

Prosperity Times

Northern California Debtors Anonymous Newsletter and Meeting List

January - March 2006

WINTER LIGHTS IS COMING

Win-ter (win´ter) n. the cold season between autumn and spring

Light (lite) n. something that makes things more visible

Winter Lights (win´ter lites) n. DA's annual Winter celebration to help make recovery, prosperity and hope more visible!

When: Sunday, February 12th, noon to 5:30PM

Where: Golden Gate Club, San Francisco's Presidio

What: Speakers, shares, fellowship, literature, recovery

Don't Miss: Candle Lighting Ceremony & Circle of Lights Meditation



This day-long celebration of recovery and fellowship focuses on the spiritual aspects of the DA program. Get reconnected to your Higher Power through the experience, strength and hope this day offers.

Welcome to the Winter Edition of the Prosperity Times!

With this issue, we, your editors, introduce a new format designed to include more of YOUR voices and help make the newsletter a lively and fun recovery tool.

Each issue will now have a theme, with the inside pages devoted to member shares on that theme. Turn the page to see what your fellow DA members had to say about this issue's theme: Higher Power.

There's also a "My Recovery" section on the back page that's open to any topic (up to 300 words); "On the Lighter Side," for DA-related jokes and cartoons; and "Heard at a Meeting," for those amazing one-liners you hear that can brighten your day or even change your life. We welcome your submissions. Please see the back page for submission information.

The meeting list that occupied the inside pages is now a handy pullout. Slip it into your pocket or wallet so you'll always have a meeting list with you.

Got ideas to improve Prosperity Times? A theme you'd like see? Heard a great one-liner? We're all ears! Let us know what you think: registrar@ncdaweab.org.

Sincerely,
Your Editors

On the Lighter Side...

"I can't be overdrawn . . . I still have checks."

★★

From a Platinum Plus credit card "invitation":

"You don't need another credit card...you need a better one. The Platinum Plus's premium benefits are designed to help you save money, make life simpler, and provide the highest level of peace of mind."

"Quote Unquote"

We will recognize a Power Greater than ourselves as the source of our abundance; we realize that God is doing for us what we could not do for ourselves.

-D.A. Promises

Some of us found it difficult to accept a belief in a Higher Power. Logic would not allow us to accept the traditional concept of a religious God. For some, the very idea of "God" was absurd or abhorrent. In D.A., we learned that no specific doctrine was required. We found we could choose to believe, in spite of our logic and reason.

-Twelve Steps of D.A. pamphlet

One of the principles, I think, of this program is that there is always enough, and that there will always be enough, to go around. My Higher Power will see to it that my needs are taken care of as long as I continue to work the tools and Steps of this program.

-Currency of Hope, p. 181

Meeting Spotlight

The Sunday Mountain View meeting now meets at the Central 7th Day Adventist Church of Mountain View from 6 to 7:15 PM on Sundays evenings. See the meeting schedule inside for the exact location.

If your meeting would like to have a special mention in the newsletter, please send a request to registrar@ncdaweab.org.

MEMBERS SPEAK! This issue's topic: **HIGHER POWER.**

Without thinking consciously much about it, I had come to think of God as either busy with people who really need him or just teasing me. Doesn't make for a great relationship with God!

I often don't believe God wants to help me. I am still very Calvinistic, believing "God helps those who help themselves," and if I am not seeing evidence of God's handiwork (a high paying job or the resumption of my former business) it's because God doesn't think I'm doing enough.

I worry about NOT doing enough, like so many of us. "I'm not enough. I don't do enough. I procrastinate too much. I should triple the footwork and THEN maybe God would pay attention." Many would say, "You need to fire your punishing God and replace him" (or her).

