



# CHECKS & BALANCES

Nov 2022

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



[www.socalDA.org](http://www.socalDA.org) P.O. Box 4596 Culver City, CA 90231

**HOTLINE: (562)450-**

**DEBT (3328)**

# Service Board Positions Available!

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

Chair  
Treasurer  
Meeting Liaison  
Burbank Workshop Chair  
At-large  
Public Information

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.

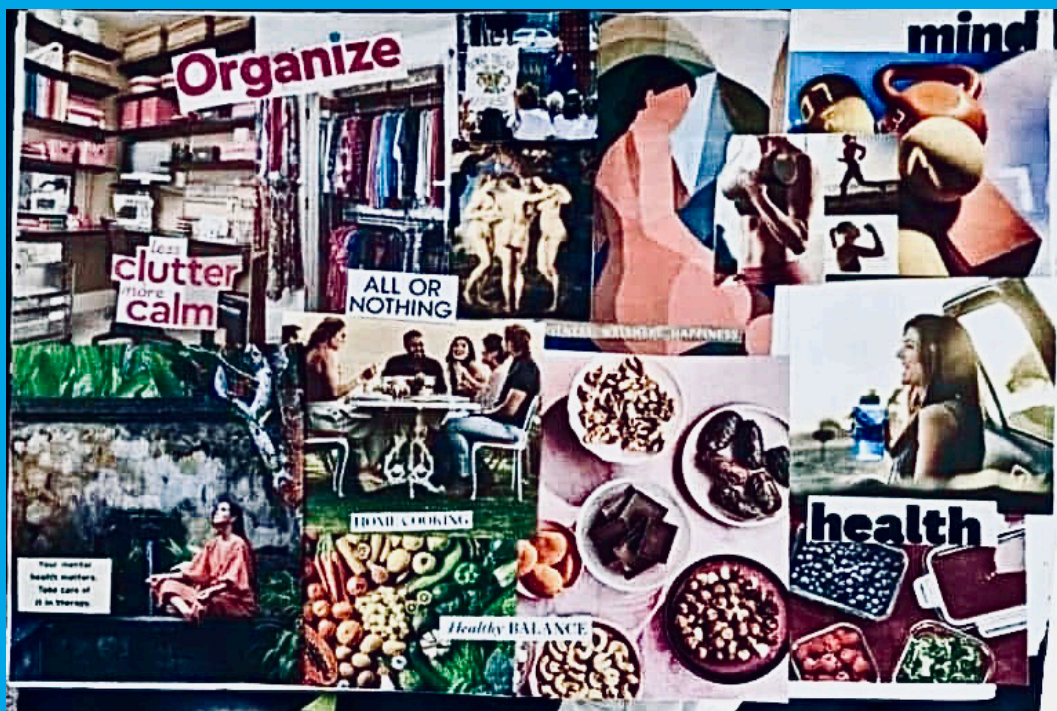
Both meetings are 90 minutes long.

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

Questions contact → David M (310) 474-4484

Kathy H's Vision Boards



SoCalDA Vision's Retreat  
Oct 7-9 2022

***HERE'S MY STORY RELATING  
TO MY VISION BOARDS...***

**I've been in DA since 2008 and have been to the last 13 Vision's retreats. I've learned a lot about what my Higher Powers vision is for me.**

**I started out not really understanding what a vision was, let alone knowing what was MY vision.**

**I now realize that I have been given the gift of service through my job. I work in women's healthcare and now know that my purpose is to support women.**

**In the past, I resented my job and now I'm grateful for the gifts I receive every day.**

**I continue to learn and grow from my experiences and hope I can continue my journey once I retire. More will be revealed and I am forever grateful to DA and my Higher Power.**

***Thanks, Kathy H***

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!

