a new leaf

a publication of Marijuana Anonymous

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Letter from A New Leaf Publications Department

Greetings!

A New Leaf is created for us, by us... recovering potheads! Who better to tell our stories? This is our second free issue, and we hope you can help spread the word, in addition to submitting your own essays, poetry, and art. There is such a creative community in Marijuana Anonymous!

Thank you for reading, and we hope to hear from you!

Yours in Service,
ANLP Department

A New Leaf'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.

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

Acting Chairperson: Open
Treasurer: Open
Secretary: Maryanne M.
Content Editor: Rachel C.
Administrator: Janice O.

Pandemic Rock Bottom

Story by Jamie K

I had my first taste of cannabis when I was sixteen through a double-chamber bong. I got so high, the walls separated into many frames when I turned my head. I must have blacked out because I could hardly remember driving home.

I started occasionally using pot when I was in college, as one of my closest friends had it around. I was hooked at that point, keeping it in my treasure box along with my most precious items. When I couldn't get pot, I went for alcohol. I was addicted to escaping reality. As the addiction progressed, I needed more and more to get that desired effect. Now I was using pot and alcohol at the same time to achieve that effect. For years, I didn't realize how these substances were affecting my mood and overall well being, even when I was not actively using.

There were a couple of events where I lost it due to high-stress situations and constant substance abuse. I would go into angry, crying fits. I still didn't realize I had a problem with mind and mood-altering substances.

One clue to my problem happened when I went on vacation where I did not have pot. I was incredibly irritable, snapping at my mother. She suggested that marijuana was to blame. I said it was because I did not have marijuana that I was irritable.

That was when I started to realize I had a problem.

My mom had been nagging me for years about how much she hates marijuana and how I should stop. That made me want to smoke it even more. I told myself I was just fine using it, it made me feel better, and that it was a medicinal herb.

I realize now that I was using it to cope with the trauma and abuse I had experienced growing up. I knew I needed therapy but I saw it as not accessible to me economically.

Sadly, marijuana and alcohol were much more accessible, and it did not come with the stigma I felt about therapy.

Then I started to bartend at a brewery during the pandemic.

Employees were encouraged to drink while working and we could have as much as we wanted to drink.

By this time, pot was legal in my state and more potent than it had ever been for me. I was buying the highest potency pot that I could get from the dispensary, smoking all day, everyday.

The second year of the pandemic had me at rock bottom.

I experienced severe depression and suicidal ideation. I was obviously not thinking straight. Finally, I sought help through the 12 Step programs.

I listened to the stories and could relate to many shares, especially from marijuana addicts.

Recovery is the best move I have made in my life. Every time I had a craving, I went to a meeting instead of using it and it worked like a charm. Thanks to the pandemic, there was always a meeting available online. It wasn't easy but it was worth it.

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STORIES BY US, FOR US

We want to share your recovery journey!

A New Leaf celebrates creativity and invites members to share recovery-focused stories, poems, illustrations, etc. that reflect recovery, unity, and service. We seek to publish the message of hope in your journey.

Writing prompts for submissions:

1. **Your thoughts on the 12 Questions, and the one that resonates most today?**
2. **Have you started an MA meeting, and if so, what was that like?**
3. **What did you hear as a newcomer that helped you?**

Submit Your Content

Want to share *A New Leaf* with others?

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

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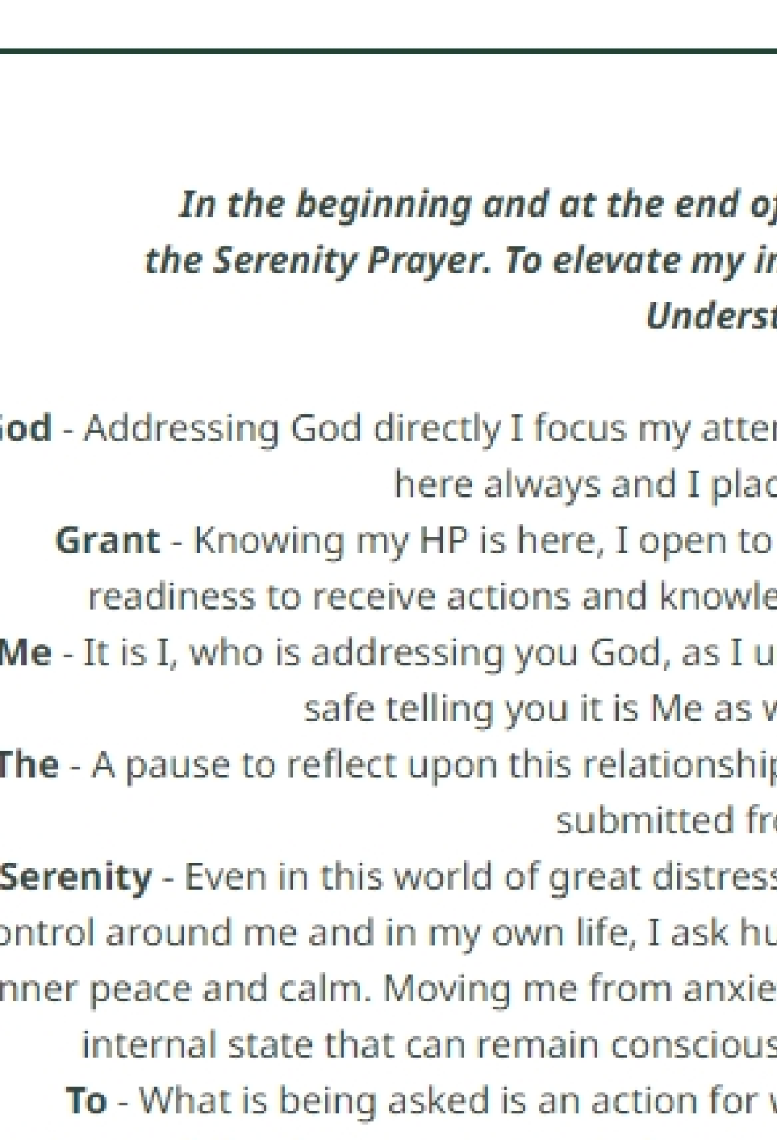

