



A NEW LEAF

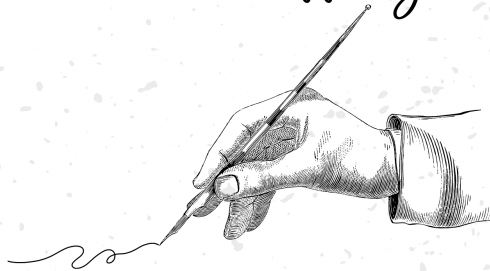
a literary publication of Marijuana Anonymous

Vol. 36, No. 9- September 2024

*For ideal printing, view in your
browser*

Introducing Monthly Writing Workshops!

Let us cherish, preserve, and carry
the message and the gift of
experience, strength, and hope
to those marijuana addicts
who are still suffering



A NEW LEAF PUBLICATIONS WRITING WORKSHOPS

**1ST SATURDAY
EACH MONTH**

**9 - 10:15 AM PACIFIC
12 - 1:15 PM EASTERN
4 - 5:15 PM UTC**

TO JOIN US EMAIL: WRITE@ANLP12.ORG

Greetings friends!

It is of vital importance that we tell our stories of marijuana/cannabis addiction and recovery. The journey of self-discovery, in support of the addict who still suffers, and the empowerment that comes in knowing we are not alone, are just a few reasons why we must write and share our truth. Lastly, for the purpose of raising awareness that our fellowship exists, that addiction to cannabis / marijuana is real, and that there is a solution.

A New Leaf Publications is always seeking content submissions to be featured in this publication and the various other pieces of MA Literature such as the [Member Stories Book Project](#). The ANLP writing workshop was a great success at this year's Convention—thank you to all who joined us! We will be continuing the momentum with monthly writing workshops. Please join us starting October 5th! Email Write@ANLP12.org to receive the calendar invitations and reminders. For more information, you can visit anewleafpublications.org/workshop.

Thank you for reading and sharing this issue of *A New Leaf*.

Yours in Service,
ANLP Department

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: Zach A.

Administrator: Janice O.*

Creative Designer: Jules M.*

Publishing Consultant: Steven B.*

**Special Workers*

Today is Extraordinary

Written by Dom P. of District 16

I start most mornings with a workout; I listen to a voice memo check in from one of my sponsees. Then I brew my coffee and start my work day. In a week it will be my fourth sober birthday. Each year, I make a point to celebrate myself even if in a small way. This year, I've asked my girlfriend to go kayaking on the river with me to celebrate—it can be easy sometimes for me to forget that my life wasn't always like this. My days were not structured or rooted in recovery; there definitely weren't people relying on me or even checking in with me. **Due to heavy marijuana use and trauma, my memory can be really foggy a lot of the time, but one thing I remember vividly is the version of me who showed up to my first meeting almost four years ago.** I was isolated, hungry, sleep deprived, self loathing, and hopeless. My story is a long one, full of twists and turns, vibrant characters who each played their part in saving me in one way or another with moments where I thought I couldn't go on, but miraculously made it through. I feel like it's important for me to emphasize four key points presently. The story is a beautiful one, but let's face it—we don't have all day.

1) YOUR STORY MATTERS. You never know who's listening when you share your experience, strength, and hope. My sponsor was in my first ever MA meeting that I attended. For him it was just a regular day where he logged into a meeting and shared for four minutes. For me, it was the first time I ever heard my reality reflected back to me; it was the first time I didn't feel alone in my addiction. Each time I attend a meeting now and don't feel like sharing, I remember how strongly I identified with my sponsor that day and I share anyway. **You never know who needs to hear what you have to say.**

2) YOUR PEOPLE ARE OUT THERE. I entered recovery in the middle of lockdown in 2020. I attended meetings from all over the U.S. and all over the world. One day, sleep deprived at 5:30 am, I noticed an online meeting happening in Sydney, Australia. I logged in, completely unaware that I was about to meet some of the most incredible people who are now pillars in my life. I became a regular member of District 16, despite living in New Jersey, USA. While I no longer regularly attend meetings in Australia (because I can actually sleep now) I am still very connected to District 16 because my best friends and sponsees are there. **Despite never meeting face to face, I found my people.** They have shown up for me in my most life-altering moments over the last four years, and I have been able to be there for them in the same way. My circle is now full of fellowship, love, and support between my Australian family, my sponsor, and one fellow-turned-best friend from New England (who I met in the zoom rooms because I reached out to her when I noticed she cheered excitedly on camera for every single person who shared an accomplishment in every single meeting she was in). **These connections have now transcended recovery and for that I am grateful.** I think if you are looking for your people, they are out there. Stay open and they will come.

3) THE PROMISES ARE REAL. This program is designed the way it is for a reason—it works. You hear it in every meeting, “it works if you work it,” and they aren’t lying. **The Steps unearthed who I really was and am.** I haven’t morphed into a perfect person, but I am an honest person, a self reflective person, a kind person; someone who seeks peace and serenity, instead of chaos. My favorite aspect of myself is that I intuitively know how to handle situations which used to baffle me.

