



# A NEW LEAF

a creative publication of Marijuana Anonymous

September 2025

*For ideal printing, view in your browser*

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## Letter from A New Leaf Publications

Dear Fellows,

### ***Life with Hope & Workbook*** Now Available to Purchase from ANLP in Bulk

The **2025 MA World Services Fellowship Convention in Los Angeles** was a huge success! Thank you to everyone who helped plan it, volunteered, attended, and visited the ANLP table to say “hi!” or purchase literature! We enjoyed meeting so many of you, and hope you enjoy the new spiral bound Service Manuals and New Meeting Starter Kits, as well as pre-folded pamphlets and Pamphlet Packs. We still have a few 30th Anniversary *Life with Hope* (1st Ed.) books and “retro” audio CDs of *Life with Hope* (2nd Ed.) available to purchase at [ANLP12.org/books](https://ANLP12.org/books).

ANLP is looking forward to regaining full control over distribution of MA's literature. **Beginning September 21st, MA World Services' agreement with Hazelden will come to an end.** With the support of our Special Workers, we have successfully been distributing *Living Every Day with Hope*, and plan to continue publishing and distributing MA's other literature the same way.

Soon, members will be able to place orders of all quantities (individual or bulk) for *all* of MA's literature! As part of ending the Hazelden agreement, MA is required to buy back the remaining stock of *Life with Hope* and the *Life with Hope 12-Step Workbook*. **ANLP will thus be selling this remaining bulk stock at substantially discounted rates.**

Until the Agreement ends on September 21, 2025, ANLP will not be able to publicly sell *Life with Hope* or the *Workbook* on the ANLP website. But in the meantime, orders of 10+ copies or full cases (of 40 books or 64 workbooks), can be made at heavily discounted prices (while supplies last). **To order 10 + copies or full cases of *Life with Hope* and the *Workbook*, submit this [Order Form](#) [[ANLP12.org/bulk](https://ANLP12.org/bulk)] to [Chair@ANLP12.org](mailto:Chair@ANLP12.org)**

Our goal is to make MA literature as accessible as possible worldwide. If you would like to purchase fewer than 10 copies of *Life with Hope* and the *Workbook*, they will be available to purchase in any quantity after September 21st, from the ANLP website at [ANLP12.org/books](https://ANLP12.org/books). In addition to ANLP's website, we plan to make MA literature available via outside retailers in the future, including Hazelden's website, Amazon and others.

Our relationship with Hazelden was extremely beneficial to the fellowship, because at that time, we lacked the capacity as an organization to manage large scale distribution of MA's foundational books. However, developments in publishing, along with knowledge from our Publishing Consultant, have now made in-house publishing and distribution attainable. As the fellowship has grown, ANLP too has progressed, allowing us to better carry the message of hope. We are looking forward to this new era in MA's publishing department and growing together with the fellowship.

It is through *your* submissions, contributions and service in making ANLP Announcements in your meetings as ANLP Liaisons ([ANLP12.org/pitchpoints](https://ANLP12.org/pitchpoints)) that make all the work we do to carry the message through publishing, distributing and sharing MA literature possible!!

- For bulk orders of 10+ or Cases, use this [Order Form](https://ANLP12.org/bulk) [ANLP12.org/bulk]
- To order smaller quantities of *Life with Hope* and the *Workbook* (after September 21st) order directly from ANLP, visit [ANLP12.org/books](https://ANLP12.org/books)
- To submit an [order form](#), ask questions or learn about international shipping options, email Heather C at [Chair@ANLP12.org](mailto:Chair@ANLP12.org)

Yours in Service,  
ANLP Department

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

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## 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

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Publishing Consultant: Steven B.\*

*\*Special Workers*

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JOIN US FOR A NEW AD HOC  
COMMITTEE FOR THE PURPOSE OF

# CONSIDERING UPDATES TO LIFE WITH HOPE AND THE WORKBOOK



TO JOIN EMAIL: [CHAIR@ANLP12.ORG](mailto:CHAIR@ANLP12.ORG)



## Summer Days *Written by, Michael M.*

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For me, sunny summer days were made for using. At the pool. Before work. After work. For BBQ's. For hikes in the woods. My friend used to say that weed was a "guaranteed good time." And for addicted me, summer was prime "party" time.

