

SOUND CURRENCY

Puget Sound Debtors Anonymous Newsletter

Fall 2007



From the Co-Chairs



Hello Intergroup Members and Friends

Here are your talking points from the IG meeting that took place on Saturday 9/8/07. Please share this information with your groups.

- ✓ The Public Information Committee has created a flyer that will be posted on our DA website to advise members on how to create flyers that can be easily posted on our website and shared with other groups by photocopying. If your group is planning an event, please do take a look at the information to insure that your event can be published easily!
- ✓ We will be having a PRG for spending plan specifically for the Intergroup Treasury. This will fully establish all of our reserves, including new decisions made at our July and August Meetings, and address the need for a general or operating expense fund to meet our incidental expenses.
- ✓ This quarter's newsletter, Sound Currency, will be published on our website. You can access it after Friday, September 14. You can print and photocopy it to share with your groups. (this implements the original plan to eventually have the newsletter distributed directly to members via the website, rather than having Intergroup underwrite the expense of photocopying. This edition's theme is selfcare.
- ✓ DA Basics Workshop is Sunday, October 14 from 2:00pm to 5:00pm at Daybreak Star Indian Cultural Center. The flyer is on the website, with map and directions. Suggested donation is \$20, but no one will be turned away. We still need speakers for the topics of: The telephone and the Internet Tool, SPonsorship, Business Meetings, AA and DA Literature, Awareness, working the steps and the Traditions. This will be very informal, more like a "share" than public speaking.
- ✓ Spending Records using Financial Software Workshop is 10/21/07 at Group Health from Noon to 4pm. This workshop ROCKED in its test run in July. More info on the website. SPACE IS LIMITED to 14 PEOPLE - MUST REGISTER FOR THIS TO ENTER. Cost is \$20, or pay what you can - no member will be turned away. Focus on keeping your spending records and creating reports using software such as MS Money and Quicken.
- ✓ Intergroup Agenda is going to be distributed 8 days before the actual meeting so that you can show the agenda to your groups and they can discuss pertinent items and discuss issues that will be up for a vote. We are excited about this!
- ✓ SAVE THE DATE: Wednesday November 14, 2007 for the Second Annual Gratitude Potluck, sponsored by the Wednesday Night Higher Visions Group. Free - 7th tradition will be taken, with funds supporting GSR and ISR funds to send reps to next year's World Service Conference. This proved to be a memorable, poignant and fulfilling event last year. All DA members are welcome!



More From the Co-Chairs



The 2nd quarter of 2007 has been fruitful and exciting, including a new meeting and new workshops.

In the early 2nd quarter, we had a change in Intergroup Service positions, Kathleen K. as Co Chair with Beth S.; Douglas S as Webmaster – thanks for all the online resources; Pat P. as Treasurer – thanks for all your labors; exciting computerized activity from the Public Information Committee. Many thanks to all the previous servers & the new ones.

June 10..... Peninsula PRG Marathon by “Silverdale Visions”) – kudos on your first one

June 17..... saw the addition of new meeting: “There is a Solution”, Sunday night in Ballard
(which continues with vitality)

June 23..... Time Debting workshop: “First Things First” – that got rave reviews – again!!

June 22..... “Spending Records Financial Software” by “Silverdale Visions” (Doug S)
Brand new workshop – everyone voted for reruns – watch for #2 workshop, possibly in October (check the DA website-see address below)

July 29 PRG Jamboree, including a potluck, by “There is a Solution” Ballard Sun night
Fun & food & fine minds sharing – nice going Ballard!

August 15-19 .. the Puget Sounds DA Community was able to support 2 members to represent us at the World Service Conference – paid for by fundraisers & Inter-group support. Thanks to Linda L., & Matt K. for representing us and thanks to all for their generosity.

World Service Conference is a gold mine & how fortunate we are to have 2 miners attending. Keep watchin’ for the mined good stuff that always enriches all of us.

Stay tuned for more info on 3 workshops comin’ up: Spending Records financial Software “Happier Holidays” and D.A. Basics (see next page for DA Basics Flyer).

Check your local DA website for breaking news.

Last but not least, meet ya at the D.A. Picnic.....September 16th, Sun., Lincoln Park

See the DA website “Events” section, for more info: dawashstate.org

Beth and Kathleen K.

