



Sept. 2021

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

HOW THE ACADEMY AWARDS GOT ME INTO DA!!

IN 2006, I WAS WORKING AT THE SEATTLE-TACOMA INTERNATIONAL AIRPORT. I WAS A BAGGAGE HANDLER, MAKING \$12/HR. IT WAS DIFFICULT, GRUELING, PHYSICALLY DEMANDING WORK. BELIEVE IT OR NOT, I HAVE A BACHELOR'S DEGREE IN JOURNALISM, AND YET, HERE I WAS, WORKING A JOB BELOW MY SKILL AND EDUCATION LEVEL. SEE ANYTHING WRONG WITH THIS PICTURE? **NEITHER DID I!!**

DEBTOR AIRLINES
"WE UNDERVALUE OURSELVES!"

LET'S GO!!

my SHIFT WAS FROM 3 AM TO 1 PM. I WAS CONSTANTLY TIRED AND I **HATED** MY LIFE

DAVE, YOU HAD ENOUGH OF THIS SHIT?
YEAH, YOU?

YEAH. BUT I DON'T HAVE ENOUGH ENERGY TO KILL MYSELF. SEE YA TOMORROW

my EXHAUSTION LEFT ME TERMINALLY VAGUE. I HAD NO CLUE WHERE MY DAYS WENT, AND I HAD NO ENERGY TO LOOK FOR A JOB. BESIDES, WHAT ELSE WOULD I DO?

GOING TO THE MOVIES WAS THE ONLY THING THAT MADE MY LIFE TOLERABLE. WITH THE ACADEMY AWARDS RIGHT AROUND THE CORNER, I DECIDED TO GO SEE ALL FIVE ACADEMY AWARD BEST PICTURE NOMINEES. COULD I AFFORD IT ON MY WAGES? OF COURSE NOT! BUT WHO CARES?! MY LIFE SUCKED, I DESERVED IT, AND FRANKLY MY DEAR, I DIDN'T GIVE A DAMN ANYMORE!

WELCOME TO SHITTY!

ONE PLEASE (BALANCE \$17,000)
REAL BALANCE \$5,100
361 380015
VALID THRU 02/1
COBLENCE

THIS WAS BEFORE REAL-TIME BALANCE INQUIRIES. IT LOOKED LIKE I HAD MORE MONEY THAN I DID. I HAD NO IDEA WHAT WAS IN MY ACCOUNT, AND I DIDN'T CARE!

I WISH I KNEW HOW TO QUIT YOU

REGARDLESS OF WHAT IT COST ME, I FINALLY GOT TO DO THE ONE THING I'D ALWAYS WANTED TO DO: SEE ALL OF THE BEST PICTURE NOMINEES - AND MOST OF THE OTHER CATEGORIES - BEFORE THE LIVE BROADCAST. IT WAS NICE TO FINALLY ACHIEVE SOMETHING!!



YES!
BROKE BACK
FOR THE WIN!!



THE NEXT DAY, I CAME TO, AND THE THRILL WAS GONE. ALL I FELT WAS SHAME, STUPIDITY, HUMILIATION, EMBARRASSMENT, AND INCOMPREHENSIBLE DEMORALIZATION. I HAD CHASED A HIGH THAT HAD LASTED ONLY HOURS, AND LITERALLY HAD A HUGE TAB TO PAY. I DIDN'T EVEN KNOW WHAT IT HAD COST ME! IT WAS AT THAT VERY MOMENT THAT I FINALLY REALIZED THAT I WAS OUT OF MY DAMN MIND AND MY LIFE HAD BECOME UNMANAGEABLE!



I HAD BEEN SOBER FOR OVER 16 YEARS AND YET, HERE I WAS, HAVING THE EXACT SAME "MORNING AFTER" REMORSE. A FRIEND OF MINE IN AA HAD YEARS BEFORE MENTIONED D.A. SO I WENT TO THE LIBRARY TO USE THEIR COMPUTERS (WHO COULD AFFORD ONE? NOT TO MENTION THE COST OF INTERNET SERVICE). I FRANTICALLY LOOKED AT MY CHECKING ACCOUNT. I WAS \$261.00 OVERDRAWN. ALL SO I COULD GO SEE FIVE MOVIES. I LOOKED UP DA'S WEBSITE. THE NEXT DAY, I WENT TO A NOON MEETING IN DOWNTOWN SEATTLE.



EXCUSE ME...

LOOKING FOR A D.A. MEETING?

NO!!

I'M LOOKING TO JUMP OFF A DAMN CLIFF!!

YEAH...

I WALKED INTO A MEETING ROOM. THE GUY SITTING THERE WAS WAY TOO CALM TO HAVE EVER BEEN IN DEBT.



A FEW MORE PEOPLE SHOWED UP AFTER I DID. THEY ASKED ME TO READ THE 12 SIGNS OF A COMPULSIVE DEBTOR



NUMBER TEN: OVERWORKING OR UNDEREARNING

I WENT BACK A WEEK LATER, AND FOR THE FIRST TIME EVER, SAID...