4) LIFE CAN BE ENDURED WITHOUT NUMBING. I can endure. I trust myself enough now to experience the full spectrum of my own humanity; this is something I never allowed myself to do while using. Since getting sober I’ve endured a lot. My sponsor likes to say that “I’m on the fast track,” it’s his way of highlighting that lessons tend to happen in my life quickly and with immense impact. I’ve gotten through a divorce, death, a couple of abrupt relocations, and survived domestic violence all while staying free of all mind and mood altering substances. **Each painful moment strengthens me for the next.** I’d think, “if I got through that sober, I could get through this too.” Recovery is like a muscle. I’m grateful mine has grown strong enough to sustain me in moments that would have previously sent me running full speed towards my dealer. So yes—this morning I woke up and started my daily routine. My eyes are no longer decorated in dark circles due to sleep deprivation. I’m well fed and no longer going to bed hungry because I spent all my money on weed. I have people who depend on me. My relationships are deep and rich. I live in a safe home. I’m in a loving relationship with the most incredible woman. I love and respect myself now. And I have hope. So even though on the surface, I can tell myself that today feels like it’s nothing out of the ordinary. My ordinary these days is something that the me of four years ago couldn’t even dream about. **Today is extraordinary, and I owe that entirely to Marijuana Anonymous.**

Gratefully,
Dom P.

“Fairy God Box”

CREATED BY MAHLI B.



**THE ROOF LIFTS OFF TO PLACE PAPERS
WITH WRITTEN WISHES, PRAYERS, AND
THINGS TO TURN OVER TO HIGHER POWER**

Letter From the New ANLP Design Editor

Hello Beautiful Friends!

It is I, Zach A., and I am thrilled and honored to be joining ANLP as our new Design Editor! So many wonderful changes have already been implemented in the last few months with *A New Leaf* and Daily Dose, as I'm sure you noticed, and I want to start with a huge shout out to the team (*especially Jules M., Tiffany A., and Heather C.*) for the excellent refresh and digital friendly reformatting that's already happened! As I move within this new role, I'm excited to bring my fabulousity, but subtly so! Look at me doing new things 😊 !!

When I first came to MA at The (LGBT) Center in Manhattan in 2018, I was in and out for several years before really committing consistently in 2022. Now, I am proud and so grateful to have recently celebrated 19 months clean and sober after nearly a decade of trying to stay weed-free.

Being already involved in service—as the District 8 webmaster, and co-starting two in person NYC meetings this past year— I am excited to be taking on this new commitment! As a part of my “hello,” please see a small piece I was inspired to write during a writing workshop at the amazing recent MA Convention that is also featured in this issue. So much love to everyone in our MA community. It twerks if you twerk it, so twerk it, you're tworth it!!

Thank you all for reading and letting me be of service,
Zach A., (Sashay!) from Hell's Kitchen NYC

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

Writing
Prompts

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



***Written by
Justin B. of District 14***

To get my gratitude a flowin'
Thanks for baring all and showin'
How to keep my mind from goin'

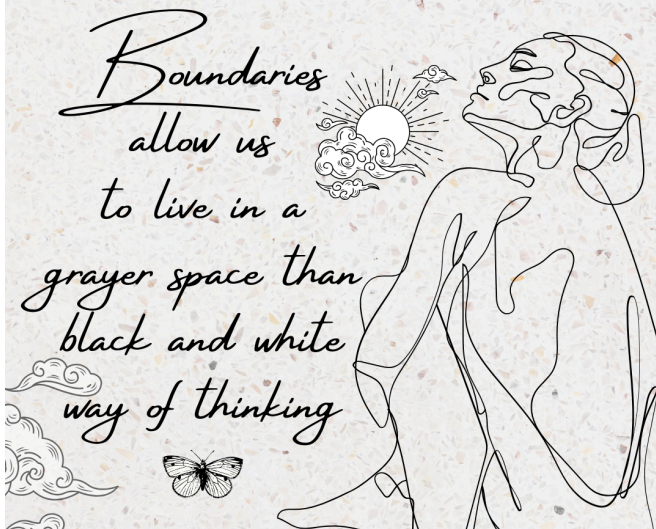
On that one way track to hell
So I'll keep coming back to tell
The people who know me so well
All about how far I fell

But I'll go to a room today
And make a promise, "clean I'll stay"
And make sure that, aloud I say
I love the people at MA

So thank you all for being there
Your wisdom, experience, love, and care,

Your presence, so unique and rare
Your value, no one can compare

HEARD IN AN MA MEETING



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



Yelling Man

Written by Amy N.

"F--ing United! F--ing United!" My flight to the MA Convention in San Francisco was delayed, and a man was agitated. After 2.5 hours on the tarmac, we deplaned and were back in Dulles airport. When more delays were announced, he yelled something else I didn't understand. Over the next 10 hours and through the next morning, when we finally left on another flight, he became known as "Yelling Man." I overheard others saying, "I hope Yelling Man isn't on our flight." "I met a lot of nice people on this flight--except Yelling Man."