Submitting Articles

Please send submissions by **November 15, 2007** for the winter issue that will come out in December! This is a quarterly newsletter. The topic will be “Gratitude”. You may send up to 300 words but articles maybe edited to fit.

Please send to newsletter@dawashstate.org

Puget Sound Debtors Anonymous Intergroup meets at

Daybreak Star Conference Center
38801 W. Government Way and Seattle
on the second Saturday of each month at 10:00AM. Everyone is encouraged to attend.
Contact 206-903-9463 or 1-800-562-1240

Self Care Keeps



Us In Harmony

Janet's Thoughts ♦ My method of self-care; I make myself take one day off a week. In my business it is easy to think I must be working on my business 24/7. I take the day to putz around...garden, do something with friends, put together a creative, really delicious, really inexpensive dinner, do a home project or sewing project or paint something...and I challenge myself to not spend a dime...or very, very little; like a great bargain day. I reassure myself that enjoying time off doesn't have to involve money I really didn't have to spend. I always feel really accomplished pulling these days off.

Beth's Thoughts ♦ As to self care, when I came to DA, I was suffering from severe depression and insomnia. I came to realize that they cycled into my compulsive spending habits. I realized that even when I was sleeping, my "normal" sleep hours were not giving me enough sleep time, and this was problematic for my spending disease. With the help of my doctor and some reading up on sleep issues, I decided to go to bed at minimum one hour earlier than I had been, and that I would make my night time routine and sleeping environment more conducive to sleep. I go to bed between 9pm and 10pm - no later than 10pm now. I used to have a real problem with "racing thoughts" keeping me awake - still do at times if I am getting stressed out over something. I keep the lights low in my bedroom after dark, to keep it feeling like a low-activity, restful place. I give myself and my body time to wind down by doing low-key activities right before bed, such as reading (though not usually reading in bed-which can confuse the brain into thinking it should be awake in bed) I don't answer the phone after 9pm, either. Early in my DA program, particularly while still fighting depression, I would read a story from A Currency of Hope, or read from the 12 & 12 to keep hope alight. just before going to sleep. I say my gratitude prayers at night as well, so I go to sleep with those on my mind.

Carolyn H.'s Thoughts: 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 ♦ I have health and dental insurance and make regular visits to doctor and dentist ♦ I take my daily medications ♦ Eat good food ♦ Exercise daily ♦ I am saving for my new house in Wyoming. It will be paid in full when I move in ♦ For the new appliances for my new house ♦ For a 2008 move to Wyoming ♦ For vacations ♦ For auto expenses ♦ For health co-pays ♦ For taxes ♦ For emergencies ♦ A general savings ♦ I 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 to enjoy a walk ♦ Enjoy fellowship with good friends and family ♦ Surround myself with the gifts of D.A. ♦ Have quiet time with God ♦ Trust in God to meet my needs.

Susy's Thoughts ♦ My sponsor often asks me to check in on how my self care is, or, how am I doing in the areas of rest, nutrition and exercise. I sometimes think, "Isn't self care more about getting a massage or something big?" Now that I think about it, what happens if I don't take care of the basics? Well, for me, if I don't eat right and I don't make meal times a priority, I get cranky, and it totally affects my mood. Also my judgment is impaired and who knows what kind of decisions I will make. Another point, if I don't exercise, I do not easily sleep. It's that simple. Hence, these three things are the bedrock of ways I take care of myself, and they are indispensable. **Con't on next page**

