

Ways & Means®

A Quarterly Newsletter for the Fellowship of Debtors Anonymous

First Quarter 2018

Manifesting a Life in D.A. Recovery

I'm Valerie and I'm an underearner and a debtor. In 2000, I came to my first meeting of Debtors Anonymous. I came to D.A. mainly because I was underearning, but at the time I didn't know that was what was wrong with me.

I'd started my first 12-Step program in 1988. I was in recovery for many, many years, and I just kept experiencing life as a big loser. I just never had enough money. I was always the person who came to the party without a gift. I was always the person who everyone had to cover my meal for fellowship. For years and years and years.

Somebody suggested that I come to D.A. and I didn't feel like I related to that. I definitely resisted it for a long time.

When I finally came to D.A., I was willing to do whatever it took. I realized that even though I had been in recovery for many years, I wasn't in recovery in this area and I really needed to be here.

Right away I had a Pressure Relief Group (PRG) meeting with two D.A. members, and the reason I was able to have one pretty quickly is that I keep people's numbers for a living. But I never kept my own numbers. I didn't even think about doing it for myself. It never occurred to me, ever, at all.

Somebody learned that about me and said "You should keep your own numbers." And I was like, "Okay." It was no big deal for me. I know other people come to D.A. and they're like, "Oh my god, you want me to do what?!" And I totally feel for them. But for me, I was able to have three months of numbers very quickly.

I had my first PRG, and one of the first things they asked about was my debt. I had declared bankruptcy before I came here. My remaining debt was student loan debt, which is how I qualified for this program.

I told my PRG that my student loan debt was \$60,000, and they said, "Are you sure that this is the amount of your student loan debt?" I said, "No, that's just what I think it is." Then they said, "We want you to get clarity on that." So I called the student loan people, and it turned out that my student loan debt was \$40,000. So right away in D.A. I wiped \$20,000 off my debt just from getting clarity!

One of the first things I learned about in D.A. was the willingness to earn. I did not really have it when I came here.

I had been on unemployment for a year when I came to D.A., and I just wanted it to keep going. I was loving it. But that's really underearning. At a meeting somebody said, "You gotta get the willingness to earn." So I became willing to earn.

The willingness is really important. As soon as I got a job, my self-esteem went up so much. I didn't know how low my self-esteem was; I didn't know how depressed I was. I thought, "This is the life, man! I'm living the life of the artist!" And I'm not an artist.

I got a temporary job. I like to talk about numbers. I was making about \$17,000 a year in my temp job. And then someone from a D.A. meeting asked if I could cover her bookkeeping job for three months. So I covered her job, and they liked me so much that when she came back they created another job for me. I started making about \$30,000 a year in that job.

My PRG said, "You're still underearning." So I went to a D.A. meeting and I shared about that. Somebody came up to me afterward and asked what I did for a living. I told them, and they said, "We need someone in your field, and we'll pay you \$40,000 a year." So I took that job, and I was there for a couple years. Then I started doing some visioning work.

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I really, really believe in this vision stuff. I made a vision board and put words and images on it of all the kinds of people I want to work with and the kind of environment that I want to work in. I had worked at a museum previously, and I really liked it but museums don't pay very much. So I started to have a vision of working in a museum environment but not a museum. I put it on my vision board, and I started talking about that to everyone.

The company I was working for stopped being able to make the payroll. I applied online for a job with a new company. Within an hour they contacted me and asked me to come in for an interview. I walked into this place, and it was a museum environment but not a museum.

I started making \$50,000 a year. They said, "we'll give you a raise in six months." And then I was making \$55,000 a year. I had some PRGs, and both PRGs said, "you need to ask for a raise." I was like, "Oh my god, I can't do it. They've already given me a raise." I didn't really want to do it. I was so scared. This happened twice: I asked for a raise and I got it.

I love PRGs. This is the heart of the program. This is where change happens. I love seeing it happen to people. I love doing PRGs.

In my early PRGs, I didn't have any savings. Are you kidding me? I could never save money! Money just slipped through my fingers. My PRG asked me to put 10% of each paycheck in savings, and I was like, "Are you crazy? I need that money!" And now, when I hear people say that when I'm giving a PRG, I totally understand.

This person in my PRG said, "Would you be willing to put \$5 a paycheck into savings?" And I said, "Yes, I'm willing to do that." And I started to do that. Five dollars turned into \$10, and \$10 turned into \$20. Over the years it just went up and up.