My mind wants to reminisce about how good getting high used to be. But the truth is, getting high stopped being fun decades ago. The truth is, getting high had become a chore. A chase. A coping mechanism. It was for escaping. And running. It was a tool to tamp down my fears.

But somehow my addict brain wants me to frame it as "fun." Because my addict brain doesn't want me to remember how unmanageable my life had become. Because my addict brain wants to kill me.

The truth is summer is delicious sober. The cool water at the pool is sweeter sober. The cook-out is perfect sober.

And that's why I keep coming back. So that I can remember the real story. So that my brain doesn't try and pull a fast one on me. So that I remember what happens if I pick up.

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## **A New Leaf on Life**

*Written by, Anonymous*

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My journey into recovery starts as a pre-teen. I was a survivor of childhood cancer– a kidney cancer– and my parents were superstitious so they did not tell me about my cancer until my pediatrician shamed them about this when I turned 10, 6 years after my treatment. I did not know why I was too weak to participate in boys sports, why my hair was absent for many years of chemo, why I was so skinny. I was pretty awkward and my older sister encouraged me to start using pot to gain acceptance with peers. I used daily after school and throughout weekends, and developed friendships with other pot smokers. I went to the college where my pot-using friends also went. The friends were very toxic and I left for a year abroad to get away from them. While there, I had failing grades and after a period of suicidal ideation, I went to a psychiatrist and learned that I had bipolar disease.

To sober up and distract myself, I went into biology and research and later went for a medical education. I was functional and did not pursue a twelve step program, though I always knew there was something absent from my recovery. I barely made it through my training and went into the specialty that was possible with the impairment from my bipolar history. I kept it secret from my employers. I loved medicine and helping people genuinely but I joined a large, impersonal organization where I kept my disorder secret.

I lasted a long time before I burnt out and could not tolerate my workplace any longer. I tried to help others but started to need more and more help myself. I needed to take time off but could not disclose my secrets to many supportive colleagues. I hid my burnout and impairment by finding research and administrative positions to hide my inability to help patients any longer. In a brief time, suspicious colleagues started to resent what they saw as neglect of my work. I restarted regular pot use which led to chronic daily use. I went into a privately defined world where I no longer felt safe with my family or sober friends. After retiring voluntarily rather than face my limitations or addiction, my son's addiction and suicide attempts brought me to the knowledge that I needed to quit.

I was blessed to find a doctor who directed me to MA, where I went to 90 meetings in 90 days. I am now a grateful recovering addict, still attending daily meetings and working steps, forcing myself to find health coping mechanisms, and facing my past. It is bringing me the blessing of working through life on life's terms and working the steps I did not work when I was a young addict— when I "white-knuckled" my way into my first recovery.

I am grateful for my journey, I volunteer to help others in medicine who also struggle, and I reconcile myself in the knowledge that I was able to help vulnerable patients in my early career. I find meaning where I can. I am eternally grateful that I found MA.

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She woke up and found herself alone in a rowboat, stranded on a sandbar with only food and water by her side. She wasn't quite sure how she ended up there. She thought once the tide came in, "I can make my way to shore. I don't need help or assistance."

As the tide slowly approached, she realized she needed oars. The pressure was on. No weed. She was confused and so lonely. How could she reach shore without her beloved weed? Her energy, she thought, came from weed. But after many days sitting high and dry in the boat, physically stuck on the sandbar, she thought she was trapped forever. Hopeless. And that thought frightened her. "How the hell can I survive without my weed?"

Voices in the wind were starting to speak to her. The voices were saying things like "You can do it. The shore is right there". The voices were faint. Not to be believed.

After many brutal days of being stranded, two seagulls came by. They were named Serenity and Courage. They delivered her one oar and embraced her with their salted wings. They whispered into her ears "We know you can do this. You can save yourself. Keep paddling and another oar will appear." She had never heard a seagull speak to her before, but she chose to believe. She knew she desperately needed that oar to get back to shore.

As the tide continued to approach, the boat was now afloat. She started paddling furiously. There were waves, swells, and unforeseen currents that tried to push her back onto the sandbar. It was tough going. She needed all her strength to reach the floating oar. She asked the seagulls for the second oar but they made it clear. She would have to paddle more on her own. Who were these talking seagulls?

