



February
2021

CHECKS & BALANCES

The Newsletter of Southern California Debtors Anonymous



Photo Cred:
Vickie D.

Gratitude

Thank yourselves for staying the course on your recovery and being a part of a community that carries on the message of experience, strength and hope.

Being in a safe environment makes fear powerless ... for WE are not alone.

Thank you for making our workshops a success.

- Alexander Board Chair Burbank
Workshops SoCalDA,

I want to take a moment to express my deep gratitude for Vickie D.'s service and friendship. She has been the creative driving force of the current version of SoCal DA's Checks and Balances newsletter that you are reading. Vickie has dedicated 2 + years in service to DA as the editor and Publications Chair.

It's been such a pleasure to work with Vickie for the past 6 months. I appreciate her patience and her guidance while I have been navigating InDesign.

Thank you so much Vickie for your service!

With Love,

Grace L., Co-Editor

NEW BEGININGS

God, help me to see new beginnings -

In a new day-

In a new possibility -

In a new friendship -

On a new page -

In a new way -

Of thinking, of acting and of living.

God, help me to see all these wonders -

One new day at a time.

Blessings

<http://www.datig.net/documents/monthly-prayer-february.pdf>

ACTION GROUPS

Declutter and Work at Home the DA Way on Zoom!. Work at home in the company of other DA members. Mondays 9 a.m. - 11 a.m. Zoom ID: 898 8791 0511, passcode 484113; Thursdays 9 a.m. - 12 p.m. Zoom ID: 823 0950 1546 Password: Action

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

As we continued our D.A. program and worked Step Two to the best of our ability, we begin to experience certain benefits.

We were growing in our ability to ask for and to give help, and every time we did, we learned a little more about how much lighter our burdens were when shared.

Although we did not yet know the fullness of the peace we saw on the faces of long-time members, we had more moments of mental and emotional serenity than we had known in years.

We started to let go of the need for immediate gratification, of the need to have something right now and chose instead to talk to another D.A. member before taking any action that might affect our recovery; this saved us from decisions driven by our self-will that we might later regret.

Why was this happening? Because we were coming to believe in a Power greater than ourselves that could indeed restore us to sanity. For many of us, “coming to believe” proved to be an exhilarating lifetime journey and one of the ongoing spiritual adventures of recovery.

Excerpt From D.A. Literature: “The Twelve Steps, Twelve Traditions, and Twelve Concepts of Debtors

