



## The Creative Writing Issue

### Search for Relief

You don't need to spend your whole life under the influence  
Like it's the only lesson your family left you that makes sense

Dull your mind, dull the thoughts  
Slow the creeping feelings  
Can't control the thorny knots  
All the things that leave you reeling

Remember back to high school times  
Simpler lives happier rhymes  
Surrounded by a large family yet you raised yourself  
Raised expectations of the world beyond the tallest shelf  
Life was not kind  
You were not ready  
It was not your time  
Stared into the void and it clung to you like wine

Dull your mind, dull the thoughts  
Slow the eager feelings  
Can't control the thorny knots  
All the things that leave you grieving

A child grew up too fast  
In a sense innocence is never meant to last  
Broke yourself and attempted to mend with cast  
But confused it with walls of bulletproof glass

You don't need to spend your life staring at the void  
Reaching out for a smoke or a trip just to avoid  
Your own thoughts and feelings  
That nightly leave you reeling

Don't dull your mind, go face those thoughts  
Go sort out neglected feelings  
Undo years of twisted knots  
Welcome life with eager greetings ▲

~ by Toby M.

### Recovery

I thought I made a real good friend,  
With my life I began to start a trend.  
When I needed to escape or feel cool,  
I believed I had found the best tool.

In the end, I got addicted  
My life was certainly not what I predicted.  
For over ten years, I was enslaved.  
I'm ashamed of the ways that I behaved.

After awhile, I hated getting high  
But I would always buy more once I got dry.  
Every few months, I would swear I'd quit  
But no one believed I would actually commit.

Until one day, I was sick and tired  
I made the change my life required.  
MA was a group, I had heard of before  
I needed support, a safe space, and more.

I never knew all the positives I would gain  
A sponsor, a home group, and even some pain.  
My first month clean was met with loads of distress  
But progress doesn't come without a little unrest.

I'm working the steps and continuing to pray  
I can feel my life changing each and every day  
I feel healthier and happier, it just goes to show  
It's not always easy but I'm determined to grow

I could not have done it without all of my peers,  
And the people who have shared with multiple years.  
I may not be an expert, but I know a little hack  
It's what they always say, "keep coming back". ▲

~ by Stacey C.

## 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 birthday lists. Additionally, district/group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch: [chiefs@anewleafpublications.org](mailto:chiefs@anewleafpublications.org)

### ANLP Staff

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## The 60th Day

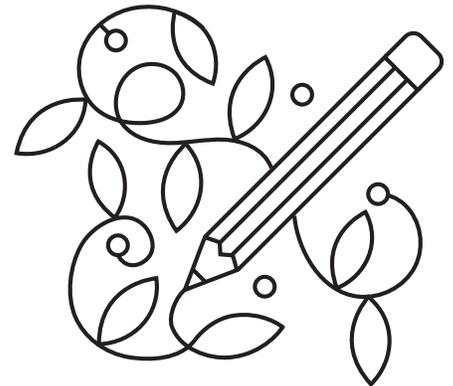
Hip, hip, hooray  
I've made it to the 60th Day  
And when asked how I did it, I'll say  
I surrendered, I prayed, and I came  
to MA  
A program that's taught me the  
importance of living day-by-day  
A program that's helped me  
rediscover  
Who I am  
Who I'm not  
A community that's helped me  
recover  
A fellowship that's helped me  
uncover  
The tools I've needed  
The mindset I've now seeded

And I'll keep coming back  
Even when I feel fine  
Because I know to fall again  
Would result in another climb  
A climb I don't want to take  
Through detox, and tears, and  
thoughts I hate  
I've come too far to ever go back  
To my old ways of living  
So now I'm finding  
Ways to be more giving  
Ways to be more forgiving  
Ways to stay open-minded  
Letting the universe be my guide  
To finding new meaning  
Because I haven't lost anything  
I've gained everything

And I thought I was functional before  
A highly functional stoner that swore  
I needed weed  
But at my core, I know now  
I've never needed anything other  
than what I've already got  
These hands and these feet  
This mind  
These words

No more filter  
No more numbing  
This is me now  
Without substance  
I am becoming ▲

~ by Kayla H.



