

Gone Rogue

How I Participate In My Own Recovery

This is my perception. The first step is quitting. Am I doing a program, “a design for living,” or am I resting on my laurels? Am I being complacent? Ego and pride tell me to not look at my life. Can I look at all my feelings, thoughts, and behaviors? Am I okay with all the good, bad and in between, and thoroughly looking at my life? Here are some ways I can live a successful program for me:

Forgiveness: I can forgive others, I need to forgive myself, I am only human, but I try to be okay. If I have resentments from growing up, family, friends, emotional scars, these block me from the sunlight of the spirit. Resentments that are small, that one might feel and think about during the day are wrong to hold onto. It is wrong to put these toxic feelings of emotion deep inside of me.

Upon awakening: A half hour by myself where I can get a better perspective of my life. This could be meditation, stretching out muscles, stillness, a plan for the day.

Giving back, being of service: I sought my God and He eluded me, I sought myself and I could not see, I sought my brother and I found all three! Bill W. paraphrased said, *‘Nothing works quite like helping another alcoholic recover. It works when other things don’t.’* Talking to another alcoholic, sharing at a meeting, or commitments is being of service.

Not doing damage: It is not what I did and thought about others that was wrong, it was my integrity, my sense of self-worth, and what I thought about myself as well!

Spot check inventory: I can have stillness, I can stop for a moment during the day right where I am at. Feelings, thoughts, behaviors and relationships, whatever am I feeling, or having emotions or thoughts about. What I believe or feel may be a choice.

Am I being true to myself: Am I expressing my inner skill-set, abilities, the person inside that I should be aware of? Am I mentally loafing? Am I accepting that society for most part is something that works for all?

Sharing: Talking with a sponsor, or a close friend that will listen, and that I can really talk to. Many write in a journal, their emotions, feelings, and thoughts about what is going on in their life.

Other things: Am I watching too much television or reading too many fictional books? Is it escapism for me? Am I spending or doing behaviors to make myself happy? Experiencing things, relationships and doing things can

make people happy. Am I in balance with doing these things as well?

Coping mechanisms: The Big Book writes about things Physical, Psychological and Spiritual. Some may try other 12-step programs they feel they qualify for, some could find an organized religion, or have, or develop a spiritual practice. Some may find what they feel they need outside of a 12-step program. People can be comfortable seeking professional help.

My opinion is that there are many ways to manage stress, anxiety and daily thoughts and things that could make one feel at ease. - Anonymous △

March Chip Recipients

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



Upcoming Sobriety Birthdays (God willing...)



Erik.....	4/3/2006.....	13 years
Paloma.....	4/8/2012.....	7 years
Gary W.	4/9/2012.....	7 years
Reinhard.....	4/11/2009.....	10 years
Laura	4/20/2004.....	15 years
Cory D.....	4/24/2014.....	5 years
Trevor.....	4/24/2013.....	6 years
Lyman	4/27/2010.....	9 years

Step Three

Made a decision to turn our will and our lives over to the care of God, as we understood God.

Tradition Three

The only requirement for membership is a desire to stop using marijuana.

The Third Concept of Service

The Marijuana Anonymous groups have delegated to its service committees and trusted servants the full authority to conduct Marijuana Anonymous’ business and service regarding district as well as world affairs.

District 5 Treasury

Beginning Balance (2-1-2019)	\$3,448.46
INCOME	
7th Tradition	\$443.52
Conference Cans Fundraising	\$66.84
Total Income	\$510.36
EXPENSES	
Meeting Room Rent (DSC)	\$12.00
Stericycle Vmailbox.....	\$80.13
Yellow Pages.....	\$5.00
Total Expenses	(\$97.13)
Ending Balance (2-28-2019)	\$3,861.69
Division of Sub-Accounts	
Prudent Reserve	\$200.00
Event Fund (Reserve).....	\$132.00
Conference Fund	\$611.42
Public Information Fund	\$122.84
Total of Sub-Accounts	(\$1066.26)
OPERATING FUNDS	\$2,795.43

**District 5
7th Tradition 2019 Donations**

	<u>March 10</u>	<u>YTD</u>
Mon. Los Alamitos	\$40.00	\$80.00
Mon. Fullerton.....	\$27.00	\$84.00
Tues. Hunt. Beach	\$20.00	\$80.27
Tues. Laguna Beach.....	\$0.00	\$70.00
Wed. Costa Mesa	\$80.00	\$187.25
Thur. Mission Viejo	\$23.00	\$76.00
Fri. Orange.....	\$50.00	\$200.00
Sat. Costa Mesa	\$17.00	\$59.00
Sun. Riverside	\$20.00	\$20.00
Sun. DSC.....	\$26.00	\$77.01
TOTAL	\$303.00	\$933.53

March Meditation

Our inability to surrender had always blocked the effective entry of a Higher Power into our lives. Willingness was the lever with which we moved this obstruction. When we took this step, we were practicing the principle of faith.

- Page 11, *Life With Hope*

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, April 14 - 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.

EVENTS

MA Campout - Black Mountain - June 21-23, 2019
Visit www.madistrict5.org/events 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