



# A NEW LEAF

a creative publication of Marijuana Anonymous

February 2026

*For ideal printing, view in your browser*

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## Letter from A New Leaf Publications

Dear Fellows,

### **Welcoming ANLP's New eCommerce Store Manager!**

We would like to introduce and welcome our new eCommerce Store Manager, Maral T., from District 6! She brings many skills to the Department that will help improve the Store, our relationships with our vendors, and the customer service we provide to MA members. We're excited to have her aboard – congratulate her if you see her!

At the same time, we're saying goodbye to Lisa R., our previous eCommerce Store Manager. She helped immensely in implementing the new ANLP website, and we're grateful for her service. She left due to a promotion in her other job, so we wish her the best of luck! Thank you Lisa!

### **\*International Shipping Available\***

ANLP is now able to print and ship literature from Canada, the UK and Australia, making worldwide shipping of MA literature much more affordable. If you'd like to order literature from anywhere outside of the US, please email [Orders@ANLP12.org](mailto:Orders@ANLP12.org) and we will let you know what it costs to print and ship literature to you.

### **Printable Step Four Worksheets**

In response to member requests, separate printable PDFs of the Step Four worksheets from the *Life with Hope 12-Step Workbook* are now available to download and print for personal use and study at [MA12.org/WB-Worksheets](http://MA12.org/WB-Worksheets). We're also working on large-print versions of MA literature and will share as soon as those are available. Please continue to let us know if you have any feedback or requests by emailing: [Chair@ANLP12.org](mailto:Chair@ANLP12.org). Your feedback helps to guide us in carrying the message!

The full PDF of the Workbook (and other MA literature) can still be found for free at [MA12.org/LwH](http://MA12.org/LwH). Print (eBook and audiobook) copies of all MA Literature remain available to purchase at [ANLP12.org/Books](http://ANLP12.org/Books).

### **Seeking Submissions for March and April**

As we prepare to enter March and April, there are several upcoming holidays, events and heritage celebrations. These are simply suggestions to spark members' creativity:

- Women's History Month and International Women's Day is on March 8
- March is also d/Deaf history Month, so if you are d/Deaf please share your story with us!
- This year, Ramadan is from mid-February through mid-March.
- April is Arab American Heritage Month and Autism Acceptance Month, and the holidays of Passover, Easter, and Earth Day, as well as MA's 4/20 Soberthon.

We would love to feature your content related to these occasions and encourage your submissions, as well as any general submissions. As always, we accept not only stories, but also creative writing, lyrics, comics, puzzles, music or any type of artwork.

Due to our publication schedule, please submit stories for March ASAP. Typically, it can take two or more months before submissions are published, so please be patient if you've submitted content that has not yet been featured.

### **Connecting with ANLP Liaisons**

ANLP Liaisons serve as a vital connection between ANLP and members by sharing ANLP-related announcements. Please continue to share ANLP announcements using [ANLP12.org/PitchPoints](https://ANLP12.org/PitchPoints), and email [LC@ANLP12.org](mailto:LC@ANLP12.org) to join our email list.

### **Being of Service to ANLP in 2026!**

**The new volunteer position of Correspondence Editor is still open!** Their primary responsibility is to communicate with members about their submissions. Learn more at [ANLP12.org/Service](https://ANLP12.org/Service), and email [Chair@ANLP12.org](mailto:Chair@ANLP12.org) for more information or to come to a meeting to learn more about this, and other ways to be of service to ANLP!

Thank you all for your contributions to *A New Leaf*! We hope you enjoy this month's issue!

Yours in Service,  
*ANLP Department*

*P.S. Sometimes these emails get cut off because they are filled with so much amazing information! If at the bottom you see [Message clipped] please click "View entire message."*

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Visit the Pages from the Past — our revitalized A New Leaf Archives

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## ***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.*

## **ANLP Department**

Chairperson: Heather C.

Secretary: Brian L.

Treasurer: Layne J.F.

