A New Leaf

Marijuana Anonymous Creative Publication

Where am I, and why am I here?

Written by, Richard J.

At first, I was only here because the Secretary of State has sent me here for the process of getting my driver's license back. But my first session was a real eye-opener. I learned that my addiction was actually worse than I thought. I was nervous and a little scared of having to go through this, but as time goes on, I have realized my addiction has had me in a cycle of isolation and that is no way to live as I am not getting any younger.

Have my feelings changed since my assessment? Yes, I am actually excited for this change and have been feeling way better about myself. I have even reconnected with a few loved ones that I never would have thought I would talk to again, and I am very grateful for this experience. I am learning and meeting my true self. I just want to be a better role model for my younger family members, and also be here for people in the moment, especially my wonderful wife. Surprisingly I am also finding myself not getting as mad and frustrated at my job as well.

I am tired of wasting time and money on something that truly does not benefit me in any way. I have realized how powerless I am to this addiction. I am thankful for the support I have received from my loved ones and my new M.A. fellowship. I am learning that loving myself is very important. I have even started eating healthier and as a result I have even lost like fifteen to twenty pounds just from changing my diet which was not ever possible while I was getting high.

I just want to live life with the privilege of being able to drive legally again, and in doing so I will not be so isolated anymore. Not to mention being a safe and responsible driver on the road. I do plan to stay off any mind-altering substances for as long as I can do that, because if I don't do that, I will most likely repeat the same cycle all over again, and this journey will have been for absolutely nothing.
In closing, thank you for changing my life.

P.S. My M.A. fellowship is proudly my new addiction. Love you all

Life With Hope

Written by, Netta T.

I wrote an anthem for MA!. Check out the song recording:

ANLP12.org/Life-with-Hope-Song

Lyrics:

I'm sick of suffering
Kicked to death
by a thousand bunnies
Feels like my life is trash

And every day's the same
Wake and bake
And play another game
Of hide and seek
with my stash

I need some help to clean this mess
Cause I admit I'm powerless

Cause it's Twelve Steps
And Traditions
To heal my soul's affliction
I don't want this addiction
To keep making my decisions

In this final hour
Got me a higher power
A fellow or friend that reminds
That it's one day at a time

I tried and I tried and tried
My willpower's all dried up
Stuck living inside
My privately defined world

When I came to the rooms
Was at the end of my rope
But now I'm living
Life with hope

Cause it's Twelve Steps
And Traditions
To heal my soul's affliction
I don't want this addiction
To keep making my decisions

In this final hour
Got me a higher power
A fellow or friend that reminds
That it's one day at a time

A New Leaf celebrates MA member creativity and unifies usus in our shared experience as cannabis addicts in recovery. The articles contained within this publication 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—any outside enterprise.

My Goodbye Letter to Marijuana

Written by, Karen P.

Dear Marijuana, Fate was cruel for introducing you to me, and I was foolish for hanging onto you for so long. The 14th century Persian poet, Hafiz, wrote: *"Learn to recognize the counterfeit coins that may buy you just a moment of pleasure, but then drag you for days like a broken man behind a farting camel."*

Marijuana, you dragged me for decades, and now it is time for me to let go and to finally say goodbye to you. Your warm waves of pleasure led to stormy seas that left me isolated and all alone, where light didn't shine. I felt powerless and in fear. In the darkness, I let the Universe know it would be okay if I drowned.

I was left in your hands and I let you take control of my life. I did not realize, however, that I was giving my power to a liar and a thief. You made me believe that sleeping with you was the most delicious thing in the world. In actuality, you left me shaking, shivering, and slouched on a couch – sleeping by myself.

Your hands were not helping hands. They were slowly strangling my life out of me, and I found it harder and harder to breathe. You filled my mind with ruminating thoughts of pain and suffering. You stole my focus, strength and motivation to do anything about it. My inner compass was broken and I was lost.

Yet, I still believed that it was you who was filling a hole in my soul, not realizing I was already whole. You were breaking my spirit into thousands of little pieces and each time I felt broken, I returned to you to fix me. Your help was just an illusion, like an oasis in the middle of a desert.

After 37 years of hanging on to you daily for survival, and trying many, many times to leave you, your grip only became tighter. Those counterfeit coins you offered me cost me my entire adult life. Now, I must come to terms with the regret, resentment, guilt, and shame that you have left swirling inside me like a storm.

