



A NEW LEAF

a literary publication of Marijuana Anonymous

Vol. 36, No. 11 - November 2024

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browser**

Letter from A New Leaf Publications

Welcome to the November 2024 issue of A New Leaf!

As we move into and through the 11th month of the calendar year, we at *A New Leaf* have selected submissions that celebrate the spirit of the 11th Step: prayer and meditation. With that said, this issue presents a selection of meditations, prayers, and poems of deep thought. We thank everyone for your contributions and express gratitude for your continued service and support!

While preparing the daily reader, *Living Every Day with Hope* for publication, three sets of identical entries and two sets of very similar entries were noticed—which ANLP, the MA Board of Trustees, and the Daily Reader subcommittee all agreed need to be modified before publishing the daily reader in book form. However, because the 2023 Conference Body approved the content of the daily reader, making these changes to the content requires additional Conference-approval. Therefore, the decision was made to call a second, one-day session of the 2024 Conference Body on **January 11, 2025** to approve the changes proposed as soon as possible, rather than wait until the next annual Conference in May 2025. ANLP's goal is to make the daily reader available to purchase online in its exciting new book form within days of this special session of the Conference!

We hope your District's delegates will attend to ensure the Fellowship receives *Living Every Day with Hope* without further delay! In addition to the District Delegates, anyone is welcome to register to attend this session as a Participating Observer. Please review the [Agenda packet](#) and be sure to ***register*** to attend by January 5th, 2025.

Note: ANLP has **revised its release agreement that those who submit content** sign off on when submitting content through the ANLP website. This revised release agreement permits authors to publish elsewhere besides *A New Leaf* should they want to do so, and clarifies that the author or artist retains rights to their content, and simply grants MA and ANLP a "non-exclusive" license to publish their submission in *ANL* and/or other MA literature. We hope this change allows the talented artists and writers in our fellowship to feel more comfortable submitting content, knowing that they retain legal ownership over their work, while still sharing it with our fellowship!

Yours in Service,
ANLP Department

Freedom In Your Grasp, Mary Jane

Written by Alia H. from District 2

You invited me to my world of dreams,
you showed me just how much I care.
You took me aside and you allowed me to hear,
a moment's answer to a most inner prayer.
The words and song rang all so clear,
for those many years I'd taken your dare.

How I miss you...
I miss the freedom in your grasp,
I miss you...
I miss the freedoms in our past.

God's springing to life and my love rang real,
when I remember those many hours we shared.
You were the only way to my truth so it seemed,
resifting sands for jewels we found as a pair.
I really believed in the well so deep,
drinking fully of the cup I'd ensnared...

How I miss you...
I miss the freedom of your grasp.
I miss you...
I miss the passion in our bondage.

In your grasp I see you'd hidden my fears,
now I learn that they are still in my way.
I borrowed my soul-time; now I'm lost in arrears,
and now I'm twisting, and I'm turning to pay.
I want to sing but I'm filled with sadness and tears,
I just can't stay in the loss today.

When we parted...
I miss the freedom in your grasp.
I was hollow...
I was empty in your bondage.

When I dream for release which seems so near,
I just can't stay in the loss today.
You took me aside and you allowed me to hear,
now I free myself every day, every way.
The words and song still ring so clear
because a knowing...

Pulled me up to see I care...

I am open...

To re-know the paths I never learned. I am open...
And the dreams become alive...
And the dreams become alive...
And the dreams become alive...

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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**Special Workers*



50 Ways ***Written by Hesh L.***

Sung to the tune of "50 Ways to Leave Your Lover" by Paul Simon

The problem centers in your mind, they said to me
Simple but not easy if you take it logically
I'd like to help you in your struggle to be free
There must be fifty ways to get a sponsor

Saying, keep coming back it's not easy being new
Try to call out the false and just focus on what's true
But I'll repeat myself at the risk of being rude
There must be fifty ways to get a sponsor
Fifty ways to get a sponsor

No more sitting in the back, Jack
Drink the Kool-Aid, Maeve
Start making some calls, Paul
It's about getting free

It's a we-program for us, Gus

You're not asked to discuss much
Our pamphlets are free, Brie
Just read em and see

Ooh, take a newcomer chip, Flip
You might identify, Guy
Just start turning the key, Dee
Ask for help getting free

Try doing things our way, Faye
Today can be your first sober day!
It all begins with me you see
And together we can get free

They said it's hard seeing newcomers in confusion and such pain
But reminds us of how far we've come and how much we overcame
I said I appreciate that and would you also please explain
About the sponsors' ways?

