



# A NEW LEAF

a creative publication of Marijuana Anonymous

April 2026

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## Letter from A New Leaf Publications

### Happy Spring!

Spring has officially sprung, meaning the celebration of 4/20— MA style— with a sense of renewal, rebirth, and you guessed it, **recovery!**

The annual 4/20 Soberthon, hosted online by Districts 4 and 20, is still looking for members to be of service for this fun fellowship event! For the schedule, more info, and ways to be of service, visit [www.ma-sandiego.org/420](http://www.ma-sandiego.org/420). *Share the flyer* [MA12.org/420/Flyer!](http://MA12.org/420/Flyer!)

### Seeking Submissions for May and June

As we welcome the **Spring Season**, we also welcome your creative content about **renewal, rebirth** and **recovery!** **In May**, we celebrate **Mother's Day** by featuring content about Motherhood in *all of its* forms: from moms & grandmothers to all the unofficial moms, aunts, step-moms – even pet moms! May is also **Mental Health Awareness, Older Americans, and Asian & Pacific American Heritage Month!** **In June**, we celebrate **"Grads and Dads"** by highlighting content about Graduation and Fatherhood (in all of its forms!) June is also **PTSD Awareness, Men's Health and LGBTQ+ Pride Month!**

Artwork, photographs, music, written or recorded meditations, prayers, games or puzzles, and more are always encouraged, in addition to your written submissions. We invite any content for May, June and July, and encourage you to submit at least 2 months before you'd like to be published. *For more monthly writing ideas, visit: [ANLP12.org/monthly-prompts](http://ANLP12.org/monthly-prompts), and for a variety of general recovery writing prompts, go to: [MA12.org/prompts!](http://MA12.org/prompts!)*

### May 2026 Conference Registration is Open!

The MA World Service Business Conference occurs over two weekends, the first is May 23-24, 2026 and is open for **anyone** in MA who is interested to attend and participate! Participating Observers can not only attend, but also participate in all Conference discussions, be elected to the Board of Trustees, learn about and join committees, and more! Attending as a Participating Observer is a great way to learn more about how the business of MA is conducted, even if you're not a District Delegate – *yet!*

As we continue to grow as a fellowship, we welcome all of your ideas, whether at the Conference, during the Conference Discussion Forum, or in the many available MA World Services' Committee meetings (*that anyone is free to attend!*) Do **you** have ideas to help make MA even better? Curious how MA World Services and its committees support the fellowship of MA? Come to the Committees Open House during the Conference on Sunday, May 24!

This year's [Agenda](#) for Session I features **new and revised pamphlets** and will include voting on the approval of: a new (1) [Cannabis-Induced Psychosis—Member Stories](#) pamphlet, and a new (2) [Tools of Recovery](#) pamphlet, as well as revisions to the (3) [About Service—Member Stories](#); (4) [For the Loved Ones](#); and (5) [Dangers of Cross Addiction](#) pamphlets. The [Third Legacy](#) procedure for electing new Trustees to the Board will also occur during Session I. Anyone who is in attendance and meets the sobriety requirements, is eligible.

Visit [MA12.org/Conference](#) for more info, including the [Conference schedule](#), and how to register – for free! To view this year's Agenda Packet, visit: [MA12.org/Conf2026/Agenda](#) *If you have any content about your experiences with the Conference, please submit that too for possible publication as we celebrate our annual business Conference!*

### **Be of Service & Join ANLP!**

Many of ANLP's Officers' & Editors' terms end soon, so their roles will become available for other members! To learn more about these service positions, review the [descriptions here!](#) By joining the Department, you have a unique opportunity to help shape the future of ANLP, continue to develop the online store, curate *A New Leaf*, develop new ways of carrying the message through MA literature, and ensure MA literature gets into the hands of marijuana addicts worldwide! **Join the [ANLP Department!](#)**

With the support of our *amazing*, dedicated, and talented Special Workers, **anyone** who is interested and willing can be of service to ANLP - no special knowledge, experience, or skills are needed! Training and service sponsorship is provided. If you're interested, have questions, want to learn more or attend an ANLP meeting, email Heather C. at [Chair@ANLP12.org](mailto:Chair@ANLP12.org).

