



# A NEW LEAF

a literary publication of Marijuana Anonymous

May 2025

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## Letter from A New Leaf Publications

Welcome to the May issue of *A New Leaf*! In recognition of Spring, this issue focuses on new beginnings, starting with welcoming Letty A. as our Department's new Design Editor!

Additionally, ANLP will be launching a completely revised website and storefront at the Conference. Starting in June, all of the content that you receive within these emails will also be delivered in a new blog-style format, *A New Leaf - Online*. We will also republish archived content from the many, many years of *ANL* issues, going back to 1991. On May 25th, visit our refreshed website that also includes a beautiful brand new section for our daily reflections book, *Living Every Day with Hope* — say goodbye to that old document on the MA website! [ANLP12.org](http://ANLP12.org)

ANLP is grateful to feature amazing creativity, stories of recovery, and yearly sobriety milestones. We hope that the 184 years of sobriety honored this month, and the featured content encourages you to curate and celebrate rebirth within your own recovery. We look forward to seeing you all at the Conference. Reminder, today is the last day to register at [MAWSConference.org](http://MAWSConference.org).

Yours in Service,  
*ANLP Department*

## 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:* Letty A.

*Creative Designer:* Jules M.\*

*eCommerce Manager:* Lisa R.\*

*Publishing Consultant:* Steven B.\*

*\*Special Workers*



## Why I Keep Coming Back

*Written by, Thia L.*

I'm an addict. I'm also a "chronic relapser." Sometimes in meetings I joke that "I'm the poster child to keep coming back." It's not really a joke. I've been coming back to the rooms over and over for the past 12 and a 1/2 years. I can't count the number of times I've tried to stay sober and failed. One thing I've learned though, is that while relapsing might feel like failure, it isn't really failing when I come back into the rooms and find I have learned something new that strengthens my recovery for the next go-around. When I look at it this way it makes more sense to me that some people say, "relapse is part of recovery."

For as many relapses as I have had, there have been an equal number of triggers. A migraine headache that responded to nothing and lasted for days. A fight with a coworker. Being disciplined at work for crossing a hard boundary when I was just trying to learn. Having my sponsor quit me. (After that episode, I learned from a counselor that I am more sensitive to rejection than others and that this has a name: Rejection Sensitive Dysphoria, or RSD. It's also why I landed in the hospital when I was disrespectfully dumped from a relationship via text message in 2020.) Not feeling any better, or sleeping any better, after 69 days of sobriety, when before I had felt better by day 46. Knowing more about these triggers, and why they happened, has helped me build in better support during my next attempts at recovery.

I keep coming back because every time I use again, I get back to my bottom quickly. For me this looks like using all night every night, all day on the weekends, and maybe even sneaking in a dose during lunch hour and breaks at work. At work, I am rocked by my unregulated emotions, driven to conflicts with coworkers and supervisors, or I miss critical details and tasks due to my drug-induced brain fog. At home, I'm a vegetable, sitting on the couch in front of the TV, achieving nothing, passing out and waking up in my clothes the next morning with a horrible taste in my mouth because I didn't clean my teeth. Then I get up and do it all again, and the days slip away like sand through my fingers. I consider ending my life because I feel it's worth nothing.

I keep coming back because each time I do, I see again and remember how my life improves with sobriety and working the Steps, and I see it in my fellows, too. I get in touch with my Higher Power, and I strive for a daily relationship. Whenever I see or hear a crow, it's my cue to remember my Higher Power and appreciate the presence of the divine in my life. My mood stabilizes after a while and slowly gets more even. I don't snap at people or situations. I stop isolating and start spending more time with my family and friends. I start doing activities that bring me joy: I go to karaoke parties, attend church and sing along with the hymns, go to concerts and dance, watch movies, and write in my journal. I start to feel again that I have worth and want to live. I remember that I love myself and I want to be happy, joyous, and free. I see my Higher Power working in my life. Good things start to happen. I start addressing my problems, and weathering the storms feels possible.

