



August 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

Dearest, Dearest, Dearest God

by Sally Z.

I crawled into DA 17 years ago
My life was unbearable and
I had lots of room to grow
My life was small, my money was rough
I struggled with money with my husband for years; it was tough
I had lots of credit card debt
and it really made me sweat
Then I started doing my numbers, got a sponsor
and worked the steps
I started feeling relief and gained some pep
Things slowly got better and my recovery began
I unleashed a lot and followed God's plan
I began doing Service in DA and for 2 ½ years I was your Los Angeles Workshop Chair
I really loved that position; I must declare
I love DA and I love you peeps
I am here for keeps!

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to Checks & Balances! Email
admin@socalDA.org to be put on the email
blast list with a link to each new issue.

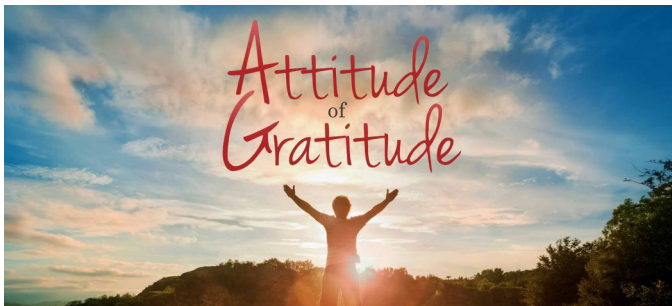
What Consciousness Saw

While doing the dishes,
I asked Consciousness how She sees things,
since sometimes this world doesn't seem
right to me.
We went into the studio and this is what
She painted.
A friendly universe.

- by Vickie D.



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In this time of pandemic, we need DA Members to step up to service more than ever. Thank you so much for everything you do to keep hope alive. Right now members are coming up with innovative solutions that may well make DA stronger when this emergency (extended as it may be) is over

July 11th Tools Game Part I & II

Special thanks to presenter extraordinaire Chris M. Thanks to our support team, the foundation of this workshop : James PaulRosie. Thank you and all the participants that made this workshop and “game” a success ... paving the road for ALL our recovery.

Action Groups/De-Cluttering Workshops

Speaking of innovations, thanks Sarah S for starting DA Study Halls on Zoom. Grateful to Lauren, Sally, Ann Marie, Mariana, Rachel, Melek, Grace, Elizabeth, Chris M., and Audrey.

VISIONS RETREAT September 11, 12, 13

What Good is Sight without a Vision?

Online via Zoom

\$40 registration plus 3% service charge if using PayPal.

Registration limited to 50. Don't delay!

See flyer included with the Checks & Balances for further details.

**Online meetings
practically 24/7.
You can drop in on
meetings anywhere in
the world. Links right
on the home page:
socialDA.org**

IMPORTANT ANNOUNCEMENTS

Please share with all your meetings AUGUST CALENDAR

Saturday July 25

Los Angeles Workshop

Vision Board Workshop Presenter: Sally Z. "If you have a vision in your heart, trust that your Higher Power put it there." Nourish and develop your vision from home. Please print out images and get supplies to make your board. Contact Sally for suggestions or questions. 213.675.5222. Suggested Donation: \$12 No one turned away for lack of funds. Registration 12:45 pm Workshop 1:00 – 4:00 pm ZOOM ID 437-623-459

Mondays July 27, August 3, 10, 17, 24, 31

Action Groups

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

Saturday, August 8

Burbank Workshop

The DA Cash Flow + Presenter Jeff H. Know what you can spend on groceries (and fun) and not get overdrawn. Suggested Donation: \$12 No one turned away for lack of funds. venmo | @Alexander-AD Contact Alexander: burbank-workshops@socalda.org Registration 12:45 pm Workshop 1:00 – 4:00 pm ZOOM ID 447 695 7824

Saturday August 8, 9, 15, 16

World Service Conference

2020 DA World Service Conference Annual Conference "Trusting Our Traditions" with all GSRs. Virtual meeting to be held over Zoom. For more info and registration, please visit debtorsanonymous.org.

