



A NEW LEAF

a creative publication of Marijuana Anonymous

July 2026

For ideal printing, view in your browser

Letter from A New Leaf Publications

Updates from the ANLP Store!

Happy July! This month we're excited to announce that all of MA's pamphlets have received an exciting facelift including new graphics! At the recent MA business Conference, the Service Manual and some of our pamphlets were revised. We encourage you to recycle or distribute your old pamphlets in public places and restock your inventory.

New pamphlets include: Tools of Recovery and Cannabis Induced Psychosis (CIP) – Member Stories. Revised pamphlets include: About Service – Member Stories, For the Loved Ones, and The Dangers of Cross Addiction. Please note, the abridged meeting reading for The Dangers of Cross Addiction has also been updated and is available in the MA Resource Library at MA12.org/Library. To access these new and revised materials:

- Download the **PDF Pamphlet Pack** at MA12.org/pamphlets and visit the individual pamphlet pages to download the single pamphlets
- Download Service Manual Version 8.3 from the MA website at MA12.org/SM
- Or, purchase the new spiral-bound Service Manual or Pamphlet Pack to photocopy from the ANLP Store at ANLP12.org/books

Coming soon to our store, you will have the ability to purchase bulk orders of individual pre-folded pamphlets on color paper!

Changes to ANLP Department Members

We extend our gratitude to Tiffany A., Layne J.F., Brian L. and Lee H. for their service to help ANLP grow! We wish you all well as you move onto new service positions: Tiffany now chairs the Workbook Revision subcommittee, Layne was elected MA's World Services' Treasurer Trustee, Lee continues to serve as District 4 ANLP Liaison, and Brian is supporting our efforts to assemble ANLP compilation books featuring break-up letters, poetry and other past submissions.

We're happy to welcome Rich C. as our new ANLP Treasurer! However, we are still seeking a new Secretary to round out our new team. No special skills are required. Although familiarity with Google Docs is helpful, training is available. Anyone with at least 1 year of sobriety is encouraged to consider being of service in this role! The Secretary is a voting officer of the ANLP Department,

and is primarily responsible for taking meeting minutes and sending meeting reminder emails. If you are interested or have any questions please email Chair@ANLP12.org.

Literature Committee Updates

The Literature Committee is seeking member stories for new pamphlets, especially from members who are Public Servants or who are LGBTQ+ and/or BIPOC. Stories should be approximately 100-300 words. For more information, [see and share the flyers here](#), or email L@MA12.org.

Join the new Workbook Revision subcommittee to draft proposed revisions to the Life with Hope 12-Step Workbook and to include questions about the Traditions. All members are welcome, We meet every 1st Sunday of the month at 9 am PT / 12 pm ET. To join and for more information, email Workbook@MA12.org.

We appreciate all of you who continue to support ANLP by being a Liaison and sharing the Pitch Points in your meetings! If you're unsure how to begin, you can simply say or post in the chat "For information about MA literature, see the pitch points at ANLP12.org/pitchpoints" or make your own announcement highlighting specifics of interest. Your support helps more than you know! Thank you for continuing to read, share and contribute content to A New Leaf! We hope you all continue to enjoy a fun, safe and sober summer!

**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](#)."

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

ANLP Department

Chairperson: Heather C.

Secretary: OPEN

Treasurer: Rich C.

Content Editor: Rahul M.

Design Editor: Danie M.

Liaison Coordinator: Lee H. / (interim Susan L.)

General Manager: Jules M.*

eCommerce Manager: Maral T.*

**Special Workers*

*or accept contributions from—any outside
enterprise.*



Loud Is Who I Really Am *Written By, Martha S.*

The start of my sobriety from weed coincided with the end of my 24-year-marriage to the man who was originally my gay best friend. We had adventures. We survived 9/11, left the City to start a small farm in the mountains, adopted an infant from an African country (both of us parents white and idealistic,) sold the farm and raised our boy; he is 18 now.

Now I am single and back out as lesbian. During the marriage I always identified as a lesbian married to a man, to those who cared enough to know. I was continually high except for the first 9 years of our son's life.

