



A NEW LEAF

a literary publication of Marijuana Anonymous

Vol. 34, No. 7- July 2024

For ideal printing, view in your browser

Letter from A New Leaf Publications Department

Greetings!

A New Leaf is created by us, for us... and with no deadline for submission, A New Leaf Publications is always accepting new content! *A New Leaf* publishes not only member stories and poetry, but also artwork, comics, illustrations, photos, and crosswords or puzzles. We encourage everyone to submit content and creative inspiration that reflect a spirit of recovery, unity, and service! There is such a dynamic creative community in Marijuana Anonymous!

We have a new Chair of ANLP, Heather C., who has written a letter for all of you at the end of our stories. Please take the time to read, and feel free to reach out to her. She is a great, energetic, and hard-working addition to the team - we are lucky to have her!

Thank you for reading and sharing. 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

Chairperson: Heather C.

Treasurer: Open

Secretary: Brian L.

Content Editor: Tiffany A.

Design Editor: Open

Creative Designer: Jules M.

Administrator: Janice O.



Life on Life's Terms

Health Challenges with Chronic Pain

by Michael O.

How many times during my addiction was the pain of living too much for me to face on my own, so I turned to drugs for the solution. When I finally found recovery, I learnt that I had to turn that pain over to my Higher Power. In turning my burden over, I relinquish the power it has over me and I choose acceptance.

Now, after years of sobriety and many lessons in recovery, I'm faced with a new challenge, as my legs have failed me and my hands are not far behind. I suffer from fatigue. Before this happened, there was a time when I walked the length of Canada and wrote a book about this journey. I was an avid musician. I was active in my community and did service for Marijuana Anonymous.

Now, I cry most days and on some days I wish I could get away and take a vacation from the mental and physical pain. I just want the pain to stop.

This thing that I'm facing right now is no different than my addiction. I'm powerless over what is happening to me and my life is unmanageable. The program of recovery has taught me that I'm powerless over this, and yes, my life is unmanageable.

However, if I turn to a Higher Power to take my burden, and grant me: honesty, courage, humility, and serenity, to face that which keeps me from you and others, then I don't need to suffer anymore.

I can face what is left of this life with grace, one day at a time, one moment at a time, and one breath at a time!

SHARE

CREATED 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, song lyrics, prayers, meditation, break up letters to "Mary Jane", inspirational quote

heard in a meeting, artwork, comics, illustrations, photos, and crosswords or puzzles. We seek to publish the message of hope in your journey.

Writing prompts:

- How has community, fellowship, and service benefitted you?
- What are your reasons for continuing to seek recovery with the help of MA?
- What early advice helped you to continue with your sobriety journey? If you relapsed, what brought you back?

Artwork prompts:

- Collage of character assets
- Vision board for the future
- Create a billboard about your recovery

Submit Your Content

Want to share *A New Leaf* with others?

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

INSPIRE

HEARD IN AN MA MEETING

WORRY AND ANXIETY
ARE SAND IN THE
MACHINE OF LIFE.

FAITH IS THE OIL.

- *Anonymous*

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



My Experience with Detox

*This story is an excerpt from the new Conference-approved pamphlet
About Marijuana Detox—Member Stories*

Unfortunately, I have had the experience of detoxing from marijuana many times. I was a tough case with an extremely hard head, so it takes me a long time to learn even the simplest of lessons.

I can speak with confidence on what my separation from the use of marijuana experiences have been. One constant withdrawal symptom I experience is difficulty sleeping. I have tried many methods to manage this symptom ranging from other addictive behaviors to more holistic/spiritual solutions.

The first thing I try to manage my sleep problem is to make sure that I am very active during the day, preferably with some sort of cardio workout. I also try very hard to limit my caffeine intake, taking extra care to not drink any after 5 pm. I will take melatonin when I am having an extraordinarily hard time sleeping and I am under pressure to have to be up in the morning. However, I am reluctant to go this route because I don't like taking any type of medication if I can avoid it, and I seem to wake up a little foggy in the morning. For me, the sleep issues are the most intense for the first 1-2 weeks and will gradually start to subside after that.