Saturday August 15

Annual Fellowship Day

2020 DA Fellowship Day All DA members are welcome to attend a full day of fun, fellowship, workshops and speakers from around the world. Virtual meeting to be held over Zoom. For more info and registration, please visit debtorsanonymous.org.

Saturday August 15

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 August 29

Job Search in Pandemic Times

Job Search in Pandemic Times / How to Zoom Past GO and Collect \$200 This is a most interesting time in our lives...especially when it comes to work life. How do you best land a job in a remote economy? lawworkshops@socalda.org Suggested Donation: \$12 Workshop 1:00 – 4:00 pm Zoom ID 892 5544 9058 Paaword: 115601

Friday, Saturday, Sunday September 11-13

Visions Retreat

The annual Visions Retreat. Space is limited. Please check Page 2 and the retreat flyer for details.

Saturday October 10

Burbank Workshop/Tools Game

Watch for registration information.

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

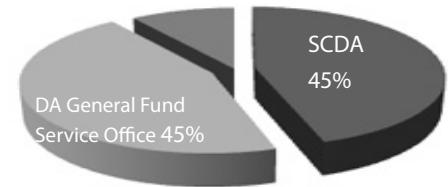
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email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

YOUR SoCal DA SERVICE BOARD

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. 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!

DA Phone Meetings Monthly Prayer

God, it is with gratitude I thank those who share their time, their understanding and their experience, strength and hope with me, and others so we may recover from compulsive debting.

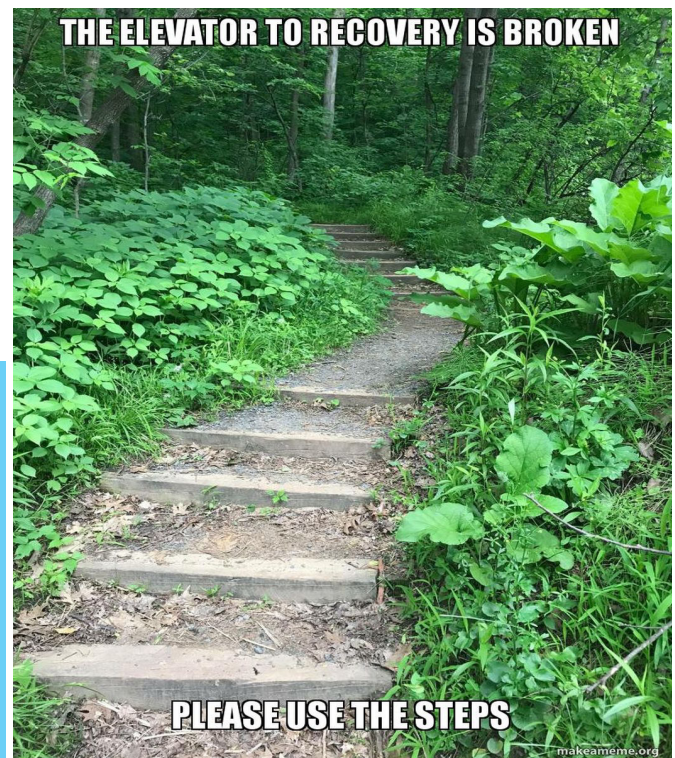
It is through the efforts of all who came before, and those who, right here, right now continue the work which makes recovery possible.

Blessings. (<http://www.datig.net/monthly-prayers.html>)

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.



Checks & Balances and Website

Editor & Creative Director: Vickie D Co-Editor: Grace L. 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.

Los Angeles SCDA Workshop

Job Search in Pandemic Times OR How to Zoom Past GO and Collect \$200

Saturday, August 29, 2020

Workshop: 1:00 – 3:00 pm

This is a most interesting time in our lives...especially when it comes to our work life. It is unlikely that our world will return to any old normal anytime soon, if ever.

