

Prosperity Times

Northern California Debtors Anonymous Newsletter and Meeting List

April - June 2008

Winter Lights

Winter Lights has been described as an event that focuses on the spiritual aspects of the DA program. This year's Winter Lights fulfilled this promise.

From the moment I arrived at the beautiful location in the Presidio, I could feel the shift of my spirit. Free and plentiful parking was a good sign. As I walked in and during the business of registration, I was welcomed by friendly people. The abundance of materials to make name tags awakened my creative spirit, and I was happy to see that DA literature was available. Beautiful music set the mood before the event started, and added to the ambience at several key moments during the day. The whole day felt abundant - the location, the room, the snacks, the décor.

The beautiful decorations enhanced the mood. Little white lights in the main room made it feel magical and enhanced the spiritual quality. There were flowers and candles everywhere even in the bathrooms turning this functional room into a lovely space. There was an overall sense of graciousness, abundance and peace. Even the weather cooperated with a balmy sunniness.

The event itself was inspiring. Two speakers spoke from their hearts in vulnerable messages of strength, hope and recovery. I felt that my Higher Power spoke through them to what I needed to hear. I appreciated all those who gave short shares after the speakers - familiar stories with the message that we are not alone and struggle with similar issues. There is hope. There is recovery.

The Visions Meditation was beautifully arranged. In the past, I remember a feeling of chaos as those present tried to rearrange the chairs in circles. This year while I relaxed, the room was prepared for us. As I walked into the room in silence, drawn in by the special music, I was given a gift to hold during the meditation. It was a small touch with a large meaning. It is now resting in a special place in my home, and every time I look at it, I feel it contains my vision and reminds me of a very special day.

-Jai



Thank You, Thank You, Thank You

to the speakers, to all those who shared, to the meditation leader, to the Intergroup who produced Winter Lights, and to the many, many volunteers whose service helped make this wonderful day a success.

To purchase a 3-CD set of
Winter Lights
Speakers, Shares and Visions Meditation

contact: Sound Solutions
soundsolutionsrecording.com
phone: 1-877-893-2777

Coming this Fall!

DoDA Day

- DoDA Day is an annual event put on by the NCDA Intergroup. The focus of the day is on the practical aspects of the program and the tools of Debtors Anonymous. There will be Keynote Speakers, and many workshops will be offered.
- Information and a flyer will be put on the NCDA website when the details are available.

PRG Workshop

The Serenity on Sunday
DA meeting in Mt. View is hosting
a PRG Workshop

Date: Sunday, April 6

Time: 12pm-4:30pm
Registration begins
at 11:30am

Where: Central Seventh Day
Adventist Church
1425 Springer Road
Mountain View, CA

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

Contact: David 650 518-0512 or
Mary at
marysomm@earthlink.net

Downloaded a flyer from the NCDA website:
ncdaweb.org

The workshop is a fund raiser to send the meeting's
GSR to the DA World Service Conference.

A b u n d a n c e

Not What I Thought

When I first began the program my goal was to have lots and lots of money as I thought that was what was needed to insure that all portions of my life worked perfectly. I translated the word abundance into only meaning monetary wealth.

It didn't take long in the program of Debtors Anonymous for me to recognize abundance in everything. If I embrace abundance as meaning there is more than enough for everyone, I relax. The program is fully generous in watchwords, guidelines, helpful hints and enlightened passages to bolster my path.

The members of the fellowship are forthcoming in their shares from the heart, service done to keep the meetings going, moments spent together in greeting, and support after the meetings. Long timers stepping forward over and over to sponsor keeps the program going. There is the abundance of time devoted to phone conversations, help in taking the steps, emails exchanged in times of both despair and gratitude. Anonymity allows an abundance of safety for sharing and authenticity to abound with unending healing as the result. As a member of the Intergroup I have seen the richness of good humor and other's hard work.

And for me, the Serenity Prayer is steeped in abundance of comfort and spaciousness with each word. My life is rich and full in ways that have very little to do with money from the sunrise of soft pink on these spring mornings to the half moon shining as I relax in the hot tub at night. DA has replaced my abundance of worry and fear with a more than generous helping of love and understanding.

-Jenny

Show Me the Abundance

Our dog, Gracie, has an abundance of tennis balls. In fact, she has so many tennis balls the basket originally dedicated to contain them was replaced with a larger basket which is now overflowing. We even throw the scuzzy ones in the trash when Gracie's not looking.

The thing is we never purchased ANY of these tennis balls! With the exception of a few gifts, our dog found ALL these balls herself. Now, if you had asked me if I thought the world was littered with tennis balls I

would have said, "No." After all, I'm 57 years old, and I've been to a lot of places. It has been my experience that there are simply not tennis balls lying around everywhere. Yet my dog's basket is overflowing with found tennis balls! She finds one, sometimes two, on over half of the walks we take together, even on customary, well-traveled routes!

During one of our last walks I was moved by the question: What else is possibly out there that I neither know about nor see? Because my beliefs about reality are largely formed by my limited perception and experience, is there really an abundance close at hand, that I neither see nor even consider exists?

