

# CHECKS

# & balances

Mar '06  
Vol. 26, Issue 3



www.SoCalDA.org

## The Newsletter of Southern California Debtors Anonymous

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

### Southern California Events Calendar

DATE	EVENT	TIME	LOCATION	COST
Feb 25	Do DA Day!	10-5	First United Church, 1008 11th St, Santa Monica	\$20/25
Mar 11	SCDA WORKSHOP: "DA Unclutter Workshop"	1:30-4:30	First United Church, 1008 11th St, Rm 300, Santa Monica	\$10
Mar 18	SCDA Board Meeting	9-10:30	Share Center, 5521 Grosvenor Avenue, Los Angeles	
Mar 18	Intergroup Meeting	11-12:30	Share Center, 5521 Grosvenor Avenue, Los Angeles	
Mar 25	GSR Meeting	10-12:15	Share Center, 5521 Grosvenor Avenue, Los Angeles	

## WORKSHOPS

The SCDA Workshop Series Presents...

### DA Unclutter Workshop

Led by Spencer C., the founder of all of our DA Declutter meetings in L.A. *Clutterers unite!*—at this workshop, that is. *Learn about doing a "Physical Inventory" using the DA principles and tools in this exciting workshop!*

Contact Spencer C. for more information:  
818-776-9236

### ATTENTION, LITERATURE PEOPLE:

There has been a small increase in the price for conference-approved DA literature, and our shipping costs have also gone up. Consequently, we will have new order forms that reflect our higher costs as of March 1st. Please make sure you use the new forms when ordering literature for your meeting; they will be available in the SCDA office.

Editor-in-Chief: Arthur K. | publications@socalda.org  
Meeting List Editor: John S. | jpsohl@earthlink.net  
Webmaster: by team | publications@socalda.org

SUBMIT MEETING LIST CHANGES via e-mail BEFORE the 1ST SATURDAY OF THE MONTH to publications@socalda.org. Updates will appear on the Meeting List & the SCDA Web site.

SUBMIT YOUR STORIES via e-mail to: publications@socalda.org. You all have something to say. Share it with the fellowship. What has worked for you? All submissions are subject to editing for brevity and clarity. Copyright remains with author, but DA 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, not DA as a whole.

SUBMISSIONS DEADLINE: 1st Saturday of the Month

STUFFING EVENT FLYERS: 3rd Saturday of the Month at the Share Center, 8:30am. Bring 500-600 copies.

## DO DA DAY!

**Come and celebrate recovery through abundance, resource and spirituality!**

Date: Saturday, February 25, 2006

Time: 10am - 4:30pm | Registration begins @ 9:30am

Tickets: \$20 in advance; \$25 at the door

Events: Keynote Speaker, Speaker Panels, Visions workshops, PRGs, Lunch, Live Entertainment, Drawings, & Grand Prizes!

Location: 1st United Methodist Church  
1008 11th Street, Santa Monica 90403

More info: John S. 818.703.8708

## STEP THREE

Made a decision to turn our will and our lives over to the care of God, as we understood him.

1. Read Step 3. Create a balance sheet. On one side, list all the reasons you can for believing in God. On the other side, list the reasons for disbelieving.
2. Reread Step 3. Discuss and reflect on the following quote: "*Faith alone can avail us nothing.*"
3. Read Chapter 5 in "*Alcoholics Anonymous*" ("How It Works"). Write on dependence as you understand it in D.A. How can dependence lead to greater independence?
4. Are you a "grateful compulsive debtor?" Why are you grateful?
5. Reread Step 3. Explore: "*I am responsible for only one person's actions.*" Whose? And why?
6. Discuss and reflect on the idea that "*not debting is the most important thing in my life without exception.*"
7. Discuss the idea of calling H.A.L.T. (hungry, angry, lonely, and tired) when your life gets unmanageable.
8. Using "free-flow" writing, explore your fear of turning your will and your life over to the care of God.
9. Read "A Vision for You" in "*Alcoholics Anonymous*," Chapter 11.
10. What is the importance of meetings? Why do they need to be a part of your recovery?
11. What is the importance of the telephone in D.A.? What is the importance of anonymity? How are they related?
12. Read pages 569-570 ("Spiritual Experience") in "*Alcoholics Anonymous*." Discuss and reflect on the following:  
A: Spiritual growth is a daily commitment.  
B: How can I grow daily?
13. Re-read Step 3. Write on the idea that, having taken Steps 1 and 2, the degree of "our success" in the whole D.A. program depends on how well we work Step 3. Refer to page 36 in "*Twelve Steps and Twelve Traditions.*"

(Questions presented from the DA "Sponsor Booklet," with references to AA's "Big Book" entitled "*Alcoholics Anonymous*," and AA's "*Twelve Steps and Twelve Traditions.*")

### SURRENDER AND THE THIRD STEP

by Mary M.