### ***A Farewell to Letty, our Design Editor!***

Our Design Editor, Letty's term is ending, and so this will be her final issue. Thank you Letty for all of your contributions and service to ANLP, and to *A New Leaf*, the [Daily Dose](#), and the [ANL Blog!](#) *You will be missed!*

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***

### **ANLP Department**

Chairperson: Heather C.

Secretary: Brian L.

**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.*

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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# A NEW LEAF PUBLICATIONS

Publishing Department - Marijuana Anonymous World Services

## OPEN CALL FOR SERVICE MEMBERS



### TERMS ARE ENDING SOON FOR MANY OF THE ANLP OFFICERS & EDITORS!

By joining the Department, you have a unique opportunity to help shape the future of ANLP and ensure MA literature gets into the hands of marijuana addicts!

With the support of our Special Workers - anyone who is interested and willing can be of service to ANLP no special knowledge, experience, or skills are needed!

Training and service sponsorship is provided.

### ✳ JOIN ANLP! ✳

Interested in helping to curate A New Leaf creative publication?

Willing to help make decisions about the publication of MA literature?

Looking for new ways to be of service to our fellowship?

### WELCOMING VOLUNTEERS WITH FRESH IDEAS AND PERSPECTIVES

Contact Heather:  
[Chair@ANLP12.org](mailto:Chair@ANLP12.org)

## READ MORE AT [ANLP12.ORG/ABOUT](http://ANLP12.ORG/ABOUT)



## Can I truly live a life without marijuana?

*Written by, Kat L.*

At almost 11 months clean and sober, it is hard to imagine a life completely without marijuana. I smoked pot for over 30 years and tried to quit many, many times to no avail. I lived and breathed marijuana. It was what I lived for on a daily basis. I planned everything around

whether or not I would be able to be high. I always had it on me wherever I went and did many things I now regret under the influence of marijuana. I never thought I would be sober and happy.

I have to stay in the day, in order for me to wrap my head around the idea that this is a forever thing for my life. This is why I am so grateful that it is a day at a time program. Because of this, I can focus on the day at stake instead of future tripping about what I'm going to do when my mom dies or my partner gets gravely ill or something.

Thank God for this program's core purpose and 12 Steps to keep me on the straight and narrow when things happen. Thank God for the love of the people in the rooms to help hold me up when I get down. As long as I can pick up the sometimes 500 pound phone to call someone to ask for help when I need it, I just might be able to stay sober another day! I don't need to worry about the future. I have no control over anything, God does that for me. But I do need to really work the program as it's meant to be done and use my sponsor for the advice and wisdom I don't yet have to be successful for many more years to come.

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## **Break Up Letter** *Written by, Stefania*

Dear Mary Jane,

I was thinking about you today, I haven't smoked you in a while, Your smell lingers in my mind.

I wondered if you've thought of me during this time away....but in reality you've been playing around with others.

I'm not the only one you took down. Rumour has it your out there breaking souls and stealing minds. I thought I was special to you. I thought I was different and you would solve all my problems. You promised me you would make me feel better but all you did in the long run is deteriorate my body, mind and soul.

Thousands of dollars I spent on you. I would have spent a thousand more chasing you but you made me weary and tired. I don't have the energy anymore.

I supported you in everything. I was proud of you. Always in your corner to defend you and my use. I even wore you on my tshirt. I wasn't afraid of our love.

I feel so stupid how much I made excuses for you. I turned my back on my family and friends for you. Gave you all my time and let you deep into my thoughts.

You just used me. Depleted me. Got into my head and played me.

This is abuse. I'm an addict. I claim it.

I put all your stuff in the garbage and flushed you down the toilet.

I'm done MJ, I ran out of you.  
It's you not me!

# Replying to a Major Publications Article on Weed

*Written by, Param D.*

Today an article called "Review of Medical Cannabis Use Finds Little Evidence of Benefit" that was published by a major news outlet. I started to read the comments, many of which denied that weed could be addictive or harmful. It prompted me to write a comment of my own.

"I'm a weed addict. It's not a joke, but I don't mind if you laugh. I appreciate this article.

It took a few years of trying to quit unsuccessfully before I realized that I needed help to do so. I'm grateful that my psychiatrist took my inability to quit seriously, and encouraged me to seek help for addiction. Chronic bronchitis and driving my child around stoned were my reasons to quit.