-Jacob

Subtle and Beautiful Ways

Abundance has played out in subtle and beautiful ways in my life since I joined DA. I entered the program with overwhelming personal and student loan debt, a dying car and a job where I felt profoundly depressed and stuck. My sponsor suggested that I write down things that I am grateful for every morning, and since then, for over a year, I have been writing a daily gratitude list. I have experienced abundance on a level I have never before felt. Even the concept of abundance has broadened and deepened as, in the past, I would only measure it in financial terms. I now see abundance as a way of looking at all aspects of life.

I feel genuinely grateful that I have the job that I have. I am gainfully employed with benefits and a retirement plan, and most exchanges with the people I encounter are pleasant. I still would like to have a different career but am able to use this time to really figure out what and where, specifically, I would like to transition. I can look at what is working or not working in this field to greater define what I want next time.

I do not own a home, but I live in a private, safe and lovely little space. I am also blessed to live in a neighborhood, country and political era in which I, an unmarried woman, can walk out my door anytime day or night without fear of getting hurt or shamed. My loves ones are not in danger of getting bombed. While I have yet to meet my life partner, I have a rich life filled with healthy, loving relationships and long-term friends with whom I get to practice real intimacy and who teach me how to love myself unconditionally.

By acknowledging all the abundant aspects of life, I experience waves of gratitude to witness the spring

A b u n d a n c e

blossoms blooming out of the wooden twigs to fill the sky with explosions of color, the weeds that are determined to come out of asphalt, bird song at dawn, domesticated animals pulling me out of self absorption and giving affection freely. The expansive clouds over the freeways and bridges remind me that nature is there when I am stuck in traffic. I see the abundance of good in people who usually wish to express their kindness, the amazing amount of service and fellowship in this (and other) 12-Step programs and the abundance of humor even in the toughest of times.

While I am doing the emotional work and action steps to get to greater financial abundance, I am so grateful to be able to experience abundance on a subtle and profound level and trust that this will always be there whether or not the finances are.

-Kristi

I Got my Life Back

I made a lot of money and lived an expensive lifestyle. My life was active and spending was part of that activity, an unconscious spending where money slipped through my fingers and seemed to disappear. It felt like I was not worthy to keep the money.

I was in financial stress when I came into DA. I did not budget, and the expensive lifestyle without a budget had a negative impact. The expensive lifestyle was not a happy life. I didn't have a clue. My life was unmanageable.

In the fellowship of DA, my life turned around. Through PRGs, I gained clarity and consciousness and learned how to budget all of my resources – my time, my energy, and my money. I am stopping the cycle of spending more than I have.

I have learned the tools and skills to manage my money, but the effects extend beyond money. DA is a multi-faceted program. Previously, I was chronically late almost 100% of the time. Now I am almost always on time. This is huge! Keeping my contracts and commitments with people has improved my relationships, and my life is rich with family and friends. I am enjoying my life.

I thank those who have sat with me through all those PRGs. I have learned through the spiritual guidance of others, and this has enhanced my life. I can't do it alone. I know it is important to stay involved with

the DA program, to continually reinforce my skills by going to meetings. It is a spiritual program and has given me clarity and consciousness for living a spiritual life. The Promises are starting to show up in my life.

I have gotten my life back and can now enjoy quiet time. Out of the quiet, I am feeling an incredible sense of abundance.

-M.L.

Turn Over the Results

Most of my life I have felt like I was “less than” or that I did not have enough. I remember as a teenager being so depressed and thinking that I could never even have what most adults had. Could I actually find a spouse that I would love and who would love me in return, own a home, have a nice car, live a “normal” life? What I know today is that at that time in my life, I didn't know a Higher Power that could offer me hope.

Today I can see that at the very heart of my thinking were fears, uncertainties and doubts (those notorious FUD's we hear about in program). I had fears of people, places and things. This led to uncertainties about what the world offered to me and the doubts about my ability to change things for the better.

It took working the 12 Steps for me to begin to see the difference between waiting for God to give me what I wanted versus my doing the footwork and turning the results over to God. I learned through working the Steps that my job is to show up today to do whatever is called for. What happens after that is out of my hands. The most daunting task I have today is what God has given to me to do. My job is to approach it, do the best I can, and then let go and let God take care of the rest.

Out of working the 12 Steps, today I can see the abundance in my life. Today I have a Higher Power that loves me. I have a dear and precious wife, children and grandchildren. I have a job I enjoy and am well paid for to boot. I have the gift of this day that affords me challenges to see what I have learned and what I still need to learn. Today I am open to learning by my mistakes. Today I have the DA program and fellowship that I can turn to for experience, strength and hope. Today I am no longer alone.

Today, one day at a time, I have a richness and abundance beyond my wildest dreams. Thank you God.
-Leo I.

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. To be included, 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.



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.

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:**
NCDCA 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.)



NCDCA Intergroup

The role of NCDCA 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.)

Submission Guidelines

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

The next issue's theme is:

The Promises

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

prosperitytimes@ncdaweb.org

or mail to:

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

Attn: Prosperity Times, Editor

Submissions must be received by June 10.

