
Letter from the new Content Editor of A New Leaf Publications

Dear Members,

Being a part of this community has afforded me a great deal of friends, fellows, warmth, and sincerity. Over my time in MA, I have had the opportunity to see and appreciate what I bring not only to others, but to myself. My time here has been an ever-evolving journey. I'm thankful for the loving guides I've accrued that have guided me through tough times and helped me to see how I can be of service to others in a way that personally touches my heart and brings me joy.

That said, I'm thrilled to have the opportunity to be the new ANLP Content Editor! When I first heard of the role, I was enthralled to know I can serve in an area that I already enjoy doing. So I look forward to what this role will add to my recovery, as well as discovering what I can bring to the role. It's a new level of service I'm embarking upon within MA, and with the assistance and nourishment the fellowship has already brought me, I know I can do it! Thank you for the support and confidence. Here's to taking another step!

Lovingly in Service,
Tiffany A. of District 8

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.

Treasurer: Layne J.F.

Secretary: Brian L.

Content Editor: Tiffany A.

Design Editor: Open (*could be you!*)

Administrator: Janice O.*

Creative Designer: Jules M.*

Publishing Consultant: Steven B.*

**Special Workers*



Come to an MA Convention!

by Rich C.

Over the years I have been to several MA, or other recovery related, Conventions. I had not attended them consistently until the Virtual Serenity Convention, hosted by District 8 in 2021. Since then I have not missed one. I started volunteering on that year's Convention Planning Committee and have continued in this capacity, and I've had great experiences in doing so.

The very first MA Convention I attended was also hosted by District 8, in 2011. I remember meeting some of the MA founders and long-time members. I went to the largest MA Men's meeting that I have ever attended. At the 2021 "virtual" Convention, I was asked to be one of the keynote speakers and I got to tell my MA story to over 100 other addicts. At the 2022 Convention, in San Diego, I participated in the Representation & Accessibility puppet show, where we presented difficult meeting safety issues in a fun way: we had dog puppets as members of Biters Anonymous!

At both the 2022 and 2023 Conventions, I was honored to host the sobriety countdown, and saw first hand all the years represented in the rooms, from 40 years down to just a few days. **For me, the most fun at a Convention is the little groups of us that do things together.**

In San Diego, I remember both a lunch that I attended with another MA Board Member at a little taco shop down the street from the hotel, and a dinner I had with the entire MA Board of Trustees. For 2023 in Seattle, it was having breakfast with Lyle D. and a bunch of other MA fellows the morning after the last day, and when I went sightseeing and saw the Space Needle with another recovering addict. I also love just hanging out in the hospitality suite with other MA members, talking, snacking, and playing games. I'm looking forward to making more of these kinds of memories at the 2024 Convention in San Francisco.

The Convention planning experience has also been fulfilling. Since the pandemic when MA (and the rest of the world) was forced to go "virtual," Convention planning and other types of MA committee service work has become much easier. On these planning committees, I've been able to help to select the Convention theme, logo, and programming. Being present to help with fundraising, hotel selection, scholarships, and much more, has been a great way to be of service! And what's great is that any fellow can do it!

Come to an MA Convention! Our next Convention is being hosted by District 2, San Francisco and the East Bay, August 30th to September 1st. The 2025 Convention will be hosted by District 7, South Los Angeles, and the 2026 Convention will be hosted by District 23, Georgia.

