



A NEW LEAF

a creative publication of Marijuana Anonymous

August 2026

For ideal printing, view in your browser

Letter from A New Leaf Publications

**UPDATES FROM
OUR BOOKSTORE**

We are excited to
announce new and revised
materials now available!

- *A Look At A New Leaf*
- Pre-folded Pamphlets
- Pamphlet Pack
- Service Manual 8.3

Learn More →

ANLP12.org

A NEW LEAF PUBLICATIONS
Publishing Department - Marijuana Anonymous World Services



Updates from the ANLP Store

Purchase pre-folded color pamphlets with ease! Bulk quantities of 10, 25, or 50 pamphlets can now be ordered. These are perfect for groups and meetings that can't make copies locally or don't want to take the extra time to fold pamphlets. As we announced last month, 5 of the MA pamphlets are new or were updated, and **all pamphlets received a facelift, including some new graphics!** If your meeting prefers to locally print and fold, order the recently updated Pamphlet Pack which includes one copy of every pamphlet. Please also continue to share the recently added *A Look At A New Leaf Through The Years*. This compilation was originally curated for the 2024 Convention, where it sold out. It includes select issues from every year that A New Leaf has been in publication, going back to the very first issue in 1991! This is great for meetings to use to read from older issues. We hope you enjoy looking back through ANL's history.

To access these new and revised materials:

- **Bulk order individual pre-folded pamphlets:** [ANLP12.org/bulk-pamphlets](https://anlp12.org/bulk-pamphlets)
- **Pamphlet Pack** to photocopy locally: [ANLP12.org/pamphlet-pack](https://anlp12.org/pamphlet-pack)
 - Or, download the single pamphlets and download the Pamphlet Pack from the MA website: [MA12.org/pamphlets](https://ma12.org/pamphlets)
- **Spiral-bound Service Manual 8.3:** [ANLP12.org/SM](https://anlp12.org/SM)
 - Or, download from the MA website: [MA12.org/SM](https://ma12.org/SM)
- ***A Look At A New Leaf*** spiral-bound compilation book: [ANLP12.org/Look-ANL](https://anlp12.org/Look-ANL)

Are you good at typing? ANLP needs someone to record our monthly meeting minutes. No special skills are required, although familiarity with Google Docs is helpful and training is available. Anyone with at least 1 year of sobriety is encouraged to consider being of service in this role! If you are interested or have questions please email C@ANLP12.org.

Additional Announcements

Show that the MA program works! At *A New Leaf*, we love to celebrate your recovery and lately we have noticed a decrease in sobriety birthday submissions. Please announce the submission link in meetings. Just after reaching it, submit yearly sobriety milestone at ANLP12.org/birthdays

Writing a letter to “Break-Up with Mary Jane” is an exercise to help you release any remaining fantasy of functionality and end the love affair with any cross-addictions and cannabis.

- For suggestions on writing your letter “breaking up” with marijuana/cannabis, visit: ANLP12.org/break-up-letter.
- To read “Break-Up Letters” written by other members from past issues of *A New Leaf*, visit: ANLP12.org/break-up.
- If desired, break-up letters can be shared anonymously or sign your letter. Share your break-up letter in ANL: ANLP12.org/submissions.

We appreciate your feedback, please let us know what you want to see next from the ANLP Store! Email C@ANLP12.org to share any ideas you have for the future of the ANLP Store or the ANL Blog!

Thank you for supporting ANLP by being a [Liaison](#) and **sharing the [Pitch Points](#)** in your meetings, and continuing to read, share and contribute content to *A New Leaf*! Without your service and creative and thoughtful [submissions](#), we could not continue to publish *A New Leaf* for the fellowship of MA to enjoy!

**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.**

ANLP Department

Chairperson: Heather C.

Secretary: OPEN

Treasurer: Rich C.

Content Editor: Rahul M.

Design Editor: Danie M.

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.

Liaison Coordinator: Susan L.

General Manager: Jules M.*

eCommerce Manager: Maral T.*

**Special Workers*



Cannabis Induced Psychosis (CIP)

Written By, Connor B.

I had my first psychotic episode at the age of 21 while away at college. While taking a bath, I was suddenly afraid I was going to drown so I called campus authorities and ran in the cold in only my pajamas to make it to the security booth. I hadn't slept in eight days and didn't realize at the time that I was experiencing a major phase of mania. In the years leading up to this incident, I was using marijuana all day, every day. However, I thought this had no bearing on things – marijuana was natural after all!