"Why do you have to keep coming back?" you might ask me. "Why not just stay? You know you don't ever have to use again!" Well, for me it doesn't feel that simple. I think I have more things working against me than some of my fellow addicts. I have a history of complex trauma (many

childhood years surviving neglect and abuse) and traumatic events through young adulthood. I have known for the past 20 years, since my first psychiatric hospitalization, that I'm a Highly Sensitive Person (HSP), and in just the past year and a half, I learned that I have late-diagnosed Autism Spectrum Disorder, Level 1 – which means I have lived my life for over 50 years not knowing, yet having to try to get along in the world with it anyway. No wonder I have suffered major depression for almost my entire life. I have been using substances and other addictive behaviors to cope with everything for most of that time, because of just not knowing how to cope otherwise.

I keep coming back because with each relapse, I learn a little more about what I need to do to stay sober. Take care of my physical health needs. Address sleep problems, because good sleep is the bedrock of mental health. Talk about and release grievances towards housemates, family, and coworkers right away. Get away from situations in which others are using. Ensure a safe living environment where sensory triggers like noise, bright light, and strong smells are eliminated or controlled. Attend counseling for help with emotional challenges and thinking errors that worsen depression. Attend meetings, care for my relationship with my sponsor, and work the Steps. There are so many things that make up a good program for me! Sometimes it feels too hard to keep up on all of them, but I keep trying.

I keep coming back because I think, "One day, I'm going to figure out how to make this program work for me." During my last relapse, I kept going to one or two meetings a week, even when I was high, to "keep my toe in the water." I got back at it after just two months of using. Today, I am two weeks sober. I keep coming back because I know: it works when I work it, and I'm worth it!

## 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](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)



## A Prayer for Human Strength (Sin Eater)

*Written by, Jeannine P.*

A prayer for human strength (Sin Eater) :

restrain my holiness,  
sustain my humanity,  
may my flaws be my sustenance,  
consecrated by my forgiveness.  
I forgive all my sins, till I eat them  
again.

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## A Third Step Prayer

*Written by, Susan L.*

HP, I surrender. May victory over my inadequacies bear witness to the strength and power existing beyond and within me for the greater good of all. Guide me through the difficulties in my life, taking life's strife as they arise. Help me to see the wonders in life and spend time in awe of these miracles. Direct me towards the paths I am meant to be taking. I ask this through the divine powers of the universes, the powers within the souls and energies of others around me, and finally, by reaching into the soul and limited energies within me. Amen.

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## The Birth of a Sobriety Baby: A Man's Labor Story

*Written by, T Money*

Nine months in, and Justin was glowing—  
Not from booze, not from weed, not from anything flowing.  
He'd been carrying this thing, deep in his soul,  
A sobriety baby—his life's new goal.

At first, it was easy, just a little bloat,  
Some cravings, some mood swings, but he stayed afloat.  
Then came the nausea, the late-night sweats,  
The weirdest damn dreams, the lingering regrets.

The devil on his shoulder, dressed in red,  
Whispered, "C'mon, man, just one hit instead."  
But Justin knew better—he'd seen that trick,  
One puff, one sip, and he'd be back real quick.

The cravings got stronger in that ninth month stretch,  
Like contractions of old habits, making him wretch.  
He gritted his teeth, he breathed real deep,  
This sobriety baby was his to keep.

Then one day, BAM! The moment arrived,  
Nine months clean—damn, he'd survived!  
He held his newborn, fresh and new,  
A life without smoke, a future in view.

"Congratulations!" his friends all cheered,  
"You made it, man—despite what you feared!"  
And though the devil still lurked, all sneaky and sly,  
Justin just winked and kissed his baby goodbye.

For this was a birth worth all the pain,  
A brand-new life, with everything to gain.

*Congratulations on 9 months and your Sobriety Baby Justin NC!!*

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**ART**

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# 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**



## 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

## Dear Mary Jane *Written by, Vinnie C.*

Dear Mary Jane,

We are now broken up, retroactive to Dec. 29th, 2024. It's not you. It's me. Let me explain.

When we first met back in February of 2004, you absolutely rocked my world. I'll never forget that first time, smoking with a shady Russian guy in a New Jersey college dorm room. Remember that first hit, when I coughed into the bowl and volcanoed you all over the floor and burned his rug? But then I got high... it was amazing! I had maybe only felt that good one or two other times in my life up until then.

