

August 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

## Roger and Emily's Debt Free Trip to Italy



PROMISE 4. We will begin to live a prosperous life, unencumbered by fear, worry, resentment, or debt.

PROMISE 12. We will recognize a Power greater than ourselves as the source of our abundance. We will ask for help and guidance and have faith that they will come.

I have been thinking about these promises as my fiancé and I traveled to Italy recently just weeks before our upcoming wedding.

-Roger D.

Story & Drawings Continued on Pages 3-5



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](mailto: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*

## Roger and Emily's Debt Free Trip to Italy

(Continued from Page 1)



What business did I have spending my travel money, even though it was money that I had saved for years, to go on an expensive vacation prior to my wedding, not the honeymoon, just a trip to see my daughter. The fears were intense as Covid was rearing its ugly head again and family members from across the country were making their plans to come to Los Angeles for our wedding. What if either of us got sick and had to cancel the wedding? Worse, what if we got sick at my unvaccinated daughter's house and had to carry those resentments between us? What if we just got sick on the airplane because people were not masking and eating together in a crowded interior location? The fears were intense, and they were not unfounded.

“Unencumbered by fear” ...to me this means that we live with fear. We don't live in a bubble; however, fear does not dictate our actions. We have fears - we use those fears to take adequate precautions and we allow ourselves to have the prosperity that has been promised to us by our higher power. I had the money; we took the precautions, and we thoughtfully and carefully had a prosperous trip and a wonderful debt-free visit with my daughter and my son-in-law in Italy.



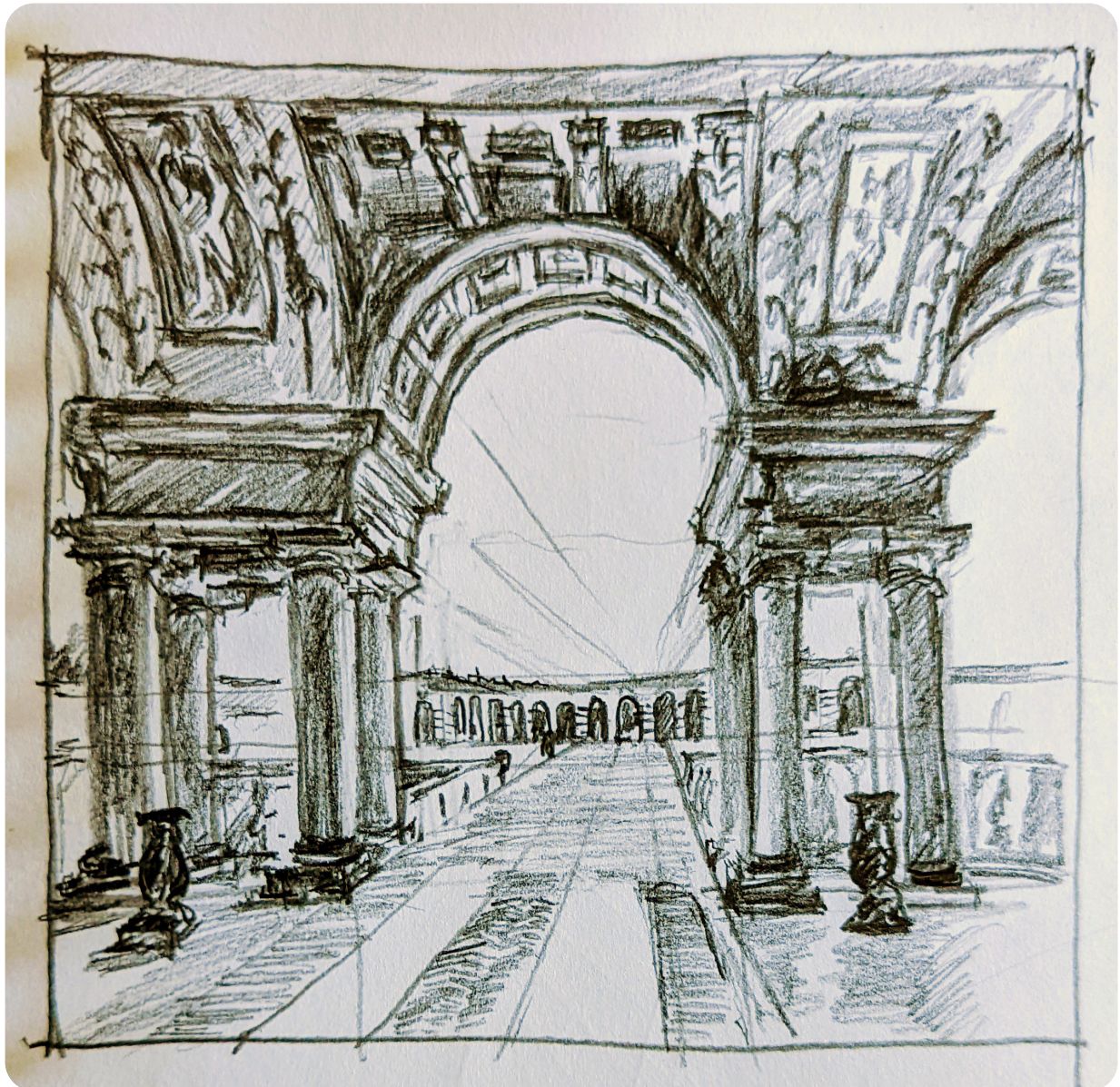
I prayed and asked god for help on a daily basis. I asked god for help with everything I did all day long. I wonder if god thinks I am a bit of a cry baby? I ask god for help with everything - my video games, my relationships, my art projects, my daily plans, and my sore throat. I guess I never really stop talking to god. God must have been with us every step of the way. He/she is listening and sees that we live in abundance, including travel, a wedding, (a honeymoon too) and the means to do so without debting.