My first stint in a behavioral health facility didn't go well. I was discharged early due to safety concerns with other patients and it was extremely traumatic. After I had recovered, things were normal for another couple years. I continued my marijuana habit till my tolerance was so high that a full 100mg bag of gummies did nothing for me and I was regularly spending \$1,000 a month on my stash. At the beginning of 2025 though, I was hit by an even harder bout of mania forcing me to be hospitalized once more. This time in the course of my recovery, I learned about CIP for the first time and that I was also Bipolar 1.

This Bipolar diagnosis was a game-changer. In working with my psychiatrist, I found a medication regimen that works for me and even alleviates some of the anxiety and depression that led me to smoke marijuana in the first place. Knowing that ANY marijuana use can lead to another CIP episode has helped me stay the course and achieve more than 7 months of sobriety so far. I am so grateful to the program for giving me the gift of a clear mind!

Surrender & Serenity

Written by, Bella

Even as a child I was inclined to argue and be stubborn. My skills of rationalizing and manipulation were part of my character makeup. I was also ready to start a game or sing-along at any given moment. But I was also shy, moody, and given to victim fantasies. I was the princess that needed saving and the rescuer. Not an easy kid.

I would also stand up for the underdog and read literature that not many third graders were interested in and found rules annoying or irrelevant or "forgot" about them... Raised in an alcoholic home I learned that lying was safer than the truth, and encouraged. Surrender was NOT in my vocabulary, I just got sneaky.

Fast forward to my junior year of high school. I had gotten a fake ID, been proposed to and went on my first protest march. All these things made me feel very grown up. I got into college, started smoking pot and lost all my ambition by the second year. I somehow associated that glorious, zombie "checked out" feeling with "being cool." The truth was, every fear was stuffed so far down that I was living the "Fantasy of Functionality."

I landed in MA to "support a friend", by my third meeting I was starting to recognize what all those years of drug use had cost me. But because I had found a glimpse of serenity I was more accepting of myself, my disease, and my capacity to live life One Day at a Time.

Staying close to the program and developing trust in my Higher Power, humility through service and laughing with my brothers & sisters in the program allows me a life that is different and better than my fantasy because I continue to learn about acceptance, serenity, and gratitude.

Seventh Step

Written by, Jeremy O.

God, grant me clarity, that I might recognize...
God, grant me honesty, that I might acknowledge...
Blessed are the meek, for they shall inherit...
Blessed are the powerless, for theirs is the path to recovery:
This nameless addict asks God for serenity, for courage, for wisdom
This powerless addict seeks God in extremity:
I throw myself on the mercy of my Higher Power
as I understand Them
Absolve me of my guilt that I might speak truth

God, I am arrogant. I am self-righteous. Grant me humility.
Allow me to surrender to Your will, for Yours is the power.
I am angry, God, and confused; grant me serenity,
that I might seek to understand.
Oh God, I am defiant; grant me submission to Your will.
God, I am lazy; I procrastinate. Grant me the drive to work toward my goals.
(But maybe grant me that tomorrow.)

Amends to Self

Written by, Anonymous

My dear self,

I love you, and I'm so proud of you. I haven't always made it easy for you, but you've become such an incredible woman, and I'm certain you will continue to thrive in the future.

I'm writing this letter as an amends for all I have done and failed to do that stalled our growth or made life more painful than it needed to be.

I often expected perfection from you, which was unfair and unreasonable. I did not accept you as you were physically, and I abused your beautiful body. For those times I am deeply sorry.

I did not allow you to truly feel and learn from all of your emotional experiences. I numbed and masked and covered up. I deprived you of meaningful moments, relationships, and lessons through my drug use. I truly regret this.

I was also cowardly and lacked the courage and bravery to speak up for you so that your needs could be met. I neglected you in my pursuit to people-please and avoid the discomfort of confrontation. I failed to value you and deprived you of so much good because I was afraid. I sincerely apologize for taking you for granted in this way.

Moving forward, I promise to love you for all of your beautiful flaws and imperfections. I promise to give you the grace to be human. I love your physical body, your wondrous mind, your vast emotional experiences, and your incredible spirit.