*Made a decision to turn our will and our lives over to the care of God as we understood Him.*

The Third Step is one of the most difficult. Yet it can drastically increase the chances of success in the program if one's Third Step is strong enough. This is nearly impossible to accomplish, however, because the human *ego* rebels against it at every turn. In fact, the language we use to discuss it is often wildly misleading: "success?" "strong?"

The Third Step has to do with surrender, with an acknowledgement of brokenness, and our own permanent imperfection.

It follows that this step is not necessarily something we can "accomplish" in the conventional sense of the word. In order to "achieve" it, we need to set aside human nature, and often our own socialization as Westerners. We need to recognize that every human being has faults, foibles, shortcomings, and issues that we can usually predict will lead us to "lose balance" in one arena or another. The way the Christian framework addresses this is the line that "all have sinned and fallen short of the glory of God." This is a useful line to look at even for non-Christians, however, because it tells us that whatever our Higher Power might be, it's not the same thing that leads us to make mistakes and practice our most destructive habits. It's not the energy behind overshopping. Or undershopping, for that matter. We are with God when we are shopping appropriately, and earning appropriately, and engaging in the activities that usually push us off the balance beam of life—but just for today, without stumbling.

I know that in my own case I've fostered an unhealthy dependency on the part of my husband, who doesn't tend to make lunch any more. Why would he? For years I made him a sandwich every day, and I justified it to myself because of my underearning. It had become part of my job. But when I started to face my

trouble with work and earning, it became perfectly clear that there was a vicious cycle: my role in the "household economy" was vague, and doing extra tasks around the house had begun to make me comfortable with my underearning. So I resolved to make sandwiches if I happened to be making one myself, and not to take responsibility for the care and feeding of a middle-age man. That's how it was for me, of course: in another relationship, the analysis might well come out differently. Maybe the things you do for your partner are not contributing to an unhealthy dynamic: every case is different.

If human nature contains a tendency to overreach—to "sin," according to some traditions—there is a counter-balance within us that knows perfectly well why it should be this sweater or that sweater, but not both, or why a slice of cheesecake is okay today. Or why it isn't. Or why I'll make my husband a sandwich for lunch. Or why I won't.

All we have to do to tap into this power is to pray. And to make sure that we remember the importance of adding "thy will, not mine, be done." The way we conceptualize our Higher Powers is not important: what's important is that we "sign up" to do the thing that is in our long-term best interests—even if we cannot imagine how that could possibly be the case.

It may be one of the hardest steps, but it is also the one most likely to bring us peace.

*CHECKS & BALANCES would like to hear from you! Share your recovery experiences with the fellowship. Please send submissions of 550 words or less to [publications@socalda.org](mailto:publications@socalda.org).*

# TRADITION THREE

*The only requirement for DA membership is a desire to stop Debting.*

1. In my mind, do I prejudge some new DA members as losers?
2. Is there some kind of debtor whom I privately do not want in my DA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at DA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to DA before? What his other problems are?

(From the "Traditions Checklist" of the AA Grapevine and modified for Debtors Anonymous, for use by D.A. Groups and Individuals)

## Saturday, March 4th Spending Plan, Earning Plan, & Numbers Workshop

1PM - 3PM Registration begins 12:30PM

*Outstanding long-time program members discuss how to create spending and earning plans and record numbers. Q&A following panel discussion.*

Torrance Memorial Hospital, Thelma McMillen Center  
3333 Skypark Dr. #200 (upstairs), Torrance, CA 90505  
\$10 suggested donation - No one turned away  
Proceeds benefit Thursday Redondo BDA GSR Fund  
Contact: Melissa 310-521-8817

## grow your **business** Using the Tools of **Debtors Anonymous**

Date: Sunday, April 30, 2006

Time: 9am - 5pm | Registration begins @ 8:30am

Location: Pasadena Senior Center  
85 East Holly St • Pasadena 91103

TOPICS: Creating & Using a Business Plan; Trials & Triumphs of Business Ownership; How I Turned My Creativity Into Cash; Business Growing Pains; How Business PRGs Help Your Business Grow; Visions in Business: Keeping Your Eyes On The Prize

Suggested Donation: \$20 entire day, \$12 half day  
(no one turned away for lack of funds)

## Did you miss the 'Buying Real Estate the D.A. Way' Workshop?

If so - don't fret! We are selling audio CD's of the workshop for \$15. Even though you weren't there, you too can hear the experience, strength and hope of our panel of D.A. members who have bought real estate for personal and investment purposes!

To purchase the CD, please contact Jen K. at JenK0923@yahoo.com or 310-904-8289. Monies from the CD sales will go into the GSR Fund for The Monday Night Santa Monica Women's D.A. Meeting.