However just as anyone that gives, I believe the reason that god promises and delivers abundance is gratitude. I try to live by that. Gratitude is my hourly thank you to god for everything he/she does for all of us. There is so much to be grateful for and I can never find a time when I am not grateful for something, the air we breathe, our existence on this planet, the colors in the sky and our natural

Gratitude is the daily key to living with abundance and prosperity in our lives. I know when I am thanked for my efforts, and I have given time and energy it feels like that effort is worthwhile and I am willing to give again. And when I feel taken for granted and ignored the resentments start to build. Gratitude can be hard to find somedays when I am tired, or grumpy, or fearful. But practicing is all that is necessary and just like trying to speak Italian from a translation app, the effort is appreciated.

In gratitude to HP for DA and my fellow travelers,

- Roger D





**Step 8: made a list of people we had harmed and became willing to make amends to them all.**



**8th Promise of DA**  
**We will cease to compare ourselves to others; jealousy and envy will fade.**

**SoCal DA - Los Angeles Workshops  
Proudly Presents ...**

**SHOW "BUSINESS"  
Working & Creating  
In Entertainment  
The DA Way!  
(Panel)**

**Saturday, September 24, 2022  
11:00 AM - 2:00 PM  
(Pacific Time Zone - Los Angeles)**

**WHAT IS SHOW BUSINESS - WORKING & CREATING IN THE ENTERTAINMENT BIZ  
THE DA WAY?**

This is a PANEL of DA fellows who work in areas of Film, Television, and Music who will share their ESH on staying connected to the program, the Tools & Promises of the DA program while following their dreams and visions!

Do you work in the Film, Television, Music Business? This workshop is for you!

Need help with staying connected to the DA program? This workshop is for you!

Are you hitting roadblocks in your DA program? Join us to learn DA solutions!

**INSTRUCTIONS:**

**Step #1:** To get the ZOOM link, REGISTER here: <https://bit.ly/ShowBusinessWorkshop>

**Step #2:** The ZOOM link will be emailed to registered participants the day before and during the workshop.

Register before the workshop begins - there may be a delay if you wait!

**Step #3:** The ZOOM Room will open at 10:30AM (PT).  
The workshop will start @ 11:00 AM (PT) sharp!

**Suggested Donation: \$12**  
Scholarships are 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](mailto:laworkshops@socalda.org)



**save the Date**

**Southern California Debtors Anonymous  
Presents**

**The Visions Retreat**

**October 7 - 9, 2022  
Via Zoom**

**More will be revealed!!!**

**Contact information:  
Kathy H (310) 418-1078 or  
kathy.holland22@gmail.com**



## 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

### With Gratitude

**Higher Power,  
it is with gratitude I thank those who share  
their time, their understanding  
and their experience, strength and hope  
with me, and others so we may recover from  
compulsive debting.**

**It is through the efforts of all who came before,  
and those who, right here, right now  
continue the work which makes recovery  
possible.**

**Blessings.**

DATIG August 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

### AUGUST CALENDAR

Saturday, July 23

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

Saturday, September 24

Los Angeles Workshop

SHOW "BUSINESS": Working & Creating in the Entertainment Biz THE DA WAY! A PANEL of DA Fellows in Entertainment (Film, TV, Music) give their ESH on staying connected to the program, Higher Power, and the Tools & Promises of the DA program while following their dreams and visions!

Workshop: 11:00 p.m. - 2:00 p.m. REGISTER HERE: <https://bit.ly/ShowBusinessWorkshop>

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

Join the WhatsApp LAWORSHOPS Group to share ESH:

<https://chat.whatsapp.com/IJSx5ShgAn55qwgmkD4BbK>

Join the WhatsApp SHOW BUSINESS Group to share ESH:

<https://chat.whatsapp.com/L8NDvqgcS0GDexufhRfSHn>

For more information, please contact LA Workshop Chair Jacquie S. at: [laworkshops@socalda.org](mailto:laworkshops@socalda.org)

SAVE THE DATE! Oct. 7-9

Visions Retreat

SAVE THE DATE! Southern California Debtors Anonymous presents The Visions Retreat Weekend of October 7th-9th via zoom

More will be revealed.

Contact information: Kathy H (310) 418-1078 or [kathy.holland22@gmail.com](mailto:kathy.holland22@gmail.com)

# 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

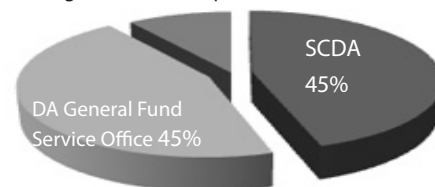
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to [resource@socalda.org](mailto:resource@socalda.org). Need someone for a PRG? Check out the list. Your Intergroup 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	OPEN	treasurer@socalda.org
Secretary	OPEN	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	Jacquie 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	OPEN	atlarge1@socalda.org
ISR	OPEN	igservicerep@socalda.org
Outreach	Sally Z	562-450-DEBT (3328)
Literature	Annie B.	vicechair@socalda.org
Parliamentarian	Lynda L.	

## 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.

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.

## 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.



-NASA

### 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.