I promise to allow your experience, no matter how uncomfortable, confusing, or challenging it may be. I will always be here for you without judgement. I will not attempt to alter or change your mind so that you may learn and grow as God intends for you. And I promise to be your biggest advocate. I will stand by you and speak up for you no matter what. I will prioritize your care first and I will never expect you to pour from an empty cup.

Most importantly, I will always keep trying and I will never give up on us. I will accept mistakes as they come, learn from them, and do the next right thing.

I love you.
~yourself

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.

Submit Your
Content

Want to share *A New Leaf* with others?

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

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



I LIVE TO SERVE! (fast ska/punk)

Composed by, John J

A

You may be sinnin'
But I'm in it to win it!
I got all the tricks, shit!
I'm the one who can fix it!
When I come for your curve
You better not swerve!
Man have I hit a nerve!
Baby I LIVE TO SERVE! YO!

Bm

We're only as sick as our secrets, man
I'm more than the sum of my defects, man
To you it seems I am just a reject, man
So honey let me tell you a secret, man
You're always thinking just of yourself, oh no!
But you're just another book on the shelf, oh yes!
Until you realize you are blessed, I said
Your problems are the key to success, what what?

A

I live to serve!
Man have I hit a nerve!
You better not swerve
When I come for your curve!
I'm the one who can fix it!
I got all the tricks, shit!
You may be sinnin'
But I'm in it to win it TWO TIMES!

Bm

Calling all the kittens and cats (meow purr)
Where we are is right where we're at (hiss)
You think it's like this but it's really like that
Gimme my Lithium stat!
So busy worrying 'bout tomorrow oh no
Or thinking all about your mistakes
I see you sitting there in your sorrow
Come on get up your ass you must shake WOO WOO

D

Ask not what your life can do for you
But rather what can you do for your life
Put aside all of your worry and boo hoo
Who cares if you don't got a wife
I read it in a book someone gave me
That nobody was comin' to save me
So I flipped to the end
Until I had no more friends
And like a flag everybody did wave me

A
You may be sinnin'
But I'm in it to win it!
I got all the tricks, shit!
I'm the one who can fix it!
You better not swerve
When I come for your curve!
Man have I hit a nerve?!
I live to serve!
AMEN!



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



**Don't make a permanent decision
based on a temporary feeling!**

POETRY

Poem 4

Written by, Jessyka C.

It was the bee
That inspired me
To quit the green
Been smoking so long I'm no longer ganga princess, I'm ganga queen
Now I'm realising it's only bringing me down
Spending all my money on it like a clown
I need to stop, give it a rest
I can be better than this, I'm so blessed
With such a great circle of family and friends
I can make more of my life
Need to divorce Mary Jane as she's not a good wife
I'll be able to spend money on things that really improve my mental health
Get myself in a better place
Note to self
Don't wait around, do this now, and lean on your mates
You can do it, you've done it before,
Once you're through the worst you'll see the positive change
So send her off tonight, on her way,
Start tomorrow as you mean to go on, and take it day by day
You will be okay

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

Eighth Step

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

Eighth Tradition

Marijuana Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Eighth Question

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

Eighth Concept for Service

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

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 170 YEARS OF SOBRIETY

DISTRICT 5 - ORANGE COUNTRY, CA		
DIANE R.	7/27/2023	3 YEARS
DOC	7/17/2017	9 YEARS
JEFF	7/01/2014	12 YEARS
JEREMY G.	7/15/2003	23 YEARS
JOHN McC.	7/02/1991	35 YEARS
HANNAH	7/17/2023	3 YEARS
MANNY	7/24/2014	12 YEARS
ROBERT H.	7/29/2023	3 YEARS
RYAN H.	7/07/2007	19 YEARS
SEAN F.	7/04/2002	24 YEARS

DISTRICT 20 - SAN DIEGO, CA		
DINA S.	04/25/2025	1 YEAR!

DISTRICT 8 - NEW YORK METRO		
DAN K.	8/11/2024	2 YEARS
RICH C.	7/23/2002	24 YEARS

SHOW THE MA PROGRAM WORKS!

At *A New Leaf*, we love to celebrate recovery, but lately we have noticed a decrease in submissions.

Please share and encourage members to submit annual sobriety milestones:

ANLPI2.ORG/BIRTHDAYS

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 →

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Publishing Department – Marijuana Anonymous World Services

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