



A NEW LEAF

a creative publication of Marijuana Anonymous

July 2025

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Letter from A New Leaf Publications

Dear Fellows,

As you may have heard or read, in honor of July being the seventh month, we are highlighting the Seventh Tradition with a 7th Tradition Fundraising Drive. **Thank you** to everyone who has contributed so far. Your donations are greatly appreciated!

The budget for the 2025-26 fiscal year projects that we will operate at a deficit in the 2025-2026 fiscal year: [MA12.org/Conf2025/Budget](https://ma12.org/Conf2025/Budget), meaning our expenses are projected to be higher than predicted 7th Tradition income. This is partially due to a reduction in Seventh Tradition contributions, and is also because we do not yet know how successful the new ANLP store will be, or how many *Life with Hope* books we will need to buy back from our publisher, Hazelden, when our publishing agreement with them ends, and we resume in-house publishing of *Life with Hope* and the *Life with Hope 12-Step Workbook* in September 2025.

Besides contributing directly here, you can also help by:

1. Purchasing items from the [ANLP store](#), especially as new items are added;
2. Spreading the word about the store, even if you cannot purchase yourself; and
3. As a District, by starting to discuss and plan to buy *Life with Hope* and the *Life with Hope 12-Step Workbook* (in bulk, and at an even more discounted rate, TBD) when we, as a fellowship, buy back Hazelden's remaining stock of our books this Fall.

Contact Chair@ANLP12.org with questions about the "buy back" from Hazelden, when our publishing agreement ends, or questions about resuming our in-house publishing.

Since April 2024, *A New Leaf*, formerly offered only by paid subscription, has been offered by ANLP to the fellowship free of charge. However, there are still expenses incurred by ANLP to offer this publication. For example, ANLP incurs a monthly cost of \$115 for the email distribution service MailChimp (\$1,380/year) plus the additional time paid to Special Workers. If you enjoy these free emails and MA's others, including *Carry the Message* and the *Daily Dose*, please consider setting up a recurring contribution on MA's website today to support our efforts. Perhaps set an amount to contribute monthly that is equivalent to what you would have paid to subscribe to all three MA/ANLP publications.

One of the largest expenses we have as a fellowship are our skilled Special Workers, who are hired by our fellowship to "do jobs that volunteers could not or would not do. . . are needed to make Twelfth Step work possible," and are experts in their fields, necessary to MA's success and growth (*Tradition Eight, Life with Hope*). Our new ANLP web store requires the expertise of an eCommerce manager to ensure it runs smoothly, and to communicate with our warehouse (another cost) that stores MA literature and other products prior to shipment, and packs and ships orders for us as they're received. The redesign of the ANLP website also required the work of an experienced Webmaster and a Creative Designer, who is an expert in design principles, user experience (UI/UX), WordPress, and using visual content layout and design programs such as Adobe InDesign to layout MA pamphlets, books, and blog space. Other Special Workers supporting ANLP include the Accounting team, Legal advisors, an HR Consultant, and a

Publishing Consultant. For ANLP to continue to grow and thrive with the help of our skilled professional Special Workers, ongoing contributions are vital!

If you appreciate and enjoy all of these free services, please show your support by contributing what you can to MA World Services, and asking your meetings to donate what they can after paying for the meeting's expenses. ANLP does not have a separate way for you to contribute, so you can support ANLP by contributing to MA World Services.

*"A group is not self-supporting until it pays its own expenses and contributes its fair share to the larger society. **The group not only supports itself but MA as a whole. That is what is meant by fully self-supporting, since there would be no groups without the fellowship.** ... We all have to pull together, and by doing so we learn that we are truly part of something greater than ourselves." - Tradition Seven, Life with Hope*

Contributing is one way to express gratitude for our own recovery and to support the fellowship that helped save our lives. When we're able to contribute, it's part of our spiritual awakening—we begin to reclaim a sense of self-reliance and responsibility for our community. By giving back, we help ensure MA remains available for the next addict seeking recovery—just like it was for us.

