

# Prosperity

# Times

The Northern California Debtors Anonymous Newsletter of Experience, Strength and Hope

May-July 2004

## Frequently Asked Questions

By Deb Tor

**Q: What if I can't attend D. A. meetings in person?**

**A:** Here are some great alternatives:

- *Attend a D.A. Teleconference meeting.* See the D.A. Teleconference meeting info on this page.
- *Start a D.A. Teleconference meeting at:* [www.freeteleconference.com](http://www.freeteleconference.com)
- *Attend an online meeting:*
  - Solvency Online Discussion Group
  - Spenders Online Group
  - Prosperity Cyber Chat Group
  - Don't Debt Online Group
  - LGBT Debtors Online DA Group
  - Business Debtors Anonymous (BDA) Online Group
  - ODAI, On-Line Debtors Anonymous Intergroup
  - Deudores Anonimos / Tesoro Spanish Language Group
  - Acquirenti Debitori / Italian Language Group

To join a meeting, go to: [www.debtorsanonymous.org](http://www.debtorsanonymous.org), click on "Go to an Online Meeting," then click on a meeting.

*Do you have a D.A. question? Send it in and Deb Tor will answer it.*

### In This Edition

FAQ.....	1
Mark Your Calendar.....	1
NCDCA Meeting List.....	2-3
Shared Recovery.....	4
Your Program in Action.....	4
The Lighter Side of D.A.....	4

## Mark Your Calendar

### 18th Annual World Service Conference

August 25-29, 2004 \* Doubletree Hotel \* Sacramento, California



The World Service Conference serves as D.A.'s annual business meeting, where General Service Representatives and Intergroup Service Representatives serve as voting delegates on issues and actions affecting the Fellowship. Every D.A. group can send one representative to the conference.

- **Fees:** \$330 conference registration; \$400 lodging & meals; \$50 gala
- **Registration:** packets will be mailed to all registered groups
- **Online registration:** go to [www.ncdawe.org](http://www.ncdawe.org), then click on NCDCA GSRs
- **For more information:** email [snoda@golyon.com](mailto:snoda@golyon.com)

## D.A. Teleconference Meetings

Now, D.A. teleconference meetings TWO days a week!

Sundays, 2:30 pm PST	Wednesdays, 8 pm PST
1. Disable call waiting, Press *7	1. Disable call waiting, Press *7
2. Dial (831) 600-1000	2. Dial (323)785-4156
3. <b>Press 66639 #</b> (pin number)	3. <b>Press 12622 #</b> (pin number)
4. Press button or press *6	4. Press button or press *6
5. Unmute to speak: press *6	5. Unmute to speak: press *6



**Note:** If the pin doesn't work, call for a new pin: (609) 466-8861.

Start your own D.A. teleconference. Go to: [www.freeteleconference.com](http://www.freeteleconference.com)

## Letter from the Editor

Dear Debtors Anonymous Members,

The **first edition** of *Prosperity Times* was met with a vigorous and mixed reaction. It received a lot of **enthusiastic appreciation** for the *new name and format*. It also received messages of **distress** over the name change from those who felt the term "Prosperity" was *off the mark*, and resented the change. **To all those** who responded—*thank you!* Your responses show you're *reading* and you care! ♥ **In this issue**, you'll find *new meetings*, updated meetings, **a great recovery** tool from D.A. member J.P. in *Shared Recovery*, as well as alternatives to attending meetings in person in *Frequently Asked Questions*. Also on the back page is a discussion of the **name change** in "What's in a Name?" ♥ This is **YOUR** newsletter, so please continue to send in your questions, contributions, comments, complaints and kudos. —Editor



## Your Program in Action

### Service is Vital to Our Recovery

*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 has been so generously given to us.*

#### SERVE Your Local Meeting

Welcome newcomers, set up chairs, volunteer for the role of secretary or treasurer, or sit on another D.A. member's Pressure Relief Group (PRG). While some positions have abstinence requirements, many do not. So hold up your hand—your fellowship will thank you and you'll feel great!

#### SERVE as an Intergroup Representative

D.A. Intergroup is a group of representatives from D.A. meetings throughout Northern California. The mission of Intergroup is to carry the message and to serve these meetings. Intergroup meets on the 4th Saturday of each month, except in November and December when the meeting is held on the 3rd Saturday.

Intergroup currently meets at the main branch of the San Francisco Public Library (across from the Civic Center BART stop) in the 3rd floor conference room. The meeting begins at 10:15 am and ends at 12:45.

#### SERVE as a General Service Representative (GSR)

General Service Representative's main functions are to carry information from the World Service Office to local meetings and vice versa, attend the annual D.A. World Service Conference and work on Conference committees. Visit the next meeting and find out more. Meetings are held on the 2nd Saturday of each month from 10:15 a.m. to 12:00 at the San Francisco Public Library Main Branch (across from the Civic Center BART stop) in the third floor conference room. *Call Jack at 650-879-3261 to confirm.*

## What's in a Name?

*Words are powerful.* They can harm or they can heal. I was aware of the power of words when I suggested renaming this newsletter—formerly *Outta Debt Gazette*. When I **became editor** I thought, hmm... focusing on "debt" is like focusing on the problem. What if we focus on **our vision** instead? I asked the outgoing editor how was the old name decided? She delved into the NCDA archives but **didn't find** much that explained the process. I proposed *Prosperity Times* to the NCDA Intergroup, who *approved it by acclaim*. That means they didn't vote, because it *seemed like* everyone **cheered** and no one said "Wait, I hate it". **But it isn't okay with everyone after all.** Some people got mad—they liked the old name. Others said rename it, sure, but what about other, *equally good names*? **So.** At the last Intergroup meeting I suggested we ASK YOU. We'll send **each D.A. group** a questionnaire (or maybe do it online). You'll get to share your preference **so stay tuned.**

Together we'll explore *what's in a name.* —Editor

### Prosperity Times: Submission Guidelines

Submissions will be published as space allows and may be edited to fit.

Email: registrar@ncdaweb.org

Mail: NCDA, PO Box 31224, San Francisco CA 94131

Attention: Prosperity Times Editor

Send by: July 15, for inclusion to the August-October, 2004 edition

Include: Your first name, phone number and email address, in case we need to contact you for further information.

## Shared Recovery

*Ideas to Strengthen Your Program*



### Email Bookending

by J.P.

Wasting my time doing things that are not important is one of my significant character defects. "Email bookending" has helped me to address this problem. The process involves two emails: one to open a bookend, and a second to close it. The emails go out to D.A. folks who have agreed to receive them. I currently have four "bookenders."

I usually send an opening bookend in the morning. It begins with a short check-in, and then lists the actions that I want to accomplish during the day. I list actions for both my business and my personal life.

During the day, when I catch my character defect steering me into unproductive activities, I look back to my opening bookend and find the next item that still needs to be done. I will make a program call first, if fear is the only obstacle preventing me from taking the action.

At the end of the day I send the closing bookend. It contains a copy of the opening bookend, which I then annotate to indicate how I did. I use colors to emphasize my progress: blue to indicate actions that I completed as planned, and red to indicate actions that I did not do.

What a difference this process has made in my life! I am not perfect: there are often days when many items in the closing bookend are annotated in red. But the progress is unmistakable. The process provides me with the level of accountability that I



### *The Lighter Side of D.A.*

#### **You're Pre-approved!**

Eliminate worry with  
100% risk-free shopping!  
5.99% APR on purchases  
& transfer balances.

Call Washington Mutual Today!

—Sent to Debtors Anonymous Intergroup