

Gone Rogue

Happiness Is... ..

The best way to cheer yourself is to try to cheer someone else up. - Mark Twain

I always here people complain that “I’m not happy”. I think we are all happy, the thing is we want to feel/be happy 90% of the time. I call this the happiness trap. Unfortunately, this is not reality. What is happiness anyway? Is it confused with feeling joy, laughter, bliss, love and excitement? When we feel other emotions throughout the day, like anger, hurt, disappointment, and everything else we perceive as a negative emotion, we don’t want to feel any of these, we just want to feel good (get stoned now).

In recovery we get to feel all the emotions of our human existence, so one can go throughout the day feeling any number of these at any time. We all do not want to feel the bad negative emotions, just the good ones. Why? Because we think we deserve it now because we are sober and this should be the reward for “being good”. Happiness is a personal thing to each individual. For some it could be selfish or unselfish in nature. I have learned throughout the years of being in recovery that I get to be happy a lot of the time and I’m grateful for this. There are days that I’m not feeling it, but these feelings pass and everything is in a constant state of change and I’m evolving as a person. Just being aware of the happiness trap makes me happy.

- James V. △



February Chip Recipients

Sebastian	2/1/2016.....	3 years
Jeremy	2/9/2014.....	5 years
Max S.	2/12/2015.....	4 years
Mary G.	2/15/1999.....	20 years
Nico.....	2/16/2014.....	5 years
Cory B.....	2/19/1999.....	20 years
Randy	2/21/2014.....	5 years
Lisa L.	2/22/2004.....	15 years
Hal N.....	2/26/1991.....	28 years
Russell.....	2/28/2014.....	5 years



Upcoming Sobriety Birthdays (God willing...)



Joe M.....	3/7/2011.....	8 years
Ernest F.	3/9/1995.....	24 years
Kelly.....	3/17/2007.....	12 years
Christian.....	3/17/2014.....	5 years
Aime C.....	3/17/2016.....	3 years
Mike C.	3/25/1993.....	26 years

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose there is but one ultimate authority, a loving God whose expression may come through in our group conscience. Our leaders are trusted servants; they do not govern.

The Second Concept of Service

The ultimate authority and responsibility for service in Marijuana Anonymous is the collective conscience of the groups.

February Meditation

When we came to meetings and listened to others, we identified with the insanity of addiction as described by the members of the fellowship. We began to grudgingly admit that we were selfish and self-centered too, just like the other addicts in the group. We were spiritually bankrupt and needed help.

District 5 Treasury

Beginning Balance (1-1-2019)	\$3,218.76
INCOME	
7th Tradition	\$287.01
Conference Cans Fundraising	\$103.27
Events: Holiday Party	\$40.00
Total Income	\$251.43
EXPENSES	
Meeting Room Rent (DSC)	\$13.00
Stericycle Vmailbox	\$76.53
Yellow Pages	\$5.00
Chips: Reimbursement	\$16.05
Total Expenses	(\$200.58)
Ending Balance (1-31-2019)	\$3,448.46
Division of Sub-Accounts	
Prudent Reserve	\$200.00
Event Fund (Reserve)	\$132.00
Conference Fund	\$544.58
Public Information Fund	\$122.84
Total of Sub-Accounts	(\$999.42)
OPERATING FUNDS	\$2,449.04

**District 5
7th Tradition 2019 Donations**

	February 10	YTD
Mon. Los Alamitos	\$20.00	\$40.00
Mon. Fullerton	\$36.00	\$57.00
Tues. Hunt. Beach	\$30.27	\$60.27
Tues. Laguna Beach	\$0.00	\$70.00
Wed. Costa Mesa	\$107.25	\$107.25
Thur. Mission Viejo	\$53.00	\$53.00
Fri. Orange	\$150.00	\$150.00
Sat. Costa Mesa	\$22.00	\$42.00
Sun. Riverside	\$0.00	\$0.00
Sun. DSC	\$25.00	\$51.01
TOTAL	\$443.52	\$730.53

EVENTS

MA Campout - Black Mountain
June 21-23, 2019

Visit www.madistrict5.org/events for more information.

Share your experience!

Keep It Simple - 3 paragraphs (no more than 400 words)
Where you were, What happened, Where you are now.
Please send to: info@madistrict5.org

ANNOUNCEMENTS

Next District Service Committee (DSC) meeting
Sunday, March 10 - 12:00 pm
College Hospital, Conference Room B

Current District Service positions available:
> Vice-Chair/Bureau Chief (page 24)
> Hospitals & Institutions (Page 26)
> Public Information (Page 26)

Visit www.marijuana-anonymous.org/literature/maws-service-manual, click the Service Manual PDF link and go to the pages noted above for a general idea of each position.

Visit the monthly District meeting for more information.

Your District Service Committee

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

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: Marty
Tuesday Mens: Norm
Tuesday Laguna Hills: Sebastian
Wednesday Costa Mesa: Mary C.
Thursday Mission Viejo: Layne
Thursday Long Beach: **OPEN**
Friday Orange: Anthony L.
Saturday Costa Mesa: Terry H.
Sunday Riverside: Cory