



Jan. 2022

# CHECKS & BALANCES

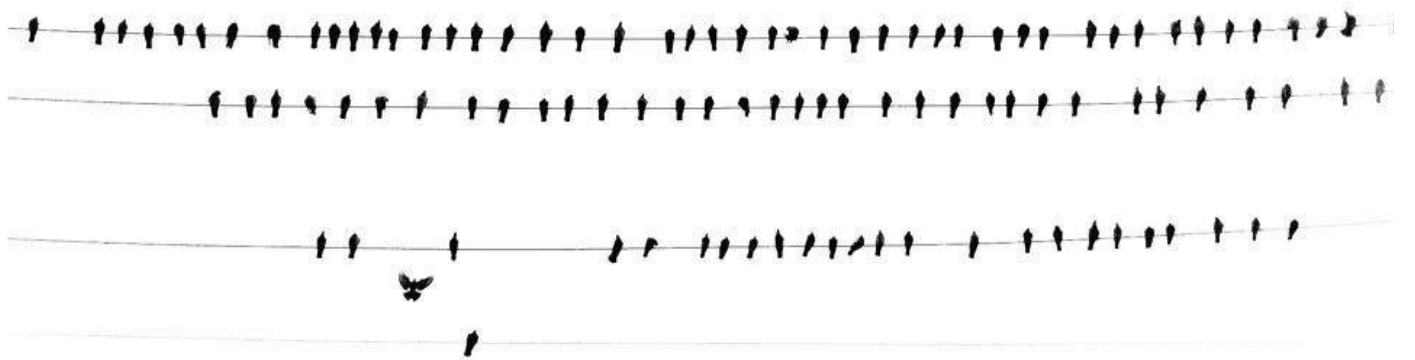
The Newsletter of Southern California Debtors Anonymous

Our primary purpose is to stop debting one day at a time and help other compulsive debtors to stop incurring unsecured debt




BDA Miracle Mile Speaker  
Betty

Sketch by:  
Jane B., Fairfax, CA



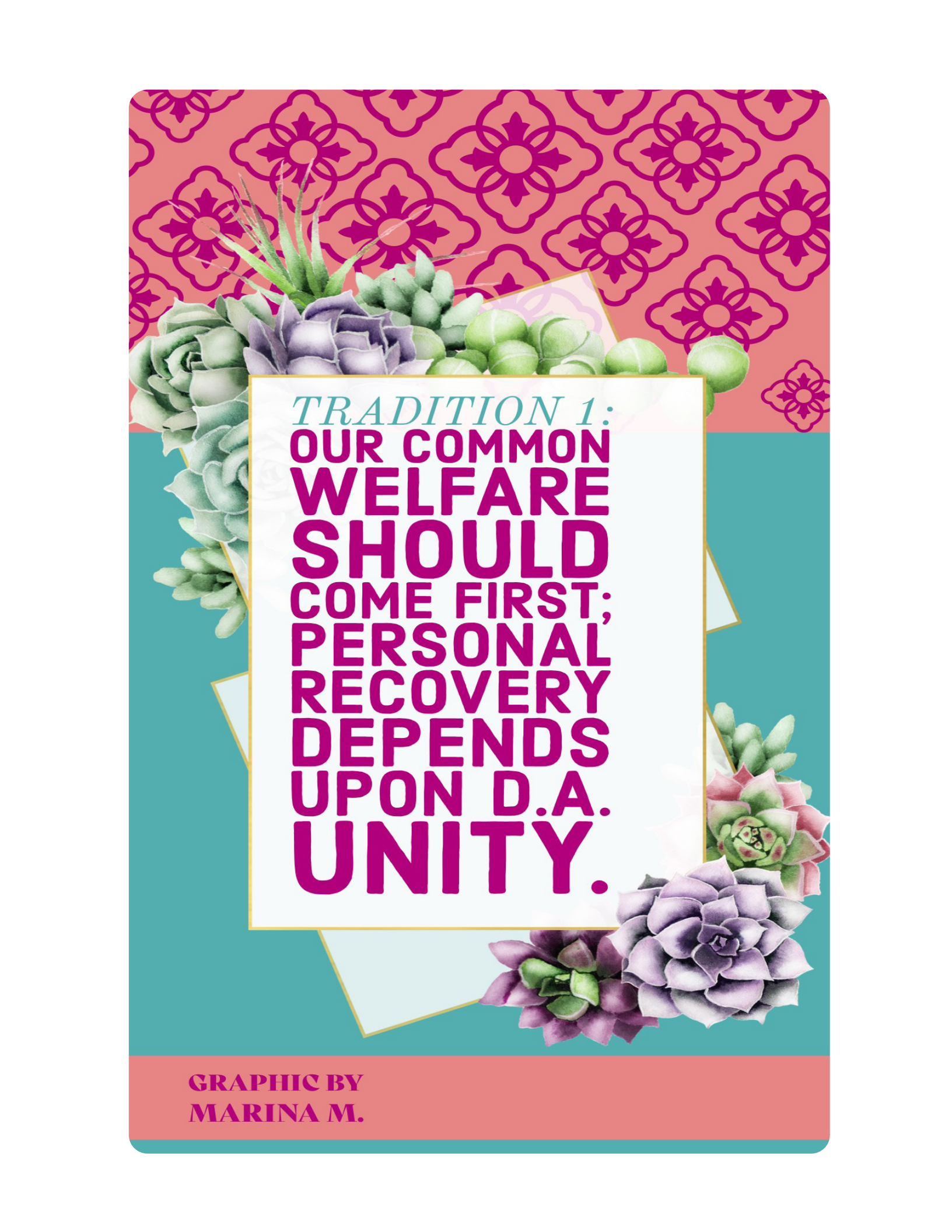
take flight...

