



June 2020

CHECKS & BALANCES

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

Earn or Burn by Sally Z.

*I wrote this poem to my DA meeting, Earn or Burn
for Fellowship Day – 4/25/2020*

(We meet Tuesdays at 7 to 8:15pm in Santa Monica)

Here we are – Earn or Burn guys and gals
There are some of you on this Zoom call who I
consider very close pals

I get a lot out of our speakers all the time
And it makes our meeting truly divine

Seeing familiar faces week after week
Makes connections easier for me – and this I always
seek

I look forward to the day when we get rid of this
Covid -19 bug
So that I can give each and every one of you a great
big hug

But in the meantime I will continue going to
our meetings on Zoom
And I'll see your lovely faces right here in the
comfort of my living room!

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**SoCal DA Workshops
Are Back (on Zoom)**

See page 2 for details.

DA Tool 101 : The Spending Plan
May 30 @ 12:45 pm - 4:00 pm

Declutter the DA Way
Every Monday and Thursday in June

Bullet Proof Abundance
June 27 @ 12:45 pm - 4:00 pm

The DA Tools Game: PART 2!!
July 11 @ 12:45 pm - 4:00 pm

DA World Service Conference
August 8 & 9, via Zoom

IMPORTANT ANNOUNCEMENTS

Please share with all your meetings

JUNE CALENDAR

Saturday May 30

Burbank Workshop

DA TOOL 101 : The Spending Plan This 2-hour zoom workshop will focus on using the Spending Plan (and Spending Record) as a tool to counter habitual deprivation, money hoarding, and fear about economic insecurities during business “ups” and “downs.” Suggested Donation: \$12 No one turned away for lack of funds. Pay by venmo | @Alexander-AD Contact Alexander: burbankworkshops@socalda.org
Check in 12:45 Workshop begins 1:00 Zoom ID 447-695-7824

Mondays June 1, 8,15, 22, 29

Los Angeles Workshops

Declutter and Work at Home the DA Way on Zoom! Work at home in the company of other DA members on Zoom. Workshop begins at 9 a.m., ends at 11. Zoom meeting ID 437 623 459. Host: Sarah. Contact laworkshops@socalda.org

Thursdays June 4,11,18,25

Los Angeles Workshops

Declutter and Work at Home the DA Way on Zoom! Work at home in the company of other DA members on Zoom. Workshop begins at 9 a.m., ends at 11. Zoom meeting ID 990 4379 1384. Host: Lauren. Contact mcorzo@mac.com

Saturday June 13

DoDA Day

DoDA Day is an annual event that include speakers, panels and workshops. This year we will be on Zoom from 1 to 3 p.m. This year's theme is “For the Newcomer” Speaker Panel, Q&A. Get back to basics, strengthen your foundation. We can't do this alone. For new, returning and long-time members. Zoom ID 860 0406 2154. Contact Lita to volunteer your experience, strength & hope. specialevents@socalda.org

Saturday June 20

SoCal 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.

Saturday June 27

Burbank Workshop

Bullet Proof Abundance Learn how access and trust your infinite source of creativity. No matter what your career path, you ARE a creative being. Understanding that God is your source rather than your boss or your clients is the first step. The external world's circumstances is not to be confused with Your Truth. Suggested Donation: \$12 No one turned away for lack of funds. venmo | @Alexander-AD Contact Alexander: burbankworkshops@socalda.org Registration 12:45 pm Workshop 1:00 – 4:00 pm ZOOM ID 447 695 7824

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

List of SoCal DA workshops/events <http://socalda.org/events/>

Speaker MP3 Podcasts Available at: <http://socalda.org/category/podcast/> Get inspired.

Meeting List on the SoCal DA 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://socalda.org/meetings/?tsml-day=any>

Phone & Internet Meetings

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

Internet/Virtual meetings are linked here: [virtual-meeting-guide-link](#)

Resources

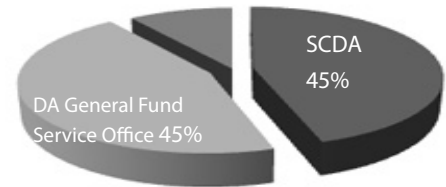
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email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

Regional Area Group (RAG) of World Service Representatives

The Southern California Region of World Service meets monthly. General Service Representatives (GSRs) elected from each Debtors Anonymous group coordinate service for the international fellowship of Debtors Anonymous. Monthly meetings of the Southern California GSRs take place on the fourth Saturday of each month at 10:15 a.m. Join Zoom Meeting

Suggested 7th Tradition Breakdown:

GSR Regional Area Group



After all expenses (such as rent, literature, coffee, etc.) are met and a prudent reserve is built and maintained, please donate:

45% SCDA
PO Box 4596
Culver City, CA 90231

45% D.A. General Service Office
P.O. Box 920888
Needham, MA 02492-0009

10% SoCal GSR Regional Area Group
P.O. Box 642091
Los Angeles, CA 90064-7091

DONATIONS Each meeting is autonomous, and undoubtedly donations will be down as we shelter in place and meet from home. Each meeting should decide whether to open accounts with venmo or another payment form so that online participants can contribute.

eNEWS! Sign up to receive special announcements from D.A. here: www.debtorsanonymous.org/eNews

NEW TO DEBTORS ANONYMOUS?

Are you struggling with money and debt? Do you think you may be a compulsive debtor? Then you have come to the right place. Debtors Anonymous can help you. We offer face-to-face, telephone, and virtual meetings,

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.

SCDA Service Board Members

Chair	David M	chair@socalda.org
Vice-Chair Office Ops	OPEN	vicechair@socalda.org
Treasurer	Gigi	treasurer@socalda.org
Secretary	OPEN.	secretary@socalda.org
Resources	Tom K	resource@socalda.org
Meeting Liaison	Amy L	meetings@socalda.org
Programs/Workshops Burbank	Alexander	burbankworkshops@socalda.org
Programs/Workshops Los Angeles	Sarah S	laworkshops@socalda.org
Publications	Vickie	publications@socalda.org
Special Events	Lita	events@socalda.org
Public Information	Kish	pi@socalda.org
At Large 1	Sally Z	atlarge1@socalda.org
ISR	Jerome	igservicerep@socalda.org
Outreach	Sally Z	562-450-DEBT (3328)
Literature	OPEN-	vicechair@socalda.org
Parliamentarian	Harvey	

The governing body of SCDA 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.



Checks & Balances and Website

Editor & Creative Director:	Vickie D	Co-Editor: Grace L.	publications@socalda.org
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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.

VACANT SERVICE POSITIONS

Vice Chair/Operations - Supervises special workers. In charge of literature, P.O. Box, and serves on audit committee. Fills in for chair. This is an important and responsible position on the DA Board. Requirements: Not debting for at least 6 months, has worked or is working the steps, and has sponsor

Literature - This is a paid special worker position, not part of the Service Board. Currently literature distribution is suspended. However, when we resume, the literature person will attend in-person Intergroup meetings and fill both in-person and mail literature orders. This position comes with a small stipend.

I CAN GIVE...

I can only give -
 What I already have.
 I have recovery today -
 I can offer that experience to you.
 I have found my Higher Power -
 I can share how I found mine.
 I have hope and serenity -
 I can offer them as inspiration.
 I can only give you what I have,
 God will help you find it for yourself.
 Blessings

Source: DA Telephone Intergroup
<http://www.datig.net/monthly-prayers.html>