



Dec. 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

From The Editor's Desk...

Hello Everyone!

Just dropping a note of reflection.

I feel such abundance and chaos all at once.

Through the tools of the program and my PRG team, I gratefully started a new contract position this past week in a field that I have been visioning about.

As a recovering time debtor, I find myself struggling to manage my schedule. I want to do all the things I had been doing before the new position too.

I am faced with overwhelm, overcommitment, conflict and lack of sleep. My dis-ease is in full force with my fears, compulsions to abandon myself and people please running the show.

So, yes, I am powerless over my compulsions, my life is definitely unmanageable, and I know that a power greater than me can restore me to sanity. Awareness is the first step and have gratitude for it. I need to stay the course and get back to my Step 4 writing and weekly sharing with my sponsor. I am committing to do so. Thank you for listening/reading.

xo

Grace



STEP 11. SOUGHT THROUGH PRAYER
AND MEDITATION TO IMPROVE
OUR CONSCIOUS CONTACT WITH
GOD AS WE UNDERSTOOD HIM,
PRAYING ONLY FOR KNOWLEDGE
OF HIS WILL FOR US AND THE
POWER TO CARRY THAT OUT.

GRAPHIC BY:
MARINA M

Unexpected

The unexpected comes in many forms.

An unexpected challenge or obstacle.

An unexpected awareness or insight.

An unexpected gift or pleasure.

All unexpected,

All happen in God's way and in God's
time.

Blessings.

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

Gratitude

Gratitude unlocks the fullness of life.

It turns what we have into
enough and more.

It turns denial into acceptance,
chaos to order, confusion to clarity.

It can turn a meal into a feast,
a house into a home,
a stranger into a friend.

Gratitude makes sense of our past, brings
peace for today.

-Melody Beattie

Gratitude Corner

A very intimate and special gathering on
Oct. 9th

Thank you Eliana for taking us all
on a journey into
finding your higher power in DA.

Your view from Mexico was
engaging and spectacular.

What a wonderful world
zoom can make.

-Alexander, Burbank/LA Workshop Chair

Subscribe
to Checks & Balances? Email
admin@socialDA.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

NOVEMBER CALENDAR

Saturday, October 23

Los Angeles Workshop

The Miracle of a Vision Board in DA Take this opportunity to harness your vision and formulate them to a visual, tangible roadmap to make your dreams come true.

This tool becomes the catalyst for higher power to know and understand your wants and desires.

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, October 30

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, November 13

Burbank Workshop

The Power of a PRG This workshop is for you if you are looking for confirmation and assurance about the power of a Pressure Relief Group (PRG) Meeting and it being a part of the foundation to your road of financial recovery.

"When we work this program with integrity and to the best of our ability, one day at a time, a life of prosperity and serenity will be ours." – The Twelve Promises of Debtors Anonymous

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, November 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, November 27

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

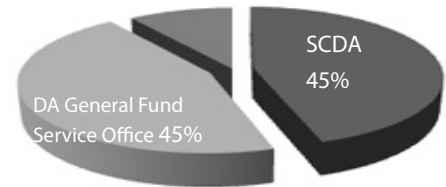
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email 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	OPEN	treasurer@socalda.org
Secretary	Amy G.	secretary@socalda.org
Resources	Tom K	resource@socalda.org
Meeting Liaison	Amy L	meetings@socalda.org
Programs/Workshops Burbank	OPEN	burbankworkshops@socalda.org
Programs/Workshops Los Angeles	Alexander	laworkshops@socalda.org
Publications	Grace L.	publications@socalda.org
Special Events	Kathy H.	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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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.