



A NEW LEAF

a literary publication of Marijuana Anonymous

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Letter from A New Leaf Publications

Dear Fellows,

It's April, which means the **5th Annual 420 Soberthon** is right around the corner! To celebrate this beloved MA event and Convention fundraiser, this issue features two stories by members about their experience with the 420 Soberthon. We hope you'll join in this celebration of hope and recovery. In addition to recovery-based meetings, and long-timer speaker panels, there will also be a talent show and pet pageant, with time for fellowship! To view the flyer, schedule, and learn more about how to be of service, visit www.MA-SanDiego.org/420.

This month we unfortunately say "farewell" to our Design Editor, Zach A. We hope you all join us in thanking Zach for his service in getting *A New Leaf* out for you all to enjoy each month. Zach will be missed by all of us at ANLP!

This means we also open the window to say hello to someone new – **perhaps it's you?** The Design Editor position is now open and available for someone to fill. The ANLP Design Editor works with the other two A New Leaf Editors to prepare each month's issue of A New Leaf, and is primarily responsible for the look, layout and formatting of each month's issue.

The Design Editor also helps populate the content for each Daily Dose email. Since both the Daily Dose and ANL are digital, anyone familiar with, or willing to learn, Mailchimp and Canva can take on this role. Both are intuitive, and follow pre-developed templates and documented processes. The Design Editor works collaboratively with our supportive team of dedicated volunteers and talented Special Workers who are willing to show you how to use these programs. Now is an exciting time to get involved with ANLP. As you may know, ANLP recently published *Living Every Day with Hope*, and launched the exciting Daily Dose email for getting each day's reflection straight to your inbox.

ANLP has a few more exciting changes coming soon still up our sleeves... Want to join us and help make our newest projects happen? **Have some ideas for ANLP of your own? Consider becoming ANLP's new Design Editor!** You'll be a voting member of ANLP, attend ANLP Steering Committee and Department Meetings, and have a voice in all the exciting changes happening! Ask yourself: if there were no limits, what would YOU like to see next from ANLP? Whether you're looking to be of service as Design Editor (or not), we want to hear YOUR ideas for ANLP! Email Chair@ANLP12.org your ideas or questions, and visit ANLP12.org/service to learn more about becoming ANLP's next Design Editor!

Yours in Service,
ANLP Department



Reclaiming 420 in Sobriety

Written by M.

For the past 6 years I have struggled to put clean time together, both in and out of the rooms of MA. Every time that April 20th rolls around, I have tried in vain to block out the existence of this once seemingly celebratory day and the memories that it holds. From booking off work or calling in sick to attend local “protests” (a.k.a. excuses to get high in public, prior to the legalization of cannabis in Canada), to days of intense overindulgence amidst my already heavy daily habit, 420 was an annual day of debauchery for nearly 22 years of my life.

Reentering the rooms of Marijuana Anonymous this past August, after a 5-week relapse that left me in the grips of Cannabis Induced Psychosis (CIP), I heard something in a meeting that transformed my experience of recovery: Connection is the opposite of addiction. A power greater than myself spoke through this person’s share and helped me see that leaning into fellowship as well as community is an act of self love. Since then, HP has continued to prove, time and time again, that I gain strength from letting others in. For the first time in my life I am genuinely grateful to be sober and, perhaps most importantly, I am no longer an island.

A fellow recently shared that their experience of recovery has felt like the inverse of the “magic, to medicine, to madness” that they experienced while using. When they showed up to the rooms they were in the depths of despair, but they kept coming back to get their daily reprieve from the insanity of their addiction. Now, they come to the meetings because they find joy in hearing the message and in helping others by sharing their experience, strength, and hope. It struck me as I listened to this share that meetings have become a place of comradery and that sometimes they can even be... dare I say it... fun!

And so, when a call to service came for the annual 420 Soberthon, I knew that there was nowhere else I would rather be on April 20th. The concept of a soberthon is deeply rooted in the 12 Traditions of Marijuana Anonymous, which I feel increasingly connected to as the fog of cannabis fades. Surrendering to the reality that my personal recovery depends upon MA unity and on the primary purpose of carrying the message to marijuana addicts who have the desire to stop using means that I can stay clean, one day (or hour) at a time, by showing up and sharing the gift of recovery that has been so freely given to me.

And I plan to do just that on 420. Not only will the Soberthon be a place to practice the principles of the program and add incredible skills to my recovery toolbox, it will also be a place to celebrate the parts of my life that are made exponentially better by being clean! From joining fellows in fostering a deeper meditation practice and finding hope in listening to longtimer shares, to the merriment of the talent show, pet pageant, and karaoke dance party, I can’t wait to connect with fellows from around the world who are gathered with a singleness of purpose.

By and large, while this day was so long marked by dazed self-destruction, I am thrilled to see it through new eyes as an opportunity to cultivate my connection to this community that is essential to freedom from the frenzy of addiction. So for anyone who, like me, has run from April 20th like Indiana Jones in Raiders of the Lost Ark, trying to evade a giant rolling boulder made up of every ounce of pot they have ever smoked (cue detox nightmare reel), join the Soberthon and let's reclaim 420 in recovery!