Like many other addicts, I find that attending 12-step meetings through Marijuana Anonymous is crucial to maintaining my abstinence from weed. I have found that the condition that I was trying to treat with weed (anxiety) only improved after quitting and detoxing from heavy marijuana use. Surveys report alcohol use is down. I suspect that many drinkers are switching to weed. As marijuana use increases, we will see more incidences of people trying to quit who cannot do so. We will see more instances of CHS (cannabinoid hyperemesis syndrome). As with other substances and addictive behaviors, marijuana use can be fine and healthy for some folks, but for others it crosses over into compulsive and obsessive use."

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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)**

Submit Your  
Content

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

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

# ART

## CREATIVE WRITING WORKSHOP

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)**

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# 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.



Do you want to be right or do  
you want to be happy?

## POETRY

### From Magic to Misery *Written by, Adam K.*

This isn't working for me anymore.

At first, every time felt like fireworks.  
You showed me the secrets of the universe—  
so many insights,  
creativity blooming,  
getting lost in thought,  
enhancing the senses,  
unearthing emotions,  
recalling past memories...  
Spending more and more time with you  
and less and less time with people I loved.  
I couldn't live without you.  
But I'm not that person anymore.

Every time I'm with you now  
I feel anxious, paranoid,  
grief-stricken, and stuck in the past.  
I become consumed by you,  
obsessed with the idea that I'll feel the way  
I used to feel with you.  
But I never do.  
It only leads me down  
a risky, dangerous path.

I start to overeat,  
filling myself compulsively  
but never feeling full.  
I waste countless hours and  
countless dollars on you  
with no return on my investment.

The insights are long gone,  
my creativity stifled,  
trapped in the past, consumed by  
guilt, shame, and negative thinking,  
distracted, forgetful,  
miserable and unmotivated,  
caught in a hellish loop.

So this is it.  
I'm done with you.  
Over the years I loved you so much—  
You were the missing piece I longed for.  
But the hard truth is  
you never loved me back.  
You seduced me  
and over time  
broke me down.  
Now I feel like a shell of a human.

I need to rebuild myself.  
I need to heal.  
I need to recover.  
And I need to end this toxic relationship to do that.

Goodbye,  
and good riddance.

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## **'Once A Broken Dream'** *Written by, Ney Ney*

'On awaking a feeling of hope sometimes I remember and sometimes i don't all the memories I made on the years of haze as my broken sleep begins to fade.

The calming lavender swept under my chine the sweet smell of mother nature letting me in the forgotten spirt and dreams I once had show up unexpected and came flooding back.

feeling and emotions I once suppressed were rising to the surface for me to digest with a loving fellow hand in hand we walked our journey to the promise land'

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## **Psychosis** *Written by, Izzy SF*

coming of age amidst a cloud of purple haze

i thought it fueled the revolution but it turned into a cage  
i dreamed blue dreams  
while gorilla-glued to screens  
where paranoia sticks like sherbert and young bright eyes lose their gleams  
doctors say it's cannabis-induced psychosis i might say we're stifling our screams  
but comrades nailed to the green cross - is this the medicine it seems?

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## Coming Out of Fog

*Written by, JoyceAnne*

I didn't arrive here with a dramatic crash. No one dragged me into a meeting. No one waved empty a pipe in my face. No one ever said, "You ruined my life with your using."

I just used enough to muffle the edges. Enough to stuff things down. Enough to crawl into bed when it got too loud. I anesthetized, but I didn't burn the carpet. I blurred, but I didn't knock over the furniture. Even when I divorced an abusive man, nobody mentioned my using.

That silence became part of my confusion: If it never got that bad, do I really deserve to be here? Do I really have a right to get help? But inside, I knew: I was using chemicals and habits to hold back a tidal wave of feeling— rage, grief, terror, and a lifetime of being the one who holds everyone else up.