# UPCOMING WORKSHOPS

## April 8 Numbers 101

Sara S. will be leading this terrific workshop addressing all of our "numbers needs:" keeping your numbers, transferring your numbers, tallying your numbers and gaining clarity with it all! Contact Sara S. for more information: 818-767-3700

## May 13 PRG (Pressure Relief Group) Workshop

Preparing for a PRG, getting your PRG team together, what a PRG is all about—these are just a few things that will be addressed at this "nuts and bolts" favorite workshop. Contact Mark L. at 310-280-0364 for more information.

## NUMBERS CLARITY VISIONS

### SPRING VISIONS RETREAT:

*"Out of Chaos, Into Vision"*

5PM Friday, May 12th through 2PM Sunday, May 14th  
(Price forthcoming)

La Casa de Maria  
800 El Bosque Road, Santa Barbara, CA

For more info contact:

Jo G. 818-989-7273 or Mark L. 310-280-0657

### VISIONS INTO ACTION WORKSHOP:

Saturday, May 20th 10AM-4:30PM | Registration begins at 9:30AM  
St. Mary of the Angels, 4510 Finley Avenue, LA, CA 90027 (Los Feliz)  
Suggested donation \$15 (no one turned away for lack of funds)

Preregister for \$12: contact Ruth at 323-461-3405

*Begin to take actions towards realizing your Visions in this full-day workshop, which will include meditation, speakers on the role of the DA tools in visions work, small group vision sharing and planning discussions, and speakers on business plans and marketing.*

Proceeds benefit the Sunday Night Silverlake Meeting GSR Fund.

# Southern California Debtors Anonymous (SCDA)

5521 Grosvenor Blvd. • Los Angeles, CA • 90066

SCDA Office Hours:

(for literature purchase, etc.)

Wednesdays 6:00pm - 9:00pm

Saturdays 10:00am - 1:00pm

Office Telephone 310.822.7250

Office Fax 310.827.7079

Office Email [scda\\_1@yahoo.com](mailto:scda_1@yahoo.com)

World Service (Needham, MA) 781.453.2743

S.C.D.A. Service Board Members, ISR and other contacts

---

Chair	Deborah O.	<a href="mailto:scdachair@socalda.org">scdachair@socalda.org</a>	310.474.1475
Vice-Chair Office Ops	Lynn S.	<a href="mailto:vicechair@socalda.org">vicechair@socalda.org</a>	
Finance/Treasurer	Leslie Anne	<a href="mailto:finance@socalda.org">finance@socalda.org</a>	310.391.8076
Records	Open	<a href="mailto:secretary@socalda.org">secretary@socalda.org</a>	
Resources	John S.	<a href="mailto:resource@socalda.org">resource@socalda.org</a>	818.703.8708
Meetings Liaison	Open	<a href="mailto:meetingliaison@socalda.org">meetingliaison@socalda.org</a>	310.450.6895
Programs	Linda C.	<a href="mailto:events@socalda.org">events@socalda.org</a>	818.442.4660
Publications	Joy M.	<a href="mailto:publications@socalda.org">publications@socalda.org</a>	818.790.5982
Special Events	Open	<a href="mailto:specialevents@socalda.org">specialevents@socalda.org</a>	818.703.8708
Public Information	Richard H.	<a href="mailto:pi@socalda.org">pi@socalda.org</a>	818.843.7058
At Large 1	Linda L.	<a href="mailto:linda1lockwood@yahoo.com">linda1lockwood@yahoo.com</a>	323.371.5766
At Large 2	Nyra C.	<a href="mailto:nmconstant@yahoo.com">nmconstant@yahoo.com</a>	818.703.8708
ISR	Mark L.	<a href="mailto:isr@socalda.org">isr@socalda.org</a>	310.477.9097

---

## SCDA GSR Area Group Officers

Chair	Jo G.	<a href="mailto:greeneyes1021@sbcglobal.net">greeneyes1021@sbcglobal.net</a>	818.989.7273
Vice Chair	Roger B.	<a href="mailto:gsrlavicechair@yahoo.com">gsrlavicechair@yahoo.com</a>	818.244.2408
Secretary	Maggie T.	<a href="mailto:mtennese@earthlink.net">mtennese@earthlink.net</a>	310.530.0439
Treasurer	Jennifer S.	<a href="mailto:treasuregsrla@yahoo.com">treasuregsrla@yahoo.com</a>	

---

## Suggested 7th Tradition Breakdown

After all expenses (such as rent, literature, coffee, etc.) are met and a prudent reserve is built and maintained:

45%	SCDA	5521 Grosvenor Blvd., Los Angeles, CA 90066-6915
45%	D.A. General Service Office	P.O. Box 920888, Needham, MA 02492-0009
10%	SCDA GSR Area Group	P.O. Box 642091, Los Angeles, CA 90064-7091

---

## SCDA OFFICE BACK-UP STAFF POSITION NEEDED

The SCDA office in Culver City has a back-up staff position opening to cover for Joan's vacation and sick hours away from the office.

Pay is \$10 per hour. Joan will provide training. Training will be paid time. Two people needed.

If interested please contact the SCDA office at 310.822.7250.