Something deep inside her made her realize that if she wanted to be onshore, she had to work harder than ever to reach it. During her one-oar paddling, she cried and shivered and wished she wasn't so alone. She was angry at life and angry at everyone and everything. Something welled up inside and she paddled harder than ever. She found that with hard work, the second oar was in her grasp! Progress! She did it on her own!

Two oars would bring her to shore in no time at all. She pointed the bow of her red rowboat to the shoreline and gave it all the strength she could muster. Two oars certainly helped but it was a struggle. A couple of other stoned boaters came by to offer her her favorite weed. She sure wanted some of that strength. But her alone time gave her the insight to know weed was not the answer. The seagulls circled, as if driven by a Higher Power.

As she gained strength from her persistent rowing, she realized that her arms and shoulders had gained muscle, strength, and doses of confidence were appearing. The boaters who offered her weed could now be swatted away with her newfound abilities. She was getting stronger—both physically and mentally. She started to feel good about herself. That was a strange feeling, but very welcomed.

Her hard rowing was making headway to the gentle waves lapping the shore. As she rowed closer, she could see masses of people she had known along the shore. They were cheering her in! What a sight to see! People she's known throughout her life all waving and smiling! Oh, this was such a good feeling! She was learning that her own inner strength and love of life was far



more important than smoking weed. She realized weed was her enemy! Quite a profound thought!

After suffering, feeling alone and unloved, she could see that it was her determination that made all the difference. The gliding seagulls were right. If she worked hard, she could reach her goals. The shore was getting closer. From her vantage point of seeing the cheering crowds along the shore, it occurred to her that everyone along the shore was living life and making it work even though they, too, had struggles of their own. It also occurred to her that she would fit in nicely with the masses. Her newfound strength was going to show her how to blend into society without the weed.

The crowd was roaring; "Congratulations, you're almost here, we believe in you!" "Listen to your Higher Power!" The cheers helped for sure, but she had to row a bit more on her own. Finally, the gentle waves at the shore were under her boat. She stepped on land and was overwhelmed. She was still confused and unsure of her footing. Slowly, she lost her sea legs. The wobble was fading and she could walk with confidence. One day at a time, she could see her own improvement. Glancing up, the seagulls were still with her. They never left. Sometimes they were out of sight, and then they would appear for support and spiritual guidance.

As the days trickled on, she found herself in that very same crowd that cheered her in from the sandbar. She spotted others off in the distant ocean. They too were stranded just like her. She knew that answer now. She knew how to help them. With the help and support of her Higher Power—the seagulls, victory was at hand. She had been through hell and darkness, yet she found her way back. It was then that she realized, "maybe one day I can help others. I have so much love to give because I've seen how loved I am." Loved by the crowd, loved by Serenity and Courage, she realized that her own determination got her that second oar. She knew so much more now.

She actually liked herself now. She worked hard and took credit for overcoming her unfavorable past predicaments. In a private moment, she thanked the high-flying gulls and the Higher Power that guided and supported her. Now she understood what Higher Power meant. It means believing in yourself and trusting guidance from above no matter what form it takes. Some might say that the Higher Power spoke through the gulls. If not the Higher Power, she resolved to listen to the voices in the wind. Sometimes the gulls take the form of friends or relatives who want her to succeed.

The days of being stranded on the sandbar are in her distant past now. One day she would step forward to help others, but for now, her own path of being sober was her goal. The future looks so bright she thought.

No more sandbars for me.

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**HAVE YOU EXPERIENCED  
CANNABIS INDUCED PSYCHOSIS?**

The MA Literature Committee is requesting submissions for a pamphlet of member personal short stories about CIP (Cannabis Induced Psychosis)

**LENGTH: 100-300 WORDS**  
**DEADLINE: OCTOBER 15TH**  
**SUBMIT: MA12.ORG/STORIES**

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Interested in joining the committee or have questions?  
Email: [Literature@MA12.org](mailto:Literature@MA12.org)



The MA Literature Committee is requesting submissions for a pamphlet of member personal short stories of recovery by those who identify as part of the LGBTQIA+ Community

