

A NEW LEAF

a creative publication of Marijuana Anonymous

March 2026

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Letter from A New Leaf Publications

Dear Fellows,

The Spring Equinox is upon us and with that in mind, we at *A New Leaf* encourage fellows to spring ahead in service, however that looks for you in your recovery journey.

We now have new bulk pricing for *Living Every Day With Hope!*

Bulk orders of *Living Every Day with Hope* within the U.S. of 10 or more books are now available at \$11 per book from the MA website. Please reach out for any requests regarding CAN/UK/AUS order, email Orders@ANLP12.org.

Marching Ahead, Seeking Submissions for April and May

In celebration of Irish-American Month, this issue includes a special letter of hope and gratitude from District 29 in Ireland!

April is Arab American Heritage Month and Autism Acceptance Month, and the holidays of Passover, Easter, and Earth Day, are observed, along with MA's 4/20 Soberthon. May celebrates Jewish American and Asian American & Pacific Islander Heritage Months, Memorial Day, Mother's Day and Mental Awareness Month.

Celebrations and holidays often intertwine with recovery and are often a source of significance. If you have stories, artwork, puzzles and poetry that speak to your experience of these celebrations within your recovery, we'd love to read about and share them. Your creativity and courage helps our fellowship blossom and grow!

As always, we accept general pieces on your creative writing pieces, lyrics, comics, and music on hope, and renewal through recovery. Due to our publication schedule, please submit stories for April 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, and email 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, and email 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!

After announcing its cancellation, the Creative Writing Workshop became supported by members of MA. Seeing what a boon the workshop has been for members, we encourage fellows to consider being of service for it and ANLP/MAWS will continue to support the member-led workshop as needed. For those interested and curious on how to be of service for roles of this workshop, please contact us at Write@ANLP12.org.

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."

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

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

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How We Grow

Written by, District 29 - Ireland

Much gratitude from District 29 Ireland to you for inviting us to celebrate Irish Heritage Month with you.

For those of you who may not be familiar with D29, we are a small but growing district, officially born in 2024 thanks to the dedicated service of a handful of marijuana addicts who believed in keeping recovery alive in Ireland.

The Marijuana Anonymous fellowship in Ireland began with a single in-person meeting in Dublin back in 2014. We remain deeply grateful to the very few people who kept the flame of recovery from marijuana addiction burning during those early years.

With the arrival of COVID, that meeting moved online. By 2023, we had grown to three online meetings alongside two in-person meetings. At that time, we kept our online meeting links private to avoid disruptions. Later that same year, we made the collective decision to list our online meetings on the MA meeting finder—and attendance soared within weeks.

Growth did not come without challenges. We experienced our share of online disruptions, but we responded by creating safety protocols and training our service members to protect the atmosphere of recovery. What emerged was a stronger, more resilient fellowship.

Although we were affiliated with our fellows of the UK District 14, by early 2024 we realised that we were already operating as a district in practice. We were fully self-supporting, sending recurring donations to MA World Services, organising social events such as game nights (both online and in person), and supported by a consistent and committed service team. For these reasons, in May 2024 we presented our request to become ratified as a district at the World Conference—and here we are.

As we begin 2026, District 29 Ireland continues to grow and thrive. We now host five online meetings with excellent attendance, as well as two in-person meetings in Dublin city. Our service team includes dedicated fellows from across Europe, the United States, and Canada, and we are proud to be a truly international Irish district.

If you've never attended one of our meetings, we invite you to find us on the meeting finder and join us in celebrating Irish Heritage Month this March. You may just find a few good reasons to stay—and to share your experience, strength, and hope with us.

Buh-Bye, MJ
Written by, Jen B.

Dear MJ,

Goodbye. I have decided that I am better off without you. Kicking you off my porch and out of my car felt freeing today. I don't need you to enjoy my walk — it's more peaceful without you. I don't want you clouding my judgment ever again. You are no longer fun to hang out with; you make me feel bad about myself and you rob me of my energy. I don't need or want you in my life anymore. Stay gone.

My prayers for your dealers. May they be happy, healthy and free. In case you try to contact me, I will simply block you and tell on you to a real friend. I hate what you've done to me these past few months; toying with me and kicking me — hard — in my vulnerable under belly. I am grateful for the medicine you once were but that therapy is through. I'm on to bigger and better things; I know this breakup won't be easy but I also know I'm not alone — EVER!

Buh-Bye,
Jen B.

Faith Can Be Slippery

Written by, Susan C.

I didn't know what trust was when I got into recovery. I had no faith. Pot had been my higher power for more than 15 years. When people said their higher power was keeping them clean and sober, I was confused. How come I used so much longer than I wanted to? People who had a higher power seemed happy, so I acted as if I had one until one day I didn't feel alone. It was a slow process to create a relationship with a higher power of my own understanding. If I trust my higher power cares for me, and I have faith that I'm not alone, I can listen to hear my higher power. That is how my higher power can keep me clean and sober: if I listen and stay connected. Once the fog lifted, I now have access to the sunlight of the spirit. I used to think that once I was connected I always would be. But I've discovered that faith, like everything else, comes and goes. Now I don't fret so much when I feel disconnected. I try to remember that I AM always connected to the universal web of life and love. Being human I will forget, and then I'll remember again. That's a really good reason to keep coming to meetings.

