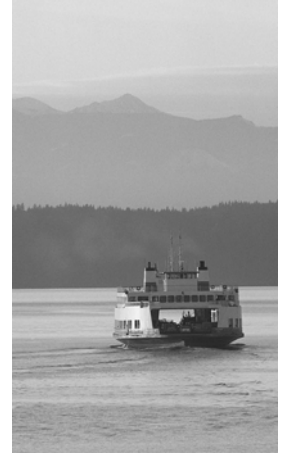




Sound Currency

Puget Sound Debtors Anonymous Newsletter



Unity, Recovery and Service

THE PROMISES COME ALIVE

This is the theme of the **2010 Northwest Regional Conference** which will be held on May 21-23, 2010 outside of Seattle. This will be co-sponsored by Vancouver, B.C. and Portland, Oregon. Puget Sound Intergroup will be the host. The initial planning meeting was held on May 31 and there were 22 in attendance. Since that time there have been two other conference committee meetings as well as other committees. Some 20 committees have been developed so far so we encourage you to find one to contribute your time to as we need your help.

A logo is still being developed and will be on the registration/flyer that will be created and distributed in August in time for the World Service Conference in Dallas. A power point presentation will also be developed to encourage others to attend and participate in creating this conference.

Presenters will be coming from the region and other parts of the country including former and current trustees from the DA Board of Trustees. Some of the authors of the Currency of Hope will also be speaking at the conference. Workshops are still being developed but some that will be offered include tools for BDA, two workshops on

Visioning, Business Plans, Spending Plans That Work, The Promises, Prudent Reserve: A Real Life Saver, Sponsorship, Stepping Together: Group Step Study, Marketing the BDA Way, and Abundance and Prosperity. PRGs will be available during the conference as well. There will be BDA and DA Meetings twice daily, as well as meditations in the am and evening. There will also be sacred places designated for the eleventh step.

The location will be at Kiana Lodge which is on Kitsap Peninsula on the Puget Sound. In the Salish language it is called Garden of the Gods and when you come there you will know why. It is one of the premier retreat settings in the northwest and it is a spiritual experience waiting to happen.

Costs are still being determined but every effort has been made to make the conference accessible to everyone who wants to attend. Lodging is available close to the Kiana Lodge, or you can also commute on the ferry.

Put this date on your calendar and start planning with your spending plan so you can attend this once in a lifetime Debtors Anonymous event.

For more information please contact
2010_Reg_Conf_Committee@dawashstate.org

About Debtors Anonymous

Debtors Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from compulsive debting.

The only requirement for membership is a desire to stop incurring unsecured debt. There are no dues or fees for DA membership; we are self-supporting through our own contributions.

D.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stop debting one day at a time and to help other compulsive debtors to stop incurring unsecured debt.

Preamble of Debtors Anonymous, revised and approved



SoundCurrency

World Service Conference

NOTES FROM IRVING, TEXAS

Ten suggestions for a successful PRG:

- Decide what you need help with and make this your focus
- Prioritize your top three issues
- Plan your PRG at least 2 weeks in advance
- Choose three different dates
- Pick a place that works for you
- Choose people who have strength, hope and experience in the areas you need help
- Typical PRG's can last from 1 to 1.5 hrs and up to 2 hours
- Don't take it personally if someone says no to being on your PRG
- Confirm the PRG date at least one day prior
- Come prepared with whatever you need with supplies and important information i.e. numbers, vision work, spending plan

Greetings from your Intergroup Service Representative. At the World Service Conference this year there were 101 representatives from the US, Canada, France, the UK, and Ireland. F.Y.I., there are 500 groups registered in DA, and 271 contribute to World Service. There are over 8,000 members nationwide.

Now for a brief definition of the World Service Conference. It is the working international group conscience. Each GSR represents their group, or intergroup, and votes on motions that are made that effect the fellowship as a whole, from publishing literature to establishing guidelines for how we will deal with the internet and anonymity for example. Each representative is asked to serve on a committee for the year. There are 8 committees and the ISR, Wednesday nights' GSR, and Mondays' GSR, serve on the Public Information, Literature, and Business Debtor's Anonymous committees respectively. There are three caucuses which deal with diversity, intergroups and technology. Willie showed up for the Intergroup Caucus and is keeping in touch with them throughout the year.

The only opportunity to share from the floor about local matters is during the open forum. Each person is given only two to three minutes to speak. During this time Willie shared about the 2010 Recovery Conference, and also about our bid for the 2012 World Service Conference. Susy spoke about the Stepping Together process

and how it is working in the Northwest. There was much interest in what is going on here.