Now I have all of these savings accounts. I have a prudent reserve. I have a vacation account, a pet savings account, and a tax savings account. I have a savings

account for Christmas gifts. I was the one who could never show up with a gift. On one of my first PRGs I told them I wanted to be able to give gifts because that was super important to me. And they said, "Well you need to start a savings account for that." I did, and every year now I have enough money to buy gifts.

I want to share this little story about manifesting. Years ago I decided I wanted a memory foam mattress that was a lot of money. I decided to start a savings account for it and put \$25 in it. And I thought, okay, it's going to be many years before I get this thing, but I'm going to get it. I started putting \$25 a month into my mattress savings account.

The boyfriend that I had at the time took a trip to Las Vegas. He hated gambling, but his friend talked him into going to a casino. He put a quarter into a slot machine and won \$900--exactly how much money I still needed to get my bed. He then went into another casino and put 25 cents into another slot machine and won another \$900 exactly. When he got back from that trip, he handed me \$900 and said, "Here's your bed."

That's manifesting. I created a savings account for that purpose and slowly was building my savings, and just like that the rest manifested.

These are the miracles that happen here. You know how people talk about just following through on actions and suddenly a check shows up in the mail, and they're like: "Where did that come from?" These things happen here.

D.A. changed my life tremendously. That's why I love doing PRGs, I love helping people in this way. Like I said, I was in another program for years and years. I'm still in that program but that program could not help me in this area. I am so grateful to Debtors Anonymous.

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Receive special email announcements about events, new literature, service opportunities, and other D.A.-related information. To subscribe, visit:
www.debtorsanonymous.org/eNews

Ways & Means®

**Carrying the
D.A. Message
since 1988**

Ways & Means, an electronic meeting in print for the fellowship of Debtors Anonymous, is published quarterly by the D.A. General Service Board. It is a forum for sharing the experience, strength, and hope of D.A. members, groups, and other service bodies. Articles are not intended to be statements of D.A. policy, nor does publication constitute or imply endorsement by D.A. as a whole, the D.A. General Service Board, or *Ways & Means*.

A PDF version of *Ways & Means* can be downloaded free of charge from the world service D.A. website at:
www.debtorsanonymous.org/newsletter

Multiple copies may also be downloaded for distribution at meetings. Back issues are also available.

Submissions from readers on any aspect of D.A. recovery or service are welcome. If chosen, submissions will become the property of the Debtors Anonymous General Service Board and will not be returned. As with all D.A. publications, everyone submitting writing, artwork, or other creative work will be required to sign a standard publishing release form granting rights to the work to D.A. and releasing D.A. from legal liability. Those submitting work to *Ways & Means* automatically acknowledge that they will not receive compensation for their work and that the work may be viewed by an unknown number of readers in unknown locations.

Please submit work by e-mail to:
waysandmeansda@hotmail.com, or in hard copy form by mail to *Ways & Means*, c/o D.A. General Service Office, PO Box 920888, Needham, Mass 02492. Include your full name and mailing address, phone number, and e-mail address. (This information will be kept confidential). Story ideas and questions should be sent to the same addresses.

Editing and layout for *Ways & Means* are done by the Communications Committee of the D.A. General Service Board.

CONNECT WITH US ACROSS THE GLOBE

Fellowship-Wide Calls in March/April

Everyone is welcome to attend!

Some charges may apply, depending on your phone service. Web-based phone alternatives are available. For international call-in information, please visit the Events page on the Debtors Anonymous website:

<http://www.debtorsanonymous.org/events-and-news/>

Sunday, March 25, 2018, 12:00–2:00 pm EST

Public Outreach— Attraction not Promotion

Call-in Number: +1(515) 739-1424 / Access Code: 796199#
Playback: (515) 739- 1554 / Code 796199# Press #

The focus of this call will be on how to carry the D.A. message in line with the Traditions. Three members of the Fellowship will share their experience, strength and hope on how these three aspects of Public Information service have impacted their recovery.

Sunday, April 29, 2018, 1:00–2:30 pm EST

Visions for Fellowship

Call-in Number: +1(319) 527-2700 - Access Code: 214381#
Playback: (319) 527-2885 / Code 214381# Press #

Presented by the WSC Fellowship Communications Committee (FCC), three members of Debtors Anonymous will share how they have grown personally through fellowship in D.A., and how fostering positive connections at individual meetings, Intergroup, and World Service supports member recovery.

Please share this announcement at your meetings,
and kindly forward it to other D.A. members.