I wonder, how could I have shown up in the world without you? What kind of career could I have pursued? What kind of marriage could I have had? What kind of mother could I have been? What kind of daughter, sister, aunt, and friend? What kind of life?

Somehow, in the distance, the dim light of a lighthouse made its way to me, and it let me know that I was not alone. You, on the other hand, left me weak and stranded, but I was no longer powerless. It took all of my power to make my way to the shining light for help.

I learned I was not alone. There were others in the same boat as me, and there were people who were willing to help. With the helping hands of others, I made the single decision to wave goodbye to you. I am committed in my heart, mind and soul to never be with you again. It is a firm boundary that I will never cross, as I never want to get lost again after being found.

It is now time for me to take a voyage inward, without you, for centering and balance, and to receive what you could never offer me – nourishment from my true Higher Power.

I know the flow of life can be unpredictable and uncomfortable, but I am willing and able to ride the waves and set my sails toward calmer and more peaceful waters. My journey ahead may not be an easy one, but I am equipped now more than ever to work hard to sail away from you as far as possible, and become the whole person I was meant to be.

I am done wasting my precious time here on Earth with you, Marijuana. I will not give you the satisfaction of focusing on what I gave up because of you. Instead, I will remain curious about where I am going and have faith that it is someplace good. In times of need, I will drop the anchors of humility and gratitude, and pray to my Higher Power. I will focus on everything I have to gain by saying goodbye to you.

I made my final decision on June 14, 2026. It was a full moon – a time for new beginnings and a brand new course for my life.

It is time for me to Let Go and Let God. Goodbye Forever, Marijuana,

Karen E.
July 23, 2026 *(39 days without you)*

How the Steps Come Alive in Meetings

Written by, Jay W.

A lot of us think "working the Steps" only happens with a sponsor, homework, or big emotional breakthroughs. But honestly, meetings are one of the main places the Steps come to life. By showing up, listening, sharing honestly, and being part of the group, we're often practicing the Steps without even realizing it. Here's one way meetings can connect to every Step:

1. "*We admitted we were powerless over marijuana, that our lives had become unmanageable.*" Step One begins with honesty. Every time we walk into a meeting and say "I'm an addict," or share honestly about struggling, cravings, relapses, or chaos, we're practicing Step One. Meetings help break denial and remind us we're not alone in this.

2. "*Came to believe that a Power greater than ourselves could restore us to sanity."* For many of us, this starts with believing the MA group itself can help us think and live differently. Coming to meetings instead of isolating, listening to people who understand us, or asking the group for help are all ways we practice Step Two. Sometimes the group believes in our recovery before we do — and that belief can carry us until we can believe it ourselves.

3. "*Made a decision to turn our will and our lives over to the care of God, as we understood God*." For those of us who aren't religious, this can mean trusting the wisdom and support of the MA community instead of our own addicted thinking. Showing up, taking suggestions, reaching out instead of isolating, and letting others help guide us are all ways we practice Step Three.

4. "*Made a searching and fearless moral inventory of ourselves.*" Meetings help us recognize patterns in ourselves. As we listen to others share honestly about fear, resentment, shame, dishonesty, avoidance, or pain, we often begin to see our own experiences more clearly. Sharing honestly is part of learning to look at ourselves truthfully and compassionately.

5. "*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*" Every time we speak honestly about our struggles, behaviours, mistakes, or pain, we loosen the grip of secrecy and shame. Meetings give us a safe place to tell the truth to ourselves and others who understand. Sharing honestly takes courage, and it's a big part of this Step.

6. "*Were entirely ready to have God remove all these defects of character.*" Meetings help us become aware of habits and coping mechanisms that no longer serve us. Hearing how others have changed gives us hope that we can change too. Readiness often grows slowly through honesty, reflection, and connection.

7. "*Humbly asked God to remove our shortcomings.*" For many of us, humility means accepting that we can't recover alone. Asking the MA community for support, guidance, accountability, and perspective is part of this Step. We stop pretending we have everything under control.

Continued on next page!

Let Go and Let God

Painted By, Tonya C.



