



CHECKS & BALANCES

January
2021

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

How do you write a story for Checks and Balances?

by Beth, DA Member

I just want to share how I only just realized, at my two-year work anniversary mark, that HP had me come full circle to service in my career. First though I want to talk about some service experience I had in DA.

Years ago at my first WSC*, in SLC* as a brand new GSR* , (lol with the acronyms), I had assumed that I would want to work on the literature committee. I went to their meeting; it was really crowded and seemed to have strong personalities with agendas already in place. It looked boring to listen to them, and that I'd be a silent cog on the wheel for a while. We had been encouraged to go around and check out the various committees for our service, so I went to the Hospitals, Institutions and Prisons (HIP) committee. I think only four or five of us showed up. But we were the cool nerds, in my opinion. We got along great; shared ideas and stories. We got each other interested in helping to reach out to others. We had a fun Board member as our liaison, and we had a lot of energy.

Somehow, during that first year on the Hospitals and Institutions Committee, I got the courage to reach out to the LA County Sheriff Department volunteer office. And after the second or third call, I got someone on the phone who was really interested in learning about DA. He had real enthusiasm! I was invited to the Sheriff's Department's offices at Twin

Towers downtown to present my program, and I had an interview. Then I registered as a volunteer and had to take a class. Shortly after that, I was driving up to Castaic to Pitchess Detention Center to host a panel DA meeting to a weekday class of approximately 100 low security criminals. In the big classroom there were A.A.'s twelve steps and traditions on banners, hanging on the wall. I was very nervous the first few times, but it became a very rewarding and positive routine.

My job as a therapist at a private non-profit was willing for me to donate a few hours a month. Sometimes I carpooled with my speakers; it's not a bad drive and going against traffic from Pasadena. What I learned is that you can't bring your cell phone into the jail, the inmates could be extremely polite, and when they were actually engaged and interested in hearing from you and your speakers, it could be the most rewarding service ever. (Continued on next page)



A DA Story (Continued)

My HIP committee friends and I were able to support each other on some great service experiences, and as a group we got a lot of support from DA, and actually the World Service Office. Our one paid staff person was incredibly enthusiastic about our idea to mail out a copy of Currency of Hope to every Federal prison in the country, along with information about DA, and we did!

I got a bigger, better job that was not keen on letting me volunteer elsewhere for a few hours during work time every month, so I had to let the service go. It was disappointing but the volunteer program was also shifting to a different format that wasn't as comfortable, so it was time. Someone else in the fellowship took it over, and I know others have tried to keep it going, as well.

I never left D.A., and I kept being of service. After three years of being a GSR, I became a Board member. I did one three-year term, and then returned to my home meeting as a 'member among members.' I got married, and five years later divorced, all while in D.A. I have been using my tools and the fellowship to the best of my ability, without debting, one day at a time.

Two years ago, my career took me to where I am now; a supervisor of a case management program for all four of the major Los Angeles Sheriff Department jails. I go back to Pitchess regularly; or did, before the

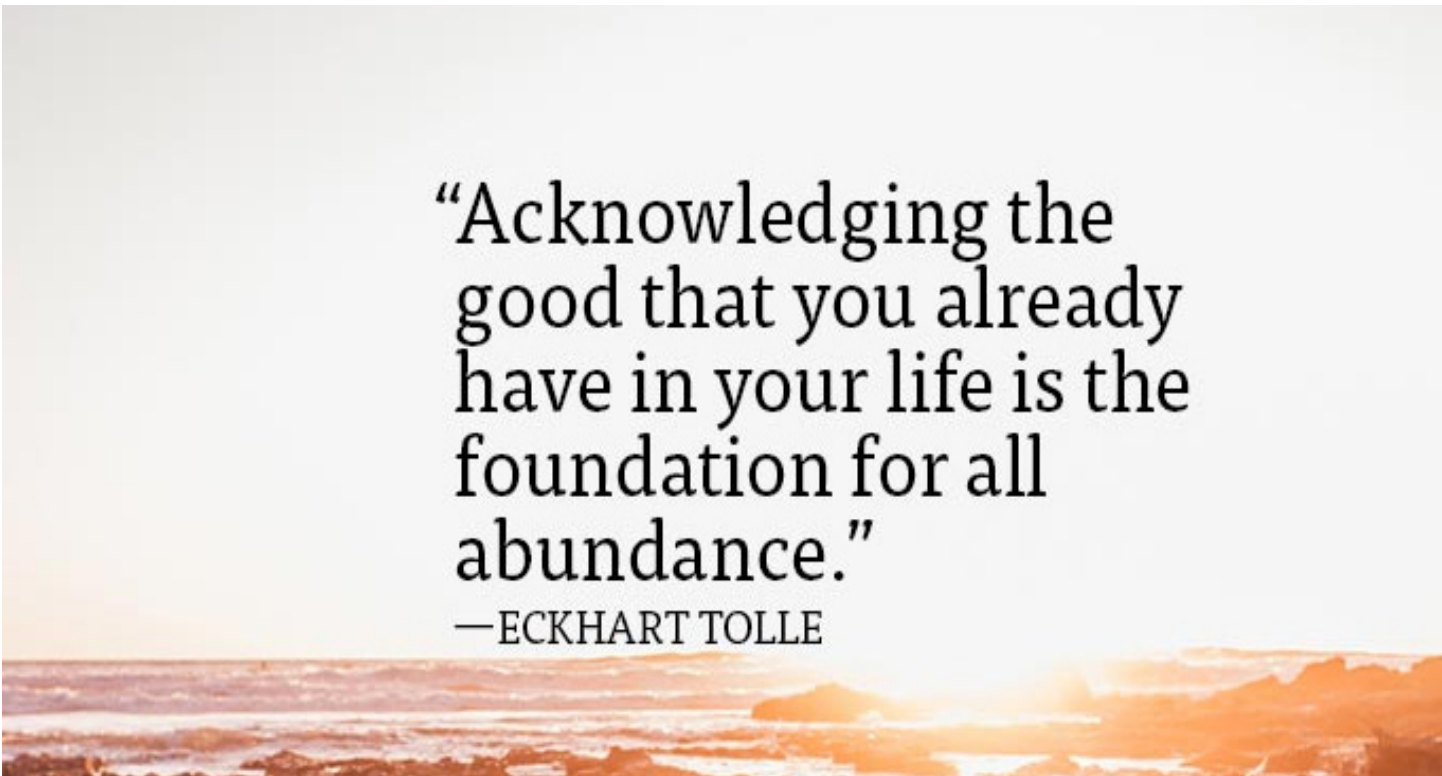
pandemic. I've been in many meetings on that 8th floor in Twin Towers, almost every week until mid-March.

