

SOUND CURRENCY

Puget Sound Debtors Anonymous Newsletter

Winter Issue 2007

DA Weekend Step Retreat **Fri. 3/30 - Sun. 4/1/07**

Location: Pilgrim Firs (Directions TBA)

Time: Starts at 6:00 P.M. Friday 3/30

Cost: \$120 per person (1 scholarship & several partial
Scholarships will be available)

Participant Openings: 13 openings chosen by lottery

Step Retreat participants will be chosen by lottery. A sign up sheet will be made available for DA and BDA members to enter their names for the lottery process.

This Retreat is for DA and BDA members who have NOT worked the steps and is based on an A.A. format that has been around awhile. Participants will be given an opportunity to work the steps over the weekend in an intensive format. The process is not meant to be a short cut to working the steps and it will still be a rigorous way to complete the steps.

This is a transformative experience and a once in a lifetime opportunity.

There will be an orientation meeting for retreat participants on 3/25 at 2:00 P.M. Site TBA. You will be expected to do some readings to prepare you for the workshop.

Sign-up for the Step Retreat Lottery on sign-in sheets circulating at DA/BDA meetings

A DA MEMBER SHARES ON LAST YEAR'S STEP RETREAT...

Hi, I'm Linda, and I am a money addict. I wanted to share my experience as a grateful participant in the DA Step Retreat last February. It was time (past time, actually) for me to do my step work in DA. So when I heard about the Step Retreat, where we could work the steps with others over a weekend, I knew I needed to be there. Fortunately, by the grace of my Higher Power, I was chosen to participate.

The Step Retreat was a rich—and humbling—experience for me. The location was beautiful; the lodge was comfortable—and we were all committed to our common purpose that weekend: working the steps. There were only 25 of us, 10 people to work the steps and 15 step-helpers and facilitators. The step work format that we used had been developed for the specific purpose of working the steps over the weekend, so it was easy to follow. The camaraderie, the encouragement, and the empathy of the others participants filled the space.

My story, like yours, is sometimes painful to share with others. I found the step helpers to be kind, compassionate, and insightful. And, it was comforting to know that I was surrounded by others who were in various stages of getting through the steps.

Before leaving the retreat, each of us working the steps was assigned two "step supporters" to help us complete the steps. I'm still working to finish my steps and, when finished, I hope to participate as a step-supporter at the next Step Retreat.

I heartily encourage you to consider attending the next Step Retreat—it'll take your program to a whole new level!

From the Co-Chairs...

It has been an exciting time for the Puget Sound Intergroup. The fellowship continues to grow as we continue to find more ways to carry the message to the debtor who still suffers. Four new meetings have started up recently including one in Bremerton, Bellevue, a visions meeting in Seattle and another BDA meeting in Seattle.

Intergroup sponsored a sponsorship workshop in the fall. It was an all day event and was very successful. Those who attended learned about how to take sponsees through the steps and also why sponsorship is so important as a tool in our program.

This past month Intergroup sponsored the first visions retreat. It was a two-day event and it was a very powerful workshop. About 35 attended and the response was very positive. Participants stated that this helped them gain clarity about their vision and also how to follow their vision based on the spiritual principles of Debtors Anonymous.

Some upcoming events include a recovery conference next fall and an Underearners workshop on February 25. See section on announcements.

The public information committee has become more active and there are a lot of opportunities for others to serve. Carrying the message to the debtor who still suffers is our primary purpose and this committee will provide you with a tremendous way to give back to the program.

We had elections in December and all the positions were filled with the exception of the treasurer position. If you have had previous experience as a treasurer in a group and have at least one year of abstinence from debting we would welcome your interest in serving in this very critical service position.

Your trusted servants,

Willie and Beth

UPCOMING DA EVENTS - MARK YOUR CALENDAR

DA WORKSHOP - EARN WHAT YOU ARE WORTH

February 25, 2007 1:00 p.m. to 5:00 p.m. Group Health Central Campus on 15th Ave. East
Room # D624-630 Suggested Donation: \$25*

Contact Willie W. at 206-437-5884 or Cynthia at 425-688-0018.

- Donations will be used by Intergroup to provide scholarships for DA step retreat and other DA workshops

DA STEP RETREAT at Pacific Firs (Directions TBA) – See Front Page Article

Friday 3/30 – Sunday 4/1/07

Participants will be selected by lottery. Look for sign up sheets at meeting.

Volunteers for Step Servers at retreat watch for flyer and sign-up sheets

DA Recovery Conference is on the drawing board for this summer. Keep tuned for more information at your meetings.

From A Currency of Hope- “In a nutshell, I am learning how to be a responsible, productive adult human being for the first time in my life. D.A. is a program of action, and I have found that service work is a good way to keep me connected to the program; it keeps me active. This program has shown me that the universe is abundant and that I am worthy of my portion of that abundance. All I have to do is claim it! Lastly and most important, D.A. has reminded me of my visions and dreams for myself.

D.A. has given those back with the message that the only thing preventing me from realizing my dreams is me. The gratitude I have for Debtors Anonymous is enormous. Thank God for DA. – **Pg. 57**

A MEMBER Talks about *VISION IN DA* –

I want to share with you my experience of crafting a vision in DA, and how doing so helped create my current amazing job, schedule, and salary.

A turning point on this for me came from volunteering to serve at the DA Step Retreat in February of 2006. During this retreat I helped many people work their steps, and got support to work mine too. I took a seventh step, and during my prayer, surrendered a chronic shoulder pain I'd been suffering from for years. The next morning after returning home from the retreat, I awoke with a new awareness. My shoulder pain was related to me clenching against my higher power's will for me. I needed to surrender completely to my spiritual call. When I meditated further on my spiritual call, I remembered a job offer that I'd received months before that I had declined. I'd been very happy in my present job and had no desire to switch. But as I contemplated my situation, I realized that that call had been my higher power, inviting me to step forward into a new specialty in my field. I called the person back to ask if the offer was still open, and this initiated a series of interviews.