Share your event in Ways & Means!

To be considered for publication in the June issue of *Ways & Means*, please email waysandmeansda@hotmail.com by May 21st to submit any upcoming D.A. event of interest to world-wide members.

Life in a Treehouse

I live in a barn, in a renovated hayloft that I lovingly call “the treehouse.” It’s perched high above the ground and affords a sweeping view of my wooded surroundings. The barn sits on a dirt road, down which few vehicles come except for the postal truck.

Why did I choose such a remote location? Ironically, it was not creditors who were hounding me, but something far worse: shame. The treehouse was my hiding place. I didn’t want anyone to know anything about me or be able to find me.

The shame had begun during a childhood of prolonged abuse. Eventually, it lessened. In my first career, I enjoyed a well-paid job at an institution that passes for prestigious. I successfully addressed my substance abuse and PTSD. During my marriage, a baby girl was born. I wrote two books. Life was turning out to be much better than I’d ever imagined.

A series of events triggered the old humiliation. After fifteen years, my position as an administrator was terminated. A newly single mother, I decided to leave in search of a new career, but I left under a cloud. That cloud hung low and heavy for years, allowing our debilitating disease to cripple my existence. Childhood feelings of utter helplessness sent me spiraling down into the old self-loathing. I landed in a space of psychological paralysis so extreme that I found myself incapable of looking for a job.

In this frozen state, I went through my savings, a large home equity loan, and finally my retirement fund. I “took advantage” of my unemployment by writing a book, but (unlike the first two) it refused to sell. Then my house had to be sold, but—because of my financial mistakes—I received precious little at the closing. I moved into the treehouse, where I hid until not one penny remained.

Forced to take a low-level job, I got caught in the intertwined entanglement of chronic underearning and debting. My confidence failed me. I cobbled together

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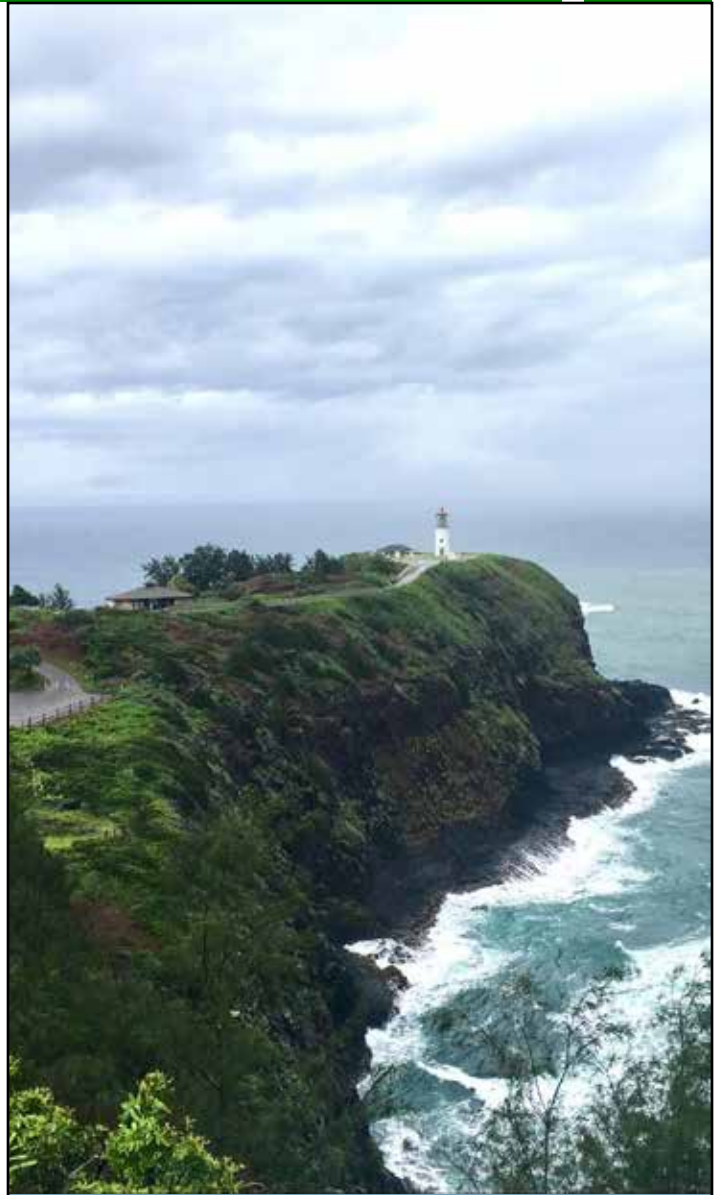


Photo by Jill I., Los Angeles: *“Today I’m sitting in Hawaii overlooking a lighthouse, rooted to the ground, taking in prayer and meditation, knowing deep in my heart that I am in the right place at the right time with God’s guidance to be of service.*

Last year I put my nonprofit on pause instead of dissolving it, solely dedicating my days to D.A. and finishing the steps with my sponsor and taking service commitments and outreach calls.

