



A NEW LEAF

a literary publication of Marijuana Anonymous

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Letter from A New Leaf Publications

Dear Fellows,

The ANLP Department continues to work on offering MA literature as affordably as possible via multiple retailers worldwide. *Living Every Day with Hope*, the daily reader, is now available in paperback and eBook via more retailers!

- Paperback: [Amazon](#), [Walmart](#), and [Barnes & Noble](#)
- eBook: [Amazon](#), [Apple](#), [Kobo](#), and [Barnes & Noble](#).

Our goal is to give members as many choices as possible when purchasing MA literature, and more retailers continue to be added to ANLP12.org/books. Note that the prices do vary between retailers; feel free to reach out with questions about pricing or retailer availability to Chair@ANLP12.org.

ANLP has hired a new special worker, Lisa R., an MA member from the MA Phone Meetings. She will help develop and operate ANLP's new online store featuring MA's service literature, pamphlets, *Living Every Day with Hope*, and in the future, much more. We're pleased to welcome Lisa to our team, and look forward to working with her. Her role and the redevelopment of the ANLP storefront will help ANLP expand the ways in which we are able to carry the message of recovery through making MA literature more accessible and affordable worldwide.

We hope you enjoy the issue and welcome your future submissions to ANLP12.org/content!

Yours in Service,
ANLP Department

Note that neither MA nor A New Leaf Publications neither endorses nor promotes any outside enterprise, including any of the above-listed vendors listed, and has no opinion on the views of any such outside organization or enterprise (MA Traditions 6 & 10).



Becoming a Sponsor

Written by Ras M.

I have really come to embrace being a Sponsor. It was only a year and a half ago that the idea gave me the heebeegeebees. I'd already had a few not so great experiences with newcomers who would reach out in inappropriate ways. It's been a journey of fortifying my own boundaries, allowing myself to accept that another can love, listen, and trust me, and the world won't fall apart—that I am not solely responsible for another's recovery or relapse. And of course, the amount of times knowing those people were out there, has saved me from cravings, potential relapse, and stupid behavior more times than I can count. It's like they say, we keep each other sober!

The invitation to put an asterisk by our name is a big one. I know that I had to first feel solid enough in my own recovery before setting out into the deep waters, having my own life jacket on as securely as possible, before tossing one to another. I prepared myself by doing sponsor-adjacent activities, such as leading meetings, taking on service positions, speaking and sharing my ESH (experience, strength, and hope), and talking to newcomers after meetings. It allowed me to become more comfortable with fellowship, seeing myself make a difference for the newcomer, and improve my listening skills with others.

Being a Sponsor has added an extra dimension to my life. In the absence of having children, it makes me happy to know that there would be people who would be sad when I pass, and share stories and quotes of things I said. I do this with my sponsors, quoting them often, drawing on their wise words almost daily, whether they're with us or have passed on. As I walk along this wild and wonderful journey, all I can do is the next right thing. For in the words of my very first sponsor, the beloved Carol R.— may she rest in peace — “We don't go backwards, Honey. We don't go backwards.”

A New Leaf's Purpose

A New Leaf celebrates MA member creativity and seeks to publish the message of hope in recovery. With your many wonderful and creative submissions, ***A New Leaf continues to unify us in our shared experience as marijuana addicts.***

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.

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A Prayer on My 30th Day Sober

Written by Fran B.

Great Spirit, make my eyes clearer each day
Right my vision
Heal my broken heart
Help me to know that tears won't kill me, but smoke and alcohol will
Help me to learn to love myself
Help me find hope and a new way of life
Give me a purpose—a reason to go on that runs deeper
A through line
A thread that leads all the way back to my soul
that will pull me out of the dark.
Thank you for 30 days.
Thank you for today.

Hiding Behind My Mask

Written by Cassie C.

Why me?
Why am I the one, who has to hide their true self behind this mask?
To be accepted?
This world is so
cruel, so cold, so
narrow
minded.
I know I have a past.
They tell me not to hide my true self.
So why am I being forced to hide behind this mask?
To be accepted.
To be wanted.
To be loved.
To be a part of my family.
When growing up I was told to take off my mask, and show the real me.
That's what we learned right?
But now I hide behind this mask, and cover the parts of my true self.
That others don't want to see.
Just so they can accept me.

Monthly Writing Workshops

For more information visit: anewleafpublications.org/workshop/

A NEW LEAF PUBLICATIONS CREATIVE WRITING WORKSHOPS

We gather monthly to
ignite our creativity,
write together,
discuss how creativity
and recovery intersect,
share our work and
support one another
as we use writing as
a part of our
recovery toolbox!



