

September 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



*-Heidi T.*



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*



## G.S.R.

*-Larry V.*

Thinking this morning about the annual GSR conference that would be happening again soon in a couple of weeks brought up a few great memories I have of being a GSR and attending the WSC (World Service Conference) back in (I believe) 2007 and 2008.

My life was pretty simple back then. I was pretty broke and very underemployed; what little work I did have was mostly of the underearning variety. Still, I was determined to somehow “figure this out” so I went to a lot of meetings. After all that’s what I did in AA and somehow, I managed to stay sober for almost ten years despite doing very little work in that program. (And by work, I mean step work - the kind that reveals who I am, what’s eating me and gives me a chance to get past what this person or that person did to me. That I wasn’t interested in. Actually, I was interested in it but the thought of really getting honest was too scary for me along with a lot of fear. I was very ashamed of well...pretty much everything.)

I did though learn that by doing service I could make friends and even impress some people with what “a good program” I worked. I was really good at keeping people at an arm’s length (at least) away and continuing what my ex-girlfriend referred to as my song and dance - “just ask him a question and watch him and watch him sing and dance.” I was not only a world champion liar but also an underearner with very little self-esteem. My lying while frequently amusing did very little other than keep me what I then thought was safe. (If I was incapable of doing anything than no one would have any expectations of me. Therefore, I could continue to fly under the radar and really not mess up anything too badly. The fear of getting in trouble or made fun of was way deep in me.)



Anyhow I showed up in DA the same way - with my people pleasing intact. There was a regular Sunday night meeting I attended filled with artists, actors, writers and really some of the nicest outcasts ever. I loved it. Amongst them was a particular woman I was pretty crazy about but very scared to approach in any kind of an honest manner. The fear of rejection walked hand-in-hand with my less than zero self-esteem. I didn't know what to do. I asked some people, my sponsor included, and he suggested being honest which I felt was pretty extreme and completely out of the question.

Then opportunity struck. The group's GSR had to have some surgery, so they'd be unable to attend the conference and they needed a replacement. Seeing this as my golden opportunity to show everyone what a great guy I was (especially the girl) I volunteered. Everyone was shocked and really happy (probably because it meant that they wouldn't have to go). What a great guy I am and what a great idea to impress everyone with. Some people wanted to know if I could take the 4 or 5 days off from work. I said it wouldn't be a problem. I honestly couldn't remember the last time I actually had work 4 or 5 days IN A ROW.

The official GSR told me they'd mentor me regarding what to do when I got to the conference which was just a few weeks away. They were a bit of an underlearner themselves and their advice to me was "Don't get stuck on any committees." I liked this plan a lot which was starting to look like a free vacation - something I could really use.

When I got to Dallas for the conference, I was looking forward to meeting new people, taking lots of notes to report back to my group and spending a lot of time by the pool. The first day was great - and by great, I mean breakfast, lunch, some meetings, and lots of people to joke around with.





Then something terrible happened. It was time to go to work - different groups (literature committee, resource development committee) were meeting in different conference rooms to discuss and plan the next year's business for DA. I kept thinking what my mentor told me, "Don't get on any committees" which was starting to sound only about half good to me cause I kept thinking about the swank room I was getting to stay in and all the free food.

It started occurring to me that my group, my friends had all contributed a bunch of money to send me here and the thought of just lounging by the pool was not sitting all that well with me. Somebody asked me if I was doing anything and would I mind helping by delivering boxes of supplies (pens, clip boards, etc.) to the different conference rooms? Sure, I could do that which I did.

As soon as I dropped off the last box in the last office, a terrible thing happened. Someone shut the door and the meeting was about to begin. Oh no! I thought I'm trapped. I was too embarrassed to just walk out so I figured I'd hang, listen, and take some more notes for my report (which I was really hoping to crack everybody up with). The acting secretary announced that we were gonna have elections to delegate the different positions needed to get the group up and running. "Don't join any committees" that was my mantra, and I was sticking to it.

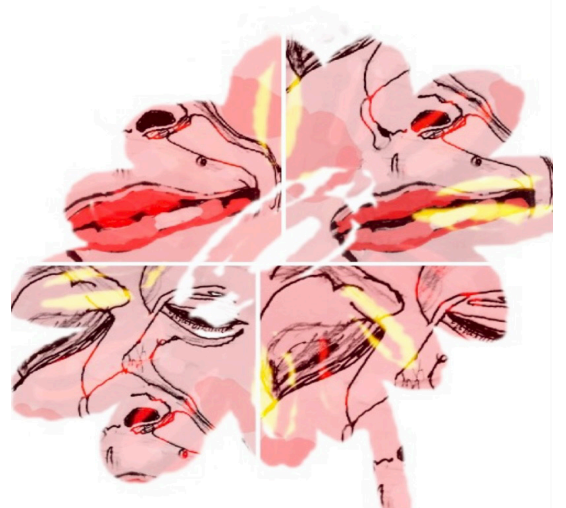
Then something odd happened. No one was volunteering for anything. it was getting tense inside of me. Someone suggested we pray and then meditate for a few minutes. Okay we all said - sounds good. While we were meditating another little voice showed up in my head and this one said, "Really? You're not gonna do ANYTHING? Just sit around by the pool and take advantage of yet another situation?" I'd been doing that my whole life. If no was an option, then no was what I was gonna pick. I was getting scared.



