

4. Spiritually Sustainable Earning (SSE) Meeting Format

This section contains suggested guidelines for the format of a SSE meeting. The format may vary, depending upon the group conscience of its members, using D.A.'s Fourth Tradition as a guide. The Fourth Tradition states that "each group should be autonomous except in matters affecting other groups or D.A. as a whole," and therefore this format is suggestive only.

Welcome

Welcome everyone. My name is _____ (first name only) and I am a compulsive debtor. Welcome to the _____ Spiritually Sustainable Earning Meeting of Debtors Anonymous.

Opening

Please join me in saying the Serenity Prayer – "God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference."

D.A. Preamble

Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering. We come to learn that compulsive debt is a spiritual problem with a spiritual solution and we find relief by working the D.A. recovery program based on the Twelve-Step principles. The only requirement for membership is a desire to stop incurring unsecured debt. Even if members are not in debt, they are welcome in D.A. Our Fellowship is supported solely through contributions made by members; there are no dues or fees. Debtors Anonymous is not affiliated with any financial, legal, political, or religious entities, and we avoid controversy by not discussing outside issues. By sharing our experience, strength, and hope, and by carrying the message to those who still suffer, we find joy, clarity, and serenity as we recover together.

D.A. inclusivity statement

Your meeting may consider reading the D.A. inclusivity statement:

"Whatever your story, you are welcome in Debtors Anonymous. In D.A., we celebrate the rich, diverse experiences of people of all identities. We embrace members of any race, ethnicity, nationality, gender, sexual orientation, age, physical or mental ability, socio-economic status, religious, spiritual, or philosophical expression, or any other trait. Our various experiences benefit our recovery, so we encourage all members to value differences and actively participate in making D.A. an inclusive fellowship. Together, we create accessible and welcoming spaces for anyone with the desire to stop incurring unsecured debt, so that we may all recover one day at a time."

SSE Definition

Spiritually Sustainable Earning is earning that meets our emotional, mental, physical, and spiritual needs in alignment with our Higher Power's will for us.

When we first come to D.A. we may feel that if we only earned more money, all our problems would be solved. In D.A. we learn that it's not really about the money, it's about the quality of our life and our relationship with our Higher Power. We come to realize that our work life is out of balance. As we work the Steps and apply the Tools, our earning efforts come into alignment with our Higher Power's will. We discover that we can be of service regardless of what kind of work we are doing.

Spiritually sustainable earning gives us the opportunity to become the person our Higher Power wants us to be. It is about the journey, not the destination, about applying the 12 Steps and 12 Tools in everything we do. As a result, we find ourselves living a prosperous life, wealthy in relationships and rich in experiences. As we say in the D.A. Promises, "All this and more is possible. When we work this program with integrity and to the best of our ability, one day at a time, a life of prosperity and serenity will be ours."

Opening Announcements

For video meetings: Please keep yourself muted when not speaking. If you choose, you can change your name to remain anonymous. Please be aware, a lot of movement in your video feed can be distracting. Video may be turned OFF to prevent distracting others but please turn your video ON when you are sharing.

For phone meetings only: Please mute your phone when not speaking. State your name before speaking and introduce yourself by first name. For in person meetings: Please turn all your phone devices off or onto silent and refrain from using them during the meeting.

Newcomers

A word to Newcomers: If you are having problems with money and debt and think you may be a compulsive debtor, you have come to the right place. Debtors Anonymous can help you. We offer face-to-face, telephone, and internet meetings, and we suggest attending at least six meetings to have an opportunity to identify with the speakers and become familiar with D.A. before deciding whether or not this program is for you. If you identify with some or all aspects of compulsive debting, we hope you will join us on the path of recovery and find the peace, joy, and love that we have found in Debtors Anonymous.

Are there any newcomers or visitors who would like to introduce themselves by first name only so that we can make you especially welcome?

Please remain after the meeting so we may answer any questions you might have and get to know you.

Readings

May I have a volunteer read the Twelve Steps of D.A.?

May I have a volunteer read the Tradition of the Month?

May I have a volunteer read the opening paragraph and the D.A. Tool of the Month? (Optional)

May I have a volunteer read one section of the Signposts Warning Signs vs Signs of Recovery?

Disclaimer: It is this group's conscience to share these signposts of spiritually sustainable earning which, at present, are not conference approved.

Housekeeping

We need a spiritual time keeper. Who would be willing to do this service?

Speaker Instructions

At this meeting, the speaker focuses on issues of earning, their experience, strength and hope, and how they arrived at D.A. and found a spiritually sustainable solution. The speaker will speak for 10 minutes. Please help me welcome...

Seventh Tradition

D.A. has no dues or fees. We are self-supporting through our own contributions, so we pass the basket. Please give as generously as you can. However, if you cannot, please keep coming back because we value you more than your money.

Announcements

Are there any announcements for the good of D.A.?

Sharing Contact Information (Optional)

For those willing to be of service and those needing service, such as outreach calls and PRGs/PRMs, please put your name and contact information [for video meetings: in the chat section, for in person meetings: on the clipboard] along with the service you may provide or need.

Literature Announcement

Certain free literature may be downloaded at the DebtorsAnonymous.org website. You may also purchase literature there as well.

Open Sharing

We now go to 'open sharing'. We do not engage in cross-talk (members interrupting or directly addressing another sharer). The focus will be on how you have used the 12 Steps in your earning. How do you earn? Are you working in your vision?

Timekeeper, please give each person a 3 minute share with a 1 minute warning.

At approximately 7 minutes before the meeting ends

At this time we go around the meeting and in one sentence state something we will do this week in alignment with Spiritually Sustainable Earning.

Reading

May I have a volunteer read the 12 Promises of Debtors Anonymous?

Thank you to everyone who did service at this meeting; our speaker, our timekeeper, etc.

Closing Statement

In closing, we would like to remind you that in Debtors Anonymous we practice Tradition Twelve, which is the principle of anonymity. This assures us the freedom to express ourselves at meetings and in private conversations without fear that our comments will be repeated. We keep what is shared at meetings confidential. As we work the Steps and practice D.A.'s Traditions and Concepts, we are reminded that recovery is possible and that we are all here for a common purpose – to recover from compulsive debting one day at a time.

Please join me in closing with the 'we version' of the Serenity Prayer – “God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference.”