

# SOUND CURRENCY

*Puget Sound Debtors Anonymous Newsletter*

*MAY 2007*

## Upcoming DA Workshop...

### **FIRST THINGS FIRST: Solutions for Time-Debting**

Sponsored by the Wednesday Higher Visions DA Group  
as a Fundraiser for its Child Care and GSR Funds

**Date:** Saturday, June 23, 2007 **Time:** 8:30 A.M. to 4:30 P.M.

**Cost:** \$50\*\*

**Location:** Group Health Cooperative  
15th And East John Streets in Atrium Rooms A1-A3

**REGISTRATION REQUIRED** - Watch for registration sheets at your group or call  
Matt K. at 206-227-4555 or email Matt at [integratedbws@yahoo.com](mailto:integratedbws@yahoo.com).

**FACILITATOR:** Willie W. has been a member of Debtors Anonymous for nine years.  
He is a certified trainer. Several other members of DA will assist with the training.  
TBA. Bring your own lunch if you prefer. Light refreshments will be provided.

## From the Co-Chairs...

### Greetings from Intergroup!

The first quarter of 2007 has been eventful. Beth came aboard as co-chair in January. In March, Willie had to step down as co-chair for health reasons. In April, Kathleen K. joined Beth as co-chair.

We have new representatives from new groups including Silverdale and Bellevue. Intergroup has really grown in the last year or so, from a handful of people attending to an average of 15-20 attending each meeting, from locations including Olympia, Everett, Port Townsend, and on one occasion, from Fairbanks, AK!

The Visions retreat in January was a success. 36 people spent the weekend developing their visions, creating vision boards and other activities. The Underearning Workshop in February was also a success, with 28 attendees.

In March, we held the second DA Stepworking Retreat at Pilgrim Firs outside of Port Orchard. Twelve participants, called Step Workers, hailing from groups situated from Everett to Olympia worked the DA steps over an intense and powerful weekend, with help from nine experienced DA members, called Step Servers, who have done their stepwork in DA. We tried a number of innovations this year that worked well and so will become part of the permanent format. The lodge and surrounding area was beautiful and the staff very helpful. We have reserved the same location for next year's step retreat, May 9-11 2008.

We have a new Web Guardian for our DA Washington State Website, Douglas, from the Silverdale area group. The website is being completely made over, updated with more content and up-to-date meeting information and will be posting information about upcoming workshops and events of interest to members. Upcoming "Sound Currency" Newsletters will also be posted on the website in the future. Check it out at [www.dawashstate.org](http://www.dawashstate.org). - con't next page

**From the Co-Chairs... con't**

Upcoming projects include developing methods for our out-of-state members in Missoula, MT, Fairbanks, AK, and Vancouver, B.C. to participate in Intergroup meetings via teleconferencing or Internet. Additionally, we are exploring a name change to reflect our bigger geographic circle, which now reaches far beyond Puget Sound.

Also in the pipeline is a project to offer a workshop to members to learn to use spreadsheet programs to help track their money and develop spending plans. Many of us have a spreadsheet program available on our computers, without the skills to utilize it. The workshop will have to be small to allow for some hands-on learning to take place, but there is talk of how to schedule several opportunities for people to attend.

You should all have received new PRG phone lists in March. New meeting lists should be coming out in May. We plan to update PRG and meeting lists quarterly. Watch for scheduling of a DA Fellowship Picnic this summer!

Intergroup will be sending a representative to this year's DA World Service Conference in Sturbridge, MA, August 15-19. Other individual groups are also preparing to send members to represent our area and bring back experience, strength and hope.

We invite all members to attend a future Intergroup meeting to be part of the group conscience of the DA fellowship. Bring your ideas for future workshops and fellowship opportunities. We meet on the second Saturday of each month from 10:00am to Noon at the Daybreak Star Indian Cultural Center in Discovery Park, in the second floor lounge.

