



April 2022

CHECKS & BALANCES

The Newsletter of Southern California Debtors Anonymous

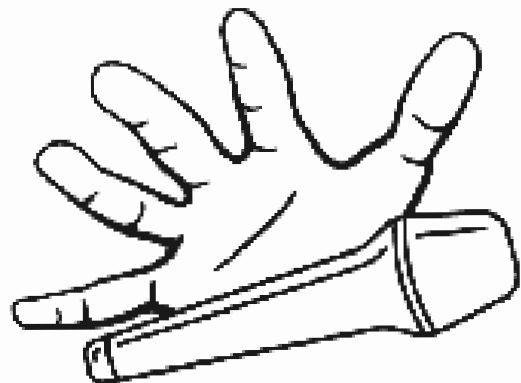
Our primary purpose is to stop debting one day at a time and help other compulsive debtors to stop incurring unsecured debt



Mike Drop That DA Recovery

One day at a time
D.A. keeps it sane for us
Solvency for life.

-Lynda L.



Untitled ClusterF of a Recovery Poem
-Michael B.**

I know...

What can I contribute to the flow of life?

What can I contribute to the flow of life Ha!
The creditors are circling head is pounding
Not wanting to answer the phone
Leave the mail in the box busy withering
Off the vine/

What can I contribute to the flow of life—
Instead of bleeding victimized and impoverished
Believing I am not fill in the blank, there isn't enough,
There are no miracles, just unsolvable problems
To figure out?

Can I contribute to the flow of life?
Well let's see, I can make coffee,
Raise my hand, say hello, read a little out loud,
Call my sponsor, follow suggestion,
Begin to trust.

What can I contribute to the flow of life?
To enjoy and be enjoyed, to celebrate
With flowers and trust, smiles and friendship
Giving of myself and receiving freely,
Happy, joyous, easy.

What can I contribute to the flow of life?
The energy and Connection to Source
The divine glow of being in my body
Willingness to serve and prosper
A part of the whole.

The background of the entire graphic is a vintage typewriter with a green plant in the background. The typewriter is a light green color with a black carriage and a white keyboard. The green plant has several large, pointed leaves. The background is a light pink color with a pattern of small, dark pink dots.

FOURTH STEP PRAYER

Higher Power, thank you for the willingness I have today to take an honest look at my life and myself. I want to be free.

Remove my self centered fear and replace it with humility,

Take my hand as I write about those things that are hardest for me. My heart is open, ready to be filled with your peace.

**SCDA LOS ANGELES PRESENTS
A VISION BOARD WORKSHOP ON ZOOM
RIGHT IN THE COMFORT
OF YOUR FAVORITE ROOM**

**Presented by Sally Z, who will help you to
tap into your creativity**

Questions? text/call 213.675.5222

**WHEN: SATURDAY, APRIL 23, 2022
FROM 1 TO 4PM (PST), please log in 12:45pm.
THIS WILL ENABLE YOUR DESIRES TO SOAR
ZOOM ID: 484 561 1921, Password R88wry**

Do you have a vision you'd love to see come true?

If so, this Workshop is for you!

ITEMS TO SECURE,

TO HAVE YOUR VISION SHOW UP EVEN MORE:

- **Foam core board or poster board – available at The Dollar Tree (or Staples, more expensive)**
- **Magazines of your choosing, approx. 5, or various computer images**
- **Glue sticks**
- **Scissors**

Suggested donation is \$12, but nobody will be turned away for lack of funds.

Please make donations to Venmo @ Sally-Zarefsky

Please note your donation is for this Workshop.

Thank you!



"DO DA DAY"

May 14, 2022

A Celebration of Debtors Anonymous

If you're a newcomer, returning member or an existing member, please join us for a day of recovery!!

**Speakers, sharing and writing
with a focus on the 12 steps**

**This is a special event with the funds raised going to
SO CAL DA Intergroup**

\$15.00 donation/venmo @ kathy-holland-28

From: 12 - 4 p.m.

Please contact Kathy H @ (310) 418-1078

Zoom information: 897 5963 0602/passcode: 884198

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

Recovery Happens

My recovery happens because -

Someone years ago was a debtor.

He and another debtor talked.

They gathered other debtors together,

To solve their common problem.

That group effort, commitment and focus -

Is why I find recovery today.

Alone I cannot recover.

But with my Higher Power and other DA members -

I can, and I do.

Blessings.

DATIG April Monthly Prayer

-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

IMPORTANT ANNOUNCEMENTS

Please share with all your meetings

APRIL CALENDAR

Saturday, March 26

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, April 16

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, April 23

Los Angeles Workshop

Vision Board Workshop on Zoom Right in the Comfort of Your Favorite Room If you have a vision you would like to have unleashed, please join us on Zoom, on Saturday, April 23, 2022 from 1:00p.m. - 4:00p.m PST for our Los Angeles SCDA Vision Board Workshop and see how your dreams can come true. Materials needed: Foam core board, 5 to 7 magazines or computer images, glue sticks and scissors.

Zoom ID 484 561 1921, Password R88wry.

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

Save the Date! May 14

Special Event/Fundraiser

Do DA Day A Celebration of Debtors Anonymous. If you're a newcomer, returning member or an existing member, please join us for a day of recovery! Speakers, sharing & writing with a focus on the 12 steps.

This workshop is a special event fundraiser with proceeds going to SoCal DA Intergroup.

Donation \$15 via Venmo @kathy-holland-28

For any questions, please contact Kathy H at (310) 418-1078

Workshop: 12:00 p.m. - 4:00 p.m.

Zoom ID 897 5963 0602 Password: 884198

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

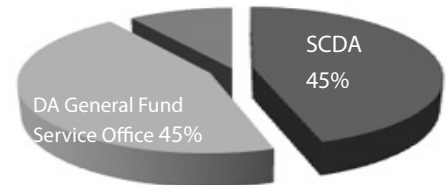
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to resource@socalda.org. Need someone for a PRG? Check out the list. Your Intergroup Rep should have one, or email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



Checks & Balances and Website

Editor & Creative Director:	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. 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.

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.