**1ST SATURDAY
EACH MONTH**

**10 - 11:30 AM PACIFIC
1 - 2:30 PM EASTERN
5 - 6:30 PM UTC**

ZOOM LINK: [MA12.ORG/ANLP/WORKSHOP](https://ma12.org/anlp/workshop)

SHARE

Your contributions to MA literature, and sharing of experience, strength, and hope through submissions to A New Leaf and all other MA publications, serve as an inspiration.

A New Leaf celebrates creativity and invites members to share recovery-focused stories, poems, song lyrics, prayers, meditations, break up letters to "Mary Jane," inspirational quotes heard in a meeting, artwork, comics, illustrations, photos, and crosswords or puzzles. We seek to publish the message of hope in your journey.

For a list of suggested prompts visit: MA12.org/Prompts

Submit Your
Content

Writing
Prompts

Want to share *A New Leaf* with others?

Provide this link to sign-up: MA12.org/New-Leaf



INSPIRE

*Sharing program slogans,
quotes, and words of wisdom
heard in a meeting!*

We honor "what you see here, let it stay here," and anything included in this section of A New Leaf will always be shared anonymously.

Share your Favorite Sayings

This Month's Step, Tradition, Question, and Concept for Service

Second Step

Came to believe that a power greater than ourselves could restore us to sanity

In working the Second Step, we were practicing the principle of Hope.

Second Tradition

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.