How to Contribute? MA World Services accepts contributions via Zelle, PayPal, DonorBox, and Check or Money Order. ANLP does not have its own contribution option. Set up recurring donations, or make a one time contribution to World Services to support ANLP: [MA12.org/7th](https://ma12.org/7th)

The latest version of the [**Service Manual, Version 8.2**](#) is now available. This version reflects the changes made at the 2025 annual business Conference. Please be sure to delete and throw away any older version(s) and replace with this updated version for future use and reference!

Free digital download PDF (with clickable links) from the MA website: [MA12.org/SM](https://ma12.org/SM)

Purchase print Copies: **SM Ver. 8.2** will also be available soon to purchase in print from the ANLP Store, along with the *revised* **New Meeting Starter Kit!** Visit [ANLP12.org/Books](https://anlp12.org/Books) to purchase print copies of these Service Materials, as well as the updated Pamphlet Pack including the new pamphlets added, or older pamphlets revised by the Conference Body!



This month, ANLP also requests your feedback about the new ANLP website at [ANLP12.org](https://anlp12.org).

Please complete this poll at [ANLP12.org/Poll](https://anlp12.org/Poll) by July 30!

Visit the Pages from the Past — our revitalized A New Leaf Archives

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.

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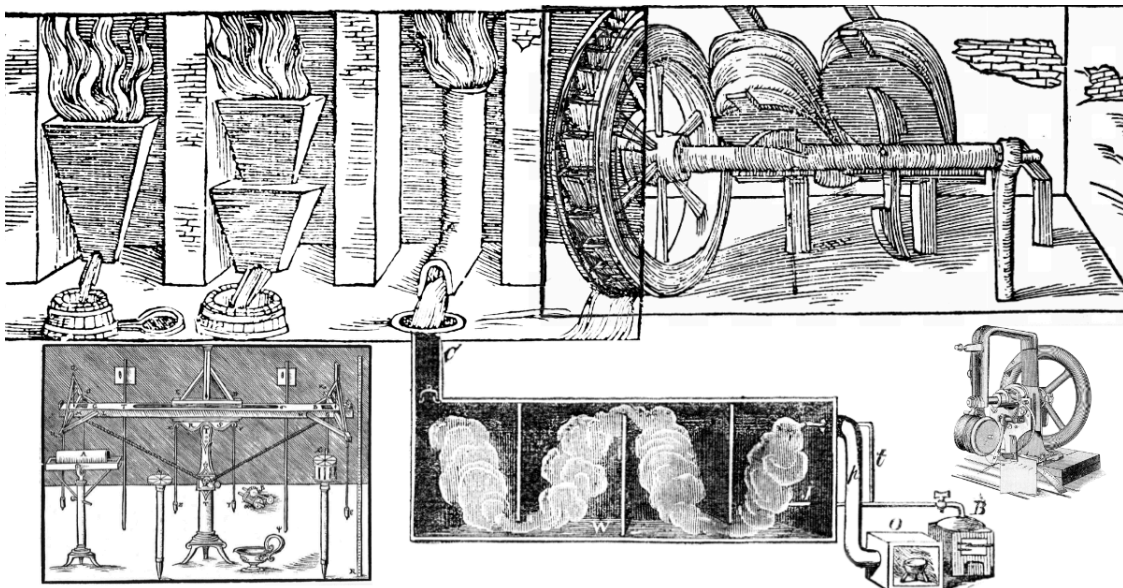
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**Special Workers*



Written by, Sashank V.



I imagine the brain to be an intricate Rube Goldberg machine, where a tiny stream of water flows over tributaries, spinning little water wheels, and setting tiny parcels afloat or aground

based on the tide and logic of the day. Smoking marijuana is like setting a fire hose upon this delicate machinery, flooding every gate, and destroying the entire structure in a tsunami of rain. No longer is a little moment of pleasure, like hot soup on a cold rainy day, enjoyed as is. Instead it is enjoyed as PLEASURE, an assault on the senses of ecstasy and stimulation. Such a force is too powerful, making even mundane chores like folding laundry fascinating and meaningful. Soon I can no longer fold laundry without it. Soon I can no longer live life without it.