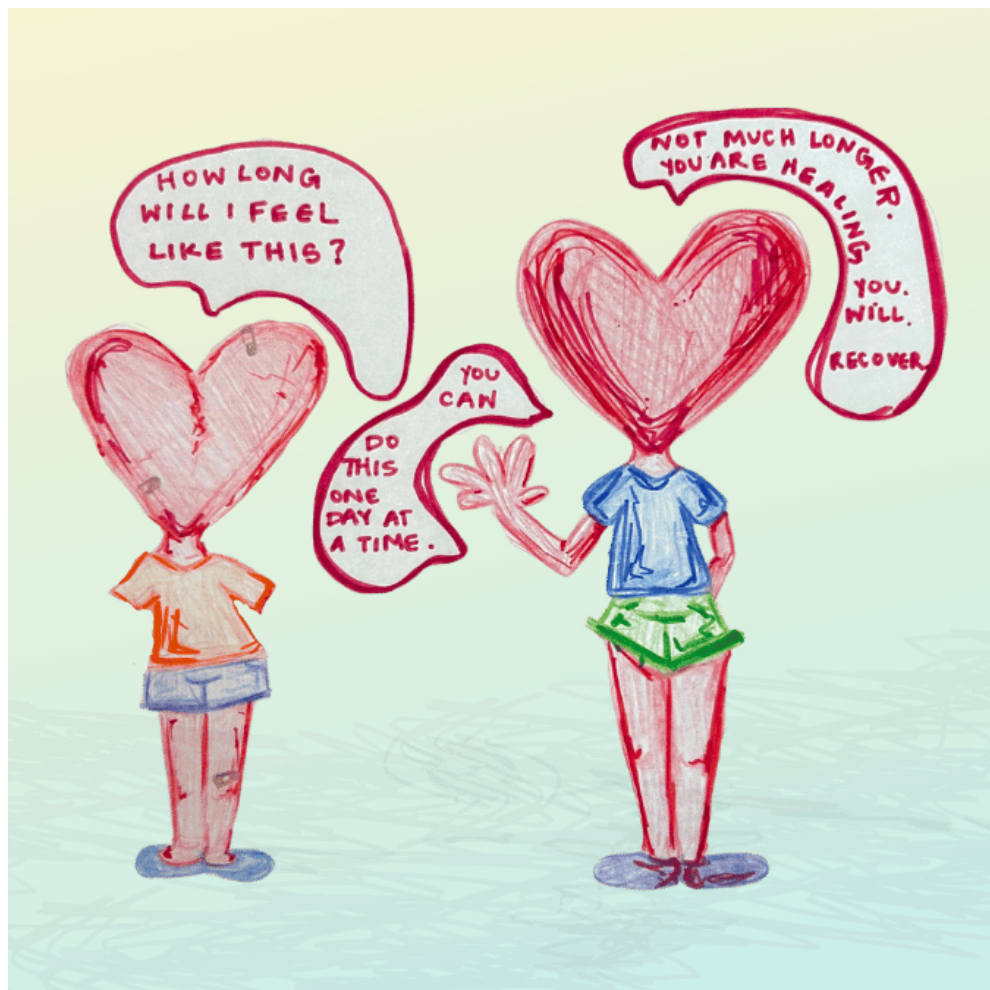
Please visit MA12.org/Convention for the latest information.

It's time to get your updated copy of the MA Service Manual!

Service Manual 8.1 updates reflect the actions of the 2024 Conference Body

The purpose of the Marijuana Anonymous Service Manual is to explain the organization and function of the Service Structure of MA. The procedures, guidelines, and service structures have been created to best unify MA and pursue the goal of helping the marijuana addict.

Visit anewleafpublications.org to order a printed version
Also available for free digital download at MA12.org/SM



Artwork by Mahli B.

Caption

Newcomer asks, "How long will I feel like this?" Member responds, "Not much longer. You are healing, you will recover. You can do this one day at a time."

**We are very excited to share both
a Crossword Puzzle and a Word
Search this month! Click to print.
Answers will be shared in the September issue.**

Crossword

Word Search

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.

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

"The secret to life is to enjoy every moment with gratitude. The joy, the sorrow, the happiness, and the pain. This moment now is as precious as any moment in your life. If you can experience it with Grace then you will have serenity."

- Michael O.

Note from the ANLP Department: Michael is facing some health challenges and we want to extend our gratitude for his consistent service contributions to MA and our literature. A bit about Michael... he lives in Eastern Canada, his local home group being the Simcoe Group. He has served at all levels of the inverted pyramid throughout his recovery. He has been active in District 19 Toronto since its inception, and was in service on the MA Board of Directors in the roles of Literature Trustee, Conference & Convention Trustee, and Secretary Trustee. He also served for many years with A New Leaf Publications as the Content Editor (formerly known as Publishing Editor). Thank you Michael for all of your service and support to our fellowship.

Want to share A New Leaf with others?