When we were done meditating the chairperson asked if anyone would like to be the recording secretary. I don't know what happened, but my hand shot up and the most awful words I'd ever spoken came out of my mouth... "Sure, I could do that." Now I was really trapped. I got through the meeting, and it was ok. All the other commitments got filled. Everyone was really nice, and we got a bunch done.

Rather than feeling trapped I was feeling pretty good because I said okay to helping. I decided to go for a run. When I got back to the hotel, I ran into a few people I'd met at breakfast who asked me how I was doing. I said I felt really clean. And I did. I felt really clean because for once in my life I really felt like I had shown up not just for myself but for some other people too - for DA.

The rest of the conference was great. I got to do a bunch of work and service. Even though much of it was exhausting I felt really good about myself and knew that when I returned to LA I could really show up at my group, give my report and know that I had really done the job I was sent to do. I could tell the truth and not just go into that old song and dance just to make everyone like me. I liked me.



## Higher Power

*-L.P.*

Five years ago, a new boyfriend humorously commented that my beige underwear looked like it was government-issued.

So, I bought a few new pairs that were prettier.

After the relationship ended, the practical pairs saw heavier rotation.

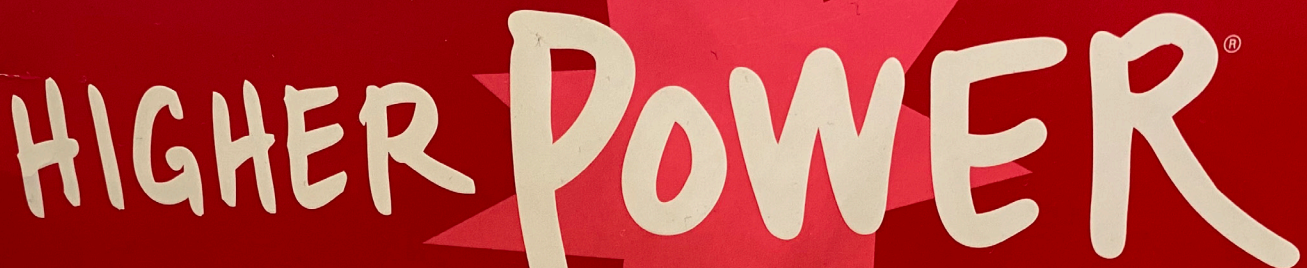
My underwear was under being.

Thanks to program, I tossed them.

My action group hearted my announcement text.

As I walked into the store to buy new underwear, I pulled out my phone so I could snap a photo for the group.

I looked up from swiping my camera open; right in front of me was...

The logo for 'Higher Power' is displayed on a dark red background. The words 'HIGHER' and 'POWER' are written in a white, bold, sans-serif font. A large, stylized red starburst graphic is positioned behind the word 'POWER'. A registered trademark symbol (®) is located at the top right of the letter 'R' in 'POWER'.

HIGHER POWER®

## Step 9

Made direct amends to such people wherever possible except when to do so would injure them or others.



The 9<sup>th</sup> Promise  
of DA



Acceptance  
and gratitude  
will replace  
regret, self-pity  
and longing.



**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)



## Amends

God, sometimes I speak,  
not stopping to hear  
the sound or effect.  
But with your help,  
I pray for humility,  
And make heartfelt amends.

Blessings.



## **SCDA Visions Retreat 2022 Fundraiser**

**October 7 – 9, 2022  
Via Zoom**

**Expore areas of Spiritual, Personal Growth and  
Visions using the DA Program  
Sometimes Quickly, Sometimes Slowly**

**Join Us Via Zoom  
Speakers, Breakout Rooms, Fellowship and  
Vision Boards**

**Cost for Weekend: \$40  
Payment via Venmo:  
kathy-holland-28**

**For more info and pre-registration, contact:  
Kathy H at (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

## 9th Tool of DA Awareness

**We maintain awareness of the danger of compulsive debt by taking note of bank, loan company, and credit card advertising and their effects on us.**

**We also remain aware of our personal finances in order to avoid vagueness, which can lead to compulsive debting or spending.**

*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

### SEPTEMBER CALENDAR

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 17

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, September 24

Los Angeles Workshops

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 LAWWORKSHOPS 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: [lawworkshops@socalda.org](mailto:lawworkshops@socalda.org)

Saturday, September 24

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.

Friday, Saturday & Sunday, Oct. 7-9

Visions Retreat

SCDA VISIONS RETREAT 2022 FUNDRAISER Weekend of October 7th-9th via zoom

Explore areas of spiritual, personal growth and visions using the DA program.

Sometimes Quickly, Sometimes Slowly.

Cost for weekend: \$40 Payment via venmo: kathy-holland-28

For more info and pre-registration, contact: 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

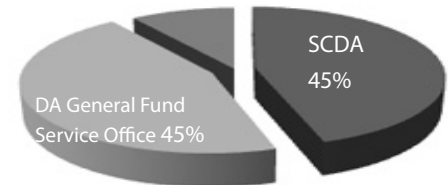
Intergroup maintains a resources list, updated regularly. Members who wish to add themselves as speakers, or sponsors, or will take outreach calls, or give PRG's, please send email requests to [resource@socalda.org](mailto:resource@socalda.org). Need someone for a PRG? Check out the list. Your Intergroup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



-Grace L.

### 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.