



# a new leaf

a publication of marijuana anonymous

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## Finalizing Step 1—The Breakup Letter

Dear Marijuana,

I'm opening my heart to you. We have had a long history together. A little over 30 years to be exact. You are the longest relationship I have ever had in my life. You've been with me longer than my parents (or lack of them), my grandma, my uncle, my marriage, or my children. You've been my constant, by my side as all these people, plus friendships, both entered and exited my life.

You've held me during my lowest points and celebrated with me during my highest points. As the saying goes, you started as magic, then medicine, but turned to madness. I remember being with you and listening to music in my late teens and thought that you were opening doors and I was experiencing some of my deepest emotions. Over the years, you calmed me after too much alcohol or other drugs. But things started to turn.

My ex-husband was so obsessed with you and you used to control me by numbing and distracting me every time I got any clarity about the dysfunction or toxic environment I was in. Who I truly was as a person was being depleted and smashed down and your power increased. You were a friend turned foe but I never knew it, or perhaps I was in denial. When I thought I wasn't enough, I think you were reinforcing those feelings. This is why I came to you in the first place. Almost like you were working against me.

But I now know it was my addiction and

the power that I let you hold. Even when well intentioned people told me you were an issue, I thought they didn't understand and that I knew better. I justified and lied to myself.

Fact is, since you've been gone, I've been the happiest and most grounded I have ever been in my entire life and these feelings are increasing. I'm not fighting you anymore. I've learned to surrender and am handing you over. My Higher Power gives me the strength to see this through.

I have a family, a career, a future, and a community of real supporters in MA. I don't need you. Real healing is coming and I have no more ways I can justify your importance. I'm learning more about my behaviors and thought patterns that tied me to you. We had good times and bad times but our time has come to an end.

~Amber C.

## Relapse Prevention Toolkit

Here at *A New Leaf*, we editors are addicts like you. We'd like to share a few gifts from our 'toolkits.' Please take what's useful and leave the rest. And remember that you never have to use again, whether you want to or not!

Most of what we have to share here are things you may have heard before, but are worth repeating. Those of us who regularly attend meetings - in person, on the phone at [ma-phone.org](http://ma-phone.org) or online - have heard and shared comments like these:

**Be very aware of what triggers you.**

- **People** - Friends or relatives that you used to use with, or people who elicit feelings of shame or guilt within you should be met with caution and support.
- **Places** - Locations where you used to get high or score drugs, as well as places with strong, emotional memories can be powerful triggers.

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## Volunteer Design Editor Help Wanted!

A New Leaf Publications (ANLP), the publishing arm of MA World Services, is actively searching for a volunteer Design Editor. The Design Editor's primary role involves working in collaboration with ANLP's Content Editor to publish creative renditions of the monthly *A New Leaf* newsletter, and infrequent assistance with updates to Conference-approved MA literature. The Design Editor attends and is a voting member of monthly ANLP Board meetings.

An applicant for this position should have 2+ years sobriety, and graphic arts/design experience is helpful. The commitment for this position is one year at approximately 4-6 hours per month.

If interested, please contact ANLP at [office@anewleafpublications.org](mailto:office@anewleafpublications.org).

## ANL's Purpose

The purpose of *A New Leaf* is to carry the message of recovery from marijuana addiction. It is through the written experiences of recovering addicts and their stories that we may find experience, strength, and hope.

Articles submitted should reflect recovery, unity, and service.

The articles contained in *A New Leaf* are the sole opinions of the authors and do not reflect the opinions of Marijuana Anonymous as a whole. MA is not affiliated with—and does not endorse or accept contributions from—any outside enterprise.

We are reaching out to districts to update the ANLP Liaisons and birth-day lists. Additionally, district/ group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch:

### ANLP Staff

Chairperson:	Amy F.
Treasurer:	Graham S.
Secretary:	Maryanne M.
Content Editor:	Rachel C.
Design Editor:	OPEN
ANLP Admin:	Janice O.
ANLP Service Sponsor:	Thor H.

