

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



-Krísta B.

www.socalDA.org P.O. Box 4596 Culver City, CA 90231 HOTLINE: (562)450-DEBT (3328)



Looking for a way to be of service? You are in luck! Available SoCal DA Board Positions:

- At-Large Person
- Treasurer
- Intergroup Service Rep (ISR)
- Burbank Workshop Chair
- Secretary

Sound interesting? Want more info?

Contact: David M. at chair@socalda.org

"Purely out of a desire to keep what I've been given, I try to focus on being of service in all areas of my life, inside and outside.

I have done and continue to do service for D.A. on all levels: personal, meeting, Intergroup, and World Service.

Service has been vital to my recovery. Service connected me to my HP and to my fellows.

Considering that my personal recovery depends on the survival of D.A., I always say "yes" to service."

-A Currency of Hope: An Underearner Discovers Real Recovery

Living Your Priorities Time Debting

I am Hedi, a debtor. For 14 years, I have heard the following statement read at one of my home meetings.

"For some of us, nothing threatens our DA recovery more than our fractured relationship with time. The purpose of this meeting is to apply the wisdom of the AA Big Book to heal our insanity so that we live lives filled with meaning and purpose. We may have different amounts of money in the bank account, but we all have the same 24 hours a day in our time account."

The Friday morning 7:30 am meeting is my constant companion whenever I slip into procrastinating or doing anything other than my priorities. Even now as I write this, the day after I made a commitment to do so.

For years, I arrived late, "forgetting" that traffic is always a factor when driving in LA. And parking, well, it's parking in LA.

"For your plan to work, every light would have to be green, and the phone would never ring". This is the last sentence of the 12 Signs of Time Debtor, which is read in the meeting.

This brilliant 1-hour Time Debtor meeting format is packed with 2 meditations, 10 minutes of writing, 2 readings from the AA Big Book and sharing!

But oh that 5-minute meditation, when late, the entry door would have a sign with something like "We are meditating for 5 minutes. Please wait outside".

So, I would sit on the steps, sometimes with others arriving late. And contemplate what I could do to get there earlier. Or just feel defeated. Making excuses.

When it's time to share, we were reminded, "if you arrived after the meeting started, it is suggested that you wait until all who arrived before you have shared if they choose".

So, I sat outside until the meditation was over, walked sheepishly in and then often did not get to share.

What I wanted to share was how being in DA, working the steps, having my sponsor, having PRGs and doing the actions, actually got me an amazing job. But I was constantly clocking in late, forgetting to clock out and in for lunch and the whole clocking thing was THE major source of strife. My manager had to sit me down and dress me down every 6 week pay period.

That was what it was like. For years!

Dealing with Time was a shortcoming with a history of abandonment/neglect issues as a child. Knowing that being early was a trigger for being alone, didn't solve my problem. Knowing that doing service for the meeting was.

But getting every Friday off was a big challenge. I would have to ask the same manager who was on my case to give me Fridays off.

So, I decided to do service. Setting up. Greeting. And ultimately, Secretary!

And my manager was accommodating!

But in life, things do happen. And the fellows in my meeting were there when I could not be. This is a program that starts with the word We.

Our meeting is on Zoom now 814 8491 5501 password SUCCESS

https://us02web.zoom.us/j/81484915501?pwd=Nk5Wb1VZYlExb3VLeVJxeE5ZM UpBdz09

Please join us, even if you are late. Someone will be there for you.

Step 6 Prayer

Higher Power, Ready me to release my attachment to my character defects. I pray that you multiply my faith daily. I trust that in this moment you are clearing the path for me to inhabit a new way of being.

Sixth Promise of DA

Isolation will give way to fellowship;

faith will replace fear.

Doing Numbers THE DA WAY!

Saturday, June 25th, 2022 1:00pm - 4:00pm PST

This PANEL & WORKSHOP will include various WAYS and METHODS of record-keeping, keeping your numbers, and sample templates.

Need help with your Personal or Business numbers? Confused? Need help? This workshop is for you!

Panelists will share their ESH!

Suggested Donation: \$12 Scholarships available. No one will be turned away for a lack of funds.

REGISTER HERE: https://bit.ly/NumbersWorkshop

Join the WhatsApp Numbers Group to share ESH: <u>https://chat.whatsapp.com/GO14wfdDpJT36lm1cyD</u> <u>MOe</u>

For more information, please contact LA Workshop Chair Jacquie S. at: laworkshops@socalda.org

THE DA TOOLS GAME

Saturday, July 9th, 2022 11:00am - 3:00pm PST

This FUN 30-Day Workshop begins on July 9th lead by Chris M.!