Notes taken from Willie's conference updates

Thursday:

"The morning session was packed with presentations from General Service Board and various Board committees. They spoke about the five year plan for DA. Two interesting trends were that DA hasn't grown in the last 10 years. No other area is experiencing the kind of growth we are and so we have a lot to be grateful for. The other issue that struck me was that many members are still struggling with the definition of debting and abstinence. Suggested that GSO come up with clearer guidelines but Board Chair redirected the fellowship to take it up in our committees."

"Susy and I made the presentation this evening for the WSC bid in 2012. I thought it went well. We were up against the Magic Kingdom, Orlando, so we should know status maybe tomorrow. Just have to turn it over and see what H.P. has in store for us."

Friday was spent in committee meetings. At five o'clock, we call it quits and we have a night off. Or at least many people do.

Saturday and Sunday:

"The convocation started this morning.* First motion was to vote on WSC bid for 2012 and we got



Meeting Updates

it. Let the games begin! There was a lot of excitement for it and many people said they would definitely be there.

I gave a workshop in afternoon with another person on service/ sponsorship. Shared what we have been doing with Stepping Together in more detail. There was lots of interest. Bay area, N.Y. Chicago, Minneapolis, Atlanta and San Diego all want to do it. Susy will be going to San Diego next month to help them kick it off."

Motions and resolutions that were brought forward at the conference

A new 7th tradition statement was adopted, to clarify and encourage contributions. If your meeting hasn't received that info it is on the website, http://debtorsanonymous.org/start_meeting/format.htm

This year there was a motion to change the Conference Charter, which is the text which defines the structure of the Conference and how it shall operate as a corporate entity. The motion was to change the way ballots are counted specifically in regard to motions that would change the Twelve Steps and the Twelve Traditions. Currently, it requires a yes vote of 75% of all groups to carry the motion. The suggested change was to change that to 75% of all responding ballots. This motion has been on the floor several times over the past ten years. It seems to

have hot representation on both sides, including an attempt to squash bringing it to the table in the future, which I might add was voted down by the fellowship. There is a desire from some in the fellowship to see changes made toward the degenderization of God in the literature. When this subject was brought up, lots of emotions were stirred up and the motion was voted down.

Other motions of interest

One committee wanted to disband the Adopt A Loner program and that was voted down. A motion was also passed to create Public Information Representatives at all the group levels. This motion was modeled on what we are doing in this area to carry the message, and it passed. You will be hearing more about that soon.

Notes from Matt's report to the Wednesday Visions Meeting:

"The GSB has hired a writer for DA's 12 steps and 12 traditions book, which will be published in 2-3 years. The Literature Committee approved the concept of the BDA Sign Posts and Tools pamphlet. The concept was voted on and unanimously approved at the convocation.

Lit. Comm. also approved the concept of the pamphlet Communicating with Creditors and Debt Moratorium with some minor editing. The concept was voted on

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Seattle, downtown -
8:30 to 10:00 A.M.
Building a Prosperous Business BDA—Business Owners Meeting

Trinity Episcopal Church,
Library Room
609 8th Ave, Seattle,
WA 98104-1997

Going uphill on James Street, turn left (south) onto 8th Ave, go half block past garden courtyard and turn left, enter at "Office" and Library is on the left. There is free two-hour on street parking.

Saturday Spender's In DA 10am - 11:30am

New time and location starting 8/1

St Paul's United Church of Christ - Library 5612 12th NW Seattle, WA 98117

Closed Meeting

Tuesday Bellevue -
12:15 to 1:15 P.M.
Eastside Solutions Group
Unity Church

Check website for updates.

A "Stepping Together" Participant Shares

I am grateful for the DA Stepping Together 12-Step meeting. The experience was very enlightening and helpful. The members of the group were supportive to each other as we worked the steps. With the encouragement of this step-meeting, I made amends with my father and we are now talking again after having a time without verbal communication. Before making amends, I was not comfortable attending family functions where my father and I would be in the same room. This group has helped me look at my character defects and humbly ask God to remove them. The group has helped me learn how to keep a commitment. Thank you DA for continued abundance and prosperity.

- Blessings, Ed

Stepping Together

DA STEP STUDY MEETINGS

This is the name of the step study meetings that have helped so many people go through the steps in the Seattle area and other places in Washington. It was first started with the Monday night Abundance group. They had a lot of newcomers to the meeting but they didn't seem to be staying in the program very long. A couple of members of the group who had worked the steps decided to take a group through the steps using a format that had been developed in California. 10 members participated in this first group. Since that time the Monday night meeting has continued to grow and is now one of the strongest in the Seattle area. The focus of the steps focuses on a member's recovery, helps build unity within the group and then those who complete the steps are committed to service on many different levels.

It is not required that a person have a sponsor to participate in this format. A temporary sponsor is assigned to them when they come to their first Stepping Together meeting. You can join the group up until they start the fourth step. After that the meeting is closed. Participants sign a commitment letter in the first meeting as a way to help them to be accountable to the group for completing the steps and to do service once they have fulfilled their commitment.