What sprang from that deep well was a journey beyond my wildest dreams! After Hawaii I’m leading my nonprofit trainings in New Zealand and Australia doing what I love, being of service, and bridging communities worldwide. I am blessed and grateful.

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some income by using credit cards, pleading for frequent handouts from my family, and juggling bills. Trust me—I wasn't buying expensive cars or designer jewelry. When emergencies arrived—car troubles or dental problems—I begged for discounts and extensions. A second job kept me out in the evenings, but it paid no better than the day job. Why wasn't I getting anywhere? I ran myself ragged on that hamster wheel. I hadn't yet heard the D.A. adage: work less and earn more.

Family members were baffled by the way I “chose” to lead my life. For the most part they were generous and forbearing. But the occasional scolding—far from motivating me—only intensified my sense of defeat.

Friends couldn't grasp why—despite a couple of graduate degrees from Europe and a couple from the U.S.—I never managed to land a job commensurate with my qualifications. The longer I stayed in low-level positions, the more incapable I felt to find anything better.

I concealed my torment from those who cared about me most. Why didn't I tell loved ones the truth about what was going on? Because I didn't even understand it myself.

Twice I went to a D.A. meeting, dipping one toe in and then running away, telling myself that “things weren't that bad.” It astonishes me that I could have refused the help I desperately needed. But then that is the cunning essence of our addiction.

I remained in awe of my remarkably sensitive young daughter. During high school and college—the years when young people love to acquire all manner of cool possessions—she never asked me for one single thing.

Still, it broke my heart that I couldn't buy her new clothes or take her on vacations. Today I regret that she had to grow up as a silent witness to this insidious disease. And yet—selfishly—I'm grateful that when I wanted to throw up my hands, I had to soldier on for her sake.

Miraculously, on the day that I hit a “milestone”

birthday, I experienced the grace of that spiritual moment when denial is eclipsed by clarity. I saw the future and it promised only a downward spiral. Finally I wanted help more than I wanted to hide.

A power greater than myself enabled me to get in my car, drive to a neighboring state, and try D.A. once more. It was a Step Two miracle before the fact: introducing myself to those awesome group members was the first sane thing I'd done in ages.

My D.A. group helped me figure out my recordkeeping, as well as how to balance a spending plan. Although I believed my existence was frugal and austere, the program actually showed me how to cut my expenses in half. I also cut my credit cards in half, and then called the banks to ask for assistance with repayment.

I've continued to work in the same job, but have managed to get two extra raises in as many years. Today I know that if my car falls apart, people will help me find a new one. Everything will work out for the best, as it always does when we practice the program. Case in point: last week I stopped by the bank where I have a personal loan, and after the banker pulled up my account she spontaneously offered to lower my interest rate by a full six percent.

At first, my D.A. goal was a numerical figure preceded by a dollar sign. But in the meetings I heard people share that you can receive a terrific salary and still suffer acutely from this disease.

Notwithstanding countless financial miracles, D.A. inspires me to think beyond the money. Thanks to the support of my group, I became willing to (try to) relinquish the shame that had been my constant companion for years. I went to a vision meeting and actually made a vision board. I asked a woman with a compassionate and beautiful soul to sponsor me. Our spiritual beliefs and practices dovetail neatly and she has helped to lift me from my despondency.

PRGs were genuinely life-changing. They challenged me to emerge from the shadows of my emotional pain and into the light of our bountiful universe. They helped me realize that in working as a translator I was

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always trying to get someone else's voice out there to a broader audience. Always expressing someone else's thoughts. Thanks to D.A. I now have a different vision for my professional future: to find work that allows me to rediscover my own voice.

Let me tell you the truth: Since I joined D.A., it has been much easier for me to address the money issues and change my financial habits than it has been to recover from shame and fear. What I wish for all of us is that we find the courage to use the abundant gifts the Higher Power has given us.

