

Prosperity Times

Northern California Debtors Anonymous Newsletter and Meeting List

October - December 2008

DoDA Day

The Steps ☆ The Tools ☆ The Promises

This year DoDA Day was held in a new location in the East Bay. Because DoDA Day's focus is on the practical aspects of the DA program, it seemed appropriate that it was held in the Holiday Inn, a brand new facility. There was easy access by car and public transportation, and the parking was free. The hotel was bright; the staff was helpful and accommodating; and the restaurant was good and reasonably priced. I ate outside on the patio, and I felt like I was at a resort.

The day was well organized, I mean, really well organized! It started with the Opening by a wonderful MC and a talk by the Keynote Speaker, which was inspiring and punctuated by humor. After the speaker, there were four workshop sessions. Each session was divided into three workshops, one on the Steps, one on the Tools and one on Visions.

For me, the most frustrating part of the day was having to choose which workshop to attend. The topics were incredible, and I would have liked to go to them all. The proximity of the workshop locations and the clear signs with the schedules for each room made going between workshops flow smoothly. The speakers at the workshops I attended were great. There was time for questions after the speakers, which added clarity on the topics and for individual shares. The length of the workshops was just right.

I loved Treasure Mapping. The PRG scheduling worked well, and I had a PRG, which I really appreciated, and got a Sponsor! Despite a very full schedule, there was still time for fellowship and contact with others. The lunch break was long enough to meet and talk with others and really connect. It was wonderful for my recovery.

The fellowship, the caring actions of the people, the honesty and openness of the speakers, all made it an extra special day. The day was filled with the feeling of wisdom and recovery. I received so much inspiration and left full of ideas, hope, and contacts. It was an excellent event. I loved it all. I only wish the day were longer.

- Multiple Voices

HAPPY DAIS 2008

Presented by
Debtors Anonymous Intergroup
of Sacramento

Please join us for our annual
Celebration of Recovery!

INSPIRATION ♦ SHARING ♦ FUN

- ♦ Morning and afternoon
Keynote Speakers
- ♦ Workshops
- ♦ PRGs
- ♦ Community

When: Saturday, November 1

Where: First Christian Church
3901 Folsom Boulevard
Sacramento

Time: 10am-5pm
(Registration starts at 9:30am)

Suggested Donation: \$15 - \$20
No one turned away for lack of funds.

Contact: Jennifer S. 916 949-6466

*Complimentary light snacks & beverages
will be available.*

Thank you to all who filled out the evaluation forms. Your feedback will help the Intergroup improve and fine-tune future events. The suggestions for future workshops were very welcome. Prepare to see some of them next DoDA Day! Thank you also to the members of Intergroup who produced the event, the Keynote and Workshop speakers, and to the many people who volunteered their time to help make DoDA Day a success.

Winter Lights 2009

Coming early next year.
Watch for details on the website:
www.ncdaweb.org

Using the Tools

Being Open

Using the Tools is a way to get well from the disease of compulsive debting and has affected me profoundly. In my experience, anytime I use a Tool I am blessed.

Going to meetings, sharing my experience, hearing others share their experience and seeing their strength, gives me hope. The Tool of Anonymity makes it possible to share about anything even if it makes us uncomfortable. We can share intimate matters, which make us feel embarrassed or experiences that we deeply regret. Debting is a fatal disease. It can cause depression and thoughts of suicide and homicide. Shameful thoughts and activities such as fraud or stealing can be shared at meetings without the fear of repercussions and with the possibility of making amends and of healing. To be able to share at such deep levels one must feel safe no matter what ones position is in the outside world.

We live in practiced isolation, which is a part of the illness of debting. We need loving contact with others, intimate connection. Having a sponsor or supporting a sponsee is a powerful way to relate and give and get support. Using the telephone, talking to another person or even just leaving a message is a step toward recovery. Using the telephone is a two way service, a way of contributing to one another. As we reach for help, we help another. I am delighted when I receive a call. I feel acknowledged as we share together.