At present, the best I can do is to place HOME, LOVER, and JOB into a God box and pray that there is a God who can help me even without more footwork, a stronger belief, a daily mediation practice or any other demonstrations. I need a God who doesn't have any more homework for me. What a relief that would be! MK

Looking out my window this morning, the snow paints a quiet Montana winter scene. Earlier I watched a Ferruginous hawk swoop down from a tree and snatch an unsuspecting field mouse for his breakfast. The grove of leafless river birch across the Fox Creek slough stands stoic in a winter slumber.

I so enjoy the many different scenes that the Creator or Higher Power illustrates the world with. In the past I didn't notice these things. I was too busy in the pursuit of my addictions, including money and success. The idea that I would ever need a daily connection and trust of a Higher Power only received a derisive snicker. Now, when I feel most agitated and am invited into my disease (using blame and anger at the customer service representative who will have to call me back because she is busy), I have the option to listen to HP nudging me to look elsewhere.

I have been feeling a low level of nervousness around money issues in the last month. Today's nudge came in reading my horoscope that said, "Be gentle with yourself today.

And be gentle with others. It's easy to feel critical of everything around you because you're disappointed in something." When I was put on hold several times and then asked if someone could call me back, the pity pot of "poor me" was ready to explode. That is when I sat down, took a deep breath, read the horoscope and became willing to turn my busied ego, my agenda, worries and expectations over to HP. In that instant, everything around me changed. My life becomes so fluid, so easy, and so safe when I am willing to listen to the Creator. Steve

Came to believe that a Power greater than ourselves . . .

I have been struggling with what my sponsor refers to as my "not enoughness." I have some sort of default mechanism that in a pinch toggles to the "I am not enough" reel. But, it is not just me that is not enough on that reel; my husband says he is afflicted by nothing ever being good enough for me. I wonder how else this affects my life.

D.A. is the right place for me. When I am in a crisis and revert to my small minded character defect of not enoughness, I have a tool, some action, some life preserver to cling to. I am enough, I have enough, I do enough.

Sometimes I drop to my knees. "God, I feel overwhelmed by my life, I cannot face it alone. I trust you to guide me and have it turn out the right way. Please help me overcome my smallness and feel your enoughness, the fullness of your spirit in me. Please help me see how everything in my life today is enough, everything about me today is enough, and the world around me is enough. Please forgive me for the transgression of ingratitude of feeling the gifts in my life are not enough."

Now I can approach my day and my life with some sense of perspective, some feeling of handholding. I will breathe in trust and breathe out fear. It will be okay. It is enough.
Elizabeth

What is Higher Power to me?
Putting it out in the Universe. If I put it out there, it will come. I visualize what I want, sit down and make a list, and I get the things I'm meant to get. There's a greater force in the Universe than us. I don't have a definition. It's sort of giving it up and putting faith in something larger. Christie

As a compulsive debtor and underearner, it's been a long, winding road down to hitting bottom. My own false gods are at the center of me. I am drowning in beautiful lies: "Well, I used to make lots of money, therefore I can go out to dinner tonight, even though the power company is about to shut off my electricity." "That credit card company deserves to be screwed over." "If I hit the jackpot, then I'll pay my debts." "I'm on strike because of a lousy childhood. Once I receive justice, then I'll rejoin the world."

And the most cherished fiction of all: that I can somehow manage well and make things better without the help of a Higher Power.

I've spent a lot of time sorting out what my HP is not: not me, not my mother, not the giant advance for my book. Not the million bucks that will pay off my debt once and for all. Not the exquisitely courteous man who will wait on me hand and foot, save me, and pay all the bills, too.

I think of God as a verb, or ever-present process, that I can track into. God as a way of doing things, rather than a he/she/it that does things to me. Writing. Listening to music that I love. Prayer and meditation. A long walk along Chrissy Field up to the Golden Gate Bridge. These things are not roads to God; they are God.

I embrace the concept of "following one's bliss" as Higher Power. If I track into my bliss, a thousand invisible helping hands provide divine intervention in ways I cannot fathom or predict. When I participate in these acts, I am choosing to be with the Higher Power of my understanding. But I can just as easily choose not to, and the results are instantaneous and clear.

