



A NEW LEAF

a creative publication of Marijuana Anonymous

November 2025

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Letter from A New Leaf Publications

Dear Fellows,

As we move into the holiday season, we want to share with readers the importance of reaching out to others as we reunite with our families and friends. Therefore, we have some suggested content prompts for next month which include service, gratitude, and staying sober through the holidays. Please submit no later than November 26, 2025, to be included in next month's issue of *A New Leaf*. ANLP12.org/Content

In other news, free PDF copies of our literature* are now available in the [Meeting Resource Library](#) and the eBook versions in [MA App 2.0](#). *This includes *Life with Hope*, the *12-Step Workbook*, and *Living Every Day with Hope*. Additionally, the *Life with Hope* audio book is now available for purchase on Audible, click [here](#).

ANLP is hiring a new eCommerce Manager!

The eCommerce Online Store Manager "Special Worker" part-time employee supports ANLP in managing its online store which distributes our literature worldwide. In collaboration with team members, they provide recommendations to optimize ANLP's publication, sales, and distribution strategies, and assist in the ANLP Department's decision-making regarding publishing, fulfillment, and vendors... **For more information visit the full job description:** ANLP12.org/ecommerce

MA is also hiring a Webmaster and Website Designer, for more info visit: Marijuana-Anonymous.org/Hiring

When we continue to be of service, show up for each other, and step outside of ourselves we are stronger as a group and as individuals. We acknowledge that the holidays can be challenging for many of us. At this time of year, there is nothing like finding your fellows in the rooms. The true gift of recovery is when one addict helps another.

At ANLP, we are grateful to each and every one of you for your dedication and commitment to keep meetings going during the holidays.

We hope you enjoy this issue of *A New Leaf*!

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."

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.

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No Longer Alone

Written by, Michael O.

The legs are no longer really working at all and my fingers are all curled up and it's hard to move my arms.. I don't know how much longer I will have the ability to work my phone, I'm sure glad we have speech to text. This life has been a blast and I don't know how much longer I have left on this planet. But I can tell you that MA changed my life.

Yes I had done some good things in my life, but at one point I was broken down and hollow inside. I'd used marijuana as a way to escape the reality of my lifeIt had become my prison. I didn't know how to escape or get out of this endless cycle of my continued use and self-abuse. And then I found Marijuana Anonymous. It was the greatest thing that was ever bestowed upon me. MA taught me how to be in a relationship. First with myself, then with God. Then the universe introduced me to my wife, a family, and grandchildren.

It was through service to others that I continue to grow into that person I always wanted to be. I learnt service in the rooms of MA, at the District at World Service, and in working the Steps with others. Then I learnt how to take that service into every aspect of my life. Not only has it taught me how to live, it has taught me how to face death. I can face death without fear. I can tell those who I care about not about my pain but about how much I love them, and how much they mean to me.

I have truly been blessed to have been given these principles to try and practice in all my affairs. Hell, I ain't perfect, but it's still progress. I still have my character defects, but they're not as glaring and I can usually spot them rather quickly than when I was oblivious to them. This new design for living, that was given to me through the program of MA, is my higher power. It has been my greatest teacher, the light when I was surrounded by darkness, and the vehicle of my salvation.

Most importantly is the fellowship of friends that I have developed—not only in this program, but as a result of this program. They have enriched my life in a way I never thought possible. You've taught me not only how to love myself but to share that love with all of you. And I am truly no longer alone.

Michael

Why I Can't Use THC Anymore

Written by, Emily A.

Why I Can't Use THC Anymore – Even Though It Helped Me Feel Better
Personal Reminder for Myself in Recovery

THC used to feel like a lifesaver. It helped me relax when nothing else would. It slowed my thoughts, softened the pain, and made the world feel bearable. I turned to it when I was emotionally flooded, panicked, or physically tense—because in those moments, nothing else worked.

But here's the truth I have to keep remembering:

- Once I start, I can't stop. I may begin with a tiny dose "just to get by," but it always builds into daily dependence—morning, noon, and night. I lose control.
- It makes my emotional regulation worse in the long run. While it helps for a few hours, the rebound effect is brutal. The depression, anxiety, and dysregulation afterward are worse than before I used.
- It blocks my healing. THC numbs the pain, but it also numbs my nervous system's ability to learn how to cope without it. Real healing takes presence, not escape.
- It's cost me too much. I've lost jobs, damaged relationships, hurt people I love—and hurt myself—while in THC withdrawal or heavy use. This isn't just about "relaxing." It's about survival.
- Even people who love me can't stay in it with me. My partners, even the most loyal ones, have said: "I can't go through another withdrawal with you." And I don't blame them.

The truth is, THC does help—temporarily. But for me, the cost is too high. Every time I go back to it, I spiral. It's not my medicine. It's my poison.

I'm learning other ways to soothe my body:

Movement, prayer, music, breath, connection, meetings.

Even when they feel weak or slow or not enough... they are part of healing.

One day at a time, one foot in front of the other.

I can feel better without going back.

Misunderstood Strengths

Written by, Dan F.

I used to look back on my childhood with confusion. I knew I was different—how I learned, how I connected—but I didn't have the language for it. I just knew I didn't fit.

It wasn't until I entered recovery that those memories began to shift. Not because they changed, but because I did.

Step 7 didn't take me back to childhood—it gave me a new way to stand in it.