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.

Design Editor: Zach A. ~ now open!

Creative Designer: Jules M.*

eCommerce Manager: Lisa R.*

Publishing Consultant: Steven B.*

**Special Workers*



Liking How You're Living *Written by Rich G.*

There's a sudden and half-expected
hit of joy that comes with it—
a familiar jolt in the heart's funny bone
letting you know
you're back to bumping
along the right corridor.
Sure, there's room for improvement,
many rooms, in fact,
unused in the sprawling
mansion of your remaining days,
waiting in furnished gloom
for a bruising to flay
its ripened dust.

Remember Me?

Written by Cassie C.

Remember me?
We met at a party.
When I was much younger.
You were my best friend.
Always there to lift my up.
Always there to make me laugh.
Always there to help me not care, Nor to cry:
I was always the life of the party.
You numbed me from reality.
From the hurt, and pain inside.
You made me forget the bad, and only think of you.
You and the good you came with.
Or so I thought.
Because at the end.
You took more than everything away.
You took...
Me.

Osmosis

Written by John J.

You wanna fight crime in a skintight suit
You wanna stop time and detect the truth
You wanna ray gun, wanna turn to stone
You wanna be the one who saves the universe alone
You wanna be fast like Mercury
Travel to the past and fix history
You wanna jump buildings, you wanna bend bars
See into the future, and fly to Mars
Beyond the stars
Faster than time
So fast that nothing will ever stop you

You want control of everything
Better grab a lantern and a power ring
Invasion looms, advancing hordes
Shine your cosmic silver surfboard
Nazi nemesis on the attack
Throw the shield that always comes back
No matter what just keep on fighting
Raise your hammer and call the lightning
The master plan's
A disaster man
Do what you can
To save every last woman, child and man

For this you need to find the key to everything

Be ready to follow the sirens when you hear them ring
You must let go of the thing that you hold closest
Steel yourself the secret is

You wanna be the one to disarm the bomb
You wanna be the one that they can all count on
You've seen the signs you know where we're headin'
2012 means Armageddon
Sinister plot set into action
Clock is ticking, chain reaction
Shroud yourself in mystery
Protect your secret identity
Your family
From tyranny
It's all just a giant conspiracy

For this you need to find the key to everything
Be ready to follow the sirens when you hear them ring
You must let go of the thing that you hold closest
Steel yourself the secret is
OSMOSIS!

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

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.

Submit Your Content

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

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

Fourth Step

Made a searching and fearless moral inventory of ourselves.

In working the Fourth Step, we were practicing the principle of Courage.

Fourth Tradition

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

Fourth Question

Do you find that your friends are determined by your marijuana use?

Fourth Concept for Service

All members of a Service Committee have the "Right of Participation," and bear substantial responsibility for the Service Committee's decisions.

Break Up Letter

Written by Jules M.

Dear Mary Jane,

When I discovered you, it was like a miracle had come into my life. You gave me the ability to hyperfocus, to briefly let the troubling world slip away, to access my creativity, to be more social, to practice yoga and meditation, made experiences more enjoyable and served as a bridge over troubled waters.

You went from Miracle to Medicine. As my medicine, you helped me sleep and wake up, deal with depression, stress and anxiety, reduce my period cramps and chronic pain. Next thing I knew you were needed for everything, my constant companion that I couldn't live without or get enough of.

This is when you turned from Medicine to Maniacal. I broke promises with myself and others to always have you in me and with me. I became a slave to you, putting you above anyone and everything else including my family, my husband, my children and even my own safety. Then on April 20, 2018 after years of perpetuating my cycle of addiction, going in and out of 5150 psych wards, in and outpatient programs, and struggling with my mental health, I finally had enough. I struggled with the idea of being a marijuana addict, to admit that I am yet another addict in a lineage of addicts.

I was ready to surrender and seek help in a 12-Step program, but I didn't know what a real marijuana addict looked like. I was convinced that my problem with marijuana was so unique that I never thought to google marijuana 12-Step groups, going so far as to say, "They should start a 12-Step program for marijuana addicts." Looking back, that was a blessing in itself. I was forced to humble myself, join AA, and release decades of resentments towards my recovering alcoholic & pain pill addict mother.

You had me fooled for 10 whole years. Life wasn't really better with you, it was just altered. I was so angry with you for a long time, thinking you had tainted my life experiences around design school, art, and yoga. I discounted those times in my life because you were part of them and I wanted nothing to do with you.

In recovery, I began to slowly but surely rebuild the love for hobbies which have helped me so much in life. You were a partner, that made my body seem more open and fluid during

yoga. You were like a key that opened the attic where my design creativity was stored away. Gratefully reforming bonds to those aspects of self-care, hasn't been easy. It took time and acceptance for me to realize how to do those things again without your influence. It's getting easier because I know that those parts of me are available, I just have to let go of control and allow them to flow.

During sobriety, I have been so determined and willing. With each time I progress through the Steps, with every meeting, every service position, I continue to grow further away from your grips. Every day I reflect to see how far I have come. I consistently hope and pray that I will keep my distance from you and any other negative coping strategies. Ever reminding myself that you aren't worth it to me. I will do my part by putting as many days between us as possible, using every tool in my toolbox to fight urges to pick you up again.

