



April-May 2020

CHECKS & BALANCES

www.socalDA.org P.O. Box 4596 Culver City, CA 90231 **HOTLINE: (562)450-DEBT (3328)**

The Newsletter of Southern California Debtors Anonymous

Our primary purpose is to stop debting one day at a time and help other compulsive debtors to stop incurring unsecured debt

A DA Story

My name is Leslie Anne, Recovering Debtor, anniversary date April 7, 1991.

In my 30 years, looking back, the single hardest month was January 1992. My last use of a credit card was Dec. 4, 1991 to buy holiday gifts. January was so hard because I was switching to cash and no longer using cards to buy groceries, gas, etc. And I still had to pay the credit card monthly bills. Several friends tithed small amounts of money to help me get through, calling them late holiday presents, asking me to pay it forward when able.

I was blessed as my first DA sponsor had 12 years in AA so I received an excellent grounding in both programs. My first PRG was in Nov 1991 and the first thing they zeroed in on was that I had no IRA contributions, despite working for a company with matching program since 1987. They suggested starting at 1% and increasing it every six months until the

6% limit was reached. Even though I have a decent social security due to 40 years in the corporate world: I have a decent retirement because of those two patient people! My resistance was high due to my fear that monies would “somehow disappear” if not in my checking account.

I even used the writing-money-down tool in Las Vegas! As I bought each roll of quarters, I recorded the date and time of each one, which kept me grounded. I stopped when I reached my pre-determined limit of \$50, which I had discussed with my sponsor.

In my experience, the two “magic bullets” are the Steps and the Tools. There was very little structure in my family. Mom had almost none and dad had too much. We four siblings got lost, so lost we ended up in foster homes. The Steps gave me that structure plus how to use them to resolve future challenges.

Step 3 helped me define what my HP is. I view our relationship as a partnership. Today I say HP in program, God in church, Hashem in Synagogue, elsewhere the Universe, or Force, or Spiritual Source. I think it's all One. Atheists I call atheists. I knew a lady who stayed sober for 25 years using Mother Nature. And it works because in program we each get to define it by what works for us individually. As long as it is positive and wants only the best for us.

When I am feeling stuck, when making that outreach call, my HP works thru other people. Those calls break the isolation, which is where

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~IMPORTANT ANNOUNCEMENTS~

PLEASE SHARE ALL OF THIS INFORMATION AT YOUR MEETINGS

Saturday, May 16

• **DA Service Board & Intergroup**

Service Board Meeting (9:00am -10:30am) & Intergroup meeting (11am-12:30pm) with DA representatives from all over Southern California. Learn what is going on at the regional level! Virtual meeting to be held over Zoom. Meeting ID will be posted on the SoCalDA website. All are welcome to participate, only Service Board Members and Intergroup Reps can vote.

All workshops canceled for the months of April & May. Online events may be arranged, check with the website or sign up for workshop updates via email to stay informed. <http://www.socalda.org/calendar.php>

Saturday, June 13

• **DoDA Day**

DoDA Day is an annual event that include speakers, panels and workshops. We hope to hold the event in person at the Little White Chapel in Burbank. If conditions do not allow, the day will be held virtually. We are looking for a chairperson and committee members to organize the event. Please contact David M., chair@socalda.org, if you would like to help.

September 11-13, 2020

• **DA Visions Retreat**

We have reserved Alpine Meadows in the beautiful San Bernardino Mountains for the annual DA Visions retreat. More information will be forthcoming. We are looking for a chair and committee members for this event. Please contact David M., chair@socalda.org, if you can help.

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the disease thrives. And I carry my HP while working the rest of the Steps. I think of the Steps as the ongoing foundation and The Tools as my daily practices. Haven't done them all perfectly, but enough so that the miracles happen.

Many years ago (while serving as a GSR) I was fortunate to hear the person from New York who brought Bookending into our program. She was just another debtor, having trouble paying her bills on time: she called a friend, who said write out the checks, mail them, and call me back. Another Tool was born! Debtors avoid the details of life, causing many problems downstream. Action Partners are very valuable but they aren't the whole program. We didn't have that formal wording when I started. I worry that Sponsorship, Steps, and Tools will get lost, along with the healing they also bring. I valued regular

meeting attendance because I heard the beginning, middle, and ending of others' stories. A wonderful teaching tool.



RESOURCES

During this difficult time, here are some great links to help you stay in touch with members around the world. Sign up for emails and check out podcasts, phone meetings and other resources.

Sign up on the website to have workshop notices sent to you via email: <http://www.socalda.org/calendar.php>

NEW SPEAKER MP3 PODCASTS

AVAILABLE AT: <http://www.socalda.org/mp3.php>. Get inspired during your commute or...