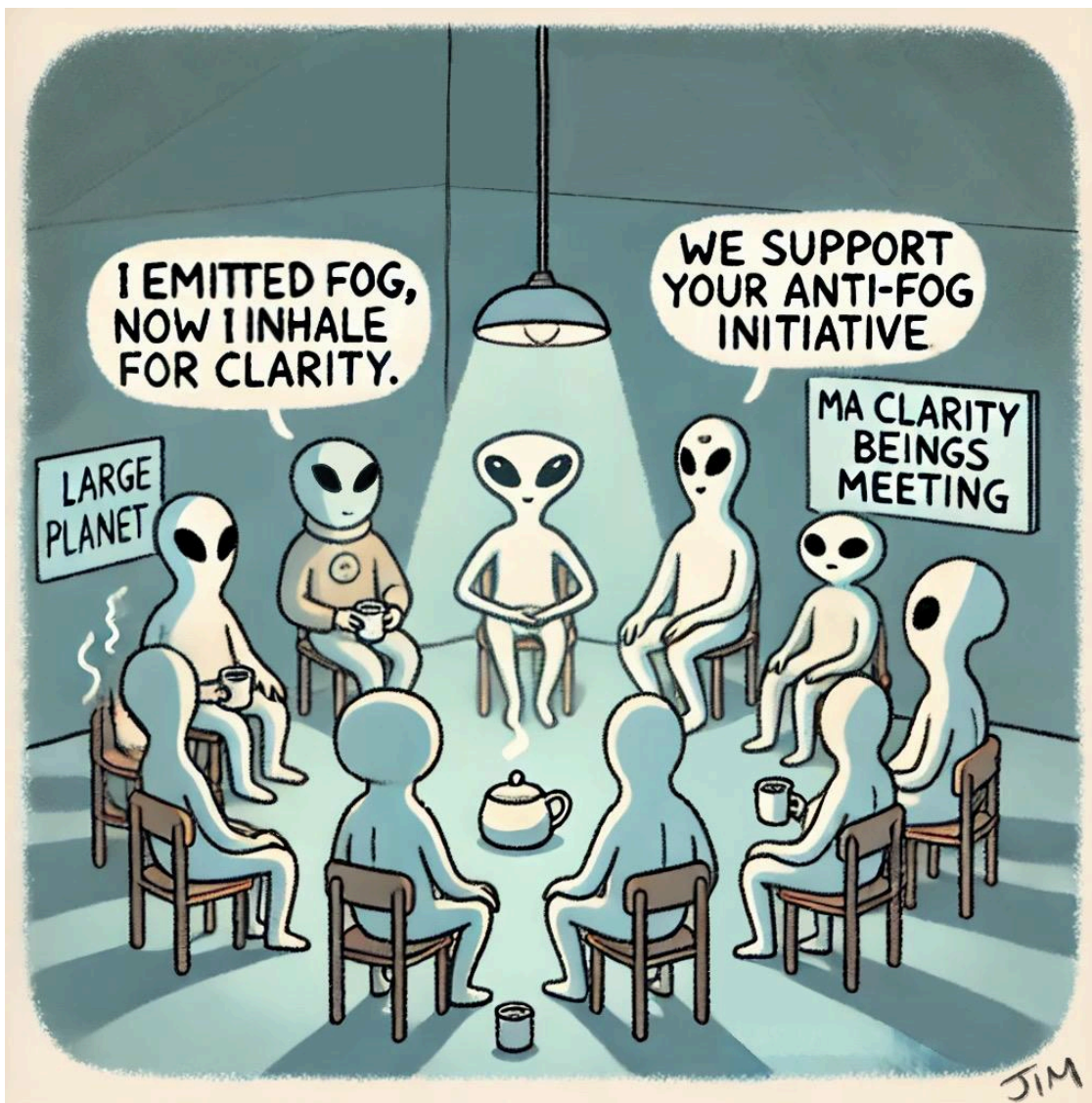
Second Question

Do you ever get high alone?

Second Concept for Service

The ultimate authority and responsibility for service in Marijuana Anonymous is the collective conscience of the groups.

ART



Healing My Inner Child Through Self Love

Written by Fiona M.

As I have come into Steps 10 and 11, with a solid daily meditation practice and my Step 3 prayer, and my Step 7 prayer (which changes every day), I think that I have found the root of my problem.

The thing which I suffered from the most in active addiction, which stole my life-force, was my obsession.

Marijuana was always on my mind. The most important thing in my life.

Without it, I find my mind replacing it, with other obsessive objects. Something that I can think of, which my mind wishes to spin a fantasy of pleasure upon, that lifts me momentarily out of my daily life and out of a place of mindfulness, and presence.

If I substitute this thought, this desired object, with an image of a fantastical world —I tried a fluffy pink marshmallow world :) — from below up pops my inner child, needing love and care and attention.

I realize that in my obsessive thoughts, I am looking for something outside of myself which I can only find within.

As an adult, only I can give my inner child– the wounded/neglected feeling part of myself which was shut away in childhood— the self protection, the love, and the care that they need.

On this day I give myself the love that only I can give.

Celebrating 173 Years of Sobriety!

District 4 - Western Washington State

Lee H. 2/8/2015 10 years

District 5 - Orange County, CA

Andrew L. 1/3/2022 3 years

Anthony G. 1/29/2015 10 years

Bill H. 1/23/2018 7 years

Layne J.F. 1/18/2010 15 years

Melody C. 1/16/1989 36 years

Robert M. 1/18/2018 7 years

Robert S. 1/3/2017 8 years

Rod H. 1/31/2021 4 years

Tony R. 1/1/2004 21 years

District 8 - New York Metro

Zach A. 1/30/2023 2 years

District 11 - Oregon and SW Washington

Lisa D. 1/17/2023 2 years

Param D. 1/15/2024 1 year!

Rick V. 02/08/2003 22 years!

District 19 - Toronto Canada

Lina Z. 12/14/2023 1 year!

District 20 - San Diego, CA

Svetlanna H. 1/18/2018 7 years

District 23 - Georgia State

Philly F. 1/15/2021 4 years

District 27 - Independent Meetings

David F. 1/25/2024 1 year!

Jenny 1/28/2024 1 year!

Joel R. 1/19/2021 4 years

John J. 1/8/2024 1 year!

Liz M. 1/30/2022 3 years

Steve P. 1/21/2022 3 years

Share your Sobriety Anniversary in *A New Leaf*

We want to celebrate your year(s) of recovery! **If your sobriety birthday has occurred within the last two months, please submit it by the 1st of the month** you would like it published, with your Name, District or Location, Sobriety Date, Number of Years, and District or City to anewleafpublications.org/birthday

Self-Supporting through our own Contributions...

The primary purpose of MA is to carry the message of recovery to the marijuana addict who still suffers. Therefore, this literary publication is free and available to distribute widely. When contributing, please consider the value MA adds to your life.

Click to make a contribution

Marijuana Anonymous Resources

Meeting Finder

Marijuana Anonymous has 300+ weekly meetings that can be attended for free all over the world virtually and by phone, with in-person meetings available in some areas as well.

Need support? [Contact us.](#)

[Join a Meeting](#) →

Speaker Tapes Podcast

Experience, strength, and hope on the go! Anywhere... Anytime... Available wherever you listen to podcasts...

Any opinions expressed within these recordings are only those of the individuals sharing.

[Listen](#) →

MA's App

The Marijuana Anonymous App features our basic text *Life with Hope (2nd Ed.)*, *12-Step Workbook*, pamphlets, and sobriety counter.

Please note the in-app meeting finder is unreliable, [refer to our website.](#)

[Download the App](#) →

[Contact Us](#)

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Publishing Department – Marijuana Anonymous World Services

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