During this entire period of sleep struggles, I start experiencing the most lucid dreams that I have ever had. While I am in my marijuana addiction, I do not usually notice

I find that practicing acceptance and gratitude helps my depression and anxiety, while always remembering that acceptance is the answer to ALL of my problems today. This really is a simple program for difficult people.

If I really dedicate myself to the program, including the fellowship, the Steps, and service, these unpleasant detox symptoms dissipate within 1-2 weeks. It also helped me to learn about PAWS (Post-Acute Withdrawal Syndrome). With the insane strength and power of modern marijuana, and its derivatives, it helped me a lot to learn that some of these psychological symptoms could last for up to 24 months.

I found that physical exercises, prayer, and meditation helped me with these symptoms tremendously through all stages of detox!

The final detox symptom that I routinely experience is changes in my appetite and eating habits. Early in my detox, it usually manifests as a lack of appetite and eating. For the first week or two without pot, I just don't seem to have the desire and excitement to eat and consume beverages the way that I do while under the influence of marijuana. This lack of nutrition also impacts the above symptoms of sleep, depression, and anxiety. So it is important to find some sort of food or nutritional supplement that provides the nutrients my body requires for the tough job of physical and mental recovery.

my lack of dreams, but it always becomes abundantly clear once I start to cleanse my body of the THC. These dreams can be extremely vivid and seem so realistic that I have woken up in panics filled with fear and depression.

Additionally, depression and anxiety often plague me in the early days of detox. I think this is a result of a combination of my chemical dependency on THC and also the absolute need to change people, places, and things to successfully abstain from my drug of choice. I relate this to the grieving process, but it is just something that has to be done.

As I get further into the detox process, I find myself eating and drinking more than usual and beyond what my body needs, which can often lead to unexpected weight gain or other body changes. Physical exercise, especially cardiovascular workouts, really helped me manage some of these changes. Thank you for taking the time to read about some of the difficulties that I had while detoxing from marijuana.

These are merely my experiences, yours may differ.

Step, Tradition, Question, and Concept of the Month

Step Seven

Humbly asked God to remove our shortcomings.

In working the Seventh Step, we were practicing the principle of Humility.

Tradition Seven

Every MA group ought to be fully self-supporting, declining outside contributions.

Question Seven

Does your marijuana use let you live in a privately defined world?

Concept Seven

The scope of responsibility and authority of every service position should be well defined to ensure accountability of all service positions as well as the ability to perform each position.



MA Recovery Retreat

by Rachel C.

At the recent Marijuana Anonymous World Services Business Conference, for the first time, two Districts vied for the service responsibility of hosting a Convention. It was a “good problem” to have, and in the outcome: Atlanta will be the Convention host for 2026. Nice!

For me personally, this also meant that my District (22 - New England) wouldn't host at that time. Of course I felt disappointed, but as I've learned - recovery can be a teacher in handling emotions. It helps to surrender my will and trust in the group conscience. Business meetings have not gone “my way”, many times, over the nearly 12 years that I've been around the rooms (eight of them sober). At this point, I don't seem to sweat it as much anymore? Service has been

paramount to my recovery. Even if I can't see why or how, I've learned that Higher Power will always work it out for everyone's greater good.

I'm happy for Atlanta to host the Convention in 2026, and look forward to going there for a positive time in recovery. If you haven't been to a Green Quarantine online meeting, check out the energy sometime - it's amazing! Any MA Convention is; if you get a chance to go, please do.

