

PROSPERITY TIMES

The Northern California Debtors Anonymous Newsletter and Meeting List

May-July 2005

Published by The Debtors Anonymous Intergroup of Northern California



The Twelve Steps

A DA member shares with us a fourth step inventory.

Made a searching and fearless moral inventory of ourselves.

This Fourth step follows the model in Alcoholics Anonymous on page 65.

I'm resentful against:

"Boss A" Hasn't come through on an annual bonus. Hasn't given me a complement with out some sort of unexpected criticism. (Pride, security)

"Boss B" Doesn't take time to address my concerns at work. Is vague about an answer to my request for vacation. Joked about my salary in front of other Managers. (Pride, self esteem, security)

"J. Doe" Wouldn't joke around with me like we usually do: answered my questions with monosyllabic, unfriendly answers: snubbed me. (Pride, self esteem, Security)

"Jane Doe" Is duplicitous, sneaky about her behavior at work. Feigns ignorance in regard to company policy. (Personal relations, Pride)

"Myself" I brown-nose my superiors at work, sometimes short-tempered with clients and subordinates. I've put my financial security ahead of my spiritual/emotional well being. (Self esteem, pride, security)

"Joe Doakes" Complained to my Boss about something (totally innocent) I'd done. Thinks I'm insensitive to his business partner's troubles. (Financial security, self esteem)

In referring to the above inventory, I'm amazed, but not surprised that every single resentment is fueled by fear.

"We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connections with them." Pg. 68 *Alcoholics Anonymous*.

I am afraid that:

I'll never make a living doing what I love to do. I'm not talented or creative enough or disciplined enough to be a truly great artist. I don't work hard enough or often enough. That my life is full of "Half measures". That I'll debt again. That I won't be able to take the ski vacation I want. That I can't afford it and will debt to do it anyway and ruin the little financial cushion I now have.

Thanks DA for letting me share this inventory with you. Anon

MARK YOUR CALENDAR

Do DA Day 2005 is coming.

It will be held in **September 2005**, please check our website: www.ncdaweb.org, in June for the date and location.

InterGroup is looking for **volunteers** help to put on this day of action and recovery for all members of the fellowship: newcomers through old timers.

2005 World Service Conference

August 24-28th, Radisson Hotel, Mt. Laurel, New Jersey

For more information go to the Events page of www.debtorsanonymous.org.

A special invitation to come join a friendly meeting.
LOCATION: Menlo Park Presbyterian Church 950 Santa Cruz Ave., A-26 Menlo Park, CA
TIME: Thursdays 6:30 - 7:45 pm

NCA Intergroup: Do it for Yourself

DA is a selfish program: we're all here for our own recovery. Service is something we do to strengthen our own abstinence. It keeps us connected and committed to the DA community and the DA program.

NCA Intergroup invites you to join us in the San Francisco Public Library on the **third Saturday of every month at 10:15 AM** to help yourself and your meeting have a better recovery experience. By taking on a service position (several are opening up) you can help reach out to newcomers, provide wonderful fellowship events, and support Bay Area meetings in carrying the message of DA recovery into the wider community. You can also bring any pressing issues facing your own meeting. Best of all, we get to share on the true meaning of the 12 Traditions and their importance to the survival of DA groups.

The more people we have to share the work, the less work any one of us has to do, and the better we can serve ourselves and our members.

Intergroup thanks the following meetings for their 7th Tradition donations over the past three months. These donations make this newsletter, our phone line, website, and events possible: Sunday Mountain View, Vallejo, Walnut Creek; Monday San Francisco, Oakland; Tuesday San Francisco, Menlo Park, Palo Alto; Wednesday Berkeley; Thursday Corte Madera; Friday Burlingame; Saturday San Francisco as well as groups 153 & 611. Much appreciated!



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 On A Personal Level

If you have a sponsor and are working the steps, you can be of great service to yourself, another D.A. member, and the fellowship as a whole by sponsoring another member of D.A.

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.

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 to:

☒ 45% to local Intergroup

NCD A Intergroup
PO Box 31224
San Francisco, CA 94131

☒ 45% to General Service Office

General Service Office-DA
PO Box 920888
Needham, MA 02492-0009

☒ 10% to local General Service Representative

NorCal DA GSR
PO Box 423136
San Francisco, CA 94142



Prosperity Times: *Submission Guidelines*

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

Email: registrar@ncdaweb.org

Mail: NCD A, PO Box 31224, San Francisco CA 94131

Attention: Prosperity Times Editor

Send by: July 10, for inclusion in the August–October 2005 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

Self Care

DA is about taking care of ourselves, living within our means but not letting our means define us. Certainly, having a nice car does not define us. But, depriving ourselves of safe, reliable transportation can be a symptom of our malady. How do we satisfy this need, and that for other big-ticket items, soberly, without debting, and while using the tools of the program?

First, as with any major financial decision, it is important to be clear on our numbers (clarity). With clear records of our income and expenses presented to our PRG (asking for guidance), we can create a reasonable spending plan for our transportation, including the down payment, monthly payment, if any, insurance, maintenance, fuel, annual licensing fees, etc. This results in guidelines for how much cash to put down and what monthly payment to take on. It is also crucial to research car prices and financing terms (footwork). I found it extremely helpful to bookend the process (more guidance) in order to stay sane and stay within my spending guidelines. I find that the process of getting clear, and sharing my clarity with my PRG and sponsor (Steps 4 & 5), and then committing to some spending limits, allows me to speak my truth in the buying process and turn the results over to God (Step 3), trusting that if it doesn't work out, God must have a better plan for me.

Decisions are hard for me. I try to remember that there are no big deals, period. I need only to decide to turn my will and my life, and my purchases, over to the care of God and pray for knowledge of his will for me (Step 11). Decision-making becomes a spiritual growth process! Finally, I ask for the courage to walk through the fear of having abundance in my life

(the serenity prayer). It works if you work it.



J.D.