Content Editor: Tiffany A.

Correspondence Editor: Open

Design Editor: Letty A.

Liaison Coordinator: Lee H.

Creative Designer: Jules M.\*

eCommerce Manager: Maral T.\*

Publishing Consultant: Steven B.\*

*\*Special Workers*

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## LGBTQIA+ and Being in Recovery

*Written by, Connor B.*

My first boyfriend was the one who introduced me to marijuana. I was 18 and he was significantly older. He took advantage of my naïve puppy love in many ways: pressuring me to give him a car loan, living in my dorm room for months, etc. But it was developing the habit to smoke with him that has caused the most damage. From that first relationship onwards, I began to rely on marijuana to get through all intimate encounters.

Due to my intense desire to please my partner and my constant worrying about how they were feeling, intimacy was something that always filled me with a ton of anxiety. I had never learned how to handle these emotions in a healthy way, so I became dependent on marijuana to help me get outside of my own head and disassociate from my body. Of course, this led to some pretty crummy, unsatisfying experiences which only made me dread intimacy more and feel a stronger need to smoke before each encounter. Being high also led me to make some extremely poor choices and put myself in very dangerous situations such as going into a motel room at 3 am with a stranger, as well as practicing unsafe sex during random hook-ups.

As I've worked the 12 Steps and gone to various MA meetings, I have listened to the advice I was given to not get romantically or intimately involved with anyone during my first full year of sobriety. While this recommendation has been difficult to follow sometimes, I am very grateful for the time it has given me to reconnect with myself and examine what it is that I desire. I have hope that through my recovery I will develop the confidence and clarity to be the partner I want to be.

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## Tradition Two and Humility

*Written by, Anonymous*

"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." -Tradition Two

As a recovering marijuana addict, I am constantly reminded of how many "control issues" still lurk around the darker areas of my brain. Thank heavens for stepwork! Recently, I briefly became a vocal minority in regard to an issue within an MA service area. I discussed my concerns — as kindly as possible — with a human in the main service position via a series of emails over a period of months. This fellow recovering marijuana addict kindly (and fairly promptly) responded to my emails and eventually put my concern on the agenda for this particular group's business meeting. It was several months before the human was able to talk with me via telephone (due to the holidays) about the outcome of the decision made by group conscience.

At first I felt unhappy because the decision made by that particular group's members/committee wasn't exactly what I'd wanted. However, I had brought my concerns to the Loving God of my personal understanding and to my MA sponsor before I initiated contact with the human in the main service position. I also had accepted in my brain (and heart) that whatever the outcome was: It was God's will and therefore exactly as it was supposed to be in that moment. Having submitted to whatever God's will was for this issue ahead of time — Humility in practice (and always a work in progress!) — allowed my brain the space to listen to and calmly discuss the decision that was made. And lo and behold...because my mind isn't all

fogged up with weed anymore, and I keep cleaning up my side of the street via regular stepwork: I realized the decision made had been arrived at and done in the most perfect way possible for this period of time.

“At times, each of us may have to accept a group conscience that is contrary to our own desire.”  
-pg 75 *Life with Hope*, 1st edition.

My pride/ego doesn't like it when things don't turn out the way I hope for. I accept that fact! My recovery journey has a lot more hope/joy in it as I learn to incorporate the 12 Steps and 12 Traditions as a way of life. It's not an easy path for sure! Numbing out via marijuana still looks attractive to me even with a few years sober/clean. It's worth it to me though because having a personal relationship with the Loving God of my understanding grants me the power I lack. Plus, HP helps me navigate the storms of life in a more sane (and useful!) manner.

Thy will be done.  
With gratitude,  
Anonymous

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## What I Didn't Do

*Written by, Julie A.*

Weed once felt like a soft landing — a cushion for my racing mind, a bridge out of loneliness. But over time, the cushion smothered me. Nights blurred into smoke, mornings into fog. I thought I was escaping, but really I was erasing myself.