Now that I am sober some months, and have a steady conviction to remain sober, I find something interesting happening. I am building structures and ideas in the mind that slowly build on each other, week over week. I think I am beginning to mature and make spiritual progress, viewing and appreciating life in new ways. Otherwise, any durable insight I achieved would be erased at the next smoke, like an Etch-A-Sketch being shaken. All the newly learned information is lost, and I return to old habits like anxiety and despair. I am unable to think myself past life's difficulties while in this perpetual fog. I started smoking at 27 years of age, and for the past decade, have been 27 years old ever since. Now that I am committed to sobriety, I think I am beginning to emotionally mature. Delayed at 37 years of age, I am finally beginning to feel 28.

Break Up Letter

Written by, Anonymous

Dear Mary Jane,

I am done. I'm done wasting every single moment of every day getting high. You will not steal any more time away from me. For the last eight years of my life, you were my best friend, my partner, my home. You were my safety. You were everything to me, but you also stole from me everything that was precious in my life. All of the money I had saved, I spent it on you. All the love I had to give, I wasted on you. The countless days, months, and years that I gave to you. What did I get in return? Nothing.

For each thing that I thought you gave me (happiness, relief, escapism), you took a thousand more away. I lost my dreams, goals, and ambitions. You stole my independence. You stole my emotions. You stole my ability to learn how to cope with my feelings or even the most minor of inconveniences. I didn't apply for a job because you were more important to me. I didn't go out to celebrate birthdays, holidays, you name it. All because I couldn't stand to be away from you for even an hour. I was a miserable and spiteful human being who couldn't fathom doing anything without being high. Our time is done. MY time is done. You won't ever take that away from me again. We are not partners, nor are we friends. I'm taking my time back.

Little Victories

Written by Ernest F.

I remember someone saying to share at a meeting. Someone may be going through what you have been through or have known personally. Victories should be shared even if they are little; it provides others with a sense of looking forward, or hope!

Meditation has gotten better for me, I use it all the time, I had to be patient with the time it took for me to be better at it. It is sooo worth it to me. I was starting a relationship with a friend from an old job that I had. We spent some time getting to know one another, we became friends and did things together. When it became physical, knowing each other and being friends made it a

lot better. I had not gone about relationships this way before. My emotions and feelings had me understand it was a victory. I had overcome habits and behaviors—that were not really bad, but also not good—besides Cannabis and cigarette smoking. Some C.B.T. helped me (Cognitive Behavioral Therapy)—the idea and concept of it, and doing it.

I had heard in meetings that the one-second pause, after some recovery time, becomes a few more seconds in reacting and feeling to things and people. There are lists of thoughts and feelings about an action or word that took place that I can use. *Am I not communicating? Did they not understand? They may have some problems. Maybe they are trying their best, and I don't know that.*

I cannot make a resentment for someone, put "it all" upon myself. There is much more, very much more to this. It may be important to know this. In the few seconds pause you can re-frame the thought and the emotional reaction with a conscious and logical effort to try not to be misunderstood or even a little harmful. That few seconds pause got longer than one second. Creativity and reading about how many religious beliefs and psychological concepts are the same or similar and align, the effort helped. The meditation (11th Step) creativity, new relationships and sound healthy beliefs and faiths that are very much similar are the little victories for me. Sharing "little victories" helps you!! Sharing how it was, how it is now, and what you are working towards, helps. EXPERIENCE, STRENGTH, AND HOPE!!

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

Submit Your
Content

Want to share *A New Leaf* with others?

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

ART

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](https://ma12.org/anlp/workshop)

Heard in a Meeting

**MA is a
Higher-Power-
help program
— not a self-help
one.**

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

POETRY

Forgetfulness of Being

Written by Sail R.

Forgetfulness-of-being
Did you forget
that surrender comes
at the foot to the well of being?

Did you forget
that the womb is a wound
and not a home for the orphan?

Did you forget
that bubbles burst forth
like new egos,
tenuous and awaiting
its own destruction?

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

Seventh Step

Humbly asked God to remove our shortcomings.

Seventh Question

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

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

Seventh Concept for Service

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.

