

SAYINGS TO REMEMBER...

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

- 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

Conference Approved Literature

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MA Pocket Reminder

**Marijuana Anonymous
World Services
(800) 766-6779
<http://www.marijuana-anonymous.org>**



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**Marijuana Anonymous
of Rockland County
Help Line: 845-405-6649
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**THE PROGRAM WORKS
IF YOU WORK IT!**

- 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

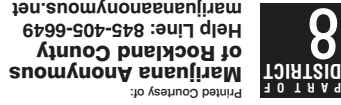
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**PHONE NUMBERS
TO REMEMBER**

Name _____
Phone: () _____

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