

# Mar-Anon Family Groups

SUPPORT AND HOPE FOR THOSE AFFECTED BY ANOTHER'S MARIJUANA USE



## Suggested Meeting Format. 1 hour.

Chair:

- Share Mar-Anon related announcements
- Chair asks if there are any newcomers. Group says hello and welcomes any newcomers.
- Please stay after the formal meeting so we can answer any questions you may have
- To contact a person outside of the meeting email us at [maranon.group@gmail.com](mailto:maranon.group@gmail.com)
- Mar-Anon is self-supporting. We appreciate any contributions so we can continue to grow our organization and become a non-profit. Please visit the website to make a contribution.
- Serenity Prayer (for all those who care to):

“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.”

## Welcome to Mar-Anon/Preamble

Many times, we have heard: "It's just pot - what's the problem"? Confusion and self-doubt ensue. We spin between the belief that marijuana is harmless and our own conviction that something is wrong in our relationship with a loved one. We can feel isolated. We can even feel like we are going crazy.

Dealing with someone's addiction can be a painful struggle but it also creates opportunity. While we have found that we cannot change others, we can transform ourselves and create more serenity, clarity, and happiness in our lives.

Mar-Anon Family Groups are fellowships of those affected by another person's marijuana use. We share our experience, strength, and hope so that we may solve our common problem. We believe marijuana addiction is a family illness, and that changed attitudes can aid recovery.

Mar-Anon is not affiliated with any religious or secular institution, political entity, or organization. Mar-Anon does not engage in any controversy, and likewise has no opinion on any outside issues or causes. There are no dues for membership in Mar-Anon; we are self-supporting through our own voluntary contributions.

Mar-Anon's primary purpose is to help those affected by another person's marijuana use. We can do this by practicing the Twelve Steps; by welcoming, comforting, and supporting other group members; and by offering empathy and encouragement.

We ask that you share your **experience, strength, and hope**. Please keep your share under 5 minutes and keep the focus on yourself. The chair may give you a signal or wave at you to wrap up your share if you've gone over your time.

[We commit to each other the protections of confidentiality for all that we hear in these meetings.](#)

Online Etiquette (*skip if meeting in person*):

- Our etiquette needs to be the same as if we were meeting in person
- Please give the speaker your full attention
- Please keep yourself muted unless you are sharing, greeting, or reading the prayer with the group
- To provide a nonjudgmental and safe space for sharing, there will be no online chats at our meeting
- Host may mute you or turn your video off if they feel you are disrupting or distracting from the meeting



## Twelve Steps

These Twelve Steps, adapted from Marijuana Anonymous, can be a powerful, life-changing tool for those who work them. Opening our hearts and minds, and having a willingness to work towards a spiritual awakening is a key to recovery. We've found that our old way of life no longer works for us. We must let go and turn to our Higher Power. Here are the suggested Twelve Steps for Mar-Anon:

1. We admitted we were powerless over marijuana and 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/Higher Power, as we understand God/Higher Power.
4. Made a searching and fearless moral inventory of ourselves.
5. Admit to this God/Higher Power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God/Higher Power remove these defects of character
7. Humbly asked our Higher Power to have our shortcomings removed.
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 understand 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 others and to practice these principles in all our affairs.



## The Twelve Traditions of Mar-Anon

These guidelines have been the means of promoting harmony and growth in many Twelve Step programs. Experience suggests that the unity of the group depends upon adherence to these Traditions. (Adapted from Marijuana Anonymous)

1. Our common welfare should come first; personal recovery depends upon Mar-Anon unity.
2. For our group purpose, there is but one ultimate authority, a loving Higher Power 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 to be affected by another's marijuana use.
4. Each group should be autonomous except in matters affecting other groups or Mar Anon as a whole.
5. Each group has but one primary purpose, to those affected by another's marijuana use.
6. Mar-Anon groups ought never to endorse, finance, or lend the Mar-Anon name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Mar-Anon group ought to be fully self-supporting, declining outside contributions.
8. Mar-Anon should remain forever nonprofessional, but our service centers may employ special workers.
9. Mar-Anon, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
10. Mar-Anon has no opinion on outside issues; hence the Mar-Anon name ought never to 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, TV, film, and other public media. We need to guard with special care the anonymity of all fellow Mar-Anon members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



## Obstacles to Success (adapted from Al-Anon)

All Mar-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.

Three obstacles to success are:

1. Discussion of Religion

Mar-Anon is not allied with any sect, denomination, or creed. It is a spiritual program, based on no particular form of religion. Everyone is welcome.

2. Gossip

Our goal is to help ourselves and others learn to use the Mar-Anon philosophy. Gossip has no part in our program. Our dedication to anonymity gives people confidence in Mar-Anon.

3. Dominance

Our leaders are but trusted servants, they do not govern. Therefore, no member of Mar-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. Each person makes progress in his or her own way and pace.

## Cross-Talk

Mar-Anon meetings are different from group therapy sessions or open discussions. To keep Mar-Anon a safe place to share, we ask that you follow a few guidelines:

- Please avoid cross-talk (talking directly to, or giving advice to another member)
- Please do not interrupt or talk over someone
- Address the group as a whole, rather than creating dialogue with individual members
- If you wish to respond personally to what someone has said, we suggest that you speak with them after the meeting has closed
- If you want to share contact information please email [maranon.group@gmail.com](mailto:maranon.group@gmail.com)
- Take what you like and leave the rest

Your cooperation in keeping this meeting safe is appreciated. It helps protect the unity and survival of the group. If this is new to you, try to keep an open mind.

Chair: Introduce a topic for the meeting. This could be a reading, a step, a tradition, or anything that fits the group's purpose.



## Do's and Don'ts (adapted from Al-Anon)

- Don't take an addict's choices or behavior personally
- Don't try to manipulate or control the marijuana addict
- Don't allow yourself to get stuck in a contemptuous or bitter mindset
- Do keep the focus on yourself
- Do take care of yourself physically, emotionally, and spiritually
- Do try to understand the nature of addiction as a disease
- Do attend open Marijuana Anonymous meetings and read their literature
- Do attend Mar-Anon meetings and read their literature
- Do contact Mar-Anon

**Topic:** 1 person leads the topic about a 10 min share and then asks other people to share their experience, strength, and hope.

## Closing

### Read Marijuana Addict letter (optional)

Our time is up – thank you to everyone for joining us. Please remember that the things you heard spoken here are confidential. Any opinions shared, belong to those who shared them. Whatever your challenges are, know that you are not alone, and others who share your story have discovered hope and serenity. And, most of all, **KEEP COMING BACK! IT WORKS!**

Will all those who care to join me in 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.”