MY NAME IS ED, AND I AM A DEBTOR. I HATED BEING THERE; I HATED BEING A DEBTOR. BUT I KEPT GOING TO MEETINGS, LIKE IT OR NOT. I EVENTUALLY REALIZED THAT I WAS A DEBTOR FROM DAY ONE, AND ALL I HAD TO DO WAS ADMIT IT TO START GETTING BETTER

I'D LIKE TO THANK DEBTORS ANONYMOUS, THE 12 STEPS, THE 12 TRADITIONS, MEETINGS, LITERATURE, MY SPONSOR, MY SPONSEE, SERVICE WORK, TELEPHONES, TEXTS, AND THE INTERNET, DOING MY NUMBERS, PRGS, AND ESPECIALLY MY HIGHER POWER, WITHOUT WHOM NONE OF THIS WOULD BE POSSIBLE... AND YOU KNOW, IF I MAY TAKE A MOMENT, THIS REMINDS ME OF THE TIME

OH NO... HE'S PONTIFICATING! WAS GOING TO PLAY HIM OFF ---



I DIDN'T RELATE TO A LOT OF IT. BUT THEN SOMETHING HIT ME - HARD!



taking jobs below your skill and education level...

WHAT THE... HOW DO THEY KNOW THAT?!!

I LITERALLY COULD NOT COMPREHEND THAT OTHER PEOPLE DID THIS TOO! I THOUGHT THAT I WAS ALONE.

AND THAT'S HOW THE ACADEMY AWARDS GOT ME INTO D.A.!



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



Amends

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/documents/monthly-prayer-september.pdf>

Subscribe
to Checks & Balances? Email
admin@socalDA.org to be put on the
email blast list with a link to

ACTION GROUPS

Declutter and Work at Home the DA Way on Zoom!.

Work at home in the company of other DA members.

Mondays 9:00 a.m. - 11:00 a.m. Zoom ID: 891 8553 7163 Password: gr8rewards

Thursdays 9:00 a.m. - 12:00 p.m. Zoom ID: 892 6286 5328 Password: Action

IMPORTANT ANNOUNCEMENTS

Please share with all your meetings

SEPTEMBER CALENDAR

Saturday, August 28

SoCal DA Newcomers

DA Newcomer's Orientation Learn more about the DA program and how it works in this 60 minute introduction intended for newcomers or returning friends.

Workshop: 4p.m. - 5p.m. Zoom ID: 811 6512 7592

Saturday, September 11

Burbank Workshop

The Business Plan Workshop Presented by Chris M. & the Alexander

The Business Plan Roadmap begins here...dedicated to our DA | BDA Fellows

A good business plan can help you clarify your strategy, identify potential roadblocks, decide what you'll need in the way of resources and evaluate the viability of your idea for a new business or personal DA | BDA journey.

Warning: This task will probably feel like an intense homework assignment. It will be ok, breathe through it for the reward is clarity...and isn't our recovery goal...financial sobriety...&...serenity?

Suggested donation \$12 No one turned away for lack of funds.

Contact Alexander: burbankworkshops@socalda.org

Registration: 12:45 p.m. Workshop: 1:00 p.m. - 3:00 p.m.

Zoom ID 447 695 7824 No password needed.

Saturday, September 18

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.

September 24, 25 & 26

SCDA Visions Retreat

2021 SCDA Visions Retreat - Voicing Your Vision: Staying Rooted in Recovery During The Pandemic

Three days (September 24, 25 & 26) Let your DA recovery and your visions support you during challenging times by listening to speakers, sharing in breakout sessions and creating vision boards!

Bring magazines, notebooks/journals, pens and your Higher Power!

Contact Lynda, Kathy & Sally at visionsretreat@socalda.org for more information

Registration Closes September 20th

Donation \$40 Please email proof of payment to visionsretreat@socalda.org

Saturday, September 25

SoCal DA Newcomers

DA Newcomer's Orientation Learn more about the DA program and how it works in this 60 minute introduction intended for newcomers or returning friends.

Workshop: 4p.m. - 5p.m. Zoom ID: 811 6512 7592

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

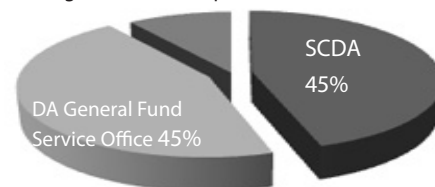
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email 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		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	OPEN	laworkshops@socalda.org
Publications	Grace L.	publications@socalda.org
Special Events	OPEN	events@socalda.org
Public Information	Peter S.	pi@socalda.org
At Large 1	Terhys	atlarge1@socalda.org
ISR	Jerome	igservicerep@socalda.org
Outreach	Sally Z	562-450-DEBT (3328)
Literature	Annie B.	vicechair@socalda.org
Parliamentarian	Lynda L.	

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.

VACANT SERVICE POSITIONS

If you are interested in performing SoCal DA Board Service, please contact David M. at chair@socalda.org.

DA Tool #11 Service

We perform service at every level:
personal, meeting, Intergroup, and
World Service.

Service is vital to our recovery.
Only through service can we give to others
what so generously has been given to us.



Photo Cred:
Grace L..

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. 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.