



A NEW LEAF

a creative publication of Marijuana Anonymous

December 2025

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Letter from A New Leaf Publications

Dear Fellows,

Seasons Greetings All!

Moving further into the holiday season reminds us at ANLP the gift of recovery as well as service. With that, we bring you good tidings of new developments within MA. We have now successfully printed and delivered books in Canada, something we are excited to report. The audio version of *Life With Hope* is also now available on Audible accessible [here](#).

We continue to encourage fellows to submit their recovery submissions that speak to their experiences within the LGBTQ+, BIPOC, and Veterans/First Responders communities. Submissions can be sent to MA12.org/stories and will be featured in upcoming 2026 issues. Your contributions help more than you realize now and for those yet to come to the program.

As always, we thank you for your service as we work to continue to share the message of recovery. Happy Holidays!

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.***

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My Stepping Stones: A Personal Journey Through the Twelve Steps of Marijuana Anonymous *Written by, Brian B.*

When I first walked into the rooms of Marijuana Anonymous, I was searching for a new way of life. Recovery felt overwhelming but also full of possibility. At my very first meeting, called Grown as Men, newcomers were given a simple gift: a virtual white stone. That small image of a clean slate touched me deeply. It felt like hope.

I wanted something I could actually hold in my hand. So I went to a local gem store that sold pendants with different spirit animals. There were bears, wolves, snakes, dragons, and more. But I kept coming back to one in particular. A white stone with a black eagle etched into it. For me, the eagle stands for freedom and spiritual awareness. That was exactly what I was looking for in recovery. That first white stone became my personal reminder that a new life was possible if I worked the Twelve Steps.

At first I thought I would choose a different animal for each step. But when I went back for the second stone, I found myself drawn to the eagle again. And then again. It finally hit me that the eagle was meant to guide me all the way through. I didn't need twelve different animals. I needed one constant symbol of freedom and awareness to carry me through every challenge.

Around this same time I pushed myself to do 90 meetings in 90 days. I started doing service, made friends in the fellowship and wrote and memorized my personal mission statement that I call the SOBER Creed. During that time I met my sponsor at another meeting and also found my true home group, Rise & Shine. Later on, I even had the chance to help start a new in-person meeting in Asheville, North Carolina. The eagle stones became a way to mark each Step, while the fellowship became the place where I learned how to really live them.

Then life threw me a curveball. When I reached Step 6, Hurricane Helene tore through my community and flooded the gem store where I had been getting my pendants. Suddenly, the one place that had helped me honor this tradition was gone. The stones I found for Steps 7, 8, and 9 were different shapes and styles. Looking back, that feels just right. Those Steps were about humility, making amends, and moving forward even when things are tough. The different stones remind me that recovery isn't always smooth, but the eagle was still there guiding me.

After Step 9 something amazing happened. I found out the store owners had managed to save some of their inventory, including more of the eagle pendants. They even remembered my tradition and had set some aside for me. That small act of kindness felt like a gift from my Higher Power. The stones for Steps 10, 11, and 12 returned to the same familiar style as the beginning.

Now I hold the black stone with the golden eagle that marks Step 12. The first stone was white, a symbol of a fresh start. The last is black, a symbol of strength and spiritual awakening. The eagle has been with me the whole way, reminding me that freedom and awareness are always possible if I keep working the program.

My collection of stones tells the story of where I started, the steps I've taken, and the transformation that recovery has brought into my life. Each pendant is a reminder of what happens when I commit to this path.

If you're new to MA, I encourage you to find your own stepping stones. It doesn't have to be jewelry or anything fancy. It could be a coin, a shell, a note from a friend, or anything that reminds you of your commitment to recovery. What matters most is the journey, one day and one step at a time.



Goodbye Weed

Written by, Gwynedd T.

Hello there old friend,

It's been about a month since we last spoke. I've been thinking about you lately. I remember the first time we met. You scalded my throat and burned me from within, coating my mind and

heart with a false sense of security. You made me feel like I could finally be myself around other people. But you were a fair weather friend and your qualities eventually rubbed off on me as I became less and less reliable to those I loved. You tricked me into thinking I had control when in reality, you had grabbed my reins when I took the first sip. You led me into a path of destruction, and convinced me it wasn't your fault. I now see you for the liar and manipulator you really are and must respectfully say goodbye. It's not you, it's me.

As sips turned into puffs, I thought I had found "the one". I believed you, cannabis, were my soulmate. We coyly courted each other and tiptoed the line between friend and lover. I let you move in and gave you everything I had whenever you came asking. I defended you from the start. Whenever anyone bad-mouthed you, I had your back. You made me feel like I was better than everyone else because of the special relationship we shared.

What started off as love became toxic. Ill with the sickness of egotism, isolation, and abuse. You left me resenting the world, making sure you were the only one who could comfort me. When I tried to take a step back, you came in through the cracks in my doors like an evil green mist and sunk your claws deeper into my soul. You left me feeling ungrateful for my life and used me to spread your seed, water your soil, and provide artificial light for you. In return for my efforts you turned that compact fluorescent glow into artificial enlightenment and spat your lies at me. You hurt me like I never thought anyone could. You made me feel weak and alone. You had me right where you wanted me. Like a prisoner with Stockholm Syndrome, you kept me tortured and trapped and all I ever wanted was to please you.

It is time for me to say goodbye now. You can no longer treat me like your bitch because I have learned that I am strong, loving, compassionate, intelligent, connected, and wild without you. I will no longer be fooled by your deceptive green mist. I've lived behind your green-tinted lens for too long. It's time for me to take those glasses off for good and be the woman God intends me to be. I thank God for the good times and the bad times we shared, for they have made me stronger in my faith and who I am today, but our chapter together is now over. As I say goodbye to the self-doubt, insecurity, egotism, and fear that we shared, I say hello to a life filled with God's grace and gratitude for each moment. Thanking God for each day, knowing that with a clear body, mind, and heart, I will be able to receive the divine messages I need in order to be the best woman I can be.

Sincerely,
Gwynedd T.

P.S. (A note to psychedelics)

"Now those psychedelic years seem far away; I neither miss them nor regret them. Drugs can clear away the past, enhance the present; toward the inner garden they can only point the way. Lacking the temper of ascetic discipline, the drug vision remains a sort of dream that cannot be brought over into daily life. Old mists may be banished, that is true, but the alien chemical agent forms another mist, maintaining the separation of the "I" from the true experience of the One." - Peter Matthiessen, *The Snow Leopard*

From Bad to Worse
Written by, Anonymous

Cannabis—at first harmless. A little flower lifted my mood, made me feel alive. My ex-husband and I partied, laughed, lived freely in the US. Later, alone, I used it spiritually, searching for God, the Goddess within me. I thought I'd found my true nature. I felt guided by spirit. Wrong.

My favourite plant revealed another side. When I smoked, my mood shifted. I did “irrsinnig” things—like undressing in public, thinking no one saw. I became paranoid, irrational. I hallucinated justifications: giving up my home without finding another, living on the streets for years, losing custody of my daughter, and still smoking despite the consequences.

In 2016, after my son was placed in foster care, I surrendered. Therapy in Germany confirmed it: cannabis-induced psychosis. I couldn't nurse my son anymore. I was put on medication.

From that moment, I had to face the truth: I was addicted. Now, eight months clean, I accept every bit of help. I'm in a self-help group, have a sponsor from marijuana anonymous, private counselling, and an addiction therapist.

I'm proud to say: I never want to touch cannabis again.

My motto is: **Clean until the end of my life.**

“This piece was developed with the support of digital research tools to ensure accuracy and clarity.”



Personal Story

Written by, Jess A.

I started smoking pot my freshman year of high school. I was an off and on smoker for 40 years. When I was on, I was on. As time progressed and weed got stronger, quitting became more challenging and my ability to live a normal life got harder and harder.

I found MA phone meetings in 2018. I had 18 months under my belt and then COVID hit, my daughter and her fiancée moved in and I started stealing pot from them. I relapsed 5 times over the next 2 years. I finally said enough is enough. I rented an Airbnb for 4 days/3 nights for my

own "rehab". My husband dropped me off on a Thursday and picked me up on a Sunday. I didn't have a car, I live in California, so I could have walked to a dispensary, however I was determined to quit for good this time. I listened to Zoom meeting after meeting, took baths, went for walks, read, journaled and detoxed.

This time I wanted it to stick. I told myself the missing ingredient recommended was to follow the suggestion of 90 meetings in 90 days, so that was the change I incorporated and I honestly believe that was the difference necessary to become committed to abstinence.

Today, I have 1190 days, that's 3 years and almost 3 months without cannabis. I am a sponsor, I serve in meetings, I talk to fellows daily, I attend meetings weekly and I DON'T miss Mary Jane, at all. I love myself, others and my MA community. I am a different person than before. I am becoming the person I wanted to be, for years. I attribute it all to working the steps and being committed to improving myself daily. I believe the only requirement is a desire to be a better version of myself and a daily commitment to my higher power, everything else falls in line. 💜

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

Submit Your
Content

Want to share *A New Leaf* with others?

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

ART

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

*Heard in a
Meeting*

**Don't quit
before
the miracle.**



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

P  **ETRY**

Sober Bell Rock

Written by, Tiffany A.

Sober Bell, Sober Bell, Sober Bell Rock
Sober bells bling and
Sober bells ring
Abstaining while craving
And fighting the urge
T'is the sign that it's time to purge
All of the bongos and roaches you stored
Paraphernalia, regalia too...
Sober from doja's
the Number 1 door
For your life anew!

What a bright time
What a right time
To write resentments down
Such a swell time
Time to quell time
Get to a meeting and erase that frown
Listen to a speaker
And read up on steps
Remember traditions too..
To manage your strife
It's the Sober Bell Life
That's the life for you!

Sober bell time is a swell time
To write resentments down!
Sober bright time
Day or night time
Get to a meeting—
You can stay in town.
Onto the screen
Or get to your feet
Fellows are all a flock
In person or on zoom
Let your higher self bloom
That's the Sober Bell Rock!

Sober bell time,
such a swell time
To write resentments down!
Sober bright time
Day or night time
Get to a meeting
You can stay in town.
Onto the screen

Or get to your feet
Fellows are all a flock
In person or on zoom
Let your higher self bloom
That's the Sober Bell
That's the Sober Bell
That's the Sober Bell Rock!

When Darkness Returns *Written by, Cheryl B.*

I have laid cairns—
built
stone by stone,
hard-earned.

They light
when the darkness
returns—
my footsteps—
and others—
illuminating
what you were once
unwilling
to see.

Look ahead.
Glance up the path.

The way is
brightly lit.
Just whose steps
show the way
is of no
significance.

The 12 Step Questions Mash-Up *Written by, Rich C.*

Is my life unmanageable? Am I powerless over marijuana?

Who is God? Who is my Higher Power? Do I now believe or am I open to believing?

Can I turn my will and my life over to the care of this God, that I do not truly understand?

Can I take a hard look at myself?

Can I talk to my sponsor and my Higher Power about my life?

Am I really ready to have all my character defects removed?

Am I willing to ask?

Who do I need to make amends to?

Am I willing to make those amends?

Can I continue to take a hard look at myself on a daily basis?

Can I stop for a moment and pray or meditate?

Am I willing to practice these principles and help others?

If I answered yes to ALL of these questions I have taken the 12 Steps!

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

Twelfth Step

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.

In working the 12th Step, we were practicing the principle of SERVICE.

Twelfth Tradition

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Twelfth Question

Have friends or relatives ever complained that your using is damaging your relationship with them?

Twelfth Concept for Service

The Marijuana Anonymous Service Structure should be one of selfless service and not of power or government, ensuring that the spiritual principles of the 12 Steps, 12 Traditions, and the warranties of Article 12 of the Conference Charter are always maintained.

CONGRATS

CELEBRATING 298 YEARS OF SOBRIETY

DISTRICT 2 - SAN FRANCISCO AND EAST BAY, CALIFORNIA

SOFIA O.	10/24/2024	1 YEAR!
LOUISE	12/3/1998	27 YEARS

DISTRICT 5 - ORANGE COUNTY, CA

CARLY D.	11/9/2020	5 YEARS
JESSICA G.	11/21/2021	4 YEARS
JOE W.	11/19/2011	14 YEARS
KATHY D.	11/4/2003	22 YEARS
LARRY C.	11/28/1999	26 YEARS
MOXIE	11/21/2023	2 YEARS
NATHAN	11/1/2020	5 YEARS
RAY M.	11/19/2013	12 YEARS
RON "THE GARDNER"	11/5/1995	30 YEARS
SHELBY	11/15/2015	10 YEARS
TINA	11/6/2007	18 YEARS

DISTRICT 11 - OREGON

RMIKE B.	12/9/2020	5 YEARS
SANDRA A.	6/12/2024	1 YEAR!
SARAH S.	11/27/2022	3 YEARS
JACOB P.	11/15/2024	1 YEAR!
KEVIN E.	11/11/2018	7 YEARS
LAURA R.	11/19/2018	7 YEARS
SARAH S.	11/27/2022	3 YEARS
THOMAS B.	11/25/2018	7 YEARS

DISTRICT 20 - SAN DIEGO, CA

DIANA S.	12/3/2022	3 YEARS
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DISTRICT 27 - INDEPENDENT MA MEETINGS

CHRIS P.	11/27/2024	1 YEAR!
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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

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

Speaker Tapes Podcast

Experience, strength, and hope on the go! Anywhere...

MA's App 2.0

Find meetings easily with the Meeting Finder, track your

can be attended all over the world virtually and by phone, with in-person meetings available in some areas as well.

Anytime... Available wherever you listen to podcasts...

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

sobriety with virtual tokens, read MA literature in e-book format, enjoy daily meditations, explore pamphlets and more.

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