But for the past two years I've wondered; how did I end up here? I never studied forensics, or had a goal of working with the incarcerated. It's tough seeing the system from the inside, in ways that I never would have expected. But it has been very rewarding, and I do see it as both a good career and a way of being of service to my community. But I've asked, why God do you have me here, of all places?

And then the other day, I was wandering around on that 8th floor, looking for the classroom. As usual I was wondering which room was the one I had gone to for that first HIP volunteer interview. I still have no idea; I have not been able to recognize it. And then it hit me: God brought me back to work where I had found such joy as a volunteer.

I'm not doing the same thing at all; I can't even volunteer anymore. But I'm still living the principles of recovery in all areas of my life, and that includes my day-to-day work. I was interested in the HIP committee and loved the volunteer work. I've got a good job now.

Maybe I will see the connection later. But just for today, being of service in this way, and earning a good salary and not debting one day at a time is my way of being on God's path. I don't need to know, or have an opinion, about how it all unfolds. I can trust that I'm in God's hands and being taken care of, in each step,



“Acknowledging the good that you already have in your life is the foundation for all abundance.”

—ECKHART TOLLE

IMPORTANT ANNOUNCEMENTS

Please share with all your meetings JANUARY CALENDAR

Saturday, December 31

SoCal DA Newcomers

DA Newcomer's Orientation. If you want to learn more about this the DA program and how it works, please join us. This is a 60 minute introduction intended for newcomers or returning friends to Debtors

Thursday, January 7

WSC BDA Stories Deadline

Call for Business DA Stories The WSC BDA committee is calling for stories focused on Business Debtors Anonymous to include in the Ways and Means Newsletter BDA Issue 2021. See flyer at the end of C&B.

Saturday, January 9

Los Angeles Workshop

Job Search in Pandemic Times. Presenter Darrell G. 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 zoom screens and doors of opportunity? •How can we let our Higher Power in, during our search to earn? Contact Sarah at LAworkshops@socalDA.org. Suggested Donation: \$12 Workshop: 1:00pm - 4:00pm Zoom ID 860 1014 4110 Passcode: 605432

Saturday January 16 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. Meeting ID: 838 5930 9072 passcode 300460

Saturday January 30

Burbank Workshop

Make your New Year's Resolution right now to join us on January 30th, 2021 for the DA Tools Game Zoom Workshop. (1-5pm PST). The DA Tools Game is a fun, recovery game played in small teams of 4 (or action buddy groups) for 30 days. Using DA tools, teams work together to earn recovery points, one day at a time, for 4 weeks. The team with the most "recovery points" after 30 days wins! This is a proven, "baby steps with accountability" way to make friends and get support with your recovery. Newcomers are encouraged to attend. Old timers will give their recovery a great boost. Suggested Donation: \$12. No one turned away for lack of funds. venmo | @Alexander-AD 424.777.5486paypal | paypal.me/AlexanderAD aleksandr@alexander.co Contact Alexander: burbankworkshops@socalda.org This workshop located on :ZOOM ID 447 695 7824 | no password needed.

Saturday, January 30

SoCal DA Newcomers

DA Newcomer's Orientation. If you want to learn more about this the DA program and how it works, please join us. This is a 60 minute introduction intended for newcomers or returning friends to Debtors Anonymous. FREE. Last Saturday of the Month 4:00 - 5:00 pm Zoom ID: 892 9150 7434.