Nowadays I cherish my treehouse—no longer as a

burrow of rumination and obsession, but as a retreat of peace and calm. On many mornings the only sound I hear is glorious birdsong. In the quiet, I embrace Step Eleven, throwing myself into the prayer and meditation that afford us a life of healing. My bird's-eye view of the woods enables me to rejoice in nature's magnificence. The forces of goodness in the universe have no trouble finding me at my obscure address; they rise to support me every day. Thanks to the fellowship of D.A., I am loosening shame's hold and moving toward the spiritual freedom that enables us to lead useful, honest, and prosperous lives. Once again, I can hold my head up high.

—Kathryn G.

From the Archive:

D.A.+ HP: One Member's Formula for a 'Practically Perfect Life'

My name is Robert, and I have abstained from unsecured debt since May 1996. I have been debt free since December 1999. I have been a member of Debtors Anonymous since July 1990.

I'm going to share what it's like now, what it was like, and what happened.

What is it like now? Thanks to my Higher Power (HP) and D.A., I have been granted a practically perfect life. I have only blessings and opportunities, and I live in gratitude through the 12-Step way of life.

My net worth is about half a million dollars. Besides a small mortgage, I have no debt. I have an excellent job; I earn more than \$120,000 a year (more than triple what I earned my first year in D.A.)

I have earned the respect of my professional peers and superiors. This year, my employer has paid my full salary and all expenses for me to attend a prestigious graduate school in a thoroughly prosperous location.

I have been married to a loving wife (our second marriage) for almost 15 years. Since I joined D.A., my

wife and I have visited more than 20 countries on six continents. Most recently, we set foot on Antarctica. We have paid cash for all our trips.

We live an abundant life, enjoying the simple everyday things and saving our money to enjoy adventure travel and plan a prosperous retirement. Life is very good, and my cup is always overflowing.

How is my life imperfect? My imperfections derive from the fact that I am an addict. I create almost of my problems because I am human and my addict brain wants to relive my inherited "drama" of abandonment, betrayal, and deprivation. I was born into a family descended from five generations of addicts.

What was my life like before I joined D.A.? By the time I joined, I was \$104,000 in debt from 11 maxed-out credit cards, two major bank loans, and myriad personal debts. I was in the middle of a difficult divorce from an insane first marriage. During this 16-year marriage, we went bankrupt in 1975, and we moved 23 times (the geographical cure does NOT work!)

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When my HP miraculously pointed me toward D.A., I had been self-employed for 23 years running a struggling at-home business. I earned only \$35,000 that year, the least I had earned since 1978.

Importantly, all of these terrible events happened while I was being very successful in a different 12-Step program. Abstinent is not sane.

My first five years in D.A. were filled with pain, struggle, and recovery. Despite the pain, I remember those years as full of hope and love.

The three-year-long divorce finally ended. Both of my parents and my sister-in-law died of lung cancer after long illnesses. I spent two weeks in a mental hospital for suicidal depression. Only the love and support of my HP, sponsor, program friends, therapist, and significant other carried me through this awful time.

On the positive side, my current wife and I married in a beautiful debt-free wedding. I completed graduate school, earning my first masters degree. I began to change careers, doing what I loved to do rather than what I forced myself to do to pay my creditors. My debt slowly but surely went down, thanks to small monthly payments to my creditors, and many large miracles from my HP.

Unfortunately I had begun to slowly drift away from D.A. I became arrogant and launched a grandiose plan to build a million-dollar consulting business by myself in one year. I signed numerous contracts with only a verbal guarantee from a financial backer.

My dreams were destroyed with one phone call: the guarantor withdrew his support, and instantly I faced \$165,000 in unsecured debt.

Within a day, I almost literally crawled back into a D.A. meeting that I had started and begged its few remaining members to take me back. Of course, they did. They have been the loving base of support for my rapid recovery and successful life during the past 13 years.

For the next four years, putting my recovery first in my life, I did whatever D.A. told me to do. For a time, I

worked three jobs. Receiving numerous miracles from my HP, I was debt-free by the end of 1999.

In 2002, continuing to do what I love to do, I joined a large organization and have earned responsibility and respect, increasing my income by 75 percent.

What happened? I can say only three actions—taken each day—have created my virtually perfect life:

—I am willing, however imperfectly, to do whatever this simple program (and my sponsor, mentors, Pressure Relief Group, and therapist) suggests that I do. I often kick and cuss, but I work the Steps and use the Tools. They work if you work them!