MEETING LIST RESOURCES ON THE WEBSITE

Find pre-sorted meetings available by Time (morning, afternoon & evening) and by Day (Mon, Tue, Wed...), as well as a downloadable PDF of the current month's meeting grid. Check it out at [http://www.socalda.org/meet.php!](http://www.socalda.org/meet.php)

GSO INFORMATION: <http://www.socalda.org/gso.php>

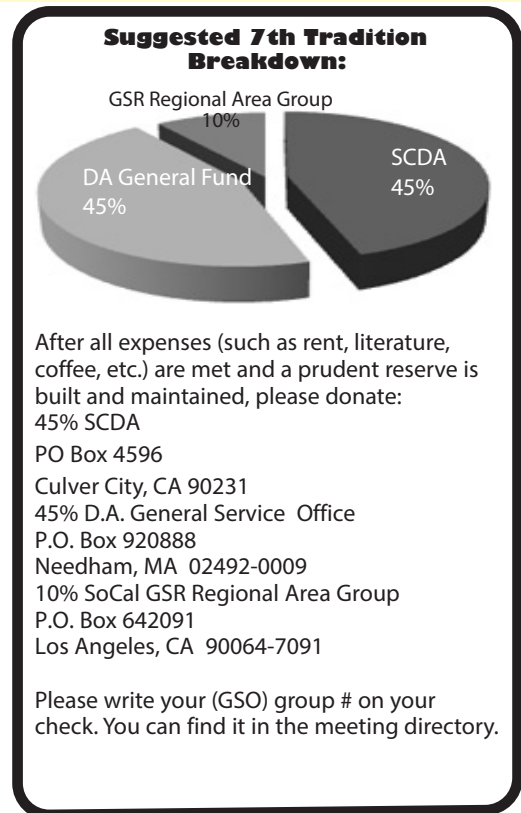
The World Service Conference (WSC) of Debtors Anonymous is the annual meeting of all worldwide General Service Representatives (GSR's), Intergroup Service Representatives (ISR's), and General Service Board Trustees (GSB) committed to providing service to Debtors Anonymous at the World Service Conference committee level in order to best advance the good of the fellowship of Debtors Anonymous.

PHONE & INTERNET MEETINGS

Phone meetings and internet meetings are linked here <http://socalda.org/phone-meetings/>

RESOURCES

Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email us.



THOUGHTS ON DONATIONS

Each meeting is autonomous, and undoubtedly donations will be down as we shelter and place and meet from home.

Each meeting should decide whether to open accounts with venmo or another online so that online participants can contribute.

eNEWS! Sign up to receive special announcements from D.A. here:

www.debtorsanonymous.org/eNews

A WORD TO THE NEWCOMERS

If you are having problems with money and debt and think you may be a compulsive debtor, you have come to the right place. Debtors Anonymous can help you. We offer face-to-face, telephone, and internet meetings, and we suggest attending at least six meetings to have an opportunity to identify with the speakers and become familiar with D.A. before deciding whether or not this program is for you. If you identify with some or all aspects of compulsive debting, we hope you will join us on the path of recovery and find the joy, clarity, and serenity that we have found in Debtors Anonymous.

SoCal Debtors Anonymous Service Board

Chair	David	chair@socalda.org
Vice-Chair Office Ops	Dirk S.	vicechair@socalda.org
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Public Information	Kish	pi@socalda.org
At Large	Sally Z.	atlarge1@socalda.org
ISR	Jerome	igservicerep@socalda.org
Outreach	Sally Z.	562-450-DEBT (3328)

The governing body of SoCal DA is the Intergroup. Each meeting is urged to send a representative to the Intergroup meeting, the third Saturday of each month. Currently these meetings are being held on the Internet, via zoom.com. The Service Board exists to carry out the policies determined by the Intergroup. The Service Board is also responsible for maintaining the nonprofit.

The Service Board requires a quorum of 8 members to be present. Without a quorum, the Service Board cannot carry out its functions. Therefore it is very important that members support a full Service Board of 12 and that those on the Board are committed to being present at meetings. Duties on the Service Board are generally not burdensome and we are all aware that we are recovering debtors and try to treat each other with understanding and love.

Requirements for Service Board positions are 6 months of not debting, working or have worked the 12 Steps, and have a sponsor. Please consider filling one of the vacant positions. You get back far more than you give!

VACANT SERVICE BOARD POSITIONS

Vice Chair/Operations - Supervises special workers. In charge of literature, P.O. Box, and serves on audit committee. Fills in for chair.

Publications Assistant - Learn the desktop publishing software and help with proofreading and editing the Checks & Balances.

LITERATURE

Literature sales are on hold for now. SoCalDA is unable to fill literature orders. Please watch the website for further information.

Checks & Balances and Website

Editor & Creative Director: Vickie D: publications@socalda.org
Meeting List Editor: Amy L. meetings@socalda.org
Webmaster: Benno admin@socalda.org

SUBMIT YOUR VISION BOARD, STORIES, POEMS AND ARTWORK to be included in the Checks & Balances via e-mail to: publications@socalda.org . Share your experience, strength and hope! We accept DA recovery stories up to 1000 words.

All submissions are subject to editing for brevity and clarity. Copyright remains with the author, but Debtors Anonymous may have unrestricted use of the submission to help the debtor who still suffers. Opinions expressed in this newsletter are those of individual DA members. They do not reflect the thinking of DA as a whole, or SCDA, or the GSR Area Group.