When my son's father and I started being lovers, the sex was divine and stayed so for about 3 years—but it was always penis-centric and I never got past missing a woman's body. He did not use cannabis or much alcohol. I used pot daily and alcohol to bring myself down enough to sleep. The marriage survived a long time with these imbalances.

Recently, alone and sober, I attended a jazz concert at an intimate venue. I whooped and hollered with pleasure at the performance, and when the lead artist asked where she could get a cup of tea in this small town at 6AM, I raised my hand and said I would be honored to bring her some. In the past I would do impulsive, noticeable things like this and my husband would be ashamed of me. I would be ashamed of myself because I thought it was because I was high. But now I know this is who I am: a loud, generous, lesbian weed addict who is clean by the grace of my higher power and the MA rooms.

The Dream Slayer *Written by, Bill H.*

Here is a word that silently destroys more dreams, more relationships, and more personal growth than anything else.....that word is trying.

Notice what happens in your body when you hear yourself or hear someone else say, I'll try. There's a softening, there's a pulling back, an energetic step away from a successful outcome.

Here is the truth most people don't want to hear. Trying is not commitment!

It's a pre-planned exit strategy. The moment you say I'll try you've already created an escape route. You're essentially saying, "I'm not all in. I'm not fully committed. I'm leaving room to back out."

Trying is rooted in doubt, not belief. If you believed in yourself, if you knew it was possible, if you were committed, you wouldn't say I'll try. You would say, I will, I choose this. This is happening.

Trying is what we say when we want to create the illusion of effort, without the vulnerability of commitment.

Now let's get honest. We say I'll try because it keeps us safe. It protects us from failure, embarrassment, or the fear that we might not be good enough. But here is the punchline. Trying does not create any results; commitment does!

Let me give you an example....

Imagine I asked you to stand up from your chair. Just stand up. You'd either stand up or you wouldn't. There is no trying in action! Now imagine, I say, okay, try to stand up. The moment you use the word try, your nervous system becomes confused. You hesitate, you don't fully rise. You hover between sitting and standing. That is what trying feels like.

Trying is not movement; it is not progress. It's hesitation wrapped with hope, and that is what most people call effort.

Hope is not a strategy! Trying isn't a decision. Let me say that again. Trying gives you something to talk about instead of something to live.

When you say, I'm trying you are signaling that you are not sure, you are not ready, you do not trust yourself yet. If your energy's hesitating, if your belief is conditional, then you're trying instead of committing. You're not signaling creation. You're signaling doubt and doubt blocks any momentum.

So I am going to ask you a question and I want you to feel it, not think it. Where in your life are you trying instead of choosing and committing? Trying to start a business, trying to fix the relationship, trying to meditate, or trying to change habits, trying to believe in yourself, or trying to quit marijuana.

What would shift if, instead of trying, you said, I choose it. I commit. I will. Because the moment you choose, your heart and energy recognize commitment and activate clarity. Clarity activates movement. Movement activates alignment, and alignment activates results.

So here is my invitation. Starting today, remove the word try from your vocabulary. Replace it with commit, choose, I will, this is happening. Those statements carry belief and power. They carry energy, and they activate creation.

Trying keeps you in your personal prison, and commitment sets you free!

So the next time you catch yourself saying I'll try pause and ask yourself am I truly committed to this, or am I looking for a safe way out? Because the life you want is not found in trying, it's found in commitment and taking action.

Remember, choice without action is just a thought.

Do not use today, no matter what!

There is Hope for the Doctor in Recovery *Written by, Anonymous*

I'm a marijuana addict in recovery, and I am also a physician. I have struggled with my addiction in secrecy for my entire life, with not even my sister knowing the extent of my use. I lived a double life—one where I was a "goody-two-shoes" and "smarty pants" and the other where I was a lonely and depressed stoner. The longer I kept this going, the more stressed I became, because I didn't even know who I was or what I wanted. How could I advise my patients to quit their addictions when I myself was addicted and didn't know how to quit? I had been high for so long that I didn't know if I was smoking because I hated my life and had to get stoned in order to get through my day, or if I had let my addiction take control over me and it was ruining me. I was self-sabotaging.