My wife held me through it, even as the haze built walls between us. She has known more than her share of pain., Aand when I disappeared into weed, it was as if I abandoned her to carry both our burdens. Love deserves presence, and I was absent.

Someone in a meeting said, “Alcoholics regret what they did. Marijuana addicts regret what they didn't do.” That line pierced me. I saw all the moments I'd let pass by — conversations unsaid, laughter unfelt, love unattended.

Recovery is where I begin doing again. Showing up. Speaking up. Holding her hand with clear eyes and an open heart.

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## Today I Choose

*Written by, Paul D.*

I was not always able to make choices.

It is said that no man can serve two masters. I had only one master and its name was addiction. This master forbids me to make decent friends because it wants me isolated and alone so it can kill me quietly in its own way. It forbids me to determine what is best for me and my loved ones. It took away my options. The only choices I was allowed to make were choices based on what served him, my addiction. Where can I get more ...where is my next hit coming from ...I need more ...This master gave me habits, urges, and a troubled mind that all caused me to want to self-medicate. I used various substances to try to quiet my troubled mind. Tobacco, marijuana, alcohol, sex, food, sugars, name it, if a little is good for me, and a lot is bad for me ...then I overdid the good, went for the bad and abused it.

Today, I choose. I have choices today. I can decide on what is best for me and my loved ones. Today, I know I am an addict. I know that I still like being numbed out to where I do not have to think. This is real... The struggle is real. I also know that if I am stopped, I am free from the chains that bound me to the addictions. With God's help and the help of the programs I can make a choice. I am no longer powerless not to choose.

Today, I choose not to smoke cigarettes or tobacco of any kind. Although once they gave me comfort, I cannot imagine myself smoking again. I started smoking cigarettes in my early teens. I had a period when I was almost two decades tobacco free. One night I smoked one cigarette, brought a pack that night, and was two packs a day for the next ten years. Today, I have a choice, Today, I choose sobriety over tobacco.

Today, I choose not to smoke marijuana. Again, I am an addict. I had stayed away from pot for 17 years, then decided it would be a good idea to smoke some. I voted for it to be legal. It was something I deserved. Pot now is not like the pot I used to use back in the day. American agricultural ingenuity driven by market forces have helped to create strains of pot which are exponentially stronger than what I was accustomed to years ago. I like it but I know it is damaging for me in many ways. What started as just, a "hey let me see if it is true what they say about the new store bought pot," went to, "damn it I need more and I need more." I like to say that one is too many and a thousand is not enough. Today, I have a choice. Today, I choose sobriety over marijuana.

Today, I choose. I have always had a bottle I could turn to, as Merle would say. I used to drink heavily. The bottle of whisky with the built-in handle, 1.75 liters of alcohol, was mine to consume every two days. Sometimes that was not enough so I would then go out drinking. A body cannot take that kind of punishment day after day, week after week, year after year. Although I managed to drink like that for decades, it cost me two wives, two entire households, and estranged kids. I paid a grand price for alcohol. I could not stop... I did not have any choices. My girlfriend asked me once if I ever thought about stopping drinking. She did not drink and did not like it when I drank. I thought about it for a minute and told her, "No... I have never thought about not drinking and it is foreign to me to even imagine a life without alcohol." That girlfriend is now my wife of twenty five years, and she was instrumental in my entering recovery and giving me the choices I have today. Today, because I can... I choose sobriety over alcohol.

I have heard it said that religion uses hell to scare normal people into acting right, to prevent them from going to hell. Addicts on the other hand, have been in their own personal hell and do not want to return. Addicts need their own kind of God. Not the punishing damning God of the Old Testament. Not a God that one needs somebody to interpret for them. Addicts need a loving, caring, and forgiving God that wants community with them and tries to bring out the very best in each one of them. In our program, we call this higher power. Not me, not my power. Bigger than I am. A Higher Power.

