

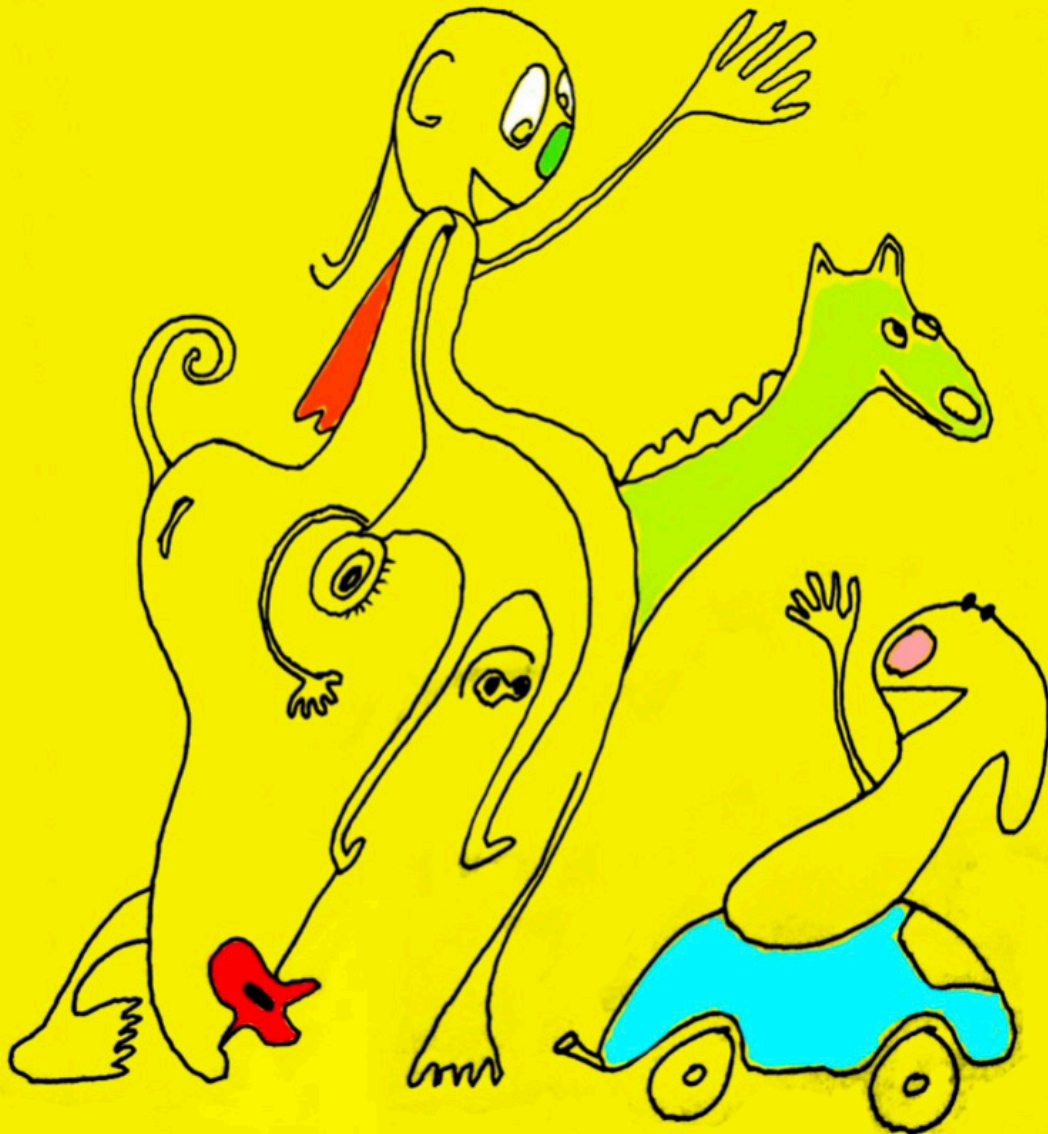


Oct 2022

CHECKS & BALANCES

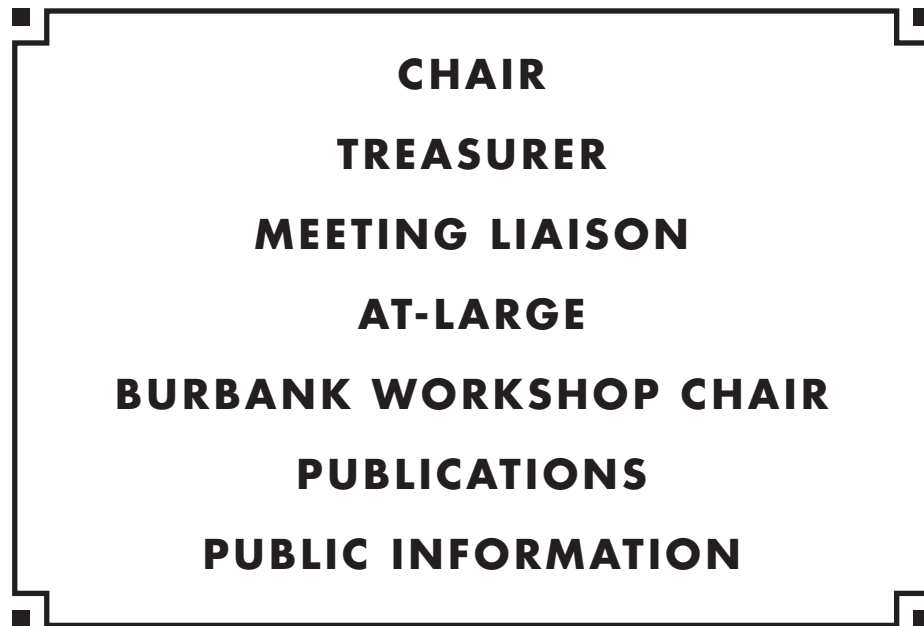
The Newsletter of Southern California Debtors Anonymous

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



Service Board Positions Available!

As of August 20, 2022 the following positions are available:



They are two year commitments, but you'd be coming in mid-term so it would be shorter.

• • •

Positions require that you attend the Service Board and Intergroup Meetings every 3rd Saturday of the month.

The Meetings start at 9am and 11am respectively.

Both meetings are 90 minutes long.

• • •

Go to → <https://socalda.org/bylaws/>
for a description of the positions.

Questions contact → David M (310) 474-4484

GRACE IS

Bonjour, mon Dieu! I am grateful for waking up alive this soft-gray, August dawn and waking up alive next to Tanya and Serrana.

I feel so grateful for the easy coolness drifting in through my bedroom window this morning. I feel grateful for the traffic sounds in the street below and even grateful for the sounds of the rotor-wash of the ubiquitous helicopter hovering in the LA sky above our building.

And I feel grateful for my focus on grace this morning and what it has come to mean to me.

To begin with, I see grace as God's gift always everywhere waiting only for my willingness to receive it.

I believe that the Third Step is about grace. I see grace as not only God answering my prayers when I receive what I asked for, but grace is also the gift of the tools of recovery and being able to use them to deal with not getting what I asked for.

Grace is my experience of time. There is God's time and there is my time. When they completely coincide, I feel myself in a place of grace and when they don't, grace is in refinding (recovering) my willingness to surrender my time to God's time.

Grace is what I swim in when I surrender my willfulness to my Higher Power's dream for me. Grace is in accepting that my disease gets up each morning well before I do and that, when I remember, I can ask God to get into my head before I do, before my feet hit the floor.

Grace is the gift of opening myself to not knowing and yet having faith which I see as the belief in a grace of things not seen.

Grace is a place, a state of being, an action. Grace is accepting that I am exactly where God wants me to be.

Grace is never hurrying, but rather moving through time much as a swimmer flowing with the stream of God's will or maybe it's more that time is moving through grace.

Grace is unearned, divine guidance. Grace is all abundance and grace is the ability to embrace disappointment as a beginning, not an end. And grace is the ability to deal with receiving that which I asked God for.