### Contact ANLP

Send articles/stories:

<https://anewleafpublications.org/submit-your-story/>

Other inquiries and correspondence:  
[info@anewleafpublications.org](mailto:info@anewleafpublications.org)

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- **Things** - Objects that remind you of using or that were part of your using can be triggering. Drug paraphernalia, clothing, even vehicles need to be taken into account.
- **Uncomfortable Emotions or Symptoms** - Remember HALT! (Hungry, Angry, Lonely or Tired) Stress, anxiety, irritability, pain, sickness, or lack of sleep can all be a threat to our recovery if not addressed.
- **Relationships** - Even a great relationship can have its ups and downs. If things are going well we can perhaps get overconfident; If things are troubled, we can experience anxiety or stress.
- **Isolation** - We ought to pay attention to how much time we spend alone. While solitude can be very healing, too much isolation can take us away from our fellows and the moral support offered in recovery. Spending too much time with our own "stinking thinking" can also lead to distress. If you find yourself feeling 'squirrely' try asking yourself when was the last time you went to an MA meeting. The answer can be revealing.
- **Denial or Overconfidence** - The feeling that we may be cured of our addiction can be very dangerous. Thinking, "I don't have a marijuana problem," or "I got this now!" are signals of possible denial. Remember: Our best thinking got us here.

Remember, it's one day at a time! Marijuana addiction is an illness, for which there is no cure. It can be managed, though. Keeping our sobriety is contingent upon maintenance of our spiritual condition.

Be open to replacing old habits. Being around people, places, and things associated with using can lead back to using. Spend time and energy exploring and discovering situations that bring confidence and the good feelings you desire. Hang-out with winners. Learn to have fun in recovery. Check out clean and

sober parties and events.

Build a strong support team and rely on it! Get a sponsor, or at least a temporary sponsor, if you don't have one. Collect phone numbers of friends from MA meetings you attend. Ask others in recovery, friends, family members, and professionals who support you if you can call them if you need to. Keep this list with you. Call before you use! Don't try to deal with difficult situations without support. Remember "we recover." You don't have to do recovery alone and you do not have to use, no matter what.



## Learning to Pray and Meditate (Step 11)

Our literature suggests that we can adapt the prayers associated with the steps to make them more personal and relevant to our own individual recovery. I wrote this prayer recently and have found it helpful in connecting with my higher power and the principles of the program.

If it's useful to you, you can fill in the blanks to make it your own!

*Today, I pray for acceptance of what is. I am grateful for the measure of freedom from addiction I have been granted today. I remember and pray for others lost to addiction and to all those currently suffering. I pray for them and acknowledge the obligation I have to them to live the free life they cannot. I seek joy, compassion, and connection to my community today. I remember \_\_\_\_ and \_\_\_\_, and I pray for \_\_\_\_ and \_\_\_\_.*

*I seek to acknowledge and transmute my frustration and resentment toward other people into compassion. I pray for a deeper understanding of our shared humanity and for help remembering that we are all imperfect and incomplete; that other people's harmful acts are driven by the same fears,*

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inconsideration, and selfishness I experience; and that they too are wounded and doing the best they know how. I pray for help and persistence in this ongoing effort to understand and find understanding for other people, especially those I resent.

I seek to remember that I have been invested in and shaped by many people, including family, friends, sponsors, and teachers. I am committed to honoring this love, care, and support by seeking humility and effectiveness in my actions today. \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ - thank you for your role in shaping the person I have become and for your ongoing guidance as I grow into the person I will be.

I seek to notice and acknowledge the suffering caused by institutional and societal injustice and inequality. I remember \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and a seemingly endless list of names and groups whose unnecessary suffering echoes in the current moment.

I seek to honor the memory of these casualties of human fear and indifference; my fallen comrades who did not survive their addictions; and my ancestors, family, friends, and other teachers and benefactors.

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Today I offer these hands and this voice to all of you and to the unseeable and incomprehensible force that binds us together.