I look back on my life and realize that I have been lucky. Upon further investigation with higher power centered glasses on, I realize that God had spared me from the full consequences of my addictions. Why? Why would God save me from the punishment others have suffered for less infractions? Because He has work for me to do. I have been around and have seen many things. Sometimes, I am able to reach people that others can not. By coming to meetings, sponsoring and being of service, I set an example of what a 12-Step life can look like.

I did not always choose God. I turned my back on him years ago, but he never turned his back on me. He just waited patiently for me to ruin my life and when I did, he offered me hope and set a place for me at the table. Today, I have a choice...I choose my Higher Power. I choose God.

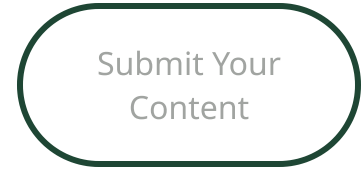
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# SHARE

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](https://MA12.org/Prompts)



**Want to share *A New Leaf* with others?**

Provide this link to sign-up:  
[MA12.org/New-Leaf](https://MA12.org/New-Leaf)

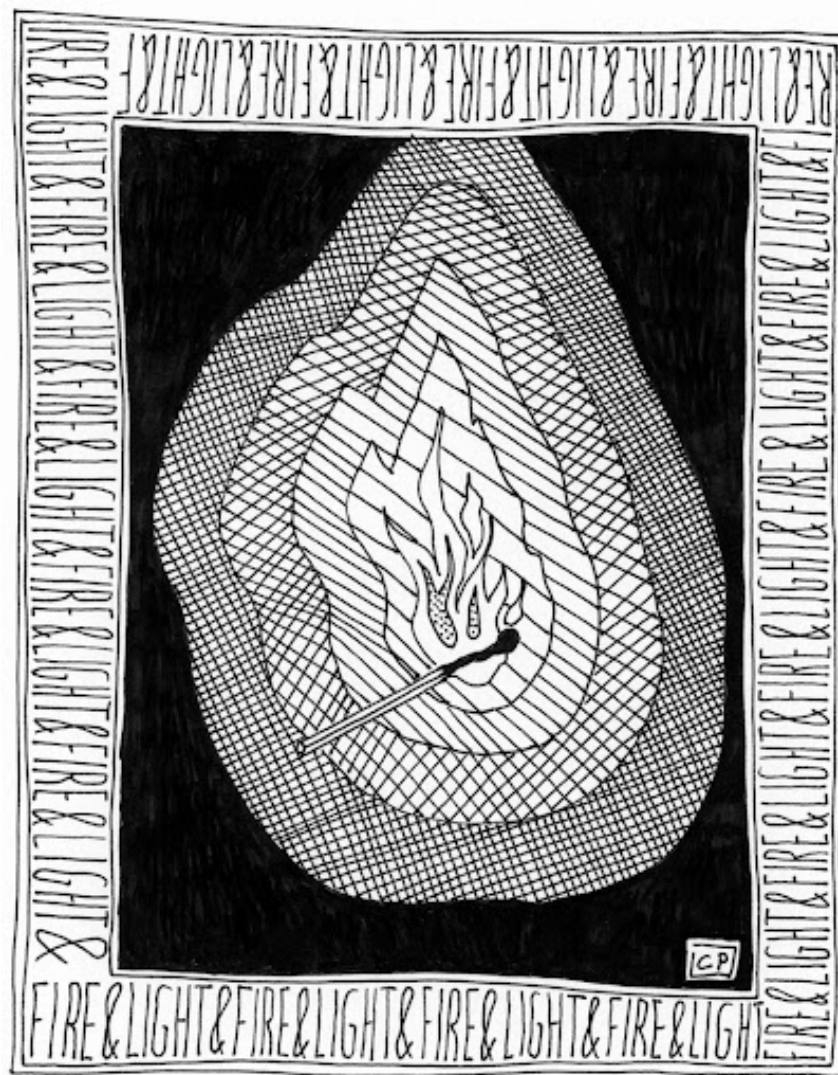
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# ART

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**Fire & Light**  
*Created by, Chris P.*



This is a drawing I made for the new year 2026, wishing for fire & light within.