Seventh Tradition

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

The Heart of the Seventh Tradition

Written by an Anonymous Trusted Servant

The Seventh Tradition is about more than “just” money. It’s about unity, responsibility, and protecting MA’s integrity. By declining outside contributions, we remain free from outside influence. That means it’s up to *us* to keep our fellowship strong. This Tradition is vital to MA’s growth. It deepens our spiritual practice, expresses our gratitude, and teaches us how to support ourselves and each other.

Life with Hope reminds us, “Our autonomy is maintained by the principle of being self-supporting through our own contributions. We accept no outside funding, and we ask for no government assistance.” The contributions given in meetings not only keep our individual groups running, but also make it possible for Districts and World Services to continue carrying the message to the still suffering addict globally.

Although meetings often say, “we need you more than your money,” contributing is part of being of service and fulfilling our spiritual responsibilities. While newcomers are not expected to donate, Trusted Servants and sponsors can help them understand the deeper meaning behind the Seventh Tradition. As *Life with Hope* says, “As addicts, we were takers, a burden on everyone. Now that we are clean and sober, we are grateful givers....By paying our own way, we remain free; we have earned the privilege of making our own decisions.”

Today, many meetings are virtual and cost less to host, but MA's larger needs haven't disappeared. World Services continues to provide support through websites, literature, phone lines, email newsletters, and other tools that reach addicts in need. These efforts are made possible by volunteers and Special Workers—professionals who are often paid far less than they could earn elsewhere.

Without a physical basket being passed, it's easier to forget, or feel less ready to donate—even when links are shared during virtual meetings. Giving what we can helps us all, whether \$2–3 per meeting, or marking sobriety milestones with a gift (some members give \$1 for each year of sobriety or donate the equivalent of what they once spent on cannabis). Whether we give time or money, both are ways to be of service and help MA remain self-sufficient. It's not about how much—it's about the willingness to give what we can. Every contribution supports our spiritual growth and strengthens the community. That's why July—the seventh month—is a meaningful time to recommit to the Seventh Tradition. Your support helps MA not just survive—but grow and thrive.

As *Life with Hope* reminds us, “The spiritual principle of self-support reminds us that we are each responsible for our own recovery, and together we are responsible for the health and strength of our fellowship.” By giving as much as we are able to, we ensure MA will be here for the next addict seeking recovery—just as it was here for us.

CONGRATS

CELEBRATING 165 YEARS OF SOBRIETY

DISTRICT 2 - SAN FRANCISCO & EAST BAY

ALIA H.	5/6/2001	24 YEARS
NINA S.	6/21/1985	40 YEARS

DISTRICT 5 - ORANGE COUNTY, CA

JOEY S.	6/30/2022	3 YEARS
SAM H.	6/1/2015	10 YEARS
YASHAR	6/19/2024	1 YEAR!

DISTRICT 6 - N. LOS ANGELES COUNTY, CA

WILL K.	7/1/2013	12 YEARS
LETTY A.	6/11/2022	3 YEARS

DISTRICT 8 - NEW YORK METRO

JOSEPH C.	7/4/2004	21 YEARS
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DISTRICT 11 - OREGON

SANDRA A.	6/12/2024	1 YEAR!
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DISTRICT 19 - TORONTO, CANADA

MICHAEL O.	7/6/2010	15 YEARS
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DISTRICT 22 - NEW ENGLAND STATES

BRIAN L.	6/21/2021	4 YEARS!
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DISTRICT 27- INDEPENDENT MA MEETINGS

APRIL B.	7/4/1998	27 YEARS
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DISTRICT 30 - DMV (DC, MARYLAND, VIRGINIA)

MARYANNE M.	6/10/2021	4 YEARS
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Share your Sobriety Anniversary in *A New Leaf*

We want to celebrate your year(s) of recovery! Once your annual sobriety anniversary has already occurred, please submit it by the 1st of the month you would like it published.

Please submit within two months of your sobriety anniversary and include your Name; Sobriety Date; Number of Years; District, Location, or Home Group to:

ANLP12.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.

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](#) →

A NEW LEAF PUBLICATIONS

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