**Many blessings to all,**

**Beth S. & Kathleen K.**

**THOUGHTS FROM OUR MEMBERSHIP....USING THE TOOLS IN RECOVERY: A TOOL SPONSOR**

I carry with me the format and the wisdom of my past sponsors, all of which I am very grateful. I was given the gift of having very strong tool sponsors. I love the tools. They are so essential to my recovery. I like to think I am carrying around a toolbox that I can open and fish around in to see if one of the tools fits in any particular circumstance in the moment. Together they bring the stability that is the board by which I can spring into action. I don't have to agonize over what to do, I can choose a tool and work it.

I am reminded of IKEA when I think about the tools. It is more common than not to bring home an IKEA item to assemble only to find that you are missing an important part in order to complete the task of putting together the item. They are notorious for leaving out a screw! Put together, it creates a very weak piece. Sure it has a tabletop but without that screw it has no stability. That's how I view the tools. They all work together to create something strong for me to lean on. I can't tell you how many times I stood in the threshold of a mall (equivalent to the tavern for the alcoholic, in my eyes) and made that phone call that sent me in another direction. When I am feeling dislodged from my High Power, or as I refer to it, the umbilical cord has been cut between my HP and myself; I can trace it back to having neglected to use one of the tools. Have I kept records, am I over spending in my categories, have I done an action step today towards my vision outlined in the PRG. Did I begin the day reading an inspiration from the literature and connecting to HP? My record keeping keeps me out of vagueness and that wandering ever-active imagination that writes the story of a homeless woman living in cardboard under the bridge. It gives me truth and reality about my current situation with money. My spending plan is an incredible barometer of where I am in my program

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## USING THE TOOLS IN RECOVERY: A TOOL SPONSOR - con't

Is my spending around gifts within my means or am I into my character defect of buying love? Am I buying clothes to look good on the outside, to hide the emptiness inside? Am I not making phone calls because rather isolate? Have I been to a meeting? More times than not, when I am in my disease, a tool can bring my HP.

Though I believe that all aspects of this program are important, I will begin and end a sponsor/sponsee r going through the tools. In the beginning of the meeting we review the week, going through the tools one determine where they were used or not used and why? How did it feel not to keep records, how did it sh when you did? I love to hear the stories of how they were utilized and the miracles that developed from of the tools. I like to pass on to my sponsees what I learned from my sponsors, that there is a tool solutor circumstance and that using the tools helps me to stay in alignment with Spirit. I spend the middle part o talking and reviewing the steps. The last part is spent going over how they intend to use the tools in the f week. Do they need a PRG? Do they need to up their service? Do they have a working spending plan? How many phone calls can they commit to this week? Are they utilizing the literature? Ar becoming more aware each day of their disease and the temptations? What action steps can they take to their visions and spirit? How many meetings will they attend, and what about business meetings? Is the n which they are keeping records of their money working for them? And have they been using their spending plan. Record keeping to me is step one. I t the commitment to writing your money down becomes the step by which you have committed to the proce have admitted powerlessness. There is a great quote: My record keeping gets sloppy when I lose faith ; current with my records helps me to keep my faith. Through this process of reviewing the tools, we get a clear idea of where their program and again gives me some direction as a sponsor to how I might be helpful to them. They leave the meetin of action steps for the week that enhance their use of the tools. I've always loved the fact that this was a program, one that has movement. The tools allow this movement to begin and therefore faith becomes clearer and more assessable. Sometim illusiveness of spirit to a newcomer seems unattainable to them. The tools can unveil Spirit through actio myself to death but action helps me move forward. My mother use to say, "do your human homework, al take care of the rest." The tools help define the human homework. I find faith and spirit in them and I lov on. - Lynne

### DA in action: The Rental God

The rental was returned trashed. Holes in the wall, carvings in the wall, beat up linoleum, ripped wallpaper, and holes in the carpet. I had a feeling of desperation looking around at the essence of my trashed property. A girl who works for me cried when she saw it. Another called to say how sorry he was at the sight of the place.

With no cleaning deposit, no lease, except the one the tenant made, I felt hopeless, and I prayed to my Mother Mary God. Things started to change. First I enlisted my crew of workers to clean. Second, someone recommended a painter, who turned into a blessing. Next I went to sleep and woke up remembering a friend who did carpentry and he graciously offered suggestions for repairs. Then I went to Maui. I had a former commitment at a Woman's Retreat where I basked in the sun, ate organic food, did yoga, meditated, sang, walked, went to meetings, heard speakers, laughed, got a massage and cried. I talked to God. I prayed. I was letting God heal me.