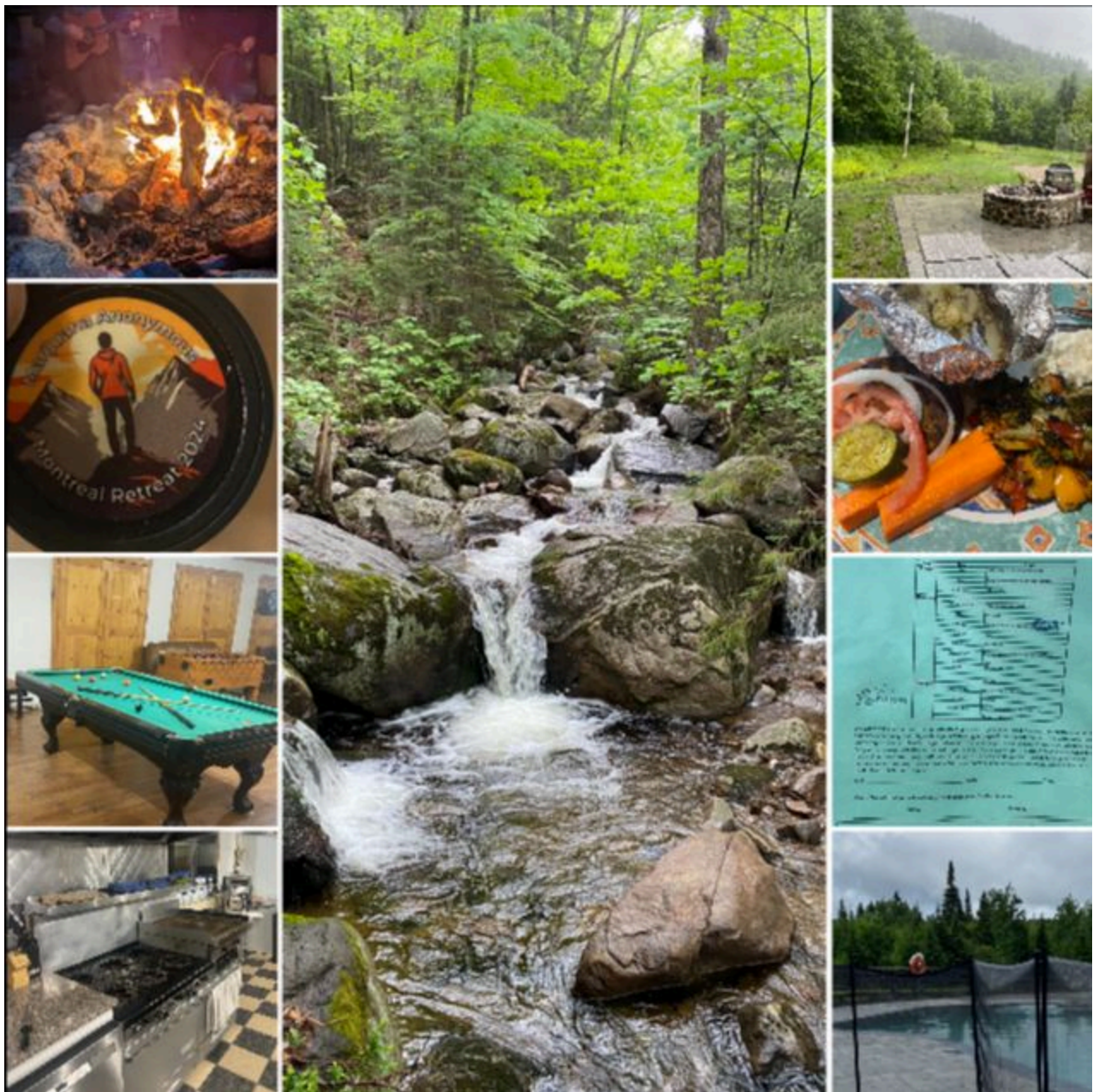
Sober gatherings for recovery can happen anytime, and as Step 12 in 'Life with Hope' says, social events are, "as much for our recovery as our enjoyment. Sharing good times with fellow addicts lets newcomers see that it is possible to enjoy life in recovery."

That said, not long after the World Service Business Conference, I attended a recovery retreat that was hosted an hour outside of Montreal in Canada. In an unexpected way, that need for community and connection was fulfilled. There are times when I learn, yes I can 'let go and let God.' It works out.

During that retreat, we had workshops - 4th and 5th Step reviews, meditation sessions, drawing and writing exercises with prompts. During one of those sessions, in meditation, it came to me, "Trust in the moment" as an assignment for the weekend. Let go of the social anxiety, the fear, the restless and irritable energy state. So I did, and hallelujah, it was a wonderful time.