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.

Submit Your
Content

Want to share *A New Leaf* with others?

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

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

ART

Stopwatch

Created by, Anonymous

***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

Lost in The Clouds

Written by, Fe J

Did they just say my name?

My head hurts. My brain is foggy, hazy, still filled with smoke.

“Fe, would you like to introduce yourself?”

Oh, God. That’s my name. Suddenly it feels like the AC isn’t working. I straighten my posture sitting on my bed, hot and uncomfortable.

Can I just hop off? Why are they calling my name? Can’t I just be here and listen and not speak?!

I’m so annoyed that I almost declare this moment to be “the reason” I lose these weeks I’ve accumulated. I never needed a reason though. Simply being alive was my excuse.

They say my name again. “Are you there? Do you want to turn on your camera?”

Oh my God, just say something! You’ve done this before.

My heart races as I turn on my video and see my mirror image. Hair frizzy, tired eyes, but I still pass as somewhat normal. My insides certainly did not match my outsides. I had become a shell of a human. A professional at masking. A master of disguise.

The last three weeks have felt like three months. Barely able to eat or sleep. When I did manage to drift off, I awoke from vivid nightmares akin to a violent slasher film, gasping for air, drenched in sweat. The only thing getting me through the days were multiple showers, chugging water, taking long walks, and compulsively scrolling through Reddit to find support.

I was barely getting by until one night I awoke from a particularly bad dream that made me jump out of bed. What happened next, still bewilders me. Somehow, as I stood up, my foot got caught under my low bedframe; I fell on top of my bed, and the frame came crunching down on the top of my foot, leaving me with a fracture. My very first broken bone, mirroring my broken spirit. Suddenly my outdoor escapes to burn off my internal energy was no longer an option. I was forced to sit in my insanity, and I was forced to find another option to deal with this. I needed help. I am trembling, as I unmute myself.

"Hi, my name is Fe, and I am a recovering addict. I've been sober from alcohol for four years, and I just quit smoking cannabis three weeks ago. I feel like I am going insane."

They welcomed me, told me they related, and said I was in the right place.

Poem

Written By, Jessyka C.

Don't know how many more times we can say goodbye
But I will try
Hopefully for one last time
To see you out
This is it
It's over
I mean this
And it's not like I won't miss you
I will
We were good together
You and I
We had some great times
But Mary
You're done scaring me
With how much I rely upon you
It's time I saw this through
So tonight I'll take you in once again
And tomorrow that'll be it, you'll be gone by morning

Counting Down the Days

Written by, Rysse G.

I count down the days that I am sober, like a clock to how long I can just be in my life without running.
12 hours.

There's a train barreling down the generations. 1 day.

Recovery they call it. What am I recovering? 16 days.

I cry like I'm unplugged, like it feels it will never stop. 18 days.

I can almost admit I am powerless. 21 days.

They say a new habit is forming but my lungs still long for the warmth of that first inhale. 24 days.

Being powerless is a good thing. I bow down to something greater than me. 32 days.

I can't do this alone. I find meetings. I ask for help. 38 days.

Even in the way I sit in front of the T.V. and scarf down food like I haven't eaten in days. Cross addiction they say. 42 days.

I'm counting the days to how many will it take til I can turn around and say "I see you" to the train. 46 days.

And it reveals itself to me as heartbreak or grief or hunger, something old, something new. 48 days.

Some days it goes easy on me. I remember to sing. I remember to cry. I remember to pray. 52 days.

I learn my lessons the hard way but I keep telling myself "I can do hard things." 55 days.

I jump on that train I strap on and say here we go. 58 days.

I can taste the freshness of a sober life. I can almost see the train at the end of its rope, gassed out. 59 days.

I see now, I am recovering my aliveness. 60 days.

I am just riding the train now. And I'll take another 24.

But What If.....

Written by, Anthony M.

As I sit in this first day of sobriety, laying in the bed waiting to get sleepy after taking a sleep aid, I'm thinking to myself "But what if I lose it all from disconnecting from everything and everyone?" Only to realize that those what-ifs are what's kept me trapped for so long.

Like the, "what if I lose momentum?" instead of, "what if I love the new pace?" Or, "what if my family doesn't support me?" instead of, "what if I have all the support I need to stay clean?"

How about this MJ, what if I actually don't want you anymore? I want me this time. I want self-love, self-respect, self-commitment — not bud devotion.

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

Third Step

Made a decision to turn our will and our lives over to the care of God, as we understood God.

In working the 3rd Step, when we "made a decision to turn our will and our lives over to the care of God, as we understood God," we were practicing the principle of FAITH.

Third Tradition

The only requirement for membership is a desire to stop using marijuana.

Third Question

Is it hard for you to imagine a life without marijuana?

Third Concept for Service

The Marijuana Anonymous groups have delegated to its Service Committees and Trusted Servants the full authority to conduct Marijuana Anonymous' business and service regarding District as well as World affairs.

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.

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.

Marijuana Anonymous Resources

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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