Many people refer to you as a gateway drug, and for me, you are a gateway, however not to heavier substances. Quitting you, was like walking through a gateway to a better way of life. Today I choose to live, I'm no longer just existing, I embrace each day and squeeze as much goodness as I can.

I am grateful that you can be a healing element to so many people, and I wish them the best in hopes that you don't turn on them as you did me. You and I are no longer compatible. I am done being used by you, and I have no intentions of using you ever again.

No Longer Yours,
Jules

“Puff” Piece for 420

Written by Ras M.

I used to smoke to stop time. I just needed a pause - from the oncoming crazy, and my subsequent flooding of anxiety. Of course, there would be the crazy again, 5 hours later. When I stopped smoking, I found it challenging to fill large chunks of time in order to replace my previous 5-hours-at-a-time escape plan. What was an MA addict in early to mid sobriety to do?

Enter The MA 420 Soberthon.

A literal 24-hour marathon of programming and good clean sober fun on April 20th, one of our fellowship's more vulnerable and triggering days.

If you've ever raised your hand to testify when hearing the 12 questions, imagine writing your own! Or meditating, doing yoga and dancing alongside your fellows to get all your emotions out! Right there in the comfort of your own Zoom!

It was the talent show for me. Still coming out of the daze and haze of failed attempts in the entertainment industry and smoking to cope, the talent show drew this restless comedy writer like an irritable moth to a lighter flame. I needed to express my pain in a 5 minute container, see and feel the support of others, cry during our beloved Andrea F's rocking sobriety anthems, croon along with fellows so beyond talented... it opened my eyes to who we all really had potential to be if we dug our heels into our recovery.

It was also the pet pageantry for all of us. This segment treated us to a reminder of just where the first source of unconditional love was and always had been. Celebrating our companions, having an "awww fest" and just giving and getting cozy cuddle puppy vibes and watching kitties parkour across laptops was medicine.

Hearing longtime speakers offered so much hope through our tears. They are the wise elders we addicts didn't know we needed. They showed us double digits were possible. They said how. Spoiler alert: one day at a time. I am so grateful for those in Service who come together year after year to help us buy another 24 hours of time and space, and also fill our cups and our hearts.

Sober Creed

Written by Brian B.

As a former U.S. Army military police officer, I learned early on the power of motivation, discipline, and perseverance. Although I couldn't become a Ranger due to my specialized career, the Ranger Creed became a cornerstone of my mindset. I wore the Ranger tab inside my pocket over my heart as a symbol of my commitment to embody the values it represented. Even after I was laughed off for trying to volunteer as a Ranger, I continued to memorize and rely on the Creed to push me through tough times. Today, in my recovery, I've created the SOBER Creed as a tool to motivate and guide me in the same way the Ranger Creed did. This Creed is a reminder of my strength, my dedication, and my ability to overcome challenges.

Seeing a new way of life, I embrace the courage to walk a path free from addiction. I strive for progress, not perfection, knowing each day clean is a victory over my past. With humility and strength, I commit to facing life's challenges without the crutch of substances.

Owning my actions, my choices, and my recovery, I trust in the guidance of my Higher Power. I turn my will and my life over to a force greater than myself, knowing that true freedom lies in surrender.

Building a foundation of sobriety, I dedicate myself to staying clean. I will not let cravings or temptations define me, and I will lean on my fellowship, my steps, and my tools when times get hard. Together, we are stronger than the isolation of addiction.

Embracing life fully, I will not numb myself to its joys and pains. I face my fears and feelings with honesty, courage, and faith. No longer enslaved by the false promises of escape, I live with purpose, welcoming both struggle and triumph.

Recovery is my mission, and every step I take brings me closer to the person I was meant to be. By practicing these principles in all areas of my life, I find peace, purpose, and a renewed sense of self. I am not alone—I walk this path with others who share my journey.

Celebrating 164 Years of Sobriety!

District 2 - San Francisco & E. Bay, CA

Ella Q. 03/16/2020 5 years

District 5 - Orange County, CA

Aime 03/17/2016 9 years
Alejandro H. 03/12/2018 7 years
Alex G. 03/04/2016 9 years
Alex L. 03/03/2019 6 years
Christian 03/17/2014 11 years
Ernest F. 03/09/1995 30 years
Joe M. 03/07/2011 14 years
Kelly 03/17/2007 18 years
Kennedy H. 03/02/2023 2 years
Marcus 03/17/2023 2 years
Mike C. 03/25/1993 32 years

District 6 - N. Los Angeles County, CA

Stephen H. 03/21/2024 1 year!

District 8 - New York Metro

Lindsay R. 03/01/2022 3 years

District 20 - San Diego, CA

Mahli B. 04/13/2020 5 years

District 22 - New England States

James N. 03/18/2021 4 years
Roe G. 02/09/2024 1 year!

District 27 - Independent Meetings

Emily E.L. 03/15/2024 1 year!
Stacy 03/14/2024 1 year!

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, Sobriety Date, Number of Years, and District or Location 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 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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