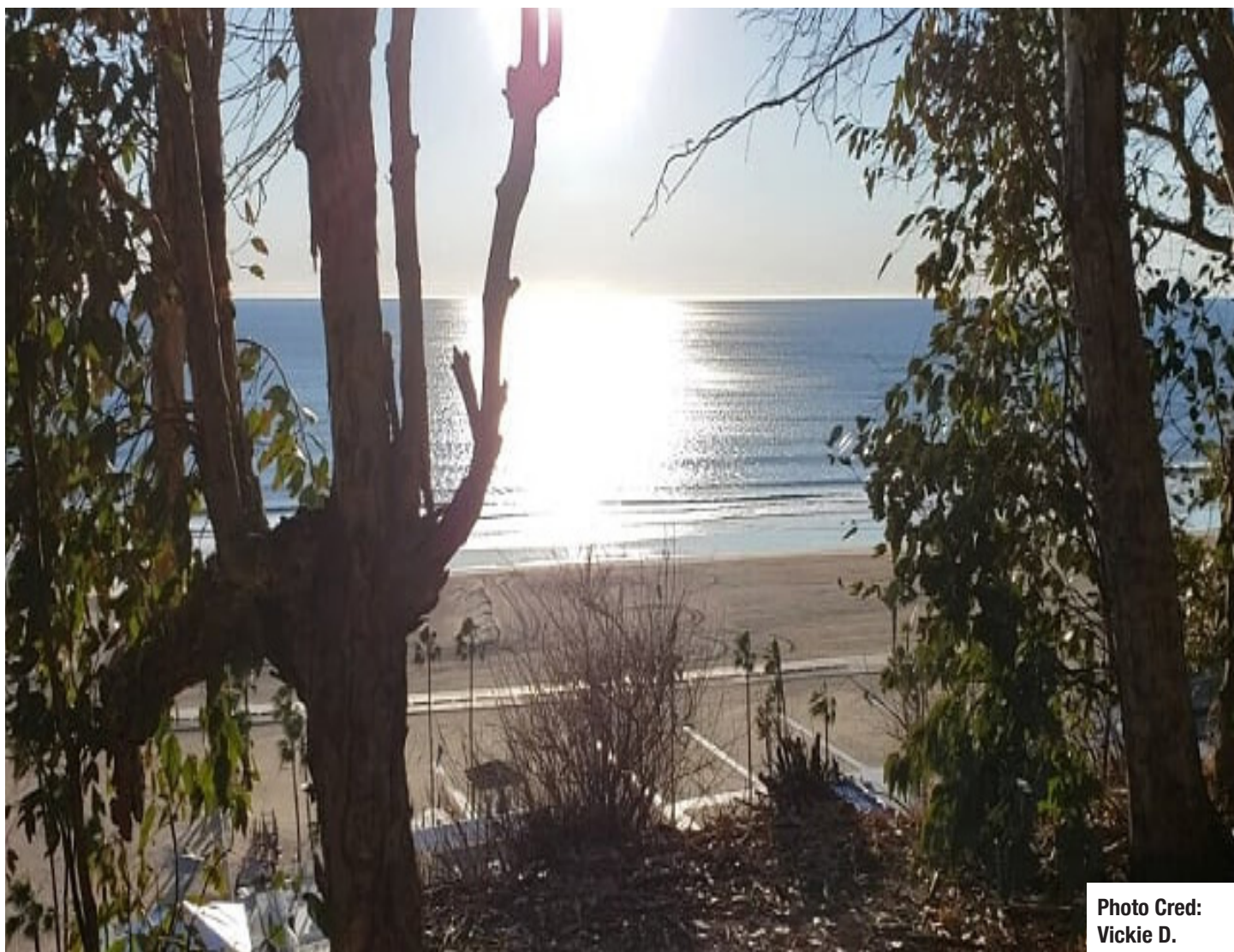


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IMPORTANT ANNOUNCEMENTS

Please share with all your meetings

FEBRUARY CALENDAR

Saturday, January 30

Burbank Workshop

DA Tools Game Workshop Make your New Year's Resolution right now. (1:00 - 5:00 p.m.) DA Tools Game is a fun, recovery game played in small teams of 4 for 30 days. Using DA tools, teams work together to earn recovery points, one day at a time, for 4 weeks. This is a proven, "baby steps with accountability" way to make friends and get support with your recovery. Suggested Donation: \$12. No one turned away for lack of funds. venmo | @Alexander-AD Contact Alexander: burbankworkshops@socalda.org ZOOM ID 447 695 7824 | no password

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

Sunday, January 31

San Diego Intergroup Workshop

Topic: Keeping Your Numbers Noon to 2:00 p.m. Zoom 396 583 3455 Password: SDIG2020 Suggested Donation \$10

Saturday, February 13

Burbank Workshop

The Spending Plan [The Business Version] Workshop (1:00 -3:00 p.m.) Explore the importance of DA vs BDA. Gather the tools that will help you realize Business Debtors Anonymous solvency. Explore how you can acquire serenity in both your personal & business life. DA x BDA. "Just for this day, I will accept that I cannot solve all of my problems at once. I will take at least one small action toward my recovery." Suggested Donation: \$12 venmo @Alexander-AD 424.777.5486 paypal | paypal.me/AlexanderAD aleksandr@alexander.co Contact Alexander: burbankworkshops@socalda.org ZOOM ID 447 695 7824 | no password needed