Serenity Prayer

Personal Understanding
by a Member

In the beginning and at the end of a meeting, and in all moments, is the Serenity Prayer. To elevate my intention, I offer this disclosure of my Understanding.

God - Addressing God directly I focus my attention on my Higher Power, I have faith you are here always and I place my trust in your will.
Grant - Knowing my HP is here, I open to share my experience through prayer with readiness to receive actions and knowledge which I can not discover for myself.
Me - It is I, who is addressing you God, as I understand you and you understand me. I feel safe telling you it is Me as we have a union that I Trust.
The - A pause to reflect upon this relationship between God and I and what will be humbly submitted from my heart.
Serenity - Even in this world of great distress and situations that have spun out of human control around me and in my own life, I ask humbly of my God to help me cultivate a state of inner peace and calm. Moving me from anxiety - racing mind and racing heart - towards an internal state that can remain conscious and awakened, yet whole and at peace.
To - What is being asked is an action for which I direct my focus and willingness to participate fully. The outcome is including the action of stillness, listening between God and I.
Accept - To receive willingly and without judgment. In partaking in this prayer I am ready to let go to enable a space for this offering.
The - Announcing the following what I will agree to accept.
Things - That which has held my obsession and caused me and others so much pain. That which has infected my consciousness and lived there to enforce insanity, addiction, distraction or worse.
I - Open hearted statement of readiness and a calling of clarity to God strengthening our bond as I know my higher power.
Can - I try so darn hard. Even towards things that are unworthy of my Effort.
Not - A statement of reality turning "can" into a false pretense with a strong understanding that I have been insane in my efforts and beliefs.
Change - A conscious practice of inner knowing that my behavior is causing pain and indignity which affects all aspects of my life. In this is the creation of a new path connected to my higher power and my intuition to allow for growth. When I move from the state of suffering to prayer and meditation, a new perspective can appear. I wait patiently for the new with peaceful perseverance. This transition allows exchanging the old patterns (thoughts/behaviors) for unity, program, fellowship, meetings, journaling, and positive self care.
The - A statement of pause which is hopeful and positive, strong and brave with room for fear and doubt as I am human.
Courage - Something I may have always had but used weed to cover and excuse myself from participating fully in life. I discover this strength by saying the word and revealing its power that is co-created in my relationship to my Higher Power. I am stronger with my relationship established. I reveal a source, an inner wellspring to power this letting go and surrender.
To - Willingness to action with my whole heart, body, mind and spirit.
Change - Having known my pain, I am humbly ready for these defects of thought, behavior, intention, and character to become transformed through recovery and working the steps. Also, I am not always knowing yet accepting the possibility of new ways of being. A rebirth.
The - A hopeful statement telling God that I know I can take part and am now willing.
Things - My inventory of my experience and that of others in recovery, my Higher Power, meetings, sponsorship, fellowship, and working the steps to augment my own human weakness is known as a combined effort. My conscious knowing that because I breathe there is still hope to know I have what it takes to move towards freedom.
I - My moment to moment capacity in relationship to God to work together in partnership as I am no longer isolated and alone to suffer.
Can - With my Higher Power I am able to do so much more than I ever thought or was willing to do any any other time. Now is the time I want this and so it will be because I am co-connected with God.
And - Knowing I have tried on my own but all attempts were failures because I did not know or want to believe other wise, I now link my strength of action to my intuition and Higher Power.
The - Announcement of pause for another sacred moment of hesitation to strengthen my commitment.
Wisdom - I have trust that God, program, sponsor, fellowship, meetings, literature, nature and more have the power to propel my mind into a state of well being and recovery. I do not have to do a thing alone and wisdom is found in community and in the guidance of my higher power which is precious and all loving and has my best interests at all times.
To - I must listen, self-study before I react. Meditation is an action.
Know - Having practiced calm and meditation I have gratefully become aware of my consciousness adjusting to a new way of thinking of behaving that I can no longer un-know as it is revealed to me in a sacred relationship with my Higher Power.
The - Announcing that I am changed in a way that is profound as I lean into my higher power and my own powerlessness over my addiction.
Difference - Having enlisted my Higher Power, I know I am ready to be transported from constant pain and struggle to calm and ease without the use of marijuana or any other substance. That from there to here is my choice but without God and the 12 Steps, I have no other choices.