I started drawing only when I was about 9 months into recovery. Inspired by an MA fellow who shared their drawing. I always thought I couldn't draw or paint and hence never tried. The recovery slogan "Progress Not Perfection" was the guiding force that helped me overcome my hesitation and discover this new way of creative expression for myself.

I'm forever grateful to MA for my recovering way of life!

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**Marijuana  
Anonymous**

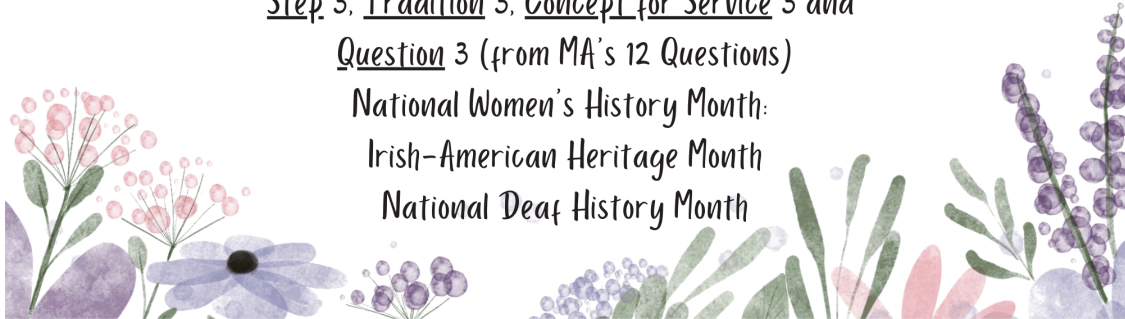
# Calling All MA Members

## MARCH SUBMISSION TOPICS

WE ARE LOOKING FOR SUBMISSIONS ON THE LIST BELOW TO HIGHLIGHT THE DIFFERENT EXPERIENCES THAT WE SHARE AS A COLLECTIVE AND TO BRING EXPERIENCE, STRENGTH, AND HOPE TO THE NEWCOMERS AND OUR FELLOWS.

Step 3, Tradition 3, Concept for Service 3 and Question 3 (from MA's 12 Questions)

National Women's History Month:  
Irish-American Heritage Month  
National Deaf History Month



### *Heard in a Meeting*



**Fear is courage that has said its prayers.**

## 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

## POETRY

### Poem

*Written by, Jessyka C.*

Mary Jane,

My beloved, my wife, my true love,



I'm so sad to be leaving you behind, turning down a different lane,  
But I know I can do better than you, eventually, although you do send me above,  
I feel I need to be on the straight and narrow for a little while,  
Take some time apart,  
See if I can still smile,  
While you break my heart,  
I need to focus on self care,  
Get my priorities straight,  
Can't do any of this with you there,  
It's almost like you're not even a good mate,  
And as much as I love you Mary,  
You're no good for me,  
It's actually a bit scary,  
How dependant on you I've come to be,  
So tonight you're not here,  
Tomorrow you'll be gone too,  
But I'm trying not to fear,  
I'll be better off without you.

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## **A Simple Conversation** *Written by, Michael J.*

A fellow's post reminded me of a simple conversation I had this morning with the love of my life. It was about how taking something non-narcotic to help me sleep only works if I take it about once a month. If taken more often than that, it does nothing.

That simple conversation awakened Little Addict, who fidgets in the dark corner of my internal boardroom.

Little Addict softly whispered, "Remember how leaving pot alone for a few weeks made that first high so good?"

Little Addict stood and spoke a little louder, "You're able to accept not sleeping well for weeks, knowing you will get a good night's sleep soon."

As Little Addict approached, he said louder, "If you can leave the sleeping aids alone for a month, surely you can leave the weed alone just as long."

Then Little Addict rose on his toes and shouted in my face, "You could do that! You could get high once a month!!!"