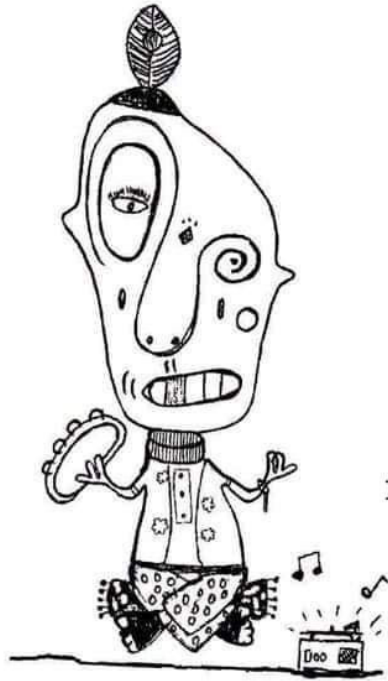
**Step #3:** The **ZOOM Room will open at 10:30AM (PT)**. The workshop will start @ **11:00 AM (PT) sharp!**

**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](mailto:laworkshops@socalda.org)

**SoCalIDA.org**



### STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry it out.



### PROMISE 11

Honesty will guide our actions toward a rich life filled with meaning and purpose.



**I'D LIKE TO TEACH MODERN DANCE  
TECHNIQUE, COMPOSITION AND  
DANCE HISTORY OR ANY  
COMBINATION OF THESE AS I DID IN  
MY 20'S.**

**I HOPE TO TEACH WITH CONVICTION  
AND CLARITY OF PURPOSE, AND TO  
BE OF SERVICE TO THE STUDENTS  
AND FACULTY.**

**I PLEDGE TO THE FELLOWSHIP OF DA  
THAT MY VISION IS TO TEACH  
COLLEGE MODERN DANCE AGAIN.**

***Dear Lord hear my prayer,  
Sarah S***



## 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.

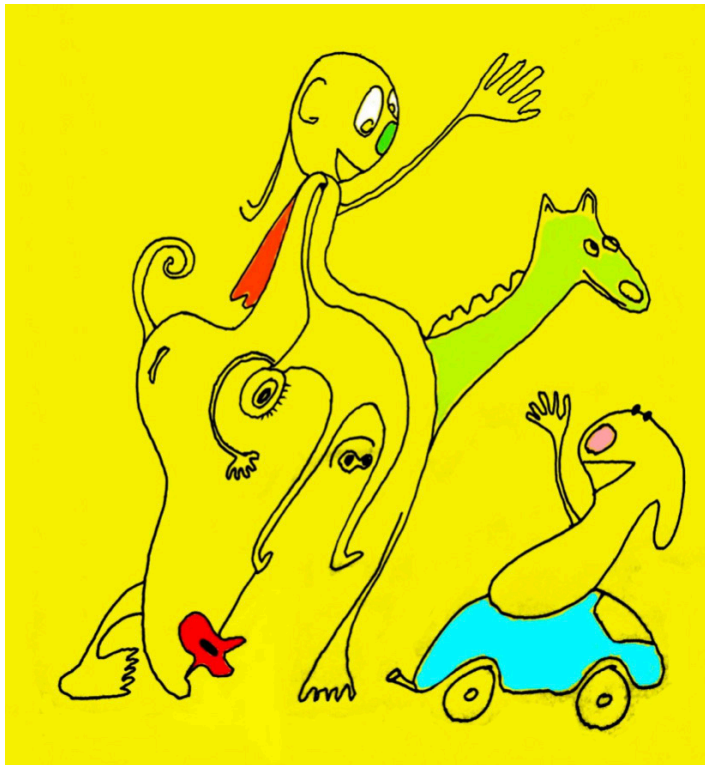
Zoom ID: 891 8553 7163

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](http://socialDA.org)

# IMPORTANT ANNOUNCEMENTS

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 there 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@socal-da.org](mailto:laworkshops@socal-da.org)

## UPCOMING EVENT

Saturday, November 12, 2022

Los Angeles Workshop

Holiday Self Care (Self-care strategies for the Holiday Season The DA Way

Suggested Donation \$12 (no one turned down for lack of funds) register <https://bit.ly/HolidayDAWorkshop>



# 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:

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](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	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.