So, as we move onward from here:

- How do you best land a job in a remote economy?
- What are the best practices in virtual interviewing?
- How do you have your resume rise to the top of the digital heap?
- Where do you make connections that can help open screens and doors of opportunity?
- How can you stand out, in a world where everyone is staying in?
- How can we let our Higher Power in, during our search to earn?

Join your DA fellows in learning tips, tools and techniques for taking positive career actions in uncertain times. Suggested donation \$12.

Suggested Donation: \$12. Yet, no one turned away for lack of funds.

Workshop presenter: Darrell G. **Zoom no. ID 892 5544 9058** **PASSWORD 115601**
PreRegister at: https://us02web.zoom.us/meeting/register/tZ0vcuysqjlqH9xNPX-F5ofgWw_7jknqcYdA

Contact Sarah S. at : laworkshops@socalda.org

BURBANK - SCDA Workshop

CASH FLOW+

know what you can spend on groceries (and fun)
and not get overdrawn

Presenter: Jeff H.

Saturday, August 8th, 2020

Registration 12:45 pm

Workshop 1:00 – 4:30 pm

After a few years working a spending plan in DA I was no longer drowning but I was still really struggling. And the last couple weeks of every month were always extra stressful!

My stress came from my own vagueness about which bills had been paid and which hadn't, what checks hadn't cleared the bank yet, and what I had left to buy groceries, pay bills, and have fun with. I found the math frustrating, unbearable, and filled with uncertainty - so I didn't do it. And my unease grew.

Then a miracle - HP showed me that spending plans aren't intended to clarify how much cash I have available, regardless of my bank balance.

In this workshop you'll see the tool I use to make my Cash Position abundantly clear - - whether today is the 1st of the month or the 20th!

You'll get the most out of this workshop if you have:

- six months of solvency
- six months of records
- you can access google docs
- your current spending plan on-hand

Suggested Donation: \$12

No one turned away for lack of funds.

venmo | @Alexander-AD

Contact Alexander: burbankworkshops@socalda.org

This workshop located on :

ZOOM

ID 447 695 7824



SCDA 2020 Annual Visions Virtual Retreat

“What good is Sight without a Vision”

Find **Clarity Serenity** and **Joy** within You
with the **Help** of your **Fellows** and **Higher Power**

September 11, 12, & 13

Cost: \$40.00

Send payment to treasurer@socalda.org and include 3% processing fee

Number of attendees to be determined

To RSVP, please email visionsretreat@socalda.org

with the following information:

Name, Phone Number, Proof of Payment (ie: Screenshot/ proof of receipt)

Once you have RSVP'D We will send you all additional information you will need

RETREAT WILL BE HELD ON ZOOM THIS YEAR
THERE WILL BE BREAKOUT GROUPS, A PANEL OF SPEAKERS with a Q&A,
MUSIC, FELLOWSHIP, EXPERIENCE, STRENGTH and HOPE

Contact Lita at visionsretreat@socalda.org with any questions

**DA Tools Game: PART 2 Workshop
October 10th, 2020 1-5pm.**

The 5 Top Reasons To Attend DATG #2:

1. The DA Tools Game Part 2 Workshop is open to **everyone** in DA.
2. Has your current team **“lost that spark”** and you’re in a rut? Join a new team and share your recovery with newcomers to the game! (Step 12)
3. If you’ve played the DA Tools Game, but **never totaled your numbers**, join us to learn how! **BRING YOUR NUMBERS**, whatever you have, for our study hall segment.
4. How long has it been since your last Pressure Relief Group (PRG)? You’ll learn how the **DATG can easily prepare you** for your next (or 1st) PRG.
5. Are you **in debt and frightened** of what happens if you can’t pay your creditors? We’ll share our experience, strength and hope around that too!