I remember going to work high, caring for patients high, and even doing a lumbar puncture high. I put my patients in danger. I put my career in danger. All because I just wanted to get high. I skipped lectures and meetings in order to get high. Called out sick from work because I was too tired from getting high the day before, so then I'd smoke some more. It was an endless loop. For so long, I was able to maintain my smoking habit and achieve greatness, but I felt miserable and couldn't enjoy the fruits of my labor. I felt invisible because nobody seemed to notice that I was high all the time, which made me feel like nobody cared about me or how I was really doing. I isolated myself. I felt useless, hopeless, and suicidal. Nothing mattered to me anymore. I had to take a leave of absence from my residency training in order to get help with my addiction, which truly was the hardest thing I've ever done in my life. I was scared that I was going to get fired from my job and lose everything that I had worked so hard to gain through years of sacrifice to completing 12+ years of higher education and working 80+ hours per week.

It was at that point that I learned about MA, and my life has been changed ever since. I now feel hopeful for the first time in a long time. My motivation is coming back. My desire to serve is coming back. I don't feel like killing myself constantly anymore. I can wake up and go to work without feeling so overwhelmed and anxious that I call out sick in order to smoke weed. I can enjoy my hobbies without being stoned. I have been freed, and I want to remain free. By sharing my story, I hope that I encourage other healthcare professionals to speak up about their addiction to marijuana, so that we can all get better. I believe in this program, because it's helped me so much already.

One day at a time.

Dear Mary Jane, *Written by, Don S.*

There was a time when I didn't think I would ever be writing this. I pretended and wanted to tell myself that this day would never come. When we first got together and for the first couple of years of our relationship, this ending was not on my bingo card.

I am writing this letter to let you know that I am officially breaking up with you. It is finally time for us to go our separate ways. You should also know that I met someone new - her name is recovery.

We had a solid run. It was not all bad. You made music sound better. There were instances where you made being outdoors feel like I was having a spiritual experience. You made random gas station snacks taste like 3 Michelin star meals - who knew honey roasted peanuts could taste so good. You helped me relax. You helped me slow my mind down (most of the time). You made doing absolutely nothing feel like a full day and night event. You could probably say you made doing nothing feel like it was a personality trait of mine. And, real talk, that is really impressive. I have to give you that. I bought in a lot to what you were selling and I did it for a very long time.

But fast forward to 2026. Cannabinoid Hyperemesis Syndrome has entered the chat. And, since we're being honest, CHS has been a part of the chat for a loooooooooooooonnnngggg time.

CHS was never a fan of what we had. It disliked what we had so much that it took all of its anger and resentment out on my stomach and fed me so much anxiety during episodes that if the anxiety were water, it would be enough to drown a fish. What was once "chill and relax" had become "why am I suddenly awake at 1:30 in the morning negotiating with my nauseous stomach and anxiety like it's a hostage situation?" I better get up, go run a blazing hot bath at full speed, and throw up in the toilet before I projectile vomit all over my bedroom. Too bad for anyone in the household that was hoping for a full night of sleep. CHS did expose you in a way. For me, you're not that super chill and laid back presence that you pretend to be or so many think that you are.

It's 2026 and I'm tired of being on the losing end of the above mentioned hostage negotiations. I'm sick and tired of being sick and tired. Our relationship is toxic - literally and figuratively. You made me lay on the bathroom floor or in the scalding hot tub next to the toilet and I barf my brains out - that is if there even is anything left to barf. And yet, even after all of this, time and time again, I came crawling back to you. Literally and figuratively. Fuck, who does that? My stomach and anxiety have tried to get a restraining order on you more times than one. Obviously the judge never signed off on that up to this point, or you found a way around it and slid back into my life like a baseball player sliding into home plate.

I'm not even mad at you bro. That's 100% honesty. I'm not. My stomach and anxiety are. But I'm not. I can acknowledge that even though I don't hold a grudge, we are no longer good together. You are going to keep doing your thing and there are others out there where you will contribute positive change in their lives. Despite all we've been through, I can respect this. But this isn't about what you give to society and others as a whole, this is about us and just us.