It was great meeting new people, hanging around a campfire, jumping between a hot tub and cold swimming pool, losing at ping pong and pool (don't mess with Canada!), walking in the woods with waterfalls, and of course the service: cooking breakfast and playing line cook one morning, talking to newcomers, taking out the trash, chilling by the fire pit - getting outside of SELF.

These offshoot recovery retreats are wonderful, and I am deeply grateful to the Canadian folks who put it all together. Hopefully this story might inspire people to get involved with creating local community with other recovering stoners. If you build it, they will come.



A NEW LEAF PUBLICATIONS District Liaisons

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 are 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: recovery-focused stories, poems, song lyrics, prayers, meditation, break up letters to “Mary Jane”, inspirational quote heard in a meeting, artwork, comics, illustrations, photos, crosswords or puzzles, 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 NewLeaf@ANLP12.org - happy to answer any questions, and to work with you. Thanks!

A NEW LEAF PUBLICATIONS

Publishing Department – Marijuana Anonymous World Services

Letter from our New ANLP Chairperson - Heather C.

Dear Fellows,

I am beyond grateful to have been appointed as the new Chairperson of A New Leaf Publications (ANLP)! I have worked some with the ANLP Department in my previous role as Policies & Procedures Trustee and am looking forward to diving in now as the Chair. This is an exciting time of growth for the ANLP Department!

During this May's MA World Service business Conference, a **revised ANLP Charter was approved**. This is paving the way for the ANLP Steering Committee to further develop ideas about what ANLP does and can do for our fellowship. This includes how to improve ANLP processes and workflow through the development of a Best Practices handbook as we determine how to best support carrying the message of recovery!

We are in the process of preparing the **MA daily reader *Living Every Day with Hope*** for publication, which I know the fellowship is eager to have completed. Additionally, now that *A New Leaf* newsletter is free and digital, we continue to evolve how this publication can best serve our fellowship and we appreciate your support to spread the word so more members subscribe to this fantastic recovery resource.

We are excited to **welcome a new Special Worker, Jules M., who is serving now as our Creative Designer**. She will assist with the design and layout aspects of MA literature, including pamphlets, the *ANL* newsletter, and much more. With her contributions and design experience, we're hoping to improve the look of everything ANLP produces.

There are **currently 2 open volunteer** executive voting ANLP department member positions: [Treasurer and Design Editor](#). These positions all come with excellent service

sponsors to help orient whoever takes on these roles. Volunteers in these roles are expected to attend three meetings per month which include one general Department meeting and two Steering Committee meetings. Service keeps us sober, and this is a crucial time to be involved with ANLP, especially if you have any interest in design, literature, or publishing. If these service opportunities interest you, please reach out, we're happy to share more information.

1. **ANLP Treasurer** is similar to being a treasurer at the district level and bookkeeping experience is not required. After many years of service, Graham S. is happy to provide service sponsorship, or talk with you about the role. The World Services Treasurer will also provide support. Thank you Graham for all of your service! We will miss you, but rotation of service is very important to our fellowship.
2. **ANLP Design Editor** (formerly Publishing Editor) will work with the Content Editor, and Creative Designer, on the layout for the *ANL* newsletter within MailChimp. Experience with MailChimp would be very helpful since this is how we send *ANL*, and training can be provided. Service in this position could be a great way to learn more about pamphlet layout design, and the program used for this, inDesign.

ALL of these open service positions will have opportunities to: (1) shape the future of ANLP as voting executive members; (2) work on ANLP's "Best Practices" Handbook; (3) become involved in the publication of MA's daily reader, *Living Every Day with Hope*; and (4) to solicit and select stories, with other members of the Stories Subcommittee, for the new book of stories in development.

In addition to these ANLP volunteer positions, there are currently two open paid Special Worker jobs with MA World Services, Accountant and Treasurer Liaison.