When I returned, the tiles were laid, the painter had almost finished, the carpet layer was half way done, the door was installed, and the lawn was mulched. I guess Mother Mary God knew what she was doing and while she was working her magic she sent me to Hawaii to heal.

As self-sufficiency is my defect, which I learned doing inventory this year, I became willing to have God remove this. This rental situation was an example of letting God and others help me. - Susan L

## **Puget Sound Debtors Anonymous Intergroup**

*Meets on the second  
Saturday of each month  
at 10am..*

*Intergroup meets at  
Daybreak Star  
Conference Center,  
Discovery Park, 3801 W  
Government Way, Seattle*

*All DA members are  
encouragd to attend.*

**CONTACT  
TELEPHONE nos.:**  
**206-903-9463**  
**OR**  
**1-800-562-1240**  
**WA ONLY**

Visit the DA web-site @

**WWW.  
DAWASHSTATE.ORG**

FOR MEETING INFO  
AND UPCOMING  
EVENTS LISTINGS!

## **A DA NEWCOMER ATTENDS THE DA STEP RETREAT**

As a newcomer to DA, I decided to attend the recent step retreat in hopes of getting through some of the issues that keep me from living a joyful, prosperous life. I had a few fears about the retreat: that I wouldn't get through all the steps (I didn't), that I wouldn't be able to concentrate and do the work (I did fine), that I'm uniquely hopeless and defective and recovery will elude me forever no matter what I do (this remains to be seen! - but I have lots of reassurance from others in DA who say they felt hopeless, ,too).

I think the main thing that made the retreat so helpful for me was the incredible service of all the step servers and organizers. Throughout the retreat, step servers periodically approached me to check in and see how I was doing. Their feedback was amazingly helpful. I could really sense that they had been through the process themselves and that it had really made a difference in their lives. I had moments where I felt exhausted and really wanted to just nap, and it wasn't easy to discern what would be the best thing for self-care (push on or rest?). Most of the time I pushed on. Whenever I started to feel overwhelmed, or to feel critical of myself or others, I reminded myself to take what I like and leave the rest, and to just do the best I can, and to listen as best I can to my heart and to my HP.

I got more or less up to the 6th step. Sharing the 5th step with 2 step servers was pretty great - I certainly didn't want to admit some of the petty, negative, vain, critical thoughts and attitudes that I wrote about on my 4th step, but I did, and their calm, accepting attitude gave me courage. My 4th step only had a handful of people/institutions on it, and I was afraid it wasn't very thorough, but the detail on each that the process required still enabled me to see some clear patterns, and to expose some ugly secrets that keep me stuck. Even with all of that, it's sometimes hard for me to see the connection between my self-defeating beliefs and behaviors and my problems with under earning - I need lots of help to see MY part in where I'm at in my life. Much of my life I've swung back and forth between resentment/entitlement, and defeat/despair/self-hate (I realized when I was sharing my 5th step that these are two sides of the same coin). Neither of these extremes is an accurate assessment of reality. I used to think it was honesty to be self-deprecating, and that it was important to notice when others were "wrong." The steps are slowly helping me to shift my whole way of thinking.

I asked one of the servers to continue to work with me after the Retreat and I've been praying a 7th step almost daily. My hope is that I continue to see more clearly the connection between my defects and the difficulties in my life, and that I continue to let go of self-defeating thoughts and behaviors and replace them with choices that actually work to get me where I need and want to be in my life (happy, joyous and free). Working with others is absolutely essential to this process (I really wanted to figure it out by myself, but not only does that not work very well, it's really not much fun!). I am very, very grateful to everyone in DA for sharing your experience, strength and hope with me. - J.H.

**Submission Guidelines:** *Sound Currency* welcomes sharing experience, strength, and hope. Our next issue due out in August will focus on **Self Care**. Please send submissions of up to 300 words to [newsletter@dawashstate.org](mailto:newsletter@dawashstate.org). **Deadline is July 15<sup>th</sup>.**