photo © Alexander <sup>A.D.</sup>




**STEP 1. WE**  
ADMITTED WE WERE  
**POWERLESS**  
OVER DEBT—THAT  
OUR LIVES HAD  
**BECOME**  
UNMANAGEABLE.

GRAPHIC BY MARINA M.



*TRADITION 1:*  
**OUR COMMON  
WELFARE  
SHOULD  
COME FIRST;  
PERSONAL  
RECOVERY  
DEPENDS  
UPON D.A.  
UNITY.**

**GRAPHIC BY  
MARINA M.**



**TOOL 1: MEETINGS**  
**WE ATTEND**  
MEETINGS AT WHICH  
WE SHARE OUR EXPERIENCE,  
STRENGTH, AND HOPE  
WITH ONE ANOTHER.  
UNLESS WE GIVE TO  
NEWCOMERS WHAT WE HAVE  
RECEIVED FROM D.A., WE  
CANNOT KEEP IT OURSELVES.

GRAPHIC BY MARINA M.

**PROMISE 1:**  
**WHERE ONCE WE FELT DESPAIR,**  
**WE WILL EXPERIENCE A**  
**NEWFOUND HOPE.**



GRAPHIC BY MARINA M.

## 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



Photo Cred:  
Grace L.

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

Subscribe  
to Checks & Balances:  
Email [admin@socialDA.org](mailto:admin@socialDA.org) to be put  
on the email blast list with a link to  
each new issue.

# IMPORTANT ANNOUNCEMENTS

## Please share with all your meetings

### JANUARY CALENDAR

Happy 2022!

Saturday, December 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: 4:00 p.m. - 5:00 p.m. Zoom ID: 811 6512 7592

Saturday, January 8

Burbank Workshop

The DA Tools Game Make your New Year's Resolution now to start the New Year right! This a fun, recovery game played in small teams of 4 (or action buddy groups) for 30 days. 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.

Registration: 12:45 p.m. Workshop: 1:00 p.m. - 5:00 p.m.

Zoom ID 447 695 7824 No Password

Saturday, January 15

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, January 22

Los Angeles Workshop

Car Buying Car Leasing This workshop is for you if you are looking for a new car and don't know which path to take. You may not be able to lease or buy a car right away, but you will be better informed when you do.

Come join us! Suggested donation \$12 No one turned away for lack of funds.

Registration: 12:45 p.m. Workshop: 1:00 p.m. - 3:30 p.m.

Zoom ID 447 695 7824 No Password

Saturday, January 29

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: 4:00 p.m. - 5:00 p.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

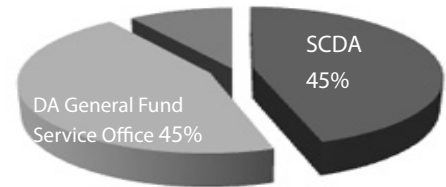
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to [resource@socalda.org](mailto:resource@socalda.org). Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email Tom K [resources@socalda.org](mailto: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](http://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	Heidi T.	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	Alexander	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](mailto: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.



### Checks & Balances and Website

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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](mailto: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.