Then the Wednesday Higher Visions Meeting decided to have the Stepping Together meeting as their second meeting in January 2009. About 25

DA members have participated in it so far and another group will be starting on July 15. This has helped the Wednesday night meeting to grow and members from other groups have also participated in this step format which strengthens their meetings as well.

The next group to go through the Step format was in Tacoma. Two members from the Seattle area who had participated in the step format went on a weekly basis to Tacoma to carry the message. Seven members went through the steps and had major breakthroughs in their recovery. One of the members has since started another group in Olympia which has 12 in their Stepping Together meeting.

Another three groups are waiting in the wings to start the Stepping Together format. Once they have a minimum of six to seven members who are ready to take the steps then someone else who has completed the Stepping Together program will lead them. These meetings are in Seattle and the surrounding area.

The tools are very powerful for DA and BDA and have been instrumental in the recovery of our members. However, you do not experience the promises in the program until you work the steps. As one members' sponsor says, the only two things in the program that are non-negotiable are:

- 1) keeping your numbers and
- 2) working the steps.

Upcoming Fall Workshops

Sponsorship Workshop | October

DATE: Sunday, Oct 11, 2009
 TIME: 10:30 A.M. - 4:00 P.M.
 WHERE: Capitol Hill Group Health South Bldg Atrium Rm A6-7
 125 16th Ave E, Seattle, WA 98112-5103
 COST: \$30.00 Suggested Donation (no one will be turned away)

For people learning how to be a Sponsor ... and anyone seeking a deeper understanding of Sponsorship.

The Twelve Signs of DA | October

DATE: Sunday Oct 31, 2009
 TIME: 1-5pm
 WHERE: Capitol Hill Group Health South Bldg Atrium Rm A6-7
 125 16th Ave E, Seattle, WA 98112-5103
 COST: \$25.00 Suggested Donation (no one will be turned away)

Coping with the Holidays | November

This four hour workshop will be offered in November. You can develop a spending plan for the holidays and learn some program tools/resources to help you deal with the stress of the holiday season.

Questions? E-mail workshops@dawashstate.org

Practicing Self Care

I wake every day with love in my heart, gratitude, and honesty - and a smile. I enjoy every day to its fullest. My spending plan is updated daily! A must! I have enough, I am enough.

I take care of my health:

- Have health and dental insurance
- Regular visits to doctor and dentist
- Take my daily medications
- Eat good food
- Exercise daily

Savings:

- For my new house in Wyoming, it was paid in full when I moved in
- For new appliances in my new house
- For the move to Wyoming

- For vacations
- For auto expenses
- For health co-pays
- For taxes
- For emergencies
- A general savings
- Allow myself to have visions
- Drive to a quiet place in the mountains or by the water to read and listen to my favorite music – or enjoy a walk
- Enjoy fellowship with good friends and family
- Surround myself with the gifts of DA
- Have quiet time with God
- Trust in God to meet my needs

– Carolyn H



Promise of the program #5

We will realize that we are enough; we will value ourselves and our contributions.



HALLOWEEN PARTY

Come As Your Vision

Saturday October 31st
Flyer to come!

Regional Recovery Conference May 2010

Debtors Anonymous (DA) of Puget Sound is planning a Regional Recovery Conference that will be held in **May, 2010**. Planning for the conference is now underway, and more detailed information will be available soon.

If you are interested in helping plan and/or participating in the conference, please contact: E-mail: 2010_Reg_Conf_Committee@dawashstate.org

We welcome your inquiries about Debtors Anonymous and the upcoming Regional Recovery Conference May 21-23, 2010.

World Service Conference

NOTES FROM IRVING, TEXAS

(Continued from page 3)

and unanimously approved. The DA Basic Text needs a writer to continue process to be approved Literature Publications comm. has translated the DA 12 steps pamphlet into Spanish and is ready for publication. Also a Spanish website is in development."

For a little humor, the Host Committee chair was a kick, and

when folks were complaining about the lack of veggies, she scratched her head and reminded us we were in Texas, and that they eat MEAT down here. I guess you had to be there. Veggies did start showing up though. The Host Committee did a fabulous job, and we have their contact information for future reference.



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Submission Guidelines:

Sound Currency welcomes sharing of experience, strength, and hope. Our next issue due out in December will focus on the concept of UNITY, as a cornerstone of our program. Please send submissions of up to 300 words to newsletter@dawashstate.org Submissions must be received by November 12th, 2009 Articles may be edited.

Come and Participate!

Puget Sound Debtors Anonymous Intergroup

Meets on the 4th Saturday* of each month at 10am
The Greenwood Senior Center
525 N 85th , Seattle, 98103

All DA members are encouraged to attend!

*Nov and Dec meets 3rd Saturday

1.877.267.9516

www.dawashstate.org

www.debtorsanonymous.org