

CHECKS & balances

Apr '06
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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
Mar 25	GSR Meeting	10-12:15	Share Center, 5521 Grosvenor Avenue, Los Angeles	
Apr 8	"I Can't; God Can" Vision Board/ God Can Workshop	1:00-4:30	Torrance Memorial Hospital, 3333 Skypark Dr, Torrance	\$15
Apr 15	SCDA Board Meeting	9-10:30	Share Center, 5521 Grosvenor Avenue, Los Angeles	
Apr 15	Intergroup Meeting	11-12:30	Share Center, 5521 Grosvenor Avenue, Los Angeles	
Apr 29	Numbers 101	1:30-4:30	First United Church, 1008 11th St, Rm 300, Santa Monica	\$10
Apr 30	Grow Your Business Using the Tools of DA	9-5:00	Pasadena Senior Center, 85 East Holly St, Pasadena	\$20/\$12

KICK-OFF MEETING FOR DEBT-ANON!

Sunday, April 2 at 4PM

Your loved one does NOT have to be a member of Debtors Anonymous for you to attend our meeting; see if this program may be of benefit to both of you.

The Prosperity Room at SHARE!
5521 Grosvenor Blvd.
Los Angeles, CA 90066
Sally Z: 213/675-5222

THIRD ANNUAL "I CAN'T; GOD CAN" VISION BOARD AND GOD CAN WORKSHOP

*Saturday, April 8th
1PM - 4:30PM*

Registration at 12:30PM

Torrance Memorial Hospital
3333 Skypark Dr, Torrance 90505

South Bay Thursday Night BDA
GSR Fundraiser

\$15, with sliding scale for those in need.

Melissa, 310/521-8817

NUMBERS 101 SoCALDA WORKSHOP

Saturday, April 29

1:30 - 4:30PM

Registration at 1PM

Numbers got you down? We've got the answers, as well as experience, strength and hope!

What are numbers? How do I get 'em? What do I do with 'em once I got 'em?

Spending Plans, PRG Action Plans, Debt Repayment, Opening Bills, Paying Taxes. Bring numbers, unopened bills, and questions.

First United Methodist Church,
1008 11th St., Room 300, Santa Monica, CA 90403

Workshop proceeds benefit SoCalDA and the debtor who still suffers. Suggested donation is \$10. No one turned away for lack of funds.

Sara S. 818/767-3700

GROW YOUR BUSINESS USING THE TOOLS OF DEBTORS ANONYMOUS

Sunday, April 30, 9AM - 5PM

Registration at 8:30AM

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

Pasadena Senior Center
85 East Holly St., Pasadena 91103

Suggested Donation:

\$20 entire day, \$12 half day
No one turned away for lack of funds.

NEW MEETING!

SOUTHERN OC BDA MEETING

Tuesday Nights, 6:00-7:15

St. Edwards School Parish Room

33926 Calle La Primavera, 2nd floor

Dana Point, CA 92629

Business Owners/Self-employed focus

Glen: 949/842-6129

CHECKS AND BALANCES NEW! BULLETIN BOARD

This new feature is a place for DA members to communicate with each other.

Some ideas for this space include:

- Open calls for action partners, sponsors, and pressure group members.
- Put your gratitude into print!
- Look for collaborators to help develop DA Workshops
- Share your experience of the workshops you attended
- Remember that thing your Sponsor or Pressure Group told you to raise your hand and say at a meeting? You can do it here, too!
- Seek interested people to start a meeting somewhere new

Send submissions to:
publications@socalda.org

R.I.P. ROGER B.

S.C.D.A. mourns the passing of Roger B. from cancer on Tuesday, March 14th. Roger was a beloved member of SoCal D.A., with many years of service to our fellowship, especially as a GSR. He will be greatly missed by our members, and fondly remembered for the many services with which he enriched our entire fellowship. We were very blessed to have Roger in our lives; we are blessed to have him in our hearts.

UPCOMING SoCALDA WORKSHOPS:

PRG (PRESSURE RELIEF GROUP)

WORKSHOP

Saturday, May 13

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.

SPRING VISIONS RETREAT:

“OUT OF CHAOS, INTO VISION”

5PM Friday, May 12th through

2PM Sunday, May 14th

Cost starts at \$189.00

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.