ACTION GROUPS

Declutter and Work at Home the DA Way on Zoom! Work at home in the company of other DA members. Mondays 9-11 a.m. Zoom ID 898 8660 5423, Password: 588995; Thursdays 9 a.m. -12 p.m. Zoom ID: 823 0950 1546 Password: Action

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

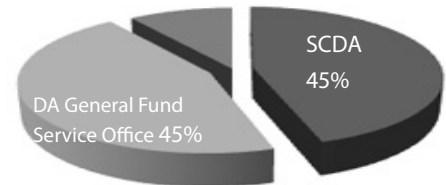
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email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

"In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."



—Albert Schweitzer

Thank you! Thank You! Thank You!

2020 was a learning curve for all of us as we switched from in-person to online meetings, workshops and a retreat. Thanks to all the people who attended, supported the Intergroup with your donations to meetings and workshops, and chipped in for the retreat.

Thanks especially to Alexander, Burbank Workshop Chair, who created innovative formats for the workshops, and assisted others in getting online events to work.

Sarah S and Sally Z dedicated themselves to making the Los Angeles workshops a resounding success, and started Action Groups. Lita put together a fantastic Visions Retreat.

And of course to all the DA members who supported the program so that we can all recover, our heartfelt gratitude.

*When
I offer
Support, may it be
what another needs.
Time, may it be with
generosity and clarity.
Experience, may it help lift
a burden. Praise, may it be
heartfelt. Service, may it be
with humility. God, guide
me when I offer these
things. Blessings.*
<http://www.datig.net/monthly-prayers.html>

Checks & Balances and Website

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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, 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.

Los Angeles SCDA Workshop

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

Saturday, January 9, 2021

Zoom no : 860 1014 4110

Passcode: 605432

Workshop: 1:00 – 4:00 pm

This is a most interesting time in our lives...especially when it comes to our work life.

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 zoom screens and doors of opportunity?
- 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. Yet, no one turned away for lack of funds.

Workshop presenter: Darrell G.

Contact Sarah S. at : lworkshops@socalda.org

Or text Sarah at : 818-590-4489

BURBANK - SCDA Workshop

“The DA Tools Game”

Presenters: Chris M.

Saturday, January 30th, 2021

Registration 12:45 pm (PST)

Workshop 1:00 – 5:00 pm (PST)

***Make your New Year's Resolution now
to start the New Year right!***

- This is a fun, **recovery game** played in small teams of 4 (or action buddy groups) for 30 days.
- Using DA tools, teams work together to earn recovery points, one day at a time, for 4 weeks.
- The team with the most “recovery points” after 30 days wins!
- This is a proven way to make friends and get support with your recovery!
- **Newcomers** are encouraged to attend. **Old timers** will give their recovery a great boost.

What a profound impact this game is making on my life. And it's fun!

-K.K.

- Do you feel isolated? Are you under-earning, AND in debt? Join us to learn DA solutions.
- Are you preparing for a PRG? Are your current PRG actions collecting dust? This workshop is for you!
- Do you want to have more fun AND recovery? This workshop is really for you!

Suggested Donation: \$12

No one turned away for lack of funds.

venmo | @Alexander-AD 424.777.5486

paypal | paypal.me/AlexanderAD | alexandr@alexander.co

Contact Alexander: burbankworkshops@socalda.org

This workshop located on :

ZOOM

ID 447 695 7824 | no password needed



**The WSC BDA committee is calling for stories focused on Business Debtors Anonymous to include in the Ways and Means Newsletter BDA Issue 2021
Last Call! New Deadline: January 7, 2021**

We would love to hear your story!

Here are some guidelines to keep in mind:

- Please keep your story between 500-2500 words
- We ask that you share your experience, strength, and hope from a DA perspective about how your business has been an integral part of your recovery.
- Please share a bit about your background in business as it relates to BDA, while still maintaining your anonymity.

Optional points to include in your essay:

- How your business has helped you to fulfill the promises of D.A.
- How you use the DA tools and BDA Tools in your business.
- How you take a spiritual approach in your business.

Send submissions and Assignment of Rights Form to:

BDASStories2019@gmail.com or helenaeeqbio@yahoo.com

Please include your first name, phone number and email address

The following are questions you may want to ask when interviewing a fellow for their BDA story of experience, strength and hope:

- What is your business?
- When did you start?
- What inspired you to start?
- Were you a business owner before DA/BDA? What was your business like before DA/BDA? How was your business changed since joining DA/BDA?
- Did you have any fears when you began? Did you see yourself as a business owner before you began?
- Did step work help you establish and run your business? How so?
- Did you see your Higher Power in the process of beginning and running your business?
- Which BDA tools do you use? How do you use them?
- Are there any miracles that have happened since you began?
- What was your biggest challenge and your biggest breakthrough?
- Have you had setbacks or successes at this time of COVID?
- Have banks tried to make predatory loans to you during COVID?
- What have you learned by being a business owner?
- Have any DA promises come true for you?
- What are your future aspirations?
- How do you know when HP is guiding you toward an action?
- Has abundance in your business triggered your debting behavior?
- How do you keep sane running a business?