Grace presents itself, but doesn't insist. Grace doesn't stop. Grace persists.

Wally

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

SoCalDA.org

**STEP 10
CONTINUED TO TAKE
PERSONAL INVENTORY AND
WHEN WE WERE WRONG
PROMPTLY ADMITTED IT.**



**10TH PROMISE OF DA
WE WILL NO LONGER FEAR THE
TRUTH; WE WILL MOVE FROM
HIDING IN DENIAL TO LIVING
IN REALITY.**



2022 SCDA Visions Retreat

Sometimes Quickly, Sometimes Slowly:
Exploring Your Vision with Your Higher Power

Join us October 7, 8 and 9

Via Zoom

Speakers, Breakout Rooms, Fellowship and Vision Boards

\$40.00 Registration Fee

Payment via Venmo @ kathy-holland-28

For more information, please contact Kathy H at **(310) 418-1078**

Or email Kathy at events@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



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

OCT CALENDAR

Saturday, September 24

Los Angeles Workshop

Show Business Working and Creating in Entertainment The DA Way! 11:00AM-2:00PM (Pacific Time Zone)
Register at <https://bit.ly/ShowBusinessWorkshop> to get ZOOM link to registered participants. ZOOM link will be emailed the day before (and during) the event. Register before event as their could be delays. The ZOOM room will open at 10:30AM (PT). The workshop will start@11:00AM(PT) SHARP! Suggested donation \$12 (No one will be turned away for lack of funds)

Saturday, October 7-9

2022 Visions Retreat

2022 SCDA Visions Retreat Sometimes Quickly Sometimes Slowly:Exploring Your Vision with Your Higher Power (Via Zoom) SPEAKERS,BREAKOUT ROOMS,FELLOWSHIP and VISION BOARDS
\$40.00 Registration Fee- Payments via Venmo @kathy-holland-28 Questions? please contact Kath H at (310) 418-1078 Or email Kathy at events@socalda.org

Saturday, October 22

Los Angeles Workshop

Holidaze Solvency and Spending The DA Way (Panel and Workshop) 11:00AM-2:00PM (Pacific Time)
WHAT IS "HOLIDAZE" SPENDING? Black Friday and Cyber Mondays make you sweat and cause your heart to skip beats? This workshop is for you. You and your spouse arguing about holiday spending? Join us to learn DA solutions! and more... register at <https://bit.ly/HolidaySolvency> to get ZOOM link to registered participants. ZOOM link will be emailed the day before (and during) the event. Register before event as their could be delays. The ZOOM room will open at 10:30AM (PT). The workshop will start@11:00AM(PT) SHARP!
Suggested donation \$12 (No one will be turned away for lack of funds)

Any LA Workshop questions can be answered by emailing 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 <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:

SCDA
45%

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.

Proudly Presents...

HOLIDAY SELF-CARE

Self-care strategies

for the Holiday Season

The DA Way!

(Workshop)

Saturday, NOVEMBER 12, 2022

11:00 AM – 2:00 pm

(Pacific Time Zone - Los Angeles)

WHAT IS HOLIDAY SELF-CARE - Remembering the ME in MERRY! Self-care strategies to bring your best self to the holiday season THE DA WAY?

- The holiday season is called “the most wonderful time of the year”. But with the stress of finances, business, family, food, travel, and holiday events we can easily lose sight of what’s most important - OURSELVES.
- Our workshop moderator will share their experience, strength, and hope with TOOLS and METHODS of SELF-CARE to survive and thrive peacefully while connected to the DA program during the Holiday Season and into the New Year!
- Need help with staying connected to the 12 Steps during the holidays? **This workshop is for you!**

INSTRUCTIONS:

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

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

SoCalIDA.org

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	Jacque S.	laworkshops@socalda.org
Publications	Larry V.	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

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

Chair, Treasurer, Meeting
Liaison, Burbank
Workshop Chair, Public
Information

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:	Larry V	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.