An oldtimer once said, "It's not a question of if God's on our side, it's a question of whether we're on God's side." When I get lost in resentment, fear, and the aggravating minutiae of my life, I remember God as a verb and go to a meeting. Marlena

I've often heard people share in DA that "God is in the numbers." When I first heard that I thought it a little odd. I have often felt Higher Power's Presence in people, nature, and animals, but HP in the numbers? Through attending many meetings and having and giving PRGs I've come to see that indeed God is in the numbers.

My conclusion is simply this: I think God likes clarity. When we are absolutely clear in an area which used to be muddled and vague, God can work miracles in our lives. Just watch your fellow DA members lives transform as they begin to write down their numbers and have regular PRGs.

Having a daily practice of writing down my numbers helps to relieve any financial anxiety I have. Even if I think I don't have enough money in that given moment I can still breathe more deeply knowing I've done my part in being clear. I feel God's Presence more when I am not anxious but rather when I am relaxed and clear about my life. Kristen

I experience Higher Power all the time in the rooms when a person that was crying and wondering how they were going to pay their bills four years ago is now concerned with finding time for a vacation because the business they started in the program is doing so well. Higher Power sneaks up on us and changes our lives when we aren't looking. I'm also in AA, and I see Higher Power at the point where someone stops drinking or debting, when relief floods in and suddenly the clothes are ironed, the tie or lovely scarf reappears from the back of closet, the flower is tucked in the freshly-washed hair, willingness opens, and good things and self-care start.

My Higher Power is the light that is constantly warming; the sun I'm sometimes pissed off with because I think it has stopped shining and actually, I've just had the shades of addiction drawn again. My Higher Power communicates to me all the time, through books, friends, my dog, my sponsor, movies, meetings, billboards, dreams- I just can't shut it up! Max

... could restore us to sanity.

This newsletter is published by Northern California Debtor's Anonymous (NCDA) Intergroup. The role of Intergroup is to serve the local meetings held in Northern California.

NCDA Intergroup meets on the fourth Saturday of each month from 10:15 a.m. to 12:45 p.m. at the main branch of the San Francisco Public Library, 3rd floor Conference Room. (The library is across from the Civic Center BART stop.) In November and December, meetings are held on the third Saturday.

All DA members are welcome to attend. The next meeting is January 28th.

Joining Intergroup is a great way to serve DA and strengthen your recovery.

Need to send out your 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 31224
San Francisco, CA 94131
- ▶ **45% to the General Service Office:**
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

Mark Your Calendar!

Winter Lights
February 12th, noon-5:30 PM

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Copy it or download and print it
from ncdaweb.org.*

My Recovery

Higher Power is My Pilot

The word "attitude" is used to describe two closely-related aspects of an aircraft in flight: pitch and roll. Pitch is angle of the craft in relation to the horizon, whether the nose is pointed up, down or level. Roll describes whether the craft is banked left or right, or whether the wings are parallel to the horizon.

When I first came to DA I was miserable and desperate, so I kept coming back. I came back to meetings, to the serenity prayer, to the literature and to my sponsor. As I began to do service, I stopped feeling so terribly alone. As I worked the steps, I began to allow my Higher Power to pilot my life.

Now, as I pick up the tools of the program daily, I steer the pitch of my thinking, I adjust the roll of my attitude, and I come back, over and over, to an orientation with the horizon line of my life that gives me serenity.

Sherry

Heard at a Meeting

A great spiritual teacher said that if the only prayer you ever said in your whole life was

"Thank you,"

that would be enough.

Submission Guidelines

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

Articles may be edited to fit as space allows. The next issue's theme is about recovery challenges. What are you struggling with in your recovery and how is the program helping?

Please send submissions of up to 300 words to us at registrar@ncdaweb.org.

Or mail it to:
NCDA, PO Box 31224,
San Francisco, CA 94131
Attn: *Prosperity Times*, Editors

Submissions must be received by March 13.