Saturday, February 20

SoCal DA Service Board & Intergroup

Service Board Meeting (9:00 a.m. -10:30 a.m.) & Intergroup meeting (11:00 a.m. - 12:30 p.m.) 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, February 27

Los Angeles Workshop

Show Your Vision Workshop Come Out of Hiding & get past Debting Shame in this SHOW YOUR VISION Workshop. Work on, Rehearse, & Review with Fellows, then, Show your Vision Project to Release Your Authentic Self! Contact Sarah S for more info: laworkshops@socalda.org Suggested Donation: \$12 Workshop: 1:00pm - 4:00pm Zoom ID 447-695-7824

Saturday, February 27

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

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

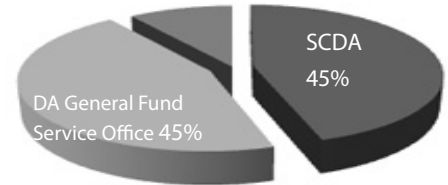
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email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

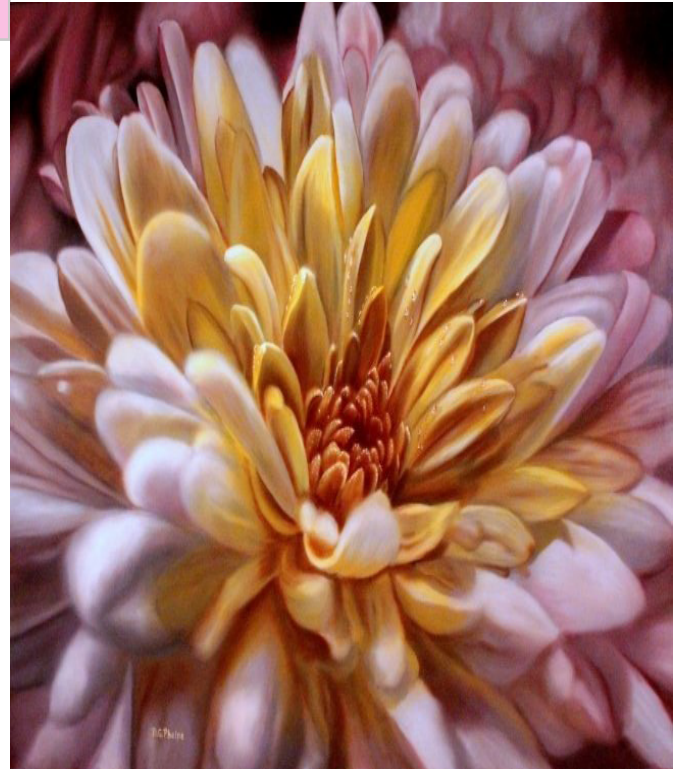
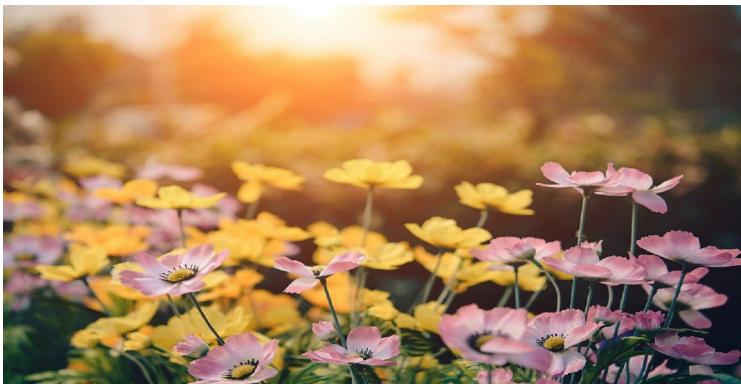
Are you struggling with money and debt? Do you think you may be a compulsive debtor? Then you have come to the right place. Debtors Anonymous can help you. We offer face-to-face, telephone, and virtual meetings,

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!



Checks & Balances and Website

Editor & Creative Director:	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.