



September
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



Vision Board Courtesy of Kathy H.

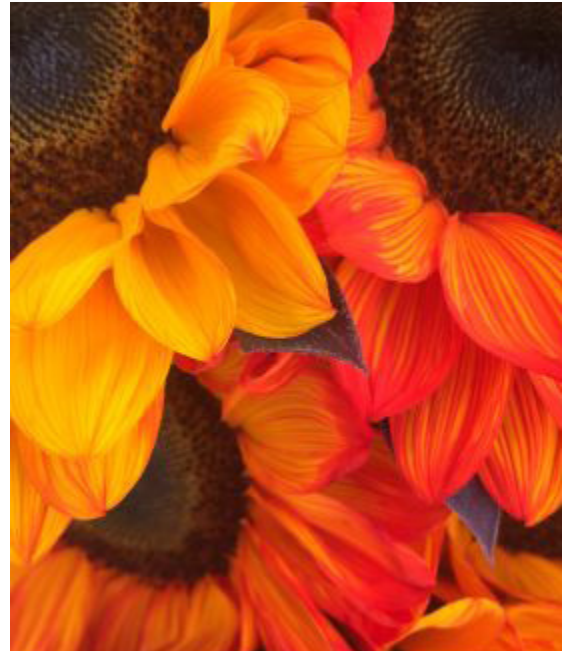
VISIONS RETREAT September 11, 12, 13

On Zoom, \$40. See Flyer for More Info on Reserving your Spot.

VISIONS

I have been a grateful member of Debtors Anonymous since 2008. I have always been fascinated with Vision since I heard about it in my first DA meeting. I never thought that I could be allowed to have any, let alone one. I have attended the past eight Visions Retreat, I've seen my visions evolve and change over the years. One thing that hasn't is my Higher Power who is always present with me. This past year, I have had health issues and realize that my Higher Power has taken care of me through the whole process. My most recent vision board revealed my Higher Power everywhere and my need for self-care. Each year has shown me that more is possible so I feel the need to keep coming back for more. I look back on my previous boards and have seen so many miracles happen. I know more will be revealed. I am forever grateful to the DA program, my fellows and my Higher Power.

—Kathy H



drawing by Julie

Slow understanding.
Wisdom comes with bright eyes.
Stand strong in your light

Photo and haiku courtesy of Maurice. ©2020

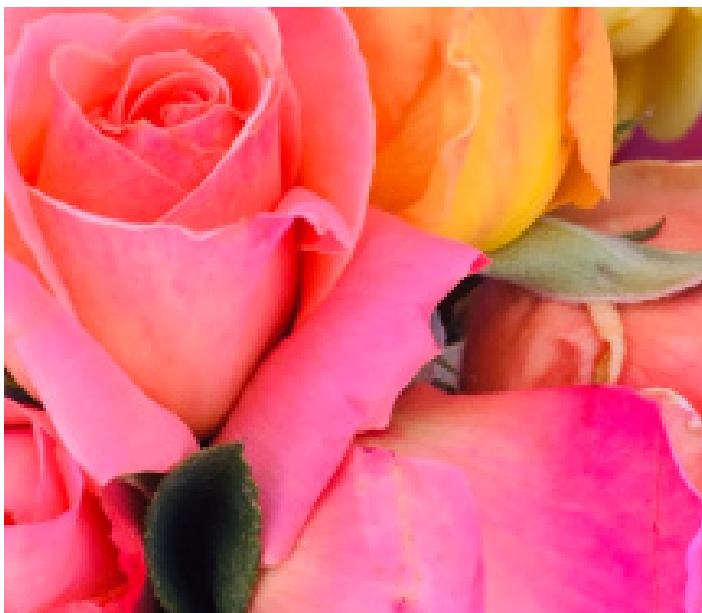


Photo by Maurice. ©2020

Gratitude Corner

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 recovery 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.

So grateful to Sally for a tremendously uplifting LA Vision Board Workshop on July 25. Also thanks to Alexander for his technical assistance.

Thanks to Jeff H. and the team for the Cash Flow + workshop, and everyone that joined!

Thanks to our workshop chairs who have facilitated such inspirational programs for SoCal DA.

IMPORTANT ANNOUNCEMENTS

Please share with all your meetings SEPTEMBER CALENDAR

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? Presenter Darrell G. lawworkshops@socalda.org Suggested Donation: \$12 Workshop 1:00 – 4:00 pm Zoom ID 892 5544 9058 Password: 115601

Mondays, September 7, 14, 21, 28

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

Thursdays, September 3, 10, 17, 24

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 990 4379 1384. lawworkshops@socalda.org

Friday, Saturday, Sunday, September 11-13

Visions Retreat

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. 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.

Saturday September 19 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 September 26

Los Angeles Workshop

“Pressure Relief Group” Give One, Get One Presented by Anne Marie What is a PRG? The Value of a PRG? Bring any numbers, no numbers, come as you are. Get support Get a PRG Be of service - Give a PRG Hear experience, strength and hope. lawworkshops@socalda.org Suggested Donation: \$12 Workshop 1:00 – 4:00 pm Zoom ID 437 623 459

Saturday October 10

Burbank Workshop

The Tools Game will return to Burbank in October. Registration information will be posted in the October issue.

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

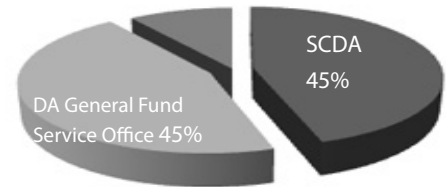
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email 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, sometimes I speak,
not stopping to hear
the sound or effect.
But with your help,
I pray for humility,
and make heartfelt amends.
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, and will be used space permitting. 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.