Learn how to use DA Tools by playing this recovery game!

Once Saturday's workshop is over, the game continues in teams of 4 (a.k.a. "action buddy groups") for 30 days!

Feeling isolated? Under-earning? In debt? Join us to learn DA solutions!

Suggested Donation: \$12 Scholarships available. No one will be turned away for a lack of funds.

REGISTER HERE: <u>https://bit.ly/RegisterDATG</u>

For more information, please contact LA Workshop Chair Jacquie S. at: laworkshops@socalda.org

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

One At A Tme...

Thank you God, I only need to be in one moment at a time, for that is all I can manage right now.

Thank you God, I only need to take one action at a time, for that is all I can do right now.

Thank you God, I only need to live one day at a time, for that is all I can think about right now.

Thank you God, for being with me, in this moment, taking this action, and on this day.

DATIG June 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: socalDA.org

IMPORTANT ANNOUNCEMENTS Please share with all your meetings

JUNE CALENDAR

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

Saturday, June 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.

Saturday, June 25

Los Angeles Workshop

Doing Numbers, The DA Way This PANEL & WORKSHOP will include various WAYS and METHODS of record-keeping and keeping your numbers, as well as sample templates. Need help with your Personal or Business numbers? Confused? Need help? This workshop is for you! Panelists will share their ESH! Workshop: 1:00 p.m. - 4:00 p.m. REGISTER HERE: <u>https://bit.ly/NumbersWorkshop</u> Suggested Donation: \$12 Scholarships available. No one will be turned away for a lack of funds. Join the WhatsApp Numbers Group to share ESH: <u>https://chat.whatsapp.com/GO14wfdDpJT36lm1cyDMOe</u> For more information, please contact LA Workshop Chair Jacquie S. at: laworkshops@socalda.org Zoom ID 897 5963 0602 Password: 884198

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Saturday, July 9

Los Angeles Workshop

THE TOOLS GAME! This is a FUN, 30-Day Workshop that begins on July 9th lead by Chris M.! Learn how to use DA Tools by playing this recovery game! Once Saturday's workshop is over, the game continues in teams of 4 (a.k.a. "action buddy groups") for 30 days! Feeling isolated? Under-earning? In debt? Join us to learn DA solutions! Workshop: 11:00 a.m. - 3:00 p.m. REGISTER HERE: <u>https://bit.ly/RegisterDATG</u> Suggested Donation: \$12 Scholarships available. No one will be turned away for a lack of funds. For more information, please contact LA Workshop Chair Jacquie S. at: laworkshops@socalda.org

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 <u>http://socalda.</u> org/events/

Speaker MP3 Podcasts Available at: <u>http://socalda.</u> <u>org/category/podcast/</u> 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 <u>http://socalda.org/meetings/?tsml-day=any</u>

Phone & Internet Meetings

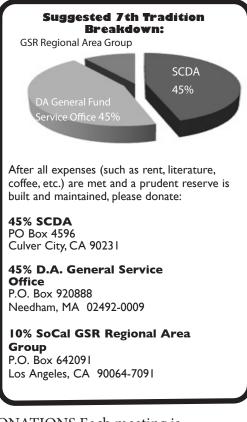
Phone meetings are linked here: <u>http://socalda.org/phone-meetings/</u> Internet/Virtual meetings are linked here: <u>virtual-meeting-guide-link</u>

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 <u>resource@socalda.org</u>

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



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: <u>www.</u> <u>debtorsanonymous.org/eNews</u>

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
Vice-Chair Office Ops	Annie B.
Treasurer	OPEN
Secretary	OPEN
Resources	Tom K
Meeting Liaison	Amy L
Programs/Workshops Burbank	OPEN
Programs/Workshops Los Angeles	Jacquie S
Publications	Grace L.
Special Events	Kathy H.
Public Information	Peter S.
At Large 1	OPEN
ISR	OPEN
Outreach	Sally Z
Literature	Annie B.
Parlimentarian	Lynda L.

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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 BOARD SERVICE POSITIONS

At-Large Person, Treasurer, Intergroup Service Rep (ISR), Burbank Workshop Chair & Secretary

If you are interested, 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.



David S.

Checks & Balances and Website

Editor & Creative Director: Meeting List Editor: Webmaster:

Grace L. Amy L. Benno publications@socalda.org meetings@socalda.org 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.