



May 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



-Krista B.

## Walking with You

Oh lord

Let me write

Let me light

Listen

And draw

Upon these simple tablets

My heart

My brain

My body

One heart

One mind

One soul

Oh lord

These days grow long

Though each morning

Everything is new

Walking with you

All is well

The birds soar and fly

Across the clear sky

*-Michael B.*





# SUGGESTED FIFTH STEP PRAYER

HIGHER POWER, AS I STEP INTO YOUR LIGHT, REVEAL TO ME THE  
**MEANING AND PURPOSE**  
OF MY COMPULSIVE DEBTING. I AM READY  
TO SEE AND TO BE SEEN. THANK YOU FOR  
GIVING ME THE STRENGTH TO  
OPEN MY EYES. AS I EMBRACE THE TRUTH  
OF MY LIFE, ALLOW ME TO  
RECEIVE YOUR ACCEPTANCE.

P. 34 OF "TWELVE STEPS STUDY  
GUIDE FOR D.A. AND B.D.A."

**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**

**STARTING SUN 9<sup>th</sup> JAN 2022**

**NEW IN PERSON  
BDA/DA**

**SUNDAYS  
9.30AM**

**NORTH WEDDINGTON  
RECREATION CENTER  
(outside in the park)  
10844 ACAMA ST  
CA91602**

**PLEASE  
BRING A  
CHAIR OR  
BLANKET TO  
SIT ON!**

**For more info:  
Lucy 415 283 9407 /  
Melody 347 463 6718**

## 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

### I Can Give

I can only give -  
What I already have.

I have recovery today -  
I can offer that experience to you.

I have found my Higher Power -  
I can share how I found mine.

I have hope and serenity -  
I can offer them as inspiration.

I can only give you what I have,  
God will help you find it for yourself.

**Blessings.**

DATIG May 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](http://socialDA.org)

# IMPORTANT ANNOUNCEMENTS

## Please share with all your meetings

### MAY CALENDAR

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

Saturday, 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

Saturday, May 21

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, May 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: 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

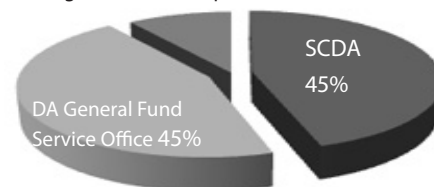
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to [resource@socalda.org](mailto:resource@socalda.org). Need someone for a PRG? Check out the list. Your Intergroup 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     | OPEN      | burbankworkshops@socalda.org |
| Programs/Workshops Los Angeles | Jacque S. | 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

|                             |          |                          |
|-----------------------------|----------|--------------------------|
| 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](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.