It was love at first puff.

You have been my unwavering companion for 21 years. I loved smoking you. I loved getting high and will probably always relish those days. You unlocked parts of my brain that had never been activated before. You made movies more fun to watch, art more fun to look at, music more fun to hear, comedy more fun to listen to, food more fun to eat, sex more fun to have. We did literally everything together.

But the magic has turned to madness. Remember the time we stayed in my apartment for 4 days straight between Christmas and New Years in 2016, never seeing the sunlight, getting high, napping, and eating delivery food all day? Remember when I was high at my dear grandma's wake? Remember when I spent the first 8 months of my daughter's life getting high and being a totally passive parent? Remember how I ruined Christmas in 2024 because I had run out of you and turned into a totally insufferable dope fiend for the entire day?

I would do anything to be with you, including sneaking around to hide it from my wife, turning off security cameras and taking the dog for "long walks"; coughing my guts up for the first 10 minutes, to the point of torn abdominal muscles and slipped discs in my back; and constant broken promises about limiting our time together.

When I'm with you, I am not the person I want to be. I can no longer sustain this insanity. You have controlled my life for far too long.

Good bye.

Sincerely,  
Vinnie

*P.S. Have you seen my keys?*

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

### **Fifth Step**

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### **Fifth Question**

Do you use marijuana to avoid dealing with your problems or to cope with your feelings?

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

### **Fifth Concept for Service**

Group conscience is the spiritual means by which service decisions are made.

### **Fifth Tradition**

Each group has but one primary purpose, to carry its message to the marijuana addict who

# CONGRATS

## CELEBRATING 184 YEARS OF SOBRIETY

### DISTRICT 5 - ORANGE COUNTY, CA

AMITAI S.	04/10/2017	8 YEARS
CHAD R.	04/04/2021	4 YEARS
DARIUSH	04/17/2022	3 YEARS
GARY W.	04/09/2012	13 YEARS
HOLLY E.	04/20/2020	5 YEARS
LAURA	04/20/2004	21 YEARS
LYMAN	04/27/2010	15 YEARS
MARC S.	04/10/2011	14 YEARS
PALOMA	04/08/2012	13 YEARS
RACHAEL S.	04/14/2023	2 YEARS

### DISTRICT 7 - S. LOS ANGELES COUNTY, CA

CAROL W.	05/05/1990	35 YEARS
CLARE C.	04/22/2023	2 YEARS

### DISTRICT 11 - OREGON

DAN M.	03/29/2024	1 YEAR!
MICKI J.	03/24/2024	1 YEAR!
NICH M.	05/04/2017	8 YEARS
NOE C.	05/04/2024	1 YEAR!
SONYA A.	04/16/2021	4 YEARS
VAUGHN M.	05/05/2022	3 YEARS

### DISTRICT 12 - SAN FRANCISCO N. BAY, CA

KATE W.	04/12/2022	3 YEARS
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### DISTRICT 13 - MA ONLINE

LEXA S.	03/05/2023	2 YEARS
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### DISTRICT 20 - SAN DIEGO, CA

ADRIANA V.	04/16/2021	4 YEARS
JULES M.	04/20/2018	7 YEARS

### DISTRICT 22 - NEW ENGLAND STATES

MICHAEL A.	05/02/2019	6 YEARS
PAUL P.	03/21/2021	4 YEARS

### DISTRICT 23 - GEORGIA

RIVER D.	03/01/2023	1 YEAR!
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### DISTRICT 27 - INDEPENDENT MEETINGS

EMILY A.	02/13/2023	2 YEARS
NICOLE L.B.	03/25/2024	1 YEAR!

### BALTIMORE

FIONNAGÁN M.	03/19/2024	1 YEAR!
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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, Sobriety Date, Number of Years, and District or Location to

[anewleafpublications.org/birthday](http://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 \$85 for the email distribution service MailChimp (\$1,020/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

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](#) →

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# A NEW LEAF PUBLICATIONS

Publishing Department – Marijuana Anonymous World Services

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