

Gone Rogue

The Way Out Is Through

“Whenever we are suffering, we pause and check to see if we have been at fault.” - page 36, Life With Hope

Today’s reading is hard to hear - Resentment: *‘What do I get out of feeling like a victim?’ ... ‘I felt protected - resentments acted as a barbed wire fence to keep away the people I felt had hurt me.’ (Hope For Today, July 23)*

For the last few days, this sounds like what I've been doing, without seeing it that way. The resentments pile up, fester and grow. I do not address the core issue immediately, I take the actions and behaviors of others personally, and I begin acting out inappropriately.

‘Realizing that these resentments are not necessary or protective opened the door to change.’ (Hope For Today, July 23)

Sometimes it is difficult [for me] to see my part in things, even today. I want justice for my hurt feelings and you don’t even know that I HAVE hurt feelings. I want to hold you responsible for the way I feel, for the way my life is going, for every bad thing that happens, rather than my digging down to the real issue.

Lately I’ve been feeling like a large child - kid feelings in an adult body. Powerless, impotent, isolated. Afraid.

‘I begin by relying on my Higher Power to show me healthier ways to speak for myself in situations where I feel hurt or damaged. I take a deep breath and ALLOW (surrender) my Higher Power to dismantle a powerfully self-destructive character defect. I become entirely willing.’ (Hope For Today, July 23)

Old responses were triggered following contact with some challenging family members - I felt powerless and

Step Seven

Humbly asked God to remove our shortcomings.

Tradition Seven

Every M.A. group ought to be fully self-supporting, declining outside contributions.

The Seventh Concept for Service

The scope of responsibility and authority of every service position should be well defined to ensure accountability of all service positions as well as the ability to perform each position.

I was not accepting what was - I wanted to make those people do things my way, and stop causing me pain. But I didn’t talk to them, or my sponsor. Instead, I shifted my frustrations and negative attitude to a loved one. It was unfair of me and it took me a few days to recognize that my misery was of my own making, and I was sharing it with a third party.

Distance from the encounter, talking to another person, reading spiritual literature and writing about the situation opened my eyes and offered some solutions.

Avoiding those individuals is one solution, but that’s not always an option. Asking God to remove my shortcomings, practicing restraint of tongue, and accepting reality is a more permanent solution for me.

Making amends to my loved one for my behaviors was hard. However when I acknowledge those defects their power is diminished and my misery ends. △

July Chip Recipients

John McC.....	7/2/1991.....	26 years
Sean F.....	7/4/2002.....	15 years
Ryan H.	7/7/2007.....	10 years
Jeremy.....	7/15/2013.....	4 years



Upcoming Sobriety Birthdays (God willing...)



Coleman G.	8/13/1992.....	25 years
Allan.....	8/16/2014.....	3 years
Lisa T.....	8/21/1990.....	27 years
Dave D.	8/22/2009.....	8 years
Peter S.	8/24/2016.....	1 YEAR!
Dave.....	8/28/2015.....	2 years
James VM.	8/29/2015.....	2 years

July Meditation

Step Seven is about humility. Let us first consider what is meant by humility—the fundamental principle of the Twelve Steps. The basic ingredients of humility are unpretentiousness and a willingness to submit to a Higher Power’s will. Through experience, we have found that most addicts come to the program with little or no humility. Unless we find a way to practice and develop this principle, we stand little chance of remaining clean and sober, much less of becoming truly happy.

- Page 31-32, Life With Hope

District 5 Treasury

Beginning Balance (6-1-2017)	\$5,636.12
<u>INCOME</u>	
7th Tradition	\$187.00
OCCU Interest.....	\$0.21
Total Income	\$5,823.33
<u>EXPENSES</u>	
Bank Fee.....	\$5.00
Yellow Pages listing.....	\$5.00
Stericycle Vmailbox.....	\$61.55
Meeting Room Rent	\$10.00
Events: Copies	\$26.43
A New Leaf - July 2017	\$15.00
MAWS Conference Expenses.....	\$287.05
Total Expenses	(\$410.03)
Ending Balance (6-30-2017)	\$5,413.30
<u>Division of Sub-Accounts</u>	
Prudent Reserve	\$200.00
Event Fund (Reserve)	(\$98.00)
Conference Fund	\$2,772.63
Public Information Fund	\$0.00
Total of Sub-Accounts	(\$2,874.63)
OPERATING FUNDS	\$2,538.67

**District 5
7th Tradition 2017 Donations**

	<u>July 9</u>	<u>YTD</u>
Mon. Los Alamitos	\$20.00	\$126.00
Mon. Fullerton.....	\$111.00	\$252.83
Tues. Hunt. Beach	\$0.00	\$210.00
Wed. Costa Mesa	\$0.00	\$367.75
Thur. Irvine.....	\$30.00	\$336.00
Fri. Orange.....	\$0.00	\$40.00
Sat. Costa Mesa	\$0.00	\$121.00
Sun. DSC.....	\$10.00	\$101.00
TOTAL	\$171.00	\$1,554.58

EVENTS

Mark Your Calendars!

August 12 - **Summer Picnic**
Irvine Regional Park
12:00 noon - 4:00 pm

September 15-17 - **Group Campout**
Palomar Mountain, Cedar Grove Group Site

Flyers for both events are at www.madistrict5.org/events

ANNOUNCEMENTS

Next District Service Committee (DSC) meeting
August 13 - 12:00 pm
College Hospital, Conference Room B

This is a WE program.

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

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 Irvine - Layne
Thursday Long Beach - **OPEN**
Friday Orange - Ernest F.
Saturday Costa Mesa - Terry H.
Sunday Riverside - Cory