

Gone Rogue

The Result

“Feelings are just visitors. Let them come and go.” - Mooji

Yesterday my actions regarding emotional, spiritual, physical and mental health were stellar. I prayed and meditated to start my day. I stretched, then used the elliptical for 25 minutes. I ate healthy, non-processed foods. I journaled. I was in touch with other humans in a positive way.

And yet - right before heading to a meeting - my emotional state plummeted into extreme irritability. I felt short tempered, put out, impatient and unreasonable.

These feelings of GRRRR lasted about 2 hours before they slowly lifted. Instead of acting out those feelings, I drove to and attended a meeting, participated in the meeting by sharing and by fulfilling my literature commitment. I talked with some women after the meeting, and I called my sponsor on the way home. When I got home, I shared my experience with my spouse. Shortly after that, the feelings completely disappeared.

In the past, with feelings like that and NO program to follow, I would have gladly shared my misery with anyone I encountered, then isolated, justified and wallowed.

Today I am grateful for the result of daily 12 step practice and that I have no wreckage to clean up... this time. △

Step Five

Admitted to God, ourselves, and another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.

The Fifth Concept for Service

Group conscience is the spiritual means by which service decisions are made.

May Meditation

We began the journey toward becoming a true friend, a valued worker, a loving sibling, a trusted child, and a nurturing parent. We knew what our fears were and why we had them.



May Chip Recipients

Gary L.	5/8/2007.....	10 years
Mary C.	5/10/2010.....	7 years
Tom G.	5/17/2010.....	7 years
Gustav V.....	5/23/2011.....	6 years
Londyn V.....	5/23/2011.....	6 years

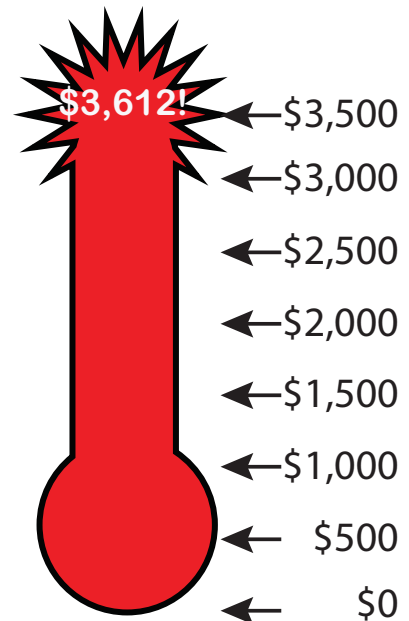
Please ask your GSRs and members to let us know who took a chip, any chip. Thanks!

Upcoming Sobriety Birthdays (God willing...)

Brandon J.	6/6/2011.....	6 years
Andrea Y.	6/15/2010.....	7 years
Justin	6/26/2012.....	5 years
Pearl C.	6/21/2010.....	7 years

A Note about the Conference Cans...

As of May 14, 2017 the District has raised \$3,612 (103%)! Thanks to everyone for contributing. The Conference Planning Committee appreciates it!



Conference Fundraising Goal \$3,500

District 5 Treasury

Beginning Balance (4-1-2017)	\$5,578.11
<u>INCOME</u>	
7th Tradition	\$314.00
Conference Donations	\$346.55
Conference Registrations.....	\$575.00
Total Income	\$1,235.55
<u>EXPENSES</u>	
Bank Fee	\$5.00
Yellow Pages listing.....	\$5.00
Stericycle Vmailbox.....	\$74.32
Meeting Room Rent	\$16.00
Conf: Delegate Registration.....	\$200.00
Total Expenses	(\$300.32)
Ending Balance (4-30-2017)	\$6,513.34
<u>Division of Sub-Accounts</u>	
Prudent Reserve	\$200.00
Event Fund (Reserve)	(\$98.00)
Conference Fund	\$4,269.47
Public Information Fund	\$0.00
Total of Sub-Accounts	(\$4,371.47)
OPERATING FUNDS	\$2,141,87

**District 5
7th Tradition 2017 Donations**

	<u>May 14</u>	<u>YTD</u>
Mon. Los Alamitos	\$20.00	\$96.00
Mon. Fullerton.....	\$48.00	\$141.83
Tues. Hunt. Beach.....	\$30.00	\$170.00
Wed. Costa Mesa	\$60.00	\$332.75
Thur. Lake Forest.....	\$24.00	\$257.00
Fri. Orange.....	\$0.00	\$20.00
Sat. Costa Mesa	\$20.00	\$108.00
Sun. DSC.....	\$20.00	\$81.00
TOTAL	\$298.00	\$1,084.58

This is a WE program.

Please submit your comments, ideas, suggestions and stories, etc. to: info@madistrict5.org

EVENTS

May 26-29, 2017 - CSU, Fullerton
MAWS Conference hosted by District 5
Volunteers are needed for various tasks
Contact Terry H. 714-514-5303

Mark Your Calendars!

September 15-17, 2017 - **Group Campout**
Palomar Mountain, Cedar Grove Group Site
Flyers will be distributed soon.

ANNOUNCEMENTS

Next District Service Committee (DSC) meeting
June 11 - 12:00 pm
College Hospital, Conference Room B

LAST Conference Planning Committee meeting
May 21 - 12:00 pm
College Hospital, Conference Room B

Your District Service Committee

Chair - Ryan H.
Vice-Chair/Bureau Chief - **OPEN**
Secretary - Dave D.
Treasurer - Kathy D.
Events - Paloma D.
Chips - Az A.
Literature - Craig H.
Hospitals & Institutions - **OPEN**
Public Information - **OPEN**
MAWS Delegate - Paloma D.

Group Service Representatives (GSR)

Monday Los Alamitos - Laura B.
Monday Fullerton - Reinhard
Tuesday Mens - Tony R.
Wednesday Costa Mesa - Ron L.
Thursday Lake Forest - Layne
Thursday Long Beach - **OPEN**
Friday Orange - Ernest F.
Saturday Costa Mesa - Terry H.
Sunday Riverside - Cory