These breaths are not mine alone. Please help me to see you and allow you to carry me as I go out onto the path you have laid out for me. Please guide me toward compassion and love, and away from the selfishness, self-seeking, and other shortcomings that arise from my attachment to the illusion that I am an individual actor, whose needs and interests are in conflict with others. Help me to live in harmony with my true nature and, in turn, with others and the environment we share. Enjoy!

~Anonymous

## A Member's Prayer

May I pray to stay humble and never forget that I am just a pothead clean and sober today through the Grace of Spirit and the program of MA.

~Antonia, District 3

## MA Book and Workbook Prices: Increases and Discounts

Life with Hope (LwH) MSRP Price Increases. The manufacturer's suggested retail price (MSRP) of the following MA literature titles currently sold through the Hazelden Publishing bookstore, [www.hazelden.org/store](http://www.hazelden.org/store), will increase January 1, 2024, as follows:

- LwH text: \$16.95 to \$18.95
- LwH text eBook: \$11.95 to \$13.95
- LwH 12 Step Workbook: \$9.95 to \$12.95

The above prices may be lower now and after January 1, 2024 for online purchases.

Hazelden (only) book purchase discounts. Independent of MA's contract, Hazelden Publishing offers discount incentives to all 12-step members, designed to encourage individuals to join groups and for groups to join districts, as follows:

- Online purchases by individual members, 10%
- Group purchases over \$200, 20%
- District purchases (no minimum or limit), 40%

Note: Group and district purchasers should contact Hazelden Publishing Customer Service at (800) 328-9000 or [customersupport@hazeldenbettyford.org](mailto:customersupport@hazeldenbettyford.org), before making a purchase, to set up an account.



## MEMBER STORIES PROJECT

Help us to share the experience, strength and hope of marijuana addiction diversity...

### THE MA LITERATURE COMMITTEE SEEKS STORY SUBMISSIONS

Shedding light on stories of recovery that may not always be told, the following are some examples:

- Detoxing, CHS
- Identity (gender, racial, religious, sexual, etc.)
- Mental Health, Psychosis
- Seeking Sobriety During Different Stages of Life
- Cross Addiction and Support From Other 12 Step Fellowships

**SUBMIT YOUR STORY: [MA12.ORG/STORIES](http://MA12.ORG/STORIES)**

#### Willing to help?

Join the Stories subcommittee to support the review of these stories for implementation in various projects.

We meet on the 3rd Wednesday  
each month at 4pm PT / 7pm ET.

Email to join the subcommittee: [Literature@MA12.org](mailto:Literature@MA12.org)

# Marijuana Anonymous Worldwide

For a complete listing of all meetings visit  
[WWW.MARIJUANA-ANONYMOUS.ORG](http://WWW.MARIJUANA-ANONYMOUS.ORG)

## MA World Services

5551 HOLLYWOOD BLVD #1043, HOLLYWOOD CA, USA 90028-6814 +1.800.766.6779 [WWW.MARIJUANA-ANONYMOUS.ORG](http://WWW.MARIJUANA-ANONYMOUS.ORG) [INFO@MARIJUANA-ANONYMOUS.ORG](mailto:INFO@MARIJUANA-ANONYMOUS.ORG)