When I see what credit is doing at the highest levels of our country where there seems to be greed and theft on a grand scale, I thank God and am eternally grateful that I do not have credit cards. Having PRGs and keeping records gives me clarity. When I retired a portion of my debt, I could see it and acknowledge what I had accomplished.

At one time I had a huge student loan, which I called the debt from hell. The payment was deferred, but the interest wasn't and was added to the principle. The principle of the loan got bigger and bigger, and I thought I would never be able to pay for it. Yet through participating in DA and using the Tools, I've paid it off completely and will be debt free by the end of the year.

From underearning and deprivation, I have moved to a life of abundance and can be generous with family and friends. Participating in DA is a spiritual journey, and I am experiencing a spiritual recovery. I am better able to forgive others and see my part in creating my own experiences. DA is helping me to be grateful to God.

- Lillie

Action Buddy

Creating an Action Plan with the help of my Pressure Relief Group was a powerful step toward my goals and visions, but I have integrated the concept of an Action Plan even more strongly in my life as an almost daily occurrence. I have an Action Buddy.

We met in DA and agreed to support one another as Action Buddies. We talked out the details and created and agreed to the structure. One week I call her on weekday mornings and on the alternate week she calls me. We are prepared before the call with three action steps dealing with the priorities for that day. At the beginning of the phone call we briefly discuss how much time we have available to talk. The calls can run between 5 and 20 minutes long. We keep each other informed of the major projects we are working on, share the three steps we are committing to take that day, and inform each other of how we did with the action steps for the previous day. We will give feedback if desired, but always ask first.

Although most of the Action Steps are around our businesses, there is also time to talk about steps for self-care or other things that are going on in our lives. This arrangement has been extremely satisfying. It makes the steps more real and concrete rather than just a concept. It is a declaration for the day to a committed listener. I get support, acknowledgment for the movement I have taken, community, and encouragement. I do not feel alone.

I've put my wise-self in a situation that will keep me focused and moving forward, and not stopping when/if I get discouraged. This is especially helpful since I work at home. I've set it up that I have a partner, and we are running the race together, though apart. This is hugely valuable. We each get to set our own pace, big or small.

Using the Tools

There is no pressure. It is okay if there is progress not perfection.

There have been times that I might not have done my steps for the day if I did not have an Action Buddy. My procrastinator pops up. I have fears and resistance. But I connect to the wise woman within and really want to be in integrity. While working on my website, for example, there were many tasks, and it turned out to be a 6 month project. There were lots of bumps on the road to actually launching the website. My old habit would be to feel angry, frustrated, feel “poor me,” (Victim, Taking it Personally), and give up. Checking in each weekday with my Action Buddy helped me keep up my morale and realize these bumps are all part of the process. I’m happy to share that I now navigate these bumps with more ease, more acceptance, and less frustration than I used to. And, I completed my project!

My Action Buddy and I have grown to like and care about each other as people, and we both look forward to these calls. My commitment to our daily phone calls is a tool that supports me in my commitment to myself and gets me closer to my vision to have a successful business and a balanced life. And it feels wonderful to hear and vicariously experience her process—successes and bumps along the road—and know I’m also contributing to her.

- Robin G.

Rich and Rewarding Gifts

All of the Tools of Debtors Anonymous are important and valuable, but without a sponsor to help me work the Steps, I don’t think I’d still be here. Tool #3 is:

“Sponsorship: We have found it essential to our recovery to have a sponsor and to be a sponsor. A sponsor is a recovering debtor who guides us through the Twelve Steps and shares his or her own experience, strength and recovery.”

I like the way this is phrased because I get as much out of being a sponsor as I get by having a sponsor. Both are huge gifts. I have found both to be essential.

I remember the first day I got the courage to ask a kind and knowledgeable member of DA to be my sponsor. I was relatively new to DA and I really had no idea what I was asking. I was encouraged that he said “yes, let’s try it.” I learned a lot from him. There was never any judgment of what I had done “wrong” and he taught me that listening was a huge part of being a sponsor.

