



# CHECKS & BALANCES

DEC 2022

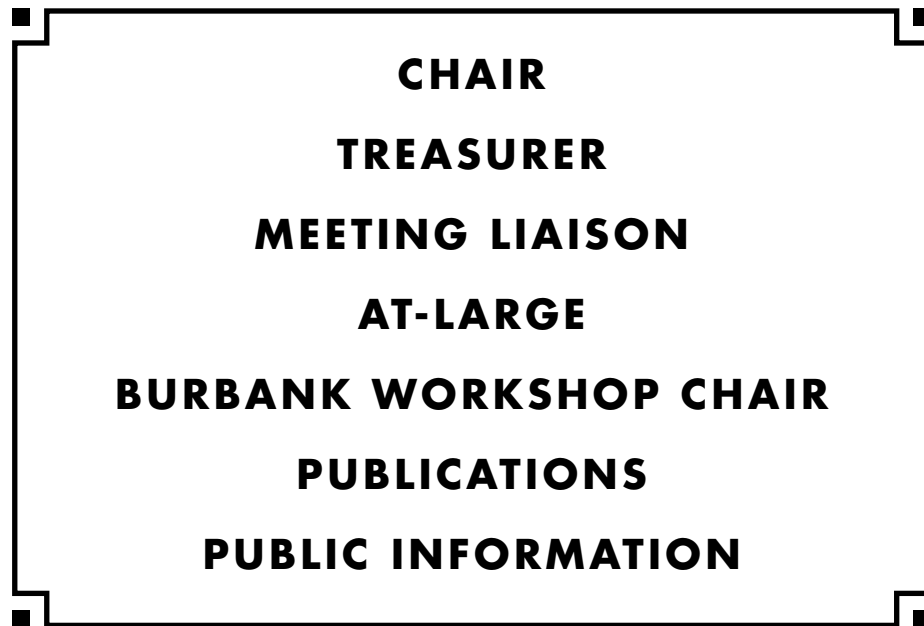
## The Newsletter of Southern California Debtors Anonymous

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



# 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

**SOCALDA LOS ANGELES WORKSHOPS  
PROUDLY PRESENTS:**

# **THE DA TOOLS GAME**

Presented by Chris M.



**SATURDAY, JANUARY 28TH, 2023  
11:00 AM - 3:00 PM  
(LOS ANGELES PACIFIC TIME)**

Suggested Donation: \$12  
Scholarships are available.

**REGISTER HERE:**

**<https://forms.gle/SJi17MSfwMXVQCYL8>**

SoCalDA Los Angeles Workshops  
Proudly Presents

# COUPLES & CASH WORKSHOP

Presented by Chris M.

Saturday, February, 11th, 2023  
11:00am - 2:00pm  
(Los Angeles/Pacific Time Zone)

Suggested Donation: \$12  
Scholarships are available.

REGISTER HERE:

<https://forms.gle/iMrVrpZAdpz6oyZLA>

\*Create a financial process that will  
work for you as a couple.\*

\*Organize your finances and take action  
steps that will improve your relationship.\*







## **Step 12**

***Having had a spiritual awakening as the results of these steps, we tried to carry this message to compulsive debtors, and to practice these principles in all our affairs***

***DA's 12th Promise  
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.***



# What am I grateful to DA for?

I'm grateful for the courage to live in more of the promises of DA than the problems, especially: living within my means but not defined by them, honesty guides my actions, fellowship replaces fears.

There is enough, I get to keep growing. I have something worthwhile to share. Clarity has been so freeing and I don't have to do "it", whatever "it" is perfectly.

-Lara

My two pensions.  
My social security.  
My savings.  
Indoor plumbing.  
Heat.  
Water.  
Friends.  
Love.  
My writing.  
My sense of humor.  
Zoom.  
Meetings.  
The food in my fridge.  
-Tim B

More giving-without fear,  
resentment or quid pro quo's.  
Steadfastness to commitments.  
Changing perspective from  
complaint to appreciation.  
-Deborah B

## 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

**Please share with all your meetings**

DECEMBER CALENDAR

**No events this month.**

**Seasons Greetings one and all.**

**Stay happy and healthy! See you  
all next year!**



# 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

**Please write your (GSO) group # on your check.**

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.

# What am I grateful to DA for?

1. Higher Power, 2. Husband and family, 3. Fellowship, 4. Clarity, 5. Serenity, 6. Self-care, 7. Recovery, 8. Service, 9. Health, 10. Love of Life

All of these are gifts of the program and wouldn't be possible without DA. Forever grateful.

- Kathy H

I'm thankful for the useful suggestions given to me by my PRG team.

I'm thankful for the unexpected miracles that happen here and there.

I'm thankful for the support I get from DA members.

I'm thankful for the opportunity to strengthen my connection with my Higher Power.

I'm thankful for the ability to give back after so much I have been given.

- C.I.

- 1) My weekly action partner calls
- 2) Being of service with my literature commitment
- 3) Re-learning how to treat myself in a more gentle and loving way
- 4) Being able to talk about money in a healthier way
- 5) Phone outreach
- 6) Learning how to grieve and how natural it is
- 7) Understanding the term self-imposed deprivation
- 8) Feeling loved by my higher power
- 9) Finding DA meetings any day of the week

-Ryan

## 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
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Special Events	Kathy H.	events@socalda.org
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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

## 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.

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.



**David S.**

Checks & Balances and Website

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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.