“THE PROMISES”

Saturday, June 10th

This annual workshop speaks to the heart of DA. Hearing the Experience, Strength and Hope from the panel of speakers who are living in “The Promises” has always been deeply inspiring and fuels our desire to work for them. “They will always materialize if we work for them” and materializing at this workshop will help!

Contact Mark L at 310-280-0657 for more information.

STEP FOUR

Made a searching and fearless moral inventory.

Preparatory Reading:

Alcoholics Anonymous (The Big Book) pp. 63-71
Twelve Steps and Twelve Traditions, Step 4

1. After your Sponsee completes the preparatory reading (above), he/she may discuss and reflect on the importance and benefit of working this Step and writing an inventory.
2. The original guide to doing a Fourth Step Inventory is found in the "Big Book," Chapter 5, pages 64-66. Some people prefer to use this format which involves the following: listing your past and current resentments, their causes and how these resentments affect your life. However, other people prefer a more detailed inventory which involves answering questions. You may choose to use the format which best meets your needs at this time, keeping in mind that most people write more than one inventory in the course of their recovery.
3. Encourage your Sponsee to set aside time when he/she wishes to write his/her Fourth Step inventory. It is suggested that Sponsees complete their inventory as soon as they can. They should nevertheless allow themselves time to experience the feelings that surface.
4. Suggest that Sponsees devote quality time to their inventory, avoiding distractions such as television, radio, eating, etc. Discuss with them the importance of feeling their feelings. Let them know that it is normal to feel sleepy, and it may be good to take a nap and to resume writing when they wake up.
5. As a Sponsor, try to be available during the time that your Sponsee is working on his/her Fourth Step. Sometimes Sponsees become stuck on a question, and may need to telephone you for encouragement and support while writing on this Step.

(This introduction to 155 Fourth Step questions is excerpted from the SCDA "Sponsor Booklet")

THE FOURTH STEP: THE WATERSHED MOMENT

BY PENNY C.

Made a searching and fearless moral inventory of ourselves.

The Fourth Step is less spiritually demanding in some ways than the first three steps, but it is emotionally draining and, quite frankly, exhausting. The process depends on trust. This was the point at which I made sure I was comfortable with my sponsor before going ahead. Because it can be a bumpy road, though the process was more rewarding than any other Fourth Step I've done, in any program.

Most of us elect to use the yellow sponsorship booklet as a guide; that book is a tremendous resource for both sponsors and sponsees.

I also waited until I was ready, because I knew that the experience would make me a bit more moody than usual, and after I shared inventory with my sponsor, I'd probably have to share at meetings about the experience of sharing! Sure enough, it happened. I was leaning on the program in a big way at that time, which is appropriate.

Like a lot of DA members, I found myself writing my inventory over the course of weeks and months, meeting weekly or bi-weekly with my sponsor and reading my answers to a handful of questions aloud each time. I noticed that similar types of questions were asked for each phase of life, to allow me to explore how certain money/trust issues developed over my lifetime. (Of course, that also means that once I determined a particular issue didn't apply to me, I'd usually have to put "not applicable" down for that question when it emerged in later phases. I sometimes felt that I was using "not applicable" too much, but my sponsor took it in stride.)

There is something wonderful about meeting with someone periodically to bare your soul. Even those of us who feel we do this in other creative pursuits don't always get the chance to be so utterly exposed and vulnerable in the same way, and it's a true growth experience. It takes nerves of steel, and tremendous faith in God and the program.

The true sense of acceptance that comes from doing such a thorough inventory is amazing. Most of us had childhood experiences, for instance, that involved shoplifting and similar crimes. This inventory can help us come to grips with how we might have become hooked on getting "something for nothing," or come to equate how much people were willing to let us get by with as a measure of how much they loved us. These issues are very insidious, and can eat away at our souls.

I can truly say that this was more helpful to me than most of the psychotherapy I've undertaken; it was a cleansing experience that I recommend to anyone. Don't block yourself from the rewards of doing that very thorough inventory: everyone needs to do this at least once.

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.

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

World Service (Needham, MA) 781.453.2743

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

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.

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

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CHECKS AND BALANCES

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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.

SCDA OFFICE BACK-UP STAFF PERSON 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.