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

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

HEARD IN AN MA MEETING

I DON'T HAVE TO
BE PERFECT,
JUST WILLING TO
DO MY BEST

Slow Growth by Susan C. of District 11

If only, if only, I'd grown up when I was growing up. I started using chemicals to get through life when I was 14, mostly because that's what everyone else seemed to be doing. At first, it was alcohol, and I drank to excess from the start. My drug of choice is MORE. With alcohol, once I started to feel good, I'd drink more to feel better, which of course never worked. When I found pot at age 15, I was so relieved. I didn't have to throw up and have hideous hangovers anymore. With marijuana, as soon as I smoked, I would feel relief, i.e., it would numb the pain I carried from early childhood traumas. (I didn't know that at the time; I was just fitting in with my friends.) At the end of my using, however, pot was no longer a relief, but a tedious, tenacious substance that controlled my every move.

When I finally got into recovery at age 32, I was still emotionally 14. I had a lot of growing up to do, and it has been a very slow process for me. Early on, I heard that it takes a lot longer to grow up when you're an adult, and yep, that's been true for me. It's a relief to learn that we focus on progress, not perfection.

Recently, it occurred to me that my "true" birthday is when I got clean and sober – because that's when I quit hiding from myself, and started to live. I began to be able to be present for my life, instead of numbing myself.

When I came into recovery, I thought there was a point where I could graduate and life would be filled with serenity every day. Slowly, very slowly, by going to meetings, working the Steps with a sponsor, and some outside help, my life has gotten better than my wildest dreams. It didn't happen right away, but today I have many minutes, hours, and days when I feel OK, and when life feels magical and wonderful.

If only, if only – ah, now I'm completely and utterly grateful I'm a marijuana addict because it brought me to recovery, the 12 Steps, and other recovering marijuana addicts, who fill my life with joy. I've grown into someone who would've protected me when I was a child; that feels awesome.

Third Step Prayer by Farrah F. of District 5

Let me find my way to you
Like lightning take the path of least resistance
Water seeks its own level
Baby turtles flock to the moon
It is by nature, by instinct, by design
A life of cosmic union more ours than mine
Let me be no more and no less than
The stars, the trees
The music in the breeze
Cliffs, crystals, and conches finely ground into sand
Take care pale blue dot demands
And keep me in your everlasting plans

Step, Tradition, Question, and Concept for the Month of August

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

In working the Eighth Step, we were practicing the principles of Love and Forgiveness.

Tradition Eight

Marijuana Anonymous should remain forever nonprofessional, but our service centers may employ Special Workers.

Question Eight

Have you ever failed to keep promises you made about cutting down or controlling your use of marijuana?

Concept Eight

Effective leadership qualities are essential for Trustees, who are entrusted with the responsibility of making final decisions regarding general World Service business and finances.

Celebrating 318 Years of Sobriety!

District 5 - Orange County, CA

Ally R. 06/29/2022 2 years
Diane R. 07/27/2023 **1 year!**
Hannah 07/17/2023 **1 year!**
Jeff 07/01/2014 10 years
Jeremy G. (NY) 07/15/2003 21 years
Joey S. 06/30/2022 2 years
John McC. 07/02/1991 33 years
Manny 07/24/2014 10 years
Michael G. 07/07/1987 37 years
Ryan H. 07/07/2007 17 years
Sean F. 07/04/2002 22 years

District 6 - North Los Angeles County, CA

Maral T. 07/15/2017 7 years

District 8 - New York

Joseph C. 07/04/2004 20 years
Rich C. 07/23/2002 22 years

District 11 - Oregon and SW Washington

Carey G. 07/30/2023 **1 year!**
Mallory L. 08/06/2019 5 years

District 16 - Australia

Dominique P. 07/23/2020 4 years

District 18 - Sacramento, CA

Diana R. 06/26/2011 13 years

District 20 - San Diego, CA

Ellie J. 07/16/2016 8 years
Rick H. 08/07/2004 20 years

District 22 - New England

Graham S. 07/13/2010 14 years
Marissa May C. 07/16/2014 10 years

District 28 - MA Phone Meetings

David L. 07/18/1987 37 years

Other

Michal M. 07/16/2023 1 year!
(Jerusalem, Israel)

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/birthday

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](#) →

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.



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