## Daily Meditations Wanted!

Our MA fellowship is almost done creating a daily reader to add to our body of literature. PLEASE submit daily reflections through an easy, online form. Find it below and thank you for your service.

<http://tiny.cc/MA-daily>

**The Reflections  
Daily Meditation Book**



## Unraveling

Like a ball of yarn,  
A string pulls and my heart comes undone.  
Like a house of cards when a breeze blows,  
I find myself falling to pieces.  
Bit by bit, falling apart.  
Unraveling...  
Cinder blocks being destroyed by a wrecking ball.  
A chipping hammer breaking away my soul.  
Tearing apart piece by piece the good things I've  
been holding on to,  
The things that I hold dear,

And leaving behind the ruins of my life,  
The wreckage that was my own doing,  
The damage and pain I carry with me,  
Even when I've rebuilt,  
The life that I've destroyed time and again.  
Unraveling...  
Until I'm back at rock bottom,  
But that rock is the foundation,  
Where I can start creating my life again. ▲

~ by Marie P.

## Now I Want It All

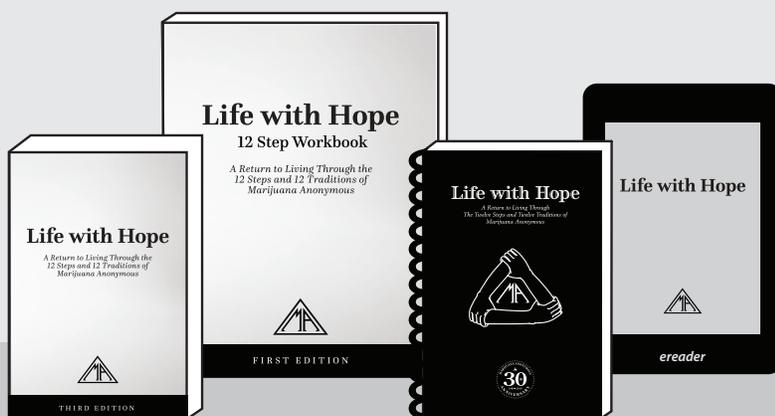
Before I got sober, I could not imagine a life that ended in natural causes. I couldn't fathom living to 20, then 25 then 30. I could not see how people made terms with living, how I could possibly go on. I couldn't even see a fraction of a lifetime. Now I want it all. I want to live forever. I want everything.

I want 100 lifetimes. I want to write novels, direct plays, raise children, ride in sunsets, get lost, compose, live, die, and do it all over again. I want to live in Europe. I want to meet the same people everyday...at the same place everyday...to bullshit, talk literature, sports, gossip, and

dreams. To invent things. To know everything about history. I could study one artist for the rest of my life and be bursting with fulfillment. One painting! One city block. It's all so much. It's all so lovely. It's all here, and I want it all. And more. ▲

~ by Anonymous

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### Step Four

*Made a searching and fearless moral inventory of ourselves.*

### Tradition Four

*Each group should be autonomous except in matters affecting other groups or MA as a whole.*

## Celebrating 222 Years of Sobriety!

### District 4

Rachel K.	3/12/2018	3
Roland J.	3/7/2008	13
Krista	3/17/2004	17

### District 5

Aime	3/17/2016	5
Alejandro H.	3/12/2018	3
Alex G.	3/4/2016	5
Alex M.	3/3/2019	2
Annie Z.	3/17/2019	2
Christian	3/17/2014	7
Ernest F.	3/9/1995	26

Hal N.	2/26/1991	30
Joe M.	3/7/2011	10
Kelly	3/17/2007	14
Kristen S.	2/21/2017	4
Lisa L.	2/22/2004	17

### District 6&7

Jonathan C.	2/26/1992	29
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### District 12

Caitlin B.	01/21/2013	8
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### District 19

Lucas W.	2/19/2012	9
Saskia vT.	3/6/2011	10
Jessica N.	3/01/2018	3

### Independent Groups

Brittany H.	3/6/2019	2
<b>Rainn C.</b>	<b>3/4/2020</b>	<b>1</b>
David F.	3/5/2019	2

**See your sobriety date here!**



Submit your sobriety date to your local GSR, ANLP Liaison, or e-mail to: chiefs@anewleafpublications.org