

The Serenity Prayer

*God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.*

Sayings to Remember

- One Day at a Time
- Progress, Not Perfection
- Let Go, Let God
- Turn it Over
- Live and Let Live
- H.A.L.T.
- Expect a Miracle
- Don't Quit Before the Miracle Happens
- Easy Does It

P-10 version
10/2018

MA Pocket Reminder



MARIJUANA ANONYMOUS
A Twelve Step Program of Recovery
for Marijuana Addicts

Marijuana Anonymous World Services

340 S Lemon Ave # 9420
Walnut CA 91789-2706

+1.800.766.6779

www.marijuana-anonymous.org
info@marijuana-anonymous.org

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www.anewleafpublications.org

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*There are times, in all of our lives,
when “life on life’s terms”
just seems to be too much.
These are a few suggestions
that may help to put balance and
serenity back into your life.*

- Say the Serenity Prayer
- Call your sponsor
- Pray and meditate
- Call someone in the program
- Go to a meeting
- Read program literature
- Write about the problem
- Work with others
- Remove yourself from the situation
- Work the Steps

*The program works
if you work it!*

“Talk before you take!”

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