How the Steps Come Alive in Meetings

(continued from page 3)

8. "*Made a list of all persons we had harmed, and became willing to make amends to them all.*" As we grow in recovery and hear others' stories, we begin to understand more deeply how our addiction affected people around us. Sometimes we start to form an informal awareness of harm during meetings as we reflect and share. Meetings help build empathy, accountability, and willingness to repair where we can.

9. "*Made direct amends to such people wherever possible, except when to do so would injure them or others.*" Meetings remind us that recovery is about action, not just intention. Hearing others share about difficult conversations and repaired relationships gives us courage to make our own amends carefully and sincerely.

10. "*Continued to take personal inventory and when we were wrong, promptly admitted it.*" Regular meetings help us stay honest with ourselves. Sharing openly allows us to notice when we're slipping into old thinking — resentment, fear, isolation, or self-centredness — before it grows. Recovery becomes an ongoing practice of awareness and accountability.

11. "*Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*" For some of us, conscious contact comes through connection, reflection, meditation, quiet moments, and the collective wisdom of the MA community. Meetings create moments of reflection, prayer, silence, gratitude, and connection. Even just listening deeply can become a spiritual practice.

12. "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs." Every person who shows up, listens, shares honestly, welcomes newcomers, or offers support is carrying the message. You never know whose recovery is being strengthened just because you spoke up today. Meetings allow us to practice compassion, honesty, humility, accountability, and connection in everyday life.

The beautiful thing about meetings is that we do not have to "finish" the Steps before they start helping us. Every meeting is an opportunity to practice honesty, connection, humility, accountability, and hope. Sometimes recovery happens in big breakthrough moments — but often, it happens quietly through simply showing up, listening, sharing, and letting ourselves be supported by people who truly understand.

Keep coming back. It works if you work it.
- Jay (Whistler, BC)



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Donate: MA12.org/7th

Surfing The Craving Waves

Written by, Frank C.



I woke up this morning
and for a moment
everything was quiet.

No smoke in the lungs
no fog in the head
just breath
arriving
like a tide.

For years
I lived under a cloud
that promised warmth
and handed me winter.

A small flame of trembling ash
that slowly turned
my bright nervous system
into frozen ground.

I thought it was medicine.
I thought it was music.
I thought it was comfort.

But somewhere inside
my cells were whispering
another story.

They were waiting.
Waiting through the accident.
Waiting through the nights of noise.
Waiting through the slow forgetting.

Because the body remembers
how to come back.
One breath
one cell
one quiet morning
at a time.

Now the ice is cracking.
Fear comes sometimes
like a cold wind
blowing through old rooms.

But I understand something now:
The fear is not the enemy.
It is the thaw.
Under the frozen river
life has been moving all along.

My brain is remembering light.
My heart is remembering rhythm.
My cells are remembering water.

Twenty-seven days clean
is not the end of the journey.

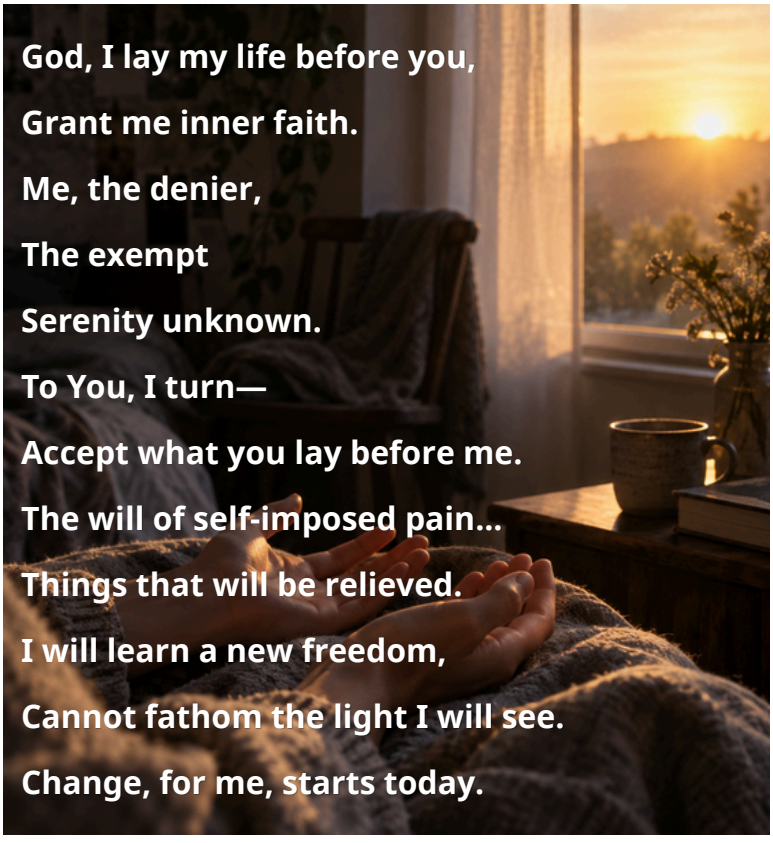
It is the moment
the first green shoot
pushes through the snow.

I am not the fellow
under the smoke anymore.
I am the fellow
who kept breathing.
And the sun is rising
inside my nervous system.

One wave
one breath
one cell
at a time.

Before You

Written by, Elizabeth D.



The Divine Wisdom of the Tree

Nature's Lessons in Letting Go

Written by, Melon W.

I'm admiring the beauty of the pear tree in our yard. She's in full bloom, strong petals cleaving tightly to their mother until it's time to take flight and spread a light coating of perfumed snowflakes.

As the wind whips the pear tree back and forth, I can feel the wisdom of the tree—swaying with the wind, moving with it but not fighting it, each gust strengthening the tiny branches that sprout toward the sun. The trunk is solid, deeply rooted, and ready for most storms that will inevitably scar it.

At Spring's end, the tree releases that which she no longer needs. I relax my eyes on the sky and watch as the branches dance with the wind in perfect, silent communication. As the petals fall, I name each one for the loved ones who have left my life. They are shed, no longer part of my journey, and it is okay. New buds will return as this pear tree heads into hibernation at Autumn's beckoning. She will release all that is precious to her, knowing that the absence will bring forth new beauty, discovery, seasons, survival, and, eventually, death.

Congratulations!

DISTRICT 2 - SAN FRANCISCO, CA

ALLIE B.	06/21/2025	1 YEAR!

DISTRICT 4 - WASHINGTON STATE

MARISKA P.	09/30/1987	39 YEARS

DISTRICT 5 - ORANGE COUNTY, CA

ANTHONY	09/12/2017	9 YEARS
AVA	09/29/2024	2 YEARS
AZ	09/30/1986	40 YEARS
BARBARA N.	09/08/2020	6 YEARS
JACOB	09/03/2022	4 YEARS
MIKE G.	09/28/2015	11 YEARS
MIKE T.	09/20/2021	5 YEARS
RICK D.	09/12/2008	18 YEARS
TERRY H.	09/07/1996	30 YEARS
TRÉS	09/20/2002	24 YEARS

DISTRICT 8 - NEW YORK METRO

ERICA I.	09/25/2025	1 YEAR!
LISA H.	08/12/2024	2 YEARS
TINA L.	10/06/2025	1 YEAR!

DISTRICT 11 - OREGON STATE

BILL C.	09/15/2012	14 YEARS
STEPHEN W.	09/05/2016	10 YEARS

DISTRICT 12 - SF NORTH BAY, CA

LUIGI P.	10/14/2016	10 YEARS

DISTRICT 14 - UNITED KINGDOM

SALLY H.	06/09/2025	1 YEAR!

DISTRICT 20 - SAN DIEGO, CA

JANE L.	06/06/2025	1 YEAR!

DISTRICT 21 - COLORADO STATE

PAULA R.	10/07/2023	3 YEARS

DISTRICT 27 - INDEPENDENT

AMY B.	07/15/2024	2 YEARS
BENELI A.	09/13/2022	4 YEARS
CAEL E.	08/23/2025	1 YEAR!
CRAIG S.	07/15/2015	11 YEARS

DISTRICT 28 - PHONE MEETINGS

LAURA L.	09/11/2018	8 YEARS

DISTRICT 29 - IRELAND

FRANCESCA L.	09/25/2022	4 YEARS

COLUMBUS, OHIO

AMANDA F.	10/14/2025	1 YEAR!



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Share your Soberversary

If your sobriety birthday has occurred within the last two months, we want to celebrate your year(s) of recovery!

Please submit it by the 1st of the month, with your Name, District or Location, Sobriety Date, and Number of Years, to MA12.org/Birthday

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