Recovery has entered the chat. Today, and every day, I choose recovery. I choose not to make myself sick. I choose not to wake up in the middle of the night throwing up. I choose not to run a bath at 2am on full blast because I feel like I need it in order to survive, all while questioning my life choices. 4 out of 5 dentists say the bathroom is not the best place to question the choices I have made. I choose drinking water and other liquids and not throwing them up. I no longer want my stomach to be against me sitting down and enjoying a meal with family or friends. My dog is my emotional support animal, not the bathroom and not the toilet. I'm choosing mental peace. I'm choosing to feel normal and not sick. I'm choosing to no longer listen to that voice in my head that constantly asks me "will doing this make you sick?" I want to be able to go on and enjoy vacation without having to worry where you are or stressing over the fact that you couldn't make the trip.

I'm choosing to admit that I am powerless over you, and that you've really made my life unmanageable. One hit is too many, but a thousand wouldn't be enough.

So, this is goodbye. Forever. My feelings towards you are not hard, but the choices to start making better decisions for myself today and every day are, and that's what I'm choosing. I want my stomach to feel better. I no longer want to live in the bathtub. I no longer want to feel comfortable throwing up to feel better.

All the best to you (from over there).

Don S.

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,

Submit Your
Content

photos, and crosswords or puzzles. We seek to publish the message of hope in your journey.

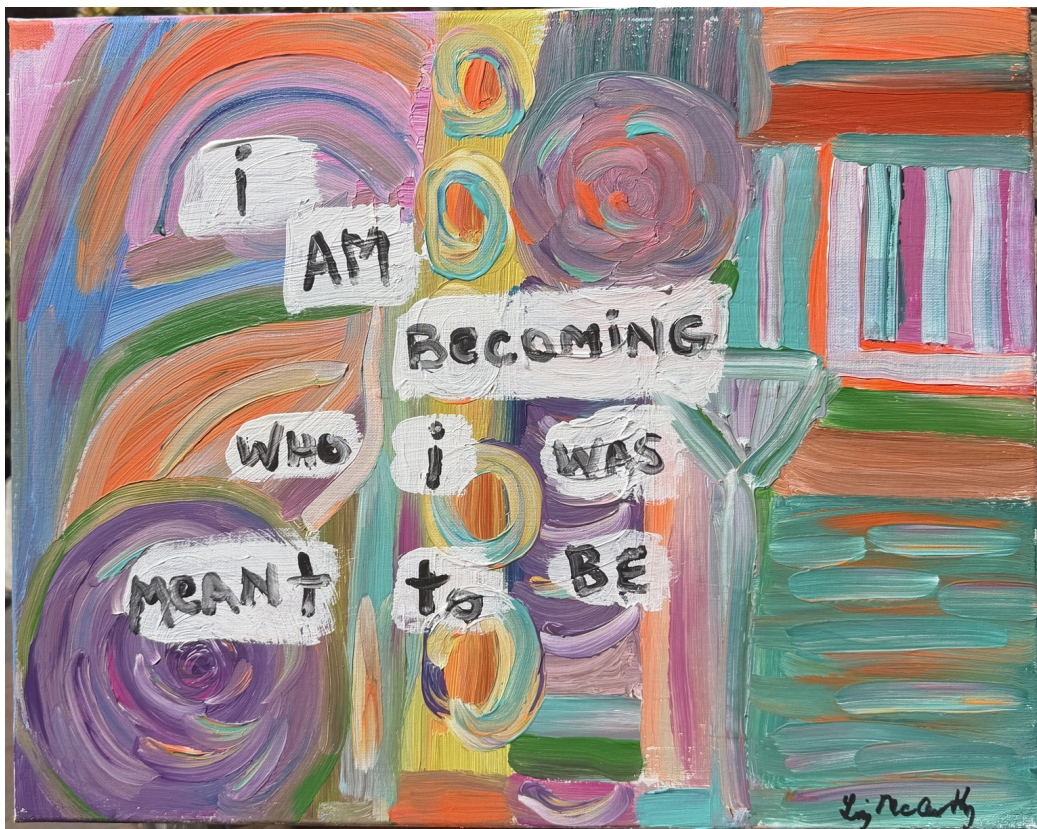
For a list of suggested prompts visit: MA12.org/Prompts

Want to share *A New Leaf* with others?