I looked around the boardroom. All the other voices were silent, except one. That one voice said, firmly, and clearly, with no shout to add to its truth,

"Bullshit."

That was the voice of the part of me that loves me. That is the voice that a power greater than myself placed within me. I listened to that voice.

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## **Gripped by Green** *Written by, Amy K.*

Chaos crowned my childhood years,  
a crown of grief, a flood of tears.  
Mum was gone before I knew  
how fragile love, how brief, how true.

At eight, the world was cracked and cold,  
foster hands, but none to hold.  
Brother lost to darker fires,  
needles, powders, failed desires.

I found my comfort in the haze,  
at twelve years old, those smoky days.  
Dizzy first, yet I returned—  
a gentler burn than life had burned.

Seasons passed, the habit grew,  
a daily cloud, my skyless view.  
Not for laughter, not for play—  
but just to make it through the day.

Now laundry towers, dishes wait,  
three small souls, their futures fate.  
Lunchboxes packed with shaking hands,  
while I am trapped in sinking sands.

The smoke that once could soothe my pain  
has bound me fast, a rusted chain.  
I long to breathe, to stand, be free,  
to find the woman lost in me.

And deep inside, a voice still calls,  
beyond these weary, smoky walls.  
A spark survives, it will not die—  
a seed of hope, a clearer sky.

One day I'll break these binding ties,  
lift my head and meet sunrise.  
My children's laughter guiding me,  
toward the life I'm meant to see.

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## **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

### **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.



# CONGRATS

## CELEBRATING 181 YEARS OF SOBRIETY

DISTRICT 5 - ORANGE COUNTY, CA		
ANDREW L.	1/3/2022	4 YEARS
ANTHONY G.	1/29/2015	11 YEARS
BILL H.	1/23/2018	8 YEARS
JIMMY A.	1/5/2020	6 YEARS
LAYNE	1/18/2010	16 YEARS
MELODY C.	1/16/1989	37 YEARS
ROBERT M.	1/18/2018	8 YEARS
ROBERT S.	1/3/2017	9 YEARS
ROD H.	1/24/2025	1 YEAR!!
TONY R.	1/1/2004	22 YEARS

DISTRICT 7 - S. LOS ANGELES COUNTY, CA		
ERIC R.	1/5/1993	33 YEARS

DISTRICT 18 - GREATER SACRAMENTO AREA, CALIFORNIA		
MICHELLE H.	12/3/2024	1 YEAR!!

DISTRICT 20 - SAN DIEGO, CA		
LIZ M.	1/10/2025	1 YEAR!!

DISTRICT 22 - NEW ENGLAND STATE		
SKYLAR B.	12/12/2012	13 YEARS

IOWA		
CHRISTINA Z.	1/15/2023	3 YEARS

DISTRICT 11 - OREGON, CA		
CHRISTINE K.	1/19/2025	1 YEAR!!
ELIZABETH W.	1/23/2025	1 YEAR!!
JENNA R.	2/5/2025	1 YEAR!!
LISA D.	1/17/2023	3 YEARS
PARAM D.	1/15/2024	2 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, and Number of Years, to [anewleafpublications.org/birthday](https://anewleafpublications.org/birthday)

## Self-Supporting through our own Contributions...

A New Leaf Publications provides these emails as a free and complimentary service. However, we do incur a monthly cost of \$115 for the email distribution service MailChimp (\$1,380/year) plus the additional time paid to our Special Workers.

Click to make a contribution

If you enjoy these emails and our others, including Carry the Message and the Daily Dose please consider setting up a recurring contribution on our website today to support our efforts.

## Meeting Finder

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

Need support? [Contact us.](#)

[Find 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 2.0

Find meetings easily with the Meeting Finder, track your sobriety with virtual tokens, read MA literature in e-book format, enjoy daily meditations, explore pamphlets and more.

[Download the App](#) →

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# A NEW LEAF PUBLICATIONS

Publishing Department – Marijuana Anonymous World Services

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