Around this time, I was advised to create an "ideal spending plan." Although I had been a DA member for 4 _ years, I had never taken this action step. I felt scared to, but I really wanted to expand my life and felt ready for a change. Oh, did I get one!

I attended a PRG marathon where I signed up in a time slot to receive a PRG. I had prepared in advance by reading the "Spending Plan" booklet published by DA, and I sketched out a few ideas of what my heart truly desired for most of the categories in my regular spending plan outline. My PRG members helped me expand even my wildest dreams and create new, abundant categories like "home beauty" and "fine dining," since flowers, art and fine food are sources of much pleasure for me. When we were finished, I had identified an income need of about \$20,000 per month, which included a mortgage on a dream home and giving away a large amount per month. This blew my mind!! And although I enjoyed the experience, I also felt shame arise. Voices in my head told me I didn't deserve such extravagance; that I wasn't worth it. I knew more DA tools and step work were needed!

I was also encouraged to clarify my dream schedule, which was working three days per week with full benefits. I knew I wanted to work in a lovely, supportive environment. And although I wasn't yet ready to make \$20,000 per month, I knew I wanted to increase my income to fund many of the categories I'd added to my ideal plan.

Then I had an interview with the potential new company that was just amazing. I was sitting with the Director and Chief Financial Officer and they asked me, "How many hours per week would you like to work, and how much would you like to make here?" I was not anticipating the question because we were still in early talks of the position. But thanks to DA, I was ready. I told them I wanted to work three days per week, with full benefits, and make \$50,000 per year. That number was just right there in my mind. I swear the temperature in the room rose 20 degrees in that moment! In fact, the Director of the company suggested we move into a bigger office to resume our talk, and we did. The CFO got out a calculator to see if they could make it work, and I went into shock that I'd actually told them the truth. What's more, I asked them if they would also send me to an out of state training that cost about \$10,000, and was the best quality training in my field in the world. And do you know what? They said yes!

I am still pinching myself. I know that without step work, that visions PRG, meditation, action steps, my sponsor, DA step work and much, much support, I would still be in my old job, probably satisfied but with some vague longings and the old familiar shoulder pain. Nowadays that pain is still there, but I get help to heal it from massage, physical therapy, acupuncture, and chiropractic care. All my money (spiritual) issues aren't solved, but my quality of life is better than ever, one day at a time. And lately I've had a new vision whispering in my ear... [REDACTED]

--Anonymous DA Member

COME AND PARTICIPATE!
Puget Sound Debtors Anonymous Intergroup

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

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

All DA members are encouraged to attend

CONTACT TELEPHONEs
206-903-9463
OR
1-800-562-1240
WA ONLY

Submission Guidelines:

Sound Currency welcomes sharing experience, strength, and hope. Our next issue due out in **MAY** and will focus on **DA TOOLS**

Please send submissions of up to 300 words to newsletter@dawashstate.org

Submissions must be received by April 30th. Articles may be edited to fit.

The Tools of Debtors Anonymous

Meetings - We attend meetings at which we share our experience, strength and hope with one another. Unless we give to newcomers what we have received from D.A., we cannot keep it ourselves.

Record Maintenance -We maintain records of our daily income and expenses, of our savings, and of the retirement of any portions of our outstanding debts.

Sponsorship - We have found it essential to our recovery to have a sponsor and to be a sponsor. A sponsor is a recovering debtor who guides us through the Twelve Steps and shares his or her own experience, strength, and recovery.

Pressure Relief Groups/Pressure Relief Meetings - After we have gained some familiarity with the D.A. program, we organize Pressure Relief Groups consisting of ourselves and two other recovering debtors who have not incurred unsecured debt for at least 90 days and who usually have more experience in the program. The group meets in a series of Pressure Relief Meetings to review our financial situation. These meetings typically result in the formulation of a spending plan and an action plan.

Spending Plan - The spending plan puts our needs first and gives us clarity and balance in our spending. It includes categories for income, spending, debt payment and savings (to help us build cash reserves, however humble). The income plan helps us focus on increasing our income. The debt payment category guides us in making realistic payment arrangements without depriving ourselves. Savings can include prudent reserve, retirement and special purchases.

Action Plan - With the help of our Pressure Relief Group, we develop a list of specific actions for resolving our debts, improving our financial situation, and achieving our goals without incurring unsecured debt.

The Telephone and the Internet - We maintain frequent contact with other D.A. members by using the telephone, e-mail, and other forms of communication. We make a point of talking to other D.A. members before and after taking difficult steps in our recovery.

D.A./A.A. Literature - We study the literature of Debtors Anonymous and of Alcoholics Anonymous to strengthen our understanding of compulsive disease and of recovery from compulsive debting. In A.A. literature we can identify with many of the situations described by substituting the words "compulsive debt" for "alcohol."

Awareness - We maintain awareness of the danger of compulsive debt by taking note of bank, loan company and credit card advertising and their effects on us. We also remain aware of our personal finances in order to avoid vagueness, which can lead to compulsive debting or spending.

Business Meetings -We attend business meetings that are held monthly. Many of us have long harbored feelings that "business" was not a part of our lives but for others more qualified. Yet participation in running our own program teaches us how our organization operates, and also helps us to become responsible for our own recovery.

Service - 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 so generously has been given to us.

Anonymity - We practice anonymity, which allows us freedom of expression by assuring us that what we say at meetings or to other DA members at any time will not be repeated.