



# CHECKS & BALANCES

JANUARY 2023

## 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)**

# What am I grateful to DA for?

1. More of a sense of serenity around money
2. A stronger belief that HP is with me always
3. The ability to take risks with the support of my fellows
4. More clarity with my numbers
5. Wonderful PRG's
6. Immediate inner confidence when being of service
7. Realizing that forgiving others is important to my sense of calm
8. Knowing I'm not alone in my struggles to earn
9. Seeing that it is an abundant universe
10. Realizing that I'll be ok if I take action and stay on God's path
11. Knowing that trusting in God's will, for me, is a daily practice
12. Recognizing that often, God speaks through my fellows

Sarah S.

# Some DA members sharing their Vision Boards (workshop Dec 2022)



I was initially skeptical about the whole vision board thing but decided it might be good for me, like medicine for my soul. I'm glad I kept my heart open.

So here's what my vision board reveals to me, anchored by three phrases that spoke to me:

## "A Path to Thriving"

A desire to be closer to nature on a regular basis and to travel to scenic places full of natural beauty; to cultivate my spirituality and sense of wonder through nature.

A desire to alleviate the pain in my body and to improve my physical fitness. Instead of pain, I have roses. Instead of depression, I have confidence. Instead of insecurity, I have freedom and joy.

"Energy, Creativity and Passion"  
Images of musicians and a painting by Basquiat illustrate my dedication to creating my own art and desire to be more focused in that pursuit.

I want to work with children and the community to help them access the beauty and potential they have within themselves.

"Do More For Your Brain"  
I want to tap into my gifts and share them generously and lovingly with others, without expectation. I want to keep developing and discovering new gifts. What can I learn about myself today?

What can I learn about myself this month? This year? What new skills and ideas can I learn?

By cultivating a more open mind and heart (no more "yes but") and keeping close to my Higher Power, I pray for courage and joy to walk the path of thriving.

Emily



**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>**



Step 1  
We admitted we were powerless  
over debt-that our lives had  
become unmanageable

Promise #1  
Where once we felt despair, we  
will experience a newfound  
hope.



## 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)

# Some DA members sharing their Vision Boards (workshop Dec 2022)



I see my art at art galleries with high ceilings and lots of space around. In the background is my wife Emmy and I at a beach spot we often frequent.

Roger D



# What am I grateful to DA for?

Going with the flow. I love my life  
and j'adore ma vie!

My gratitude for being asked to write a gratitude list for the DA newsletter. I can savour the 2022 journey with it's meetings, wide spectrum of emotions and it's victories small and big.

Today I did something that Napoleon, Alexander the Great or Caesar could not afford even by selling their entire empires. Today I flew from Rome over Iceland, to Canada to land in Los Angeles, CA

Before that in the last month I reconnected with my European roots discovering the Portuguese culture and it's people, key locations in France clients, coworkers in and around London.

It was an health crises that prompted the trip. I was doing a 90 hour workweek this summer on a hummingbird documentary series when I had a dental emergency.

After consulting 3 different dentists, doing research and looking at numbers I chose to receive a free, more conservative treatment by a family dentist in France.

I chose to re-treat my root rather than doing extractions, grafts, implants and going for the recommended 20k spending.

Thank you 2022. Welcome 2023. May we flow and vibe in good ways. We can inspire and teach each other. That or something even better, more true, good or beautiful.

-Cy



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:

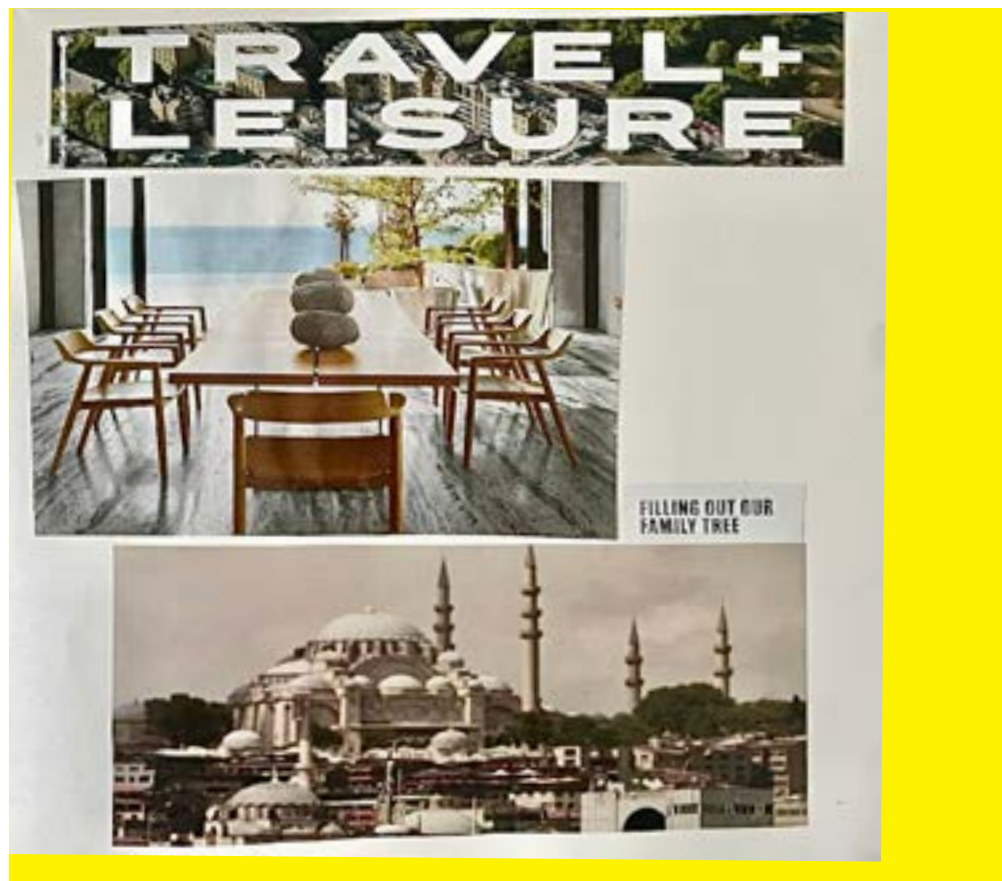
<https://forms.gle/iMrVrpZAdpz6oyZLA>

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

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



# Some DA members sharing their Vision Boards (workshop Dec 2022)



Vision allows me to color outside the lines-to go beyond my own limitations, and to discover the desires or whispers of who I am to become because I already have it within me.

Creating this vision board allows me to go from the inside-out. It prepares me to thrive through the imprint of a word, an image, a phrase so that I am prepared to receive.

Tina D

# 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.

## 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	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

**VACANT BOARD SERVICE POSITIONS**  
 Chair, Treasurer, Meeting Liason, 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

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.