<b>DIST. 2</b>	<b>San Francisco &amp; East Bay</b>	+1.510.957.8390	<b>DIST. 16</b>	<b>Melbourne, Australia</b>	+61.403.945.083
	<a href="http://www.madistrict2.org">www.madistrict2.org</a>			<a href="http://www.marijuana-anonymous.com">www.marijuana-anonymous.com</a>	
<b>DIST. 3</b>	<b>South SF Bay Area</b>	+1.408.450.0796	<b>DIST. 17</b>	<b>Denmark</b>	
	<a href="http://www.madistrict3.org">www.madistrict3.org</a>			<a href="http://www.ma-denmark.dk">www.ma-denmark.dk</a>	
<b>DIST. 4</b>	<b>Western Washington</b>	+1.206.414.9270	<b>DIST. 18</b>	<b>Sacramento, CA</b>	+1.916.341.9469
	<a href="http://www.madistrict4.org">www.madistrict4.org</a>			<a href="http://www.sacramentoma.org">www.sacramentoma.org</a>	
<b>DIST. 5</b>	<b>Orange County, CA</b>	+1.714.999.9409	<b>DIST. 19</b>	<b>Toronto, ON, Canada</b>	+1.416.999.2244
	<a href="http://www.madistrict5.org">www.madistrict5.org</a>			<a href="http://www.madistrict5.org">www.madistrict5.org</a>	
<b>DIST. 6</b>	<b>LA County North</b>	+1.818.759.9194	<b>DIST. 20</b>	<b>San Diego, CA</b>	
	<a href="http://www.madistrict6.org">www.madistrict6.org</a>			<a href="http://www.ma-sandiego.org">www.ma-sandiego.org</a>	
<b>DIST. 7</b>	<b>LA County South</b>	+1.310.494.0189	<b>DIST. 21</b>	<b>Colorado State</b>	+1.303.607.7516
	<a href="http://www.madistrict7.org">www.madistrict7.org</a>			<a href="http://www.ma-colorado.org">www.ma-colorado.org</a>	
<b>DIST. 8</b>	<b>New York</b>		<b>DIST. 22</b>	<b>New England</b>	
	<a href="http://www.ma-d8.org">www.ma-d8.org</a>			<a href="http://www.newenglandma.org">www.newenglandma.org</a>	
<b>DIST. 11</b>	<b>Oregon</b>	+1.503.567.9892	<b>DIST. 23</b>	<b>Georgia State</b>	+1.770.468.8508
	<a href="http://www.madistrict11.org">www.madistrict11.org</a>		<b>DIST. 24</b>	<b>Vancouver, BC, Canada</b>	+1.770.468.8508
<b>DIST. 12</b>	<b>North Bay, CA</b>	+1.415.419.3555/+1.707.583.2326	<b>DIST. 26</b>	<b>Iceland</b>	
	<a href="http://www.madistrict12.org">www.madistrict12.org</a>			<a href="http://www.maisland.is">www.maisland.is</a>	
<b>DIST. 13</b>	<b>MA Online</b>		<b>DIST. 27</b>	<b>Independent Mtgs.</b>	<a href="mailto:madistrict27@gmail.com">madistrict27@gmail.com</a>
	<a href="http://www.ma-online.org">www.ma-online.org</a>			<a href="http://www.madistrict27.org">www.madistrict27.org</a>	
<b>DIST. 14</b>	<b>London, England</b>	+44.300.124.0373	<b>DIST. 28</b>	<b>MA Phone Meetings</b>	
	<a href="http://www.marijuana-anonymous.co.uk">www.marijuana-anonymous.co.uk</a>			<a href="http://www.ma-phone.org">www.ma-phone.org</a>	

## Step and Tradition of the Month

### Step One

*We admitted we were powerless over marijuana, that our lives had become unmanageable.*

### Tradition One

*Our common welfare should come first; personal recovery depends upon MA unity.*

## Celebrating 233 Years of Sobriety!

### District 4

Thor H 12/6/2000 23 yrs

### District 5

Amanda 12/13/2015 8 yrs  
Bill G 12/7/1993 30 yrs  
Colin 12/3/2011 12 yrs  
Gary R 12/10/1990 33 yrs  
Jessica G 11/21/2021 2 yrs

### Larry C

11/28/2009 14 yrs  
Lisa S 12/7/1993 30 yrs  
Mike McK 12/19/2001 22 yrs  
Russell T 12/7/2019 4 yrs

### District 11

Sarah S 11/27/2022 1 year!  
Elias F 12/29/2019 4 yrs  
Bethany D 12/19/2016 7 yrs

### District 20

Bella J 12/18/1990 33 yrs

### See your sobriety date here!

*If your sobriety date has occurred, has not been published, and is not older than 45 days, please submit it in the format you see on the left by the 16th of the month. You may tell your local GSR, ANLP Liaison, or email to [birthdays@anlp12.org](mailto:birthdays@anlp12.org)*