will make all efforts to reconcile and resolve all conflicts, however small.
Amen

The Promises

The spiritual life is not a theory. We have to live it.
If we are painstaking about this phase of our development,
we will be amazed before we are half way through.
We are going to know a new freedom and a new happiness.
We will not regret the past nor wish to shut the door on it.
We will comprehend the word serenity and we will know peace.
No matter how far down the scale we have gone,
we will see how our experience can benefit others.
That feeling of uselessness and self-pity will disappear.
We will lose interest in selfish things and gain interest in our fellows.
Self-seeking will slip away.
Our whole attitude and outlook upon life will change.
Fear of people and of economic insecurity will leave us.
We will intuitively know how to handle situations which used to baffle us.
We will suddenly realize that God
is doing for us what we could not do for ourselves.
Are these extravagant promises?
We think not !!
They are being fulfilled among us
sometimes quickly, sometimes slowly.
They will always materialize if we work for them.
Amen