

# Gone Rogue

## Step Four

Starting the Twelve Steps again with a new sponsor, being thorough is the goal. Reading Step Four out of the Twelve Steps and Twelve Traditions has been a good reminder of how significant the step is. To quote, the step “is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are”.

Step Four has been described in many ways in meetings. Step Four is typically one of the more difficult steps. Doing Step Four can be daunting and painful. Finishing Step Four has been compared to having a bomb around the body removed, an incredible burden lifted.

That was not my experience the first time completing Step Four. Instead, it was easier and smoother than expected. However, it was done in haste. This time around, Step Four will be done with more thoroughly. There will be more studying and discussion with my sponsor. With three more years of sobriety under my belt and with a clearer mind, the work will be done with more clarity, depth, and willingness to look further inside myself. Before, only some parts of my inventory seemed significant enough to be examined. Now, all parts of my inventory are significant, as my perspectives have changed with the help of MA and the people in it. ~ Anon △

## An Open Mind and A Hopeful Heart

Today, an open mind and a hopeful heart means much of what it did in the beginning. Simply put, I need to be open to a new way thinking and hopeful that everything will work out for the best. In the beginning I had to be open, thus listening to the group and hopeful that getting sober was the best thing for me. So I went to meetings, listened and observed the reality taking place, people like me had found a way out of addiction, and towards solution. So I kept coming back and listened and shared with them, they guided me with a firm yet kind hand. I spoke with them after the meeting and it was then, early on that Mike C. said, “keep an open mind and hopeful heart.” Later on I came to realize that my higher power was talking to me through him and many others.

Today, a higher power goes beyond the kindness so freely offered to me in the beginning. Today god speaks to me in many different ways: through the newcomer, in 12 Step Literature, through spiritual teachers and the fellowship as well. Today, while I am free of the physical addiction I am not always free of my character defects. And sometimes, the liability committee forms in my mind and the committee hijacks my mind and steals my happiness and joy. Today I can combat them. Before I just threw a smoke screen on them so I couldn’t see them. Today, I have “a daily reprieve contingent on the maintenance of our (my) spiritual condition.”

Today I must put my trust in something greater than myself. Clean my house, which means I can’t smoke out the bad things (character defects) like I use to and neither can I sweep them under the carpet. I must address them and practice their asset. And lastly, and in relation to this article I need to help others, therefore be selfless. For if those in the beginning didn’t help me I don’t know where I would be. But I do know where I wouldn’t be; I wouldn’t have gone through what I have gone through in sobriety. Those lessons have taught me that if I keep an open and hopeful heart everything will be ok. I may not always get what I want, but I always get what I need. And what I need is love, direction and purpose. Something I always searched for, yet found it with you... ~ Ryan △

### March Chip Recipients

Joe M.....	3/7/2011.....	7 years
Ernest F.....	3/9/1995.....	23 years
Kelly.....	3/17/2007.....	11 years
Christian.....	3/17/2014.....	4 years
Aime C.....	3/17/2016.....	2 years
Mike C.....	3/25/1993.....	25 years



### Upcoming Sobriety Birthdays (God willing...)



Erik B.....	4/3/2006.....	12 years
Paloma D.....	4/8/2012.....	6 years
Gary W.....	4/9/2012.....	6 years
Reinhard.....	4/11/2009.....	9 years
Laura B.....	4/20/2004.....	14 years
Cory D.....	4/24/2014.....	4 years
Lyman.....	4/27/2010.....	8 years

### April Meditation

Step Four is a fact-finding process meant to put an end to this interminable cycle by identifying those facets of our character that blocked us from a relationship with a Higher Power. Step Four required courage.

- Page 15-16, *Life With Hope*

**District 5 Treasury**

Beginning Balance (3-1-2018) .....	\$3,802.63
<u>INCOME</u>	
7th Tradition .....	\$193.21
<b>Total Income</b> .....	<b>\$193.21</b>
<u>EXPENSES</u>	
Bank Fee.....	\$0.00
Stericycle Vmailbox.....	\$54.76
Meeting Room Rent (DSC) .....	\$13.00
A New Leaf - Mar .....	\$15.00
Yellow Pages.....	\$5.00
Conf. Delegate - Registration.....	\$250.00
Conf. Delegate - Airfare.....	\$230.59
<b>Total Expenses</b> .....	<b>(\$568.35)</b>
<b>Ending Balance (3-31-2018)</b> .....	<b>\$3,427.49</b>
<u>Division of Sub-Accounts</u>	
Prudent Reserve .....	\$200.00
Event Fund (Reserve) .....	\$90.00
Conference Fund .....	\$370.18
Public Information Fund .....	\$0.00
Total of Sub-Accounts .....	(\$660.18)
<b>OPERATING FUNDS</b> .....	<b>\$2,767.31</b>

**District 5  
7th Tradition 2018 Donations**

	<u>April 8</u>	<u>YTD</u>
Mon. Los Alamitos .....	\$20.00	\$105.00
Mon. Fullerton.....	\$52.00	\$176.00
Tues. Hunt. Beach.....	\$30.00	\$85.00
Tues. Laguna Beach.....	\$73.00	\$73.00
Wed. Costa Mesa .....	\$60.00	\$218.00
Thur. Costa Mesa .....	\$20.00	\$80.00
Fri. Orange.....	\$30.03	\$45.24
Sat. Costa Mesa .....	\$20.00	\$89.00
Sun. Riverside .....	\$33.66	\$50.66
Sun. DSC.....	\$23.00	\$81.00
<b>TOTAL</b> .....	<b>\$361.69</b>	<b>\$1,002.90</b>

**ANNOUNCEMENTS**

Next District Service Committee (DSC) meeting  
Sunday, May 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](mailto:info@madistrict5.org)

**Step Four**

Made a searching and fearless moral inventory of ourselves.

**Tradition Four**

Each group should be autonomous except in matters affecting other groups or M.A. as a whole.

**The Fourth Concept of Service**

All members of a service committee have the “Right of Participation,” and bear substantial responsibility for the service committee’s decisions.

**Your District Service Committee**

**Chair** - Ryan H.

**Vice-Chair/Bureau Chief** - **OPEN**

**Secretary** - Dave D.

**Treasurer** - Kathy D.

**Events** - **OPEN**

**Chips** - Az A. (**OPENING**)

**Literature** - Tony R.

**Hospitals & Institutions** - **OPEN**

**Public Information** - Aime C.

**MAWS Delegate** - Paloma D. (outgoing)

**MAWS Delegate** - Aime C. (incoming)

*Information regarding the District’s Role and Service Positions at the District level can be found in Part Three of the M.A. Service Manual, ver. 6.1, beginning on Page 22.*

**Group Service Representatives (GSR)**

Monday Los Alamitos: Laura B.

Monday Fullerton: Scott

Tuesday Mens: Justin

Wednesday Costa Mesa: Londyn/Shelby

Thursday Costa Mesa: Layne

Thursday Long Beach: **OPEN**

Friday Orange: Ernest F.

Saturday Costa Mesa: Terry H.

Sunday Riverside: Cory

**EVENTS**

**MA District 5 June Campout**

June 15-18, 2018

Black Mountain Group Campground - Idyllwild, CA  
*Visit [www.madistrict5.org/events](http://www.madistrict5.org/events) for more information.*