Bottom line, working the Steps with my Sponsors has been transformational and powerful at a level I could never have imagined. I cannot emphasize strongly enough the power and depth of working the steps. There would be no DA program without the Steps.

Before I had even finished the first 3 Steps, my sponsor encouraged me to become a sponsor. With a twinkle in his eye, he said I should do this because it would keep me moving. He knew that I was a procrastinator. He smiled as he explained that becoming a sponsor would force me to stay ahead of those I sponsored, so I would have to keep working the steps. I am more grateful for this guidance than I can say.

I have found that the experience of being a sponsor is as rewarding and as valuable as having a sponsor. It has done a lot for my self-esteem to contribute to other people. To share in the intimate aspects of their recovery is enriching and inspires me. In my opinion, this kind of transformational collaboration is yet another gift of the DA program and it is not to be missed. It keeps the Program alive for me, and I gain a better understanding of the steps as I work them with others.

Now, I have learned and keep learning by being a sponsor so that I can share the lessons learned. I have learned to focus on what I am doing right and how to acknowledge, celebrate, and appreciate every step taken no matter how small. If we all keep taking little steps, we will get the recovery that we want and need. We all need to be heard and to have our accomplishments appreciated. The DA fellowship keeps me moving. Staying in touch with the steps and the program keeps me coming back.

Thanks, DA!

- Jon L.

World Service Office

It is now possible to register your meeting ONLINE with the DA World Service.

Debtors Anonymous World Service is updating its worldwide meeting list. If you are not listed, register your meeting online by going to:

http://www.debtorsanonymous.org/start_meeting/register_new.htm

or download and complete the PDF form at:

<http://ncdaweb.org/MeetingUpdateForm.pdf>

This form can also be used to communicate updated meeting information with World Service.



NCDA Intergroup

The role of NCDA Intergroup is to serve the local meetings held in Northern California. Representatives from the local groups meet once a month.

All DA members are welcome to attend Intergroup meetings

WHEN: The fourth Saturday of each month (November and December meetings are held on the third Saturday.)

TIME: 10:15am to 12:45pm

PLACE: San Francisco Public Library
Main Branch, 3rd floor Conference Room
(across from the Civic Center BART station.)

GROUP DONATIONS

It is suggested that each group, after meeting its own needs and establishing a prudent reserve, send a 7th Tradition donation:

- ▶ **45% to the local Intergroup:**
NCDA Intergroup
P.O. Box 423058
San Francisco, CA 94142-3058

- ▶ **45% to the General Service Offices**
General Service Office - DA
P.O. Box 920888
Needham, MA 02492-0009

- ▶ **10% to the General Service Rep.:**
NorCal DA GSR
P.O. Box 423136
San Francisco, CA 94142

GSR's Meetings

GSR stands for General Service Representative. GSRs act as a link between the individual groups and the World Service Board, attend the World Service Conference, and serve on various committees to support the fellowship as a whole. The GSRs from Northern California meet once a month.

All DA members are welcome to attend GSR meetings

WHEN: The second Saturday of each month

TIME: 10:15am to 12 noon

PLACE: San Francisco Public Library
Main Branch, 3rd floor Conference Room
(across from the Civic Center BART station.)

CONTACT: Brandi (408) 687-5958



Please Check The Meeting Listings

If your group's listing is incorrect, please send the correct information to:

registrar@ncdaweb.org

This will assure that both the Webguardian and the Prosperity Times editor receive the information in a timely manner. It is important to include a current contact person for your group so that new members will be able to get the latest, most accurate information.

Submission Guidelines

Prosperity Times welcomes your personal story of experience, strength and hope.

The next issue's theme is:

Recovery

Please send submissions in the body of an email. Length may be 300 - 450 words. Articles may be edited to fit the space. Send to:

prosperitytimes@ncdaweb.org

or mail to:

NCDA P.O. Box 423058 San Francisco, CA 94142

Attn: Prosperity Times, Editor

Submissions must be received by December 3rd.