DA PUGET SOUND PRESENTS

DA Basics Workshop

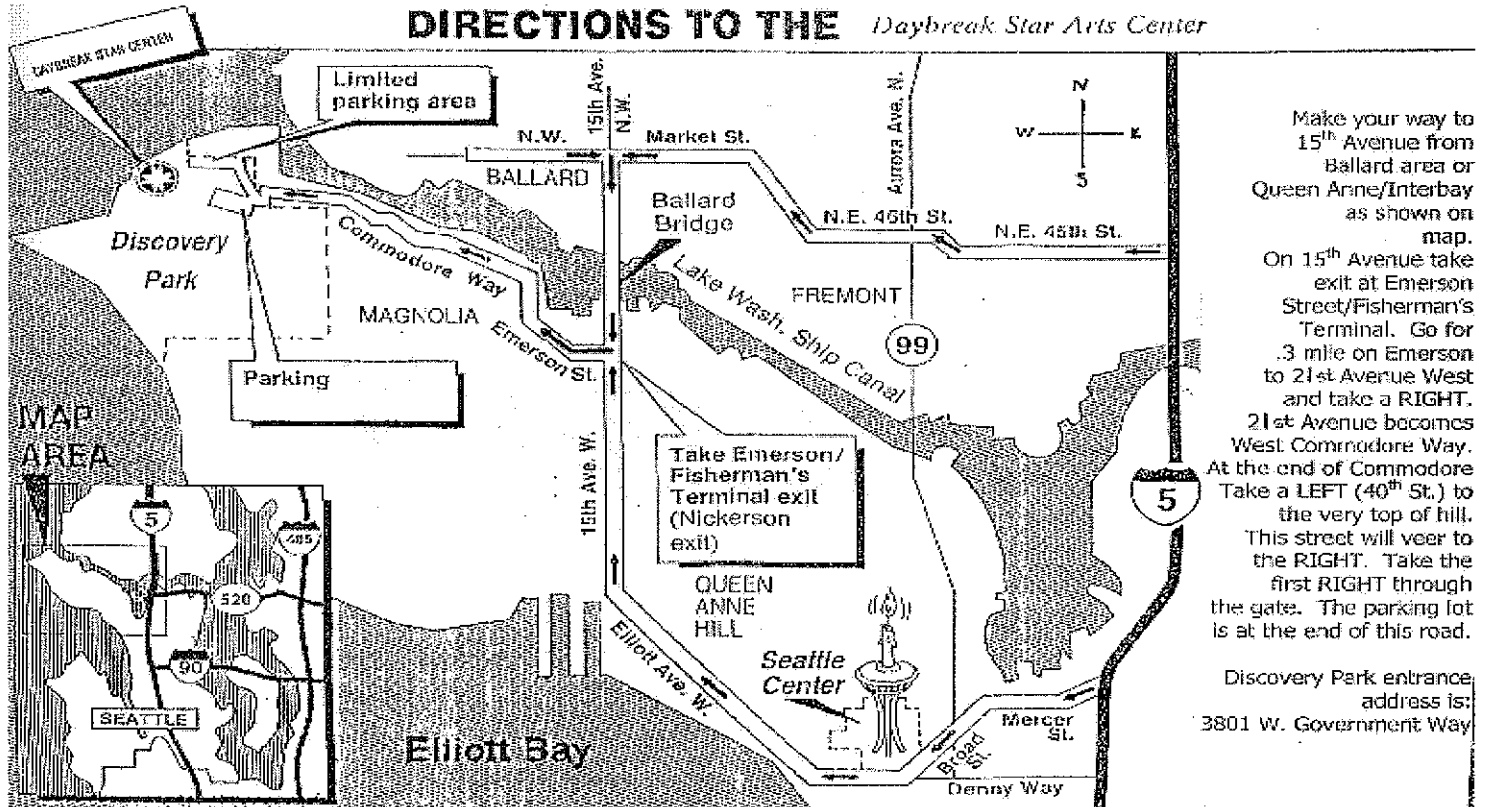
Topics Presented

- What is Debting/How Not to Debt
- PRG's and PR Meetings
- Spending Plan & Record Maintenance
- AA & DA Literature
- Anonymity
- Sponsorship
- Working the Steps
- Awareness
- Meetings
- Business Meetings
- The Telephone & Internet
- Service
- The Traditions
- The Promises

WHEN: SUNDAY; OCTOBER 14, 2007 2 - 5 P.M.
WHERE: DAYBREAK STAR INDIAN CULTURAL CENTER, DISCOVERY PARK, SEATTLE

Fee: \$20. or pay what you can...no one will be turned away!

DIRECTIONS TO THE *Daybreak Star Arts Center*



Make your way to 15th Avenue from Ballard area or Queen Anne/Interbay as shown on map. On 15th Avenue take exit at Emerson Street/Fisherman's Terminal. Go for .3 mile on Emerson to 21st Avenue West and take a RIGHT. 21st Avenue becomes West Commodore Way. At the end of Commodore take a LEFT (40th St.) to the very top of hill. This street will veer to the RIGHT. Take the first RIGHT through the gate. The parking lot is at the end of this road.

Discovery Park entrance address is:
3801 W. Government Way

Whether new to DA or wanting to kick-start your program; this is the place to be!