**Length: 100-300 words**  
**Deadline: October 15th**  
**Submit: MA12.org/Stories**



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Interested in joining the committee or have questions?  
Email: [Literature@MA12.org](mailto:Literature@MA12.org)

# 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](https://MA12.org/Prompts)

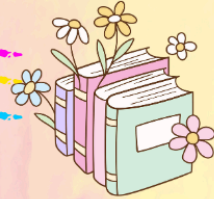
Submit Your  
Content

**Want to share *A New Leaf* with others?**

Provide this link to sign-up:  
[MA12.org/New-Leaf](https://MA12.org/New-Leaf)

# ART

# Calling All Artists



**WE INVITE YOU TO  
SHARE YOUR GIFTS,  
FOR THE HOPE AND  
LIGHT IT BRINGS  
TO THOSE IN  
RECOVERY FROM  
CANNABIS ADDICTION**



Share your Creativity:  
[ANLP12.ORG/CONTENT](https://ANLP12.ORG/CONTENT)



# 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!



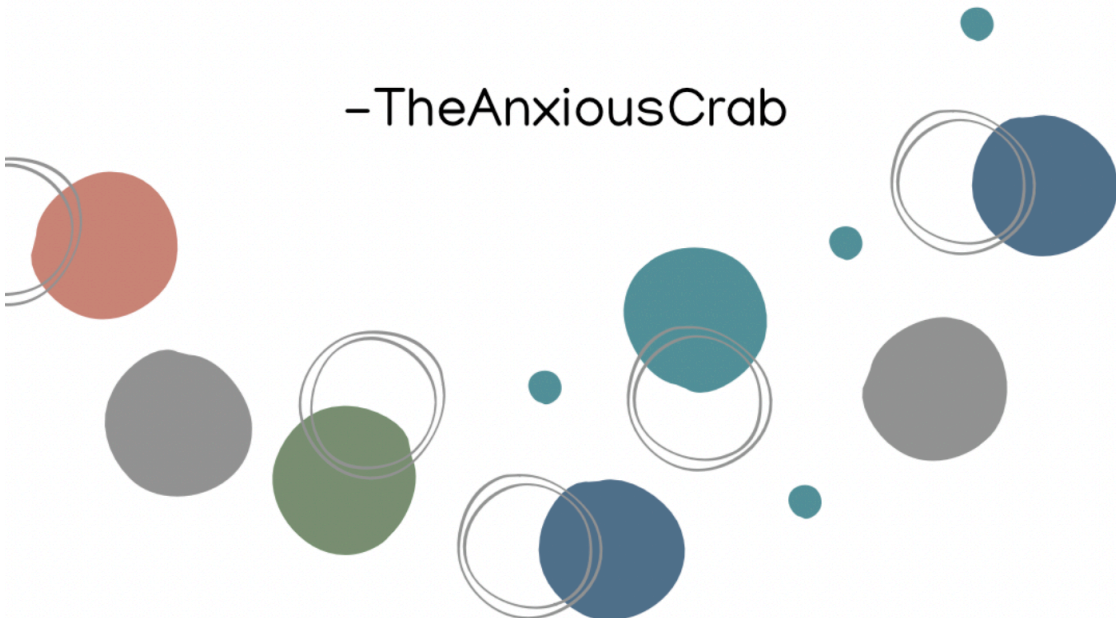
**1ST SATURDAY  
EACH MONTH**

**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)**

Let your drug of choice be life

-TheAnxiousCrab



## *Heard in a Meeting*

**What strengths  
of yours  
is HP wanting  
you to connect to?**

# 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

## Shared Steps

***Written By, Cheryl B.***

You didn't flinch.  
I noticed.  
Even when I unraveled  
like thread pulled too far.

You didn't rush to fix  
or offer polished truths.  
You just stood—  
still,  
present.

That mattered more  
than you'll ever know.

I spilled stories,  
pixelated and flickering,  
sent across flat screens  
and silent hours.

You received them  
without question,  
without recoil.  
Patient as a tree

in soft wind.

I expected judgment—  
maybe even distance.  
But you gave space,  
and a kind of quiet  
that softened shame.

You said little,  
but listened deeply.  
And in your eyes  
I saw  
what I couldn't find in mirrors.