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

ART

Becoming
Created by, Liz M.





JOIN THE LIFE WITH HOPE
WORKBOOK
REVISION SUBCOMMITTEE!

The Workbook Subcommittee is creating and applying new, thoughtful, and practical content to our Workbook that supports members in understanding and applying the Twelve Steps & Traditions.



Everyone is welcome. your opinion matters!
To join us, email: Workbook@MA12.org

FIRST SUNDAY EACH MONTH
PACIFIC 9AM / EASTERN 12PM / UTC 4PM
ZOOM: [MA12.ORG/LITCOM](https://ma12.org/litcom)



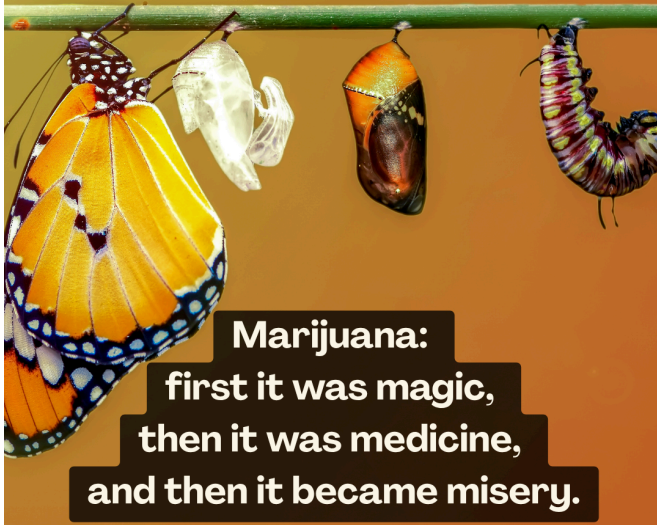
INSPIRE

*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.

Heard in a Meeting

Share your Favorite Sayings



POETRY

My Beloved

Written by, Jessyka C.

Mary Jane,
My beloved, my wife, my true love,
I'm writing once again,
To say I'm sorry but there's nothing to discuss,
I mean it this time, it's over between us, you've got me feeling like trash,
Now there's no going back,
I'm here wasting all of my cash,
I can't do this any more,
I wish I could say I'm sorry but it's not true,
Because of this I'm sure,
I'm better off without you,
I will still miss you,
I'm not going to lie,
I'll miss you forever,
You were once my life,
So Mary Jane,
I want a divorce,
I need a change,
This relationship has taken its course.

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?

Seventh Tradition

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

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.

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 that you would like it published. Be sure to include your Name, District or Location, Sobriety Date, and Number of Years.

[Click here to submit your sobriety anniversary!](#)

CONGRATS
CELEBRATING 62 YEARS OF SOBRIETY

DISTRICT 5 - ORANGE COUNTY, CA		
JOEY S.	06/30/22	4 YEARS
RACHAEL F.	06/25/2023	3 YEARS
YASHAR	06/19/2024	2 YEARS

DISTRICT 07 - LOS ANGELES, CA		
JAX R.	06/22/2023	3 YEARS

DISTRICT 11 - OREGON		
SANDRA A.	06/12/2024	2 YEARS!

DISTRICT 22 - NEW ENGLAND STATES		
BRIAN L	6/21/2021	5 YEARS

DISTRICT 27 - INDEPENDENT		
APRIL B.	07/04/1998	28 YEARS

WHITTIER, NORTH CAROLINA		
TOM M.	5/3/2011	15 YEARS

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 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 2.0

Find meetings easily with the Meeting Finder, track your sobriety with virtual tokens, read MA literature in e-book format, enjoy daily meditations, explore pamphlets and more.

Download the App →

A NEW LEAF PUBLICATIONS

Publishing Department – Marijuana Anonymous World Services

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