—I give service, service, and more service. I have served D.A. at every level. I continue to do whatever I am asked and whatever I can do to be of service. I know that for every hour of service I give, I receive 10 hours of recovery; for every dollar I donate, I receive ten dollars in return.

—Most importantly, I seek and do my HP's will for me, as well as I can understand it, one day at a time. That is my only prayer these days. Each morning, I give thanks for all my blessings and ask ONLY for the knowledge and strength to do my HP's will for 24 hours.

Finally, I know that I am just another D.A. member. I am an addict with a deadly disease. My HP's grace arrests my illness one day at a time. Only my HP's love and D.A. raise me from sure destruction and death to the blessed life I lead today.

— Robert P., Maryland
Ways & Means, 4th Quarter 2008

IMPORTANT LINKS

www.DebtorsAnonymous.org/Free

Free pamphlets are available on the D.A. website.

www.DebtorsAnonymous.org/Register

We request that all meetings register or re-register with D.A. annually to keep up-to-date online information.

www.DebtorsAnonymous.org/Contribute

Contributions from members and meetings help publish literature and support the General Service Office.



Photo by Mike B., Virginia—Sunrise, Grand Canyon, South Rim, 2018.

“Sometimes the Universe has a way of providing the humility and awe of just being here on this planet. In my recovery, I sometimes forget that the highest form of gratitude is just be alive. There is no greater clarity for me than to understand that by practicing these principles I get another shot at this thing we call life. And by letting go to a power greater than myself, majesty manifests. A vision board a while back had a cross county trip in its wake—this photo is from that trip 2 weeks ago.”

4th European Convention in Berlin, Germany 22 – 24 June 2018

The German speaking Intergroup of D.A. is happy to host this year’s Convention of the European Regional Intergroup. The convention will take place in a peaceful, friendly conference facility in Elstal, close to Berlin. Single, twin and double bed room accommodation will be available. The site can be reached by public transport within 30 minutes from Berlin main station. The lingua franca will be English, and translations will be provided (English/German, other languages as needed and where possible.)

Booking and registration is now available:
<https://europeanda.wordpress.com/2018-where-when/>

An Important Message from the Debtors Anonymous General Service Board

The General Service Board is committed to keeping the Debtors Anonymous Fellowship informed of the financial health of the fellowship through periodic updates.

Background

Over the last several years, expenses for the General Service Office, the board, and other administrative requirements have increased, while contributions and literature sales have remained basically the same. This has resulted in a deficit, which the General Service Board has met by using a small portion of our prudent reserve.

Board Request

Continuing to use our prudent reserve to make up for shortfalls in income is not sustainable long-term. The 2018 spending plan already cut services to levels that have resulted in reductions of services. To avoid using more of our prudent reserve, the board is asking all D.A. groups and individual D.A. members to consider increasing their contributions to Debtors Anonymous.

Some D.A. members may not know that, in addition to putting funds in the basket at their D.A. meetings, they can also make direct contributions to D.A. to help cover the expenses of the Fellowship as whole. A number of D.A. members already do this every month—they include the contributions in their monthly spending plan and send their contributions to the General Service Office on a set schedule. Other D.A. members send contributions when they are able. Both types of contributions are important to meeting the goals of the Fellowship.

Concerning monthly contributions, any amount that fits into your spending plan is welcome. A contribution of even \$5 or \$10, made every month, can make a big difference. Additionally, for D.A. members in the United States, direct contributions may be tax-deductible. Note, however, that the maximum donation per member for any given year is \$5,000.00.

Regarding Seventh Tradition contributions from groups, D.A. members can remind their treasurers that their group's commitment to regular contributions is a part of their group's commitment to support the Fellowship.

In summary, and with much respect for our incredible Fellowship, the General Service Board asks all D.A. groups and individual D.A. members to consider supporting the Fellowship by increasing their level of group and individual contributions. Thank you for your continued support.

Thank you,

The General Service Board of Debtors Anonymous



**DEBTORS
ANONYMOUS**

2018 D.A. World Service Conference

August 1-5, 2018, Wednesday through Sunday
Crowne Plaza AiRE Airport Hotel, Minnesota

Transformation and Strength—The Twelve Steps
Please Join Us!

John H. Scholarship application deadline: April 25

D.A. 2018 WSC Registration Packet:
<http://www.debtorsanonymous.org/2018wsc>

Electronic Registration Available:
<http://www.debtorsanonymous.org