The quality of my life at this moment may not feel changed, yet each time I say this prayer I am more ready for a new way of being. I will let go and let God.

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Step and Tradition of the Month

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

MA groups ought never endorse, finance, or lend the MA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

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ANLP Liaisons

District Service Position

Marijuana Anonymous is genuinely a "grassroots" organization - pun intended!

We operate from the bottom to the top, which ultimately means our members are everything! Stories of recovery told from one weed addict to another is invaluable. The role of ANLP Liaisons, other than being a groovy word, is service! Please help us connect with your folks.

Each District can select their ANLP Liaison. Overall, it is suggested the Liaison have at *least six months clean and sober* from marijuana, alcohol, and all other mind-altering substances. Staying committed to the role of communicator is important to the overall process, and we thank you.

Here are ways the Liaison can help:

- Promo *A New Leaf* newsletter - signing up, reading content at meetings, let people know
- Pitch the service opportunities at A New Leaf Publications
- Encourage content submissions written by our fellowship: personal essays, poems, drawings, and creative inspiration that reflect a spirit of recovery, unity, and service.
- Submit the anniversaries/birthdays of District members **by email to Birthdays@ANLP12.org**
- Share feedback to improve A New Leaf Publications
- Point your fellowship to *Life with Hope* (book and workbook) and other materials

Get in touch with us at office@anewleafpublications.org - happy to answer any questions, and to work with you. Thanks!

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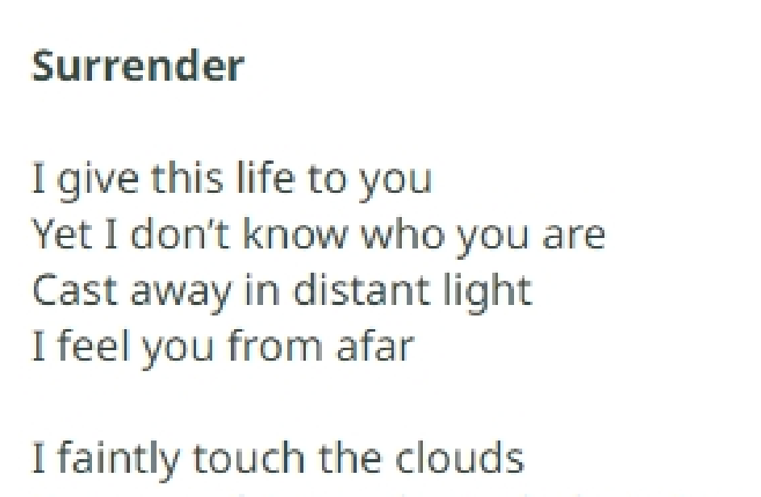

Surrender by Jared K.

Surrender

I give this life to you
Yet I don't know who you are
Cast away in distant light
I feel you from afar

I faintly touch the clouds
For some friction through the mist
Fabricated heat
Lets me know that you exist

I pray upon ideas
Of which I've lost the words
Give my voice the language
To enter tranquil worlds

I shed this armored skin
Bruised and bashed and weak
On my knees I melt
In the face of my defeat

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Celebrating Sobriety!

District 3
Heather C. 5/17/2019 5 years

District 8
Chris D. 5/23/20 4 years

District 11
Nich M. 5/4/2017 7 years
John R. 6/5/22 2 years
Jana J. 6/20/22 2 years

District 18
Em H. 5/31/2020 4 years

District 22
Carl G. 6/11/2023 **1 year!**

District 23
Salma A. 5/16/2023 **1 year!**

District 27
Amy B. 5/18/2017 7 years
Amy F. 5/23/2012 12 years

Share your Sobriety Birthday in *A New Leaf*!

We want to celebrate your year(s) of recovery! If your sobriety anniversary 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, and Number of Years to anewleafpublications.org/sobriety-birthday

Self-Supporting through our own Contributions...

Click to make a contribution

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.

Marijuana Anonymous Resources

Meeting Finder

Marijuana Anonymous has 300+ weekly meetings that can be attended *for free* 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 →

A New Leaf Publications

A New Leaf Publications is the publisher of all Marijuana Anonymous literature in their various formats. Access digital (*free*) & print (*paid*) versions of Service Materials, Pamphlets, New Meeting Starter Kit and info about purchasing *Life with Hope & the 12-Step Workbook* in print and e-book.

Visit our Website →

Service Opportunities

Service Keeps Us Sober! Within Marijuana Anonymous, service means anything from working with an individual addict to participating in District and World Services committees.

Learn more about the many ways to give back to our fellowship...

Being of Service →

Carry the Message

Carry the Message is a free monthly e-newsletter for the purpose of providing news and announcements from MA World Services.

Please help to share this information throughout the fellowship. Link to Sign up: MA12.org/CTM

Sign up →

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