Not pity.  
Not praise.  
Just presence.

You,  
who miss nothing  
with eyes on the road.  
You,  
who carry no banner  
but bind us  
with your being.

We walk—  
I know that now—  
for ourselves,  
not by ourselves.

## Recovery

*Written By, Jennifer W.*

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Yesterday is gone  
Today has just begun  
Tomorrow is not yet here.  
The clouds are shifting  
The fog is lifting  
And everything is made clear

We can't go back or forward  
We only have today  
So let us bow our heads and pray  
That we stay in the moment  
Now and forever  
Because We only have today

One was never enough

I had to have that stuff  
Every thing was a blur  
I couldn't talk clearly  
I lost everything dear to me  
All I could do was slur

I begged God to help me  
I'd reached the turning point  
I was so full of fear  
All the days I'd wasted  
All the wine I'd tasted  
Was time I switched the gear

I went for help  
Put booze on the shelf  
Working on a year  
Made lots of new friends  
Ditched all the old ones  
Feeling better about myself

The future seems much brighter  
Living only for the day  
The dread of yesterday  
Fear of tomorrow  
Has slowly gone away

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

### **Ninth Step**

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.

### **Ninth Tradition**

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

### **Ninth Question**

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

### **Ninth Concept for Service**

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.

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# CONGRATS

## CELEBRATING 268 YEARS OF SOBRIETY

DISTRICT 2 - SAN FRANCISCO & EAST BAY		
CHRIS K	8/12/1996	29 YEARS

DISTRICT 4 - WASHINGTON STATE		
MARISKA P.	9/30/1987	38 YEARS

DISTRICT 5 - ORANGE COUNTY, CA		
ALLAN	8/6/2014	11 YEARS
BILL S.	8/20/2019	6 YEARS
COLEMAN	8/13/1992	33 YEARS
COLIN	8/1/2017	8 YEARS
DAVE D.	8/22/2009	16 YEARS
JAMES VM.	8/29/2015	10 YEARS
LISA T.	8/21/1990	35 YEARS

DISTRICT 6 - N. LOS ANGELES COUNTY, CA		
JO S.	09/01/2020	5 YEARS

DISTRICT 8 - NEW YORK METRO		
JOANNA S.	9/15/2024	1 YEAR!

DISTRICT 11 - OREGON		
BAILEY M.	8/10/2021	4 YEARS
DON B.	8/15/2021	4 YEARS
JAKE W.	8/14/2023	2 YEARS
JOE M.	7/14/2016	9 YEARS
LESLIE G.	8/6/2024	1 YEAR!
MALLORY H.	8/6/2019	6 YEARS
MIKAYLA T.	8/12/2020	5 YEARS
TERYN M.	8/11/2024	1 YEAR!

DISTRICT 20 - SAN DIEGO		
RICK H.	8/7/2004	21 YEARS

DISTRICT 23 - GEORGIA STATE		
KATE J.	6/28/2020	5 YEARS

DISTRICT 27- INDEPENDENT MA MEETINGS		
SARA S.	8/22/2021	4 YEARS

WASHINGTON, DC.		
KIA T.	8/6/2011	14 YEARS

## 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, and Number of Years, to [anewleafpublications.org/birthday](https://anewleafpublications.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.

## Marijuana Anonymous Resources

### Meeting Finder

Marijuana Anonymous has 300+ weekly meetings that can be attended all over the world virtually and by phone,

### Speaker Tapes Podcast

Experience, strength, and hope on the go! Anywhere... Anytime... Available wherever you listen to podcasts...

### MA's App

The Marijuana Anonymous App features our basic text *Life with Hope (2nd Ed.)*, 12-Step



with in-person meetings  
available in some areas as  
well.

*Any opinions expressed within  
these recordings are only those  
of the individuals sharing.*

Workbook, pamphlets, and  
sobriety counter.

*Please note the in-app meeting  
finder is unreliable, [refer to our  
website](#).*

**Need support? [Contact us](#).**

**[Find a Meeting](#) →**

**[Listen](#) →**

**[Download the App](#) →**

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# A NEW LEAF PUBLICATIONS

Publishing Department – Marijuana Anonymous World Services

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