Three years and three months ago, I could have been a "Yelling Woman." Not that I would have been vocal--I'm too self-conscious for that--but I would have felt eaten up inside, anxious, angry, and crying. I would have been drinking at the airport and wishing I had pot. I wouldn't have known what to do with my resentment at the airline, at the weather, at nothing, and at everything.

My sister texted me at some point, "IDK [I don't know] how you do it without a drink." I know I wouldn't have managed any better with a drink or a joint.

During the wait, a woman said she wasn't bothered at all, "**There are things you can control and things you can't. I can only control my reactions.**" If this had happened on my way home, rather than on the way to San Francisco, I could have whipped out the Serenity Prayer bookmark I got at the Convention and said, "I know! I'm in MA!"

I've gained great perspective in my recovery: I am not the center of the universe. I don't need to invent drama or imagine a catastrophe to feel normal. A flight was delayed. That's it.

When we landed in SFO the next day, I happened to be walking behind Yelling Man. He was muttering angrily to himself. He looked around and, realizing I was close by, and seemed embarrassed. I wanted to hold him. He was obviously struggling just as I had during my years of mood-cycling, on and off pot hundreds of times. I wanted to tell him what I hear from my fellow travelers and what I tell myself, "You are loved. You are OK. You are safe. You can let go."

We hope that you enjoyed last month's Crossword Puzzle and Word Search!

Should you have missed last month's issue and would still like to play them, click to print:

- [Crossword Puzzle](#)
- [Word Search](#)

Crossword Answer Key

Word Search Answer Key

Step, Tradition, Question, and Concept for the Month

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

In working the Ninth Step, we were practicing the principle of Justice.

Tradition Nine

MA, as such, ought never be organized, but we may create Service Boards or Committees directly responsible to those they serve.

Question Nine

Has your use of marijuana caused problems with your health, memory, concentration, or motivation?

Concept Nine

The Articles of Incorporation and Bylaws of Marijuana Anonymous World Services are legal documents that empower the Trustees to manage and conduct World Service business; the Conference Charter is not a legal document but relies on the force of the Traditions and power of the group conscience.

Where I Am:

Convention 2024 Writing Workshop

Written by Zach A. of District 8

Think less, do more

Talk less, listen more
No need to think less of myself, just less ABOUT myself
And put that love and attention towards others, my people.
Check in, reach out, connect, learn, grow
Service fills the void
Indulgence never filled the void
Giving to others, being useful, making a difference, makes me feel better and prouder than anything else ever has
A sense of purpose, a calling, a new leaf on life
We are such a special, powerful, beautiful community

I remember how lonely and isolated I used to feel all the time. Those moments still creep in. The opposite of jealousy and loneliness is gratitude. Even when I am not physically in a room with others, I can remember I am still cared for, and I can care for others, and pray for and with them.

I feel so loved and seen in MA, and now is my time to make others feel loved and seen.
We all deserve that.

The truest sparkle and shine I have is within me, not all the glitter, rhinestones and sequins I adorn myself with on the outside.
The colors twisting and shifting are so vivid and bright, it's magical.

This holographic sticker right here on my convention badge says "Life is Magical," and I see that and feel it all around me today, right where I am.

I want everyone to feel this way, spread the message, spread the love and light, selflessly. Not for attention, recognition, validation or praise, but to genuinely inspire, support, lift up.

I have such joy to share. And a joy shared is a joy doubled.

Celebrating 229 Years of Sobriety!

District 5 - Orange County, CA

Allan 08/06/2014 10 years
Brad M. 08/21/1997 27 years
Coleman G. 08/13/1992 32 years
Colin 08/01/2017 7 years
Dave D. 08/22/2009 15 years
Diane R. 07/27/2023 **1 year!**
James V.M. 08/29/2015 9 years
Lisa T. 08/21/1990 34 years

District 8 - New York Metro

Tino Z-M. 09/05/2014 10 years

District 11 - Oregon and SW Washington

Ari K. 07/01/1996 28 years
Kyle M. 09/12/2012 12 years
Marshall T. 09/09/2009 15 years
Steven W. 09/05/2016 8 years

District 12 - San Francisco North Bay, CA

Michael C. 08/31/2017 7 years

District 27 - Independent Meetings

Sara S. 08/22/2021 3 years

District 29 - Ireland

Gráinne K. 09/01/2020 4 years

Other

Angela P. 09/07/2018 6 years
(*San Rafael, California, United States*)

Michelle H. 07/06/2023 **1 year!**
(*Charlotte, North Carolina, United States*)

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

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 
Publishing Department – Marijuana Anonymous World Services

[View this email in your browser for ideal printing](#)

Copyright (C) 2024 Marijuana Anonymous World Services (A New Leaf Publications). All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