Please share all of these open positions with your fellows and read more about these roles: Marijuana-Anonymous.org/Open-Positions

District Liaisons

Lastly, ANLP seeks to engage volunteer service members from districts, for the role of ANLP Liaisons (formerly Bureau Chiefs). ANLP Liaisons help bring awareness to opportunities with A New Leaf Publications, in particular this monthly publication, by sharing with members how to subscribe to *ANL*, collecting sobriety birthdays and submitting them to be included in *ANL*, and encouraging members to share their recovery journey by submitting content including poems, short stories, drawings, and other digital media art. It would also be very helpful for ANLP Liaisons to include the request for longer stories for the forthcoming Member Stories Book that is early in development by the Literature Stories Subcommittee. We hope the ANLP Liaisons will work cohesively between ANLP and the District by both providing feedback to ANLP with ideas of how to better serve the fellowship, and in turn sharing information about ANLP with their districts.

If anyone in your district would like to get involved with supporting ANLP, MA Literature, and help carry the message by featuring sobriety milestones and all types of creative content submitted from members of your district in *ANL* (and possibly other future MA publications) all without committing much time, or having to attend more meetings, please have them reach out! This is a great service opportunity for members who may be newer to service, do

not yet have a lot of sober time, are unable to attend more meetings, or who just might not have found their service "niche" yet in MA.

This might be just the right service opportunity for you or a fellow member you know who may be interested in learning more about publishing, writing, or design, and could lead to future opportunities supporting the publication of MA literature and further growth of the ANLP Department! This role could be combined into other district roles, like Literature Chair. It's within your district's discretion as to what this role would do. More can be included in the description of this service position as members volunteer and share their ideas. ANLP primarily encourages at minimum the ANLP Liaisons serve as another pathway for communicating between districts and ANLP.

Our goal is to “demystify” A New Leaf Publications so members know who we are and what we do in the ANLP Publishing Department of Marijuana Anonymous!

Please email me if you are interested in any of these positions, have questions about the roles, or if you have any general questions, comments or suggestions. Looking forward to being of service, helping ANLP grow, and finding new ways to carry the message of recovery using MA's literature!

Yours in Service,

Heather C.

A New Leaf Publications Chairperson

Chair@anewleafpublications.org or Chair@ANLP12.org

Celebrating 308 Years of Sobriety!

District 2 - San Francisco | East Bay, CA

Cheryl F. 06/13/2021 3 years
David G. 04/25/2010 14 years
Davis B. 05/24/2010 14 years
Joseph N. 06/04/2014 10 years
Nina S. 06/21/1985 39 years

District 5 - Orange County, CA

Ali R. 05/21/2018 6 years
Billy F. 05/21/2019 5 years
Dave F. 06/06/2020 *In Loving Memory*
Dean I. 05/15/2001 23 years
Gustav 05/23/2011 13 years
Holly E. 04/20/2020 4 years
Laura B. 04/20/2004 20 years
Londyn 05/23/2011 13 years
Lyman 04/27/2010 14 years
Marcus 03/17/2023 **1 year!**
Marty S. 05/14/2017 7 years
Mary C. 05/10/2010 14 years
Sam H. 06/01/2015 9 years

District 6 - North Los Angeles County, CA

Mikey D. 06/06/2003 21 years
Stacey Y. 05/22/2018 6 years
Wilson H. 05/19/2023 **1 year!**

District 11 - Oregon | SW Washington

Jonathan B. 06/01/2022 2 years

District 20 - San Diego, CA

Susan C. 05/27/2007 17 years

District 22 - New England

Brian L. 06/21/2021 3 years

District 27 - Independent MA Mtgs

April B. 07/4/1998 26 years
Diane G. 06/26/2019 5 years
Ihsaan M. 06/14/2022 2 years
Liz K. 06/08/2022 2 years

Other

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, Number of Years, and District or City 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,

Service Opportunities

Service Keeps Us Sober! Within Marijuana Anonymous, service means anything from working with an individual addict to participating in

Carry the Message

Carry the Message (CTM) is a free monthly e-newsletter for the purpose of providing news and announcements from MA World Services and the fellowship. To submit, email communications@MA12.org

New Meeting Starter Kit and info about purchasing *Life with Hope & the 12-Step Workbook* in print and e-book.

[Visit our Website](#) →

District and World Services committees.

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

[Being of Service](#) →

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

[Sign up](#) →



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