

## MA Sydney Weekly Meetings

### **Monday - 8.00pm - MANLY**

Manly Library, Manly Village  
Manly NSW 2095  
(off Whistler Street)

### **Thursday - 7.30pm - GLEBE**

“Old Fire Station”  
113 Mitchell Street,  
Glebe NSW 2037

### **Friday - 8.00pm - BLACKTOWN**

2 Lismore Street,  
Blacktown NSW 2148

### **Sunday - 4.00pm - BLACKTOWN**

2 Lismore Street,  
Blacktown NSW 2148

*Last updated 9 September 2010.*

*Please check the website for any changes to the  
meeting schedule*

*[www.marijuana-anonymous.com](http://www.marijuana-anonymous.com)*

**Helpline: 0403 945 083**

## What is Marijuana Anonymous?

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 others to recover from marijuana addiction.

The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. We are self-supporting through our own contributions. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes.

Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested twelve steps of recovery and by being guided as a group by our twelve traditions.

Marijuana Anonymous uses the basic 12 Steps of Recovery founded by Alcoholics Anonymous, because it has been proven that the 12 Step Recovery program works!

## In Working the Program

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.

We don't believe in a cure for marijuana addiction; too many of us have relapsed. We find it is useful to go to meetings to maintain our recovery. By association with others with our problem, we give each other strength to avoid marijuana use on a 'one day at a time' basis.

**Website:** [www.marijuana-anonymous.com](http://www.marijuana-anonymous.com)

**Email:** [ma\\_sydney\\_australia@yahoo.com.au](mailto:ma_sydney_australia@yahoo.com.au)



## Marijuana Anonymous Sydney Meetings List

**Helpline 0403 945 083**

**Email: [ma\\_sydney\\_australia@yahoo.com.au](mailto:ma_sydney_australia@yahoo.com.au)**

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# Marijuana Anonymous

## Twelve Questions to Determine if Marijuana is a Problem in Your Life

1. Has smoking pot stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you smoke marijuana to avoid dealing with your problems?
6. Do you smoke marijuana to cope with your feelings?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your dope smoking?
9. Has your use of marijuana caused problems with memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your pot is damaging your relationship with them?

## Who is a Marijuana Addict?

We who are marijuana addicts know the answer to these questions. Marijuana controls our lives! We lose interest in all else; our dreams go up in smoke. Ours is a progressive illness often leading us to addictions to other drugs, including alcohol. Our lives, our thinking, and our desires centre around marijuana —scoring it, dealing it, and finding ways to stay high.

## The Twelve Steps of Marijuana Anonymous

The practice of rigorous honesty, of opening our hearts and minds, and the willingness to go to any lengths to have a spiritual awakening are 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 12 steps 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 to such people 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.

## The Twelve Traditions of Marijuana Anonymous

1. Our common welfare should come first; personal recovery depends upon M.A. unity.
  2. For our group purpose there is but one ultimate authority, a loving God whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.
  3. The only requirement for membership is a desire to stop using marijuana.
  4. Each group should be autonomous except in matters affecting other groups or M.A. as a whole.
  5. Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.
  6. M.A. groups ought never endorse, finance, or lend the M.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
  7. Every M.A. group ought to be fully self-supporting, declining outside contributions.
  8. Marijuana Anonymous should remain forever non-professional, but our service centres may employ special workers.
  9. M.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
  10. Marijuana Anonymous has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.
  11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, t.v., film, and other public media. We need guard with special care the anonymity of all fellow M.A. members.
  12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
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