I am a businesswoman. I built my own life. I learned to read people, money, danger, long before I ever picked up a drink. And somewhere along the way, I noticed that I was more useful to the world around me when I stayed a little dulled. Fogged just enough to keep going. Numb just enough not to scream. Soft enough not to insist on boundaries that might cost other people their comfort. There are people who preferred me that way. They may never say it out loud, but I could feel it. The fogged version of me worked longer, argued less, asked fewer questions. Three years sober, the fog is gone. Now I see the builder who doesn't quite look me in the eye when there's money on the table. I see the employee who bristles when I say, "We need a deposit first," or "If a refund goes out, the commission goes back too." I see how money changes people, how fear of not having enough can twist good hearts into strange shapes. I see how often people are more comfortable when I am exhausted and agreeable, rather than clear and awake. How many times I dumb myself down to make other people feel more comfortable, especially men.

And I see my own fear—the one that has been with me since I was 12 years old when I watched a woman on a movie screen lying in her bed, too weak to move, while people climbed through the windows and took everything she had. Before she even had a chance to leave this world. I have lived my whole life trying not to become that woman. I overworked. I over-planned. I over-produced. I tried to build enough money, enough structure, enough "reserve" so that I would never be helpless.

Sobriety has not made that fear vanish. It has simply taken away the padding between me and the truth. I love 12-Step programs — BUT — It's hard to "hit bottom" when you never smashed the car or the marriage because of drinking or using. It's hard to surrender when you believe God helps those who help themselves when you've never trusted anyone else to hold your life up.

I've struggled with the language. I hear "give your power over" and something in me flinches. I have never been able to hand my power completely to any one man, any one group, any one religion.

I look at religion and think man has used that powerful spirit. To his advantage to control others around him, especially women and name it whatever sounds good to him. So I sit in the rooms, half-in, half-outsider, listening. I hear the messes, the wreckage, the DUIs, the blackouts. And mine is quieter: a life run on fear and over-functioning, a body held together with stress and small doses of numb.

Three years sober, this is what it feels like: My brain is sharper, and sometimes that hurts. I see when people use me, when they lean on me instead of standing up themselves. I feel lonely because I can't fully join any one club, any one religion, any one side. But I am also, finally, telling myself the truth: I was never "crazy," never "selfish," never "too much." I was a woman trying to run a whole world on a nervous system that had never been allowed to rest.

Sobriety, for me, is not just about not using or drinking. It is about letting myself see what I have been doing to stay alive. It is about cleaning up my world—the property, the business, the relationships—so that if and when I set it down, it won't crush the next person. It is about letting my life get smaller, on purpose, so it matches the size of my actual body, my actual lungs, my actual heart. It is about learning, slowly, to trust the spirit I don't have to name, and learning, slowly, that I don't have to anesthetize myself to be loved or to be useful.

I am three years sober, and I am still afraid sometimes, still lonely sometimes, still unsure where I fully belong. But I am here, awake, not dulled, not hiding from myself anymore. And today, that is enough.

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

### **Fourth Step**

Made a searching and fearless moral inventory of ourselves.

In working the 4th 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.



**DISTRICT 5 - ORANGE COUNTY, CA**

AIME	3/17/2016	10 YEARS
ALEJANDRO	3/12/2018	8 YEARS
ALEX G.	3/4/2016	10 YEARS
ALEX L.	3/3/2019	7 YEARS
CHRISTIAN	3/17/2014	12 YEARS
ERNEST F.	3/9/1995	31 YEARS
JOE M.	3/7/2011	15 YEARS
KELLY	3/17/2007	19 YEARS
KENNEDY	3/2/2023	3 YEARS
MARCUS	3/17/2023	3 YEARS
MIKE C.	3/25/1993	33 YEARS

**DISTRICT 6 - N. LOS ANGELES COUNTY, CALIFORNIA**

JAMIE L.	3/9/2022	4 YEARS
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**DISTRICT 11- OREGON**

CYNTHIA L.	3/2/2025	1 YEAR!
TERESA R.	3/13/2023	3 YEARS

**DISTRICT 22 - NEW ENGLAND STATE**

PAUL P.	3/21/2021	5 YEARS
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## 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.

## 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

### Speaker Tapes Podcast

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

### 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

available in some areas as well.

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

meditations, explore pamphlets and more.

Need support? [Contact us.](#)

[Listen](#) →

[Download the App](#) →

[Find a Meeting](#) →

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# A NEW LEAF PUBLICATIONS

Publishing Department – Marijuana Anonymous World Services

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