They said, maybe take some numbers and come back tomorrow night?
And I believe that soon enough you'll know if this is right
Then I realized, they don't demand anything and that was alright
There must be fifty ways to get a sponsor
Fifty ways to get a sponsor

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Meeting Bingo!
Created by Brian B.

I developed an MA Bingo card game for my MA home group, Rise & Shine, and am excited to share it with you all! If you get bingo, you win another 24 hours of sobriety. If you don't, you still win another 24 hours of sobriety!

Below is a sample, each time you click the link, the bingo card will auto-randomize and re-shuffle.

<https://beaudetious.github.io/ma-meeting-bingo/>



**Marijuana
Anonymous**

MA Meeting Bingo

A newcomer is attending	Relapsed / absent member returned	Member with more than a year attends	Thank you for your service	Burning desire shared
Member achieves new step	Mentioned sponsor/sponsee	Yawn	Dog barking	What's the topic?
Driving	Cooking during the meeting	FREE	We see you	Video shows just the top of your head
I never heard of MA before	Somebody shares MA updates	Eating during the call	Can you hear me now?	Heart emoji is shared
Co-host accidentally mutes everyone	Tada / celebrate emoji is shared	Honest / deep / vulnerable share	Pop culture reference or quote	Mispronounced name

Get A New Card

Clear Card

Monthly Writing Workshops

For more information about these workshops visit: anewleafpublications.org/workshop/

Please note - the start time for the workshop has moved back one hour



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 CREATIVE WRITING WORKSHOPS

**1ST SATURDAY
EACH MONTH**

**10 - 11:15 AM PACIFIC
1 - 2:15 PM EASTERN
5 - 6:15 PM UTC**

TO JOIN US, EMAIL: WRITE@ANLP12.ORG



The Promises Do Indeed Come True! *Written by Patty A.*



For 29 years I had dreamed of playing in the marching band at my son's alma mater, the University of Oregon. I'm a huge Ducks fan. I love the band and their youthful, fun energy. When I got an email asking me to consider joining them for their first football game of the season, I was ecstatic! I immediately replied, "yes!" And the race was on. I thought, "what could I play? I'm a lot older than the other members, old enough to be their grandma!"

As a long time percussion teacher of Afro-Cuban folkloric rhythms, I knew about timing and could play snare, but they weighed 70 lbs, and there was no way I could carry that. So I chose the cymbals, which I had never played before; this is when I prayed for guidance! I needed a pair of cymbals I could carry, some lessons, an outfit, a place to stay in Eugene, a pet sitter who could administer insulin shots to my dog, and a lot of confidence. All of the above fell into place beautifully, and I was on my way with a heart full of gratitude.

My hotel was great; it was very reasonable and even had a pool! I dressed up and showed up for what turned out to be a 10-day period of 94-degree non-stop action in the sun at the loudest stadium in college football. After hours of rehearsal, we lined up and marched onto the field. My heart was so full of love and gratitude for my sobriety. Tears ran down my cheeks as we turned in unison to face the 57,000 fans and played the fight song and theme "America, The Beautiful." I was right where Creator needed me, sober and present in a place of honor. I kept pace with the "kids" for 4.5 more hours and had the time of my life! Miracles do happen and we do find our true calling when we surrender to the Power greater than ourselves.

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.

Submit Your

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.

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

HEARD IN AN MA MEETING

I've started saying the
Serenity Prayer
in a new way, “God, THANK
you for the serenity...”



In this new way, I can affirm
that the Serenity Prayer is
already in action; that my
Higher Power is already
helping me to do the work.

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

Meditation Myth Let Go

Written by Sarah Marika

At a recovery meeting

On a recovery zoom

in a recovery meditation

I was floating on a raft

Sitting on the raft

I was asked what do I want to be free of, what am I ready to let go of

I visualized a sphere, swirling with shadowy colors inside

And when bidden to do so, I gently placed it in the water, and watched it float away

It floated to the woodland edge

A tree holding court where soil gives way to water

Her roots spread and curtained, deep homes made in her folds

There the glass globe of my belief that I need to do more to be worthy, that myth I'm ready, willing, eager to let go of, came to rest, gently bobbing and blessing against other glass bubbles swirling with color that I imagine are other humans' foibles and defects, unhelpful stories they've released to the wild.

I fear — oh no, here are humans again poisoning the great majesty of Earth around us.

My waste, my poison, will infect the tree and kill her. How can a tree possibly take all this in?

I wondered what to do, how to take it back, and somehow realized that if I intervened the balls would likely break, their poisons would seep into the waters we sail on and swim in, and I had no effective way to mitigate the damage I feared I'd done.

And then a greater force let me know — it's not for me to do. The tree can do it, the tree can handle it. Just because I'm not comfortable with it doesn't mean that it's not going to work. I've done my part, there is nothing more a human could do except leave it alone.

Leaving it alone is an action of its own, requiring more will power and perseverance than running a marathon or raising a child. Those feats, buoyed by their own momentum, propel us to endurance with love and endorphins. The other, the leaving alone, requires us to turn away from what we've known, the nugget we've nursed and fed until its influence ruled a day. That was, in fact, why we had to let it go: its mythological echoes infused our hours and our family, and the parts of us that loved ourselves had begged us to be done with it.

So I climb off the raft and onto the dock. I stand up in my mind and breathe deeply while the corner of my mind's eye, stays fixed on that globe. I swear I can hear its buoyant tink tink but I have to trust that the system can hold it. And I breathe in as deep as I can and then another little sip of air to show myself there's always more. There's always more space in the space, and that space is not empty but filled with swaying undulating capillaries hungry for the air we bring them. And that space is not empty but made full with the air that sustains us. And that space is not empty even in the exhale but still holy from the simple fact of being, here, in my mind's eye. And I sit up in my body and gently open my eyes and return to the fellowship in front of me on the screen and it is blessed. And I am blessed, and just for today, I have let go of the myth that I need to do more to be worthy.

Step, Tradition, Question, and Concept for the Month

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God, as we

Question Eleven

Do you plan your life around your marijuana use?

understood God, praying only for knowledge of
God's will for us and the power to carry that out

In working the Eleventh Step, we were
practicing the principle of Spiritual Awareness.

Tradition Eleven

Our public relations policy is based upon
attraction rather than promotion; we need
always maintain personal anonymity at the level
of press, radio, TV, film, and other public media.
We need guard with special care the anonymity
of all fellow MA members.

Concept Eleven

Marijuana Anonymous' funds and resources
should be managed responsibly to ensure their
most efficient use in carrying out the primary
purpose of Marijuana Anonymous.

My Third MA Poem

Written by Brandon B. of District 2

I do not have the answer
To how this poem will end
But if I pray for some serenity and courage
I have faith that I can begin

I woke up this morning in my own bed
And before I even realized it
A whole bunch of Brandon's selfish thoughts
Had filled up my entire head

No more marijuana
That's my goal just for today
And it's impossible to achieve it by myself
So to my HP I prayed

Prayer and meditation are new to me
Initially it was a bad fit
But after two years on this path
Honestly, it's quite legit

I wish I never was an addict
That some pill could give me ease
But through rehab and the hospital program
I accept that I have a disease

If there was a magic cure I would take it
My Dad told me I'd relapse if I didn't take some wonder drug
But I was so scared to tell him yesterday
That the wonder drug that helped me out, was HP's unconditional love

I look to my fellows around me

I draw understanding and wisdom from them
I feel their hope and support, when they pray for me
As I also pray for them

Celebrating 188 Years of Sobriety!

District 2 - San Francisco and East Bay, CA

Laurie S. 10/19/2009 15 Years

District 3 - San Francisco South Bay, CA

Antonia T. 10/09/2018 6 years

District 4 - Western Washington State

Lyle D. 10/29/2011 13 Years, in memory

District 5 - Orange County, CA

Dennis D. 10/28/2011 13 years

James V. 10/29/1998 26 years

Michael G. 10/29/1990 34 years

Ryan C. 10/05/2021 3 years

District 11 - Oregon and SW Washington

Charles G. 11/06/2018 6 years

Kevin H. 10/20/2015 9 years

Laura R. 11/19/2018 6 years

Matt H. 10/30/2022 2 years

Nathan N. 10/31/2022 2 years

District 18 - Sacramento

Robin K.D. 10/31/2022 2 years

District 20 - San Diego

Kevin E. 11/11/2018 6 years

Michael D. 10/17/2018 6 years

Pothhead Pete 09/22/2022 2 years

District 22 - New England States

Rachel C. 10/13/2015 9 years

District 27 - Independent Meetings

Susan L. 10/30/2022 2 years

Also

Daniel F. 09/12/2011 13 years

Harrisburg, Pennsylvania

Gabe C. 10/08/2011 13 years

Avondale, Arizona

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](#) →

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