I began to see that the traits I once saw as flaws—my sensitivity, my resistance to conformity, my need for meaning—were actually signs of resilience. They weren't shortcomings to be removed; they were misunderstood strengths waiting to be reclaimed.

Through recovery, I learned to let go—not of who I was, but of who I thought I had to be. That was humility: not erasing myself, but making space for my true self to emerge.

And as I did, something else became clear: my story wasn't just mine. It was a bridge.

The more I shared, the more I saw others reflected in my words. The more I listened, the more I recognized the quiet courage in their stories.

That's where community contribution began—not in grand gestures, but in small acts of presence. In showing up with honesty. In offering my story as a way to say, "You're not alone."

Step 7 taught me that letting go is an act of service. When I release shame, ego, and fear, I make room for connection. And in that space, community grows.

Dear Sativa

Written by, Jade N.

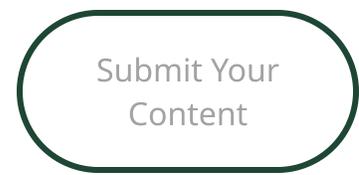
Dear Sativa,

I've been trying to find the right words and the courage to say that I am not in love with you anymore. You have given me some of my best times, and some of my worse times. Yes, you helped me medicinally get off of opiates and alcohol, but now our time has come to an end. I don't think I can live with your lies anymore. You're not just a plant or something that I need to bring into my life. My future plans for a healthy life, family and friends are way more important than you. You're making my life sick, so today I say goodbye for the final time. Today I am grateful for my recovery.

Jade

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.

Want to share *A New Leaf* with others?

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

For a list of suggested prompts visit: MA12.org/Prompts

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](https://MA12.org/ANLP/WORKSHOP)



RECOVERY RINGS!



A New Leaf welcomes your recovery-focused stories, "Mary Jane" break up letters, inspirational quotes heard in a meeting, artwork, and more reflecting experience, strength, and hope for the holiday season.



Accepting content on Step 12, Christmas, Hanukkah, Kwanzaa, and New Year's Eve/Day until Nov 26



For more suggested prompts visit: MA12.org/Prompts



Heard in a Meeting

The spiritual side of the program is like the round side of a basketball.

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

Listen

Written by, Michael J.

You are always accompanied by a part of you that's on your side.

Listen

A part of you that is urging you toward love, to grow, thrive, and to blossom and bloom.

Listen

That part of you is quiet.

Listen

It has the potential to roar.

Listen

Hearing its voice makes it louder.

Listen

That part of you was made for you, in you, and is you.

Listen

It is the voice of a power greater than you.

Listen

Listen.

Marijuana Addict

Written by, Mark S.



I lit the leaf to calm my mind,
But found my soul grew more confined.
A fleeting peace, a fleeting high,
Yet every dawn, the well ran dry.

The smoke became a binding chain,
A silent thief that numbed my pain.
It whispered lies, "You'll be set free,"
While tightening its grip on me.

Dreams delayed, and days grew dim,

My future blurred on every whim.
The fire that once lit my youth,
Was buried deep beneath untruth.

But mercy came, a gentle call,
A higher hand to break the thrall.
I breathed again, the air was sweet,
The chains lay shattered at my feet.

Now freedom sings where smoke once stayed,
A brighter path, by grace, is laid.
No longer trapped, no longer tricked—
I rise, no more Marijuana Addict.

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

Eleventh Step

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.

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

Eleventh Tradition

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

Eleventh Question

Do you plan your life around your marijuana use?

Eleventh Concept for Service

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

CONGRATS

CELEBRATING 226 YEARS OF SOBRIETY

DISTRICT 2 - SAN FRANCISCO AND EAST BAY, CALIFORNIA

Laurie S.	10/19/2009	16 YEARS
Sofia O.	10/24/2024	1 YEAR!
Mariska P.	9/30/1987	38 YEARS

DISTRICT 22 - NEW ENGLAND STATE

Rachel C.	10/13/2015	10 YEARS
Salem Q.	11/1/2015	10 YEARS

DISTRICT 5 - ORANGE COUNTY, CA

Ava	9/29/2024	1 YEAR!
Dennis D.	10/28/2011	14 YEARS
Farrah	10/8/2021	4 YEARS
James V.	10/29/1988	27 YEARS
Michael G.	10/26/1990	35 YEARS
Ryan C.	10/5/2021	4 YEARS

DISTRICT 27 - INDEPENDENT MA MEETINGS

Kevin G.	5/26/2021	4 YEARS
Susan L.	10/3/2022	3 YEARS

HOMER, ALASKA

Diana S.	10/1/2018	7 YEARS
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DISTRICT 5 - N. LOS ANGELES COUNTY, CALIFORNIA

Bill C.	10/18/2024	1 YEAR!
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SWANSBORO, NORTH CAROLINA

Jeannie C.	10/24/2022	3 YEARS
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DISTRICT 11 - OREGON

Susan C.	10/9/1986	39 YEARS
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CHARLESTON, SOUTH CAROLINA

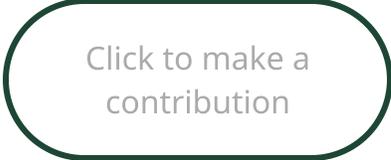
Gwynedd T.	5/15/2016	9 YEARS
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Share your Sobriety Anniversary in *A New Leaf*

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.



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.

Need support? [Contact us.](#)

[Listen](#) →

[Download the App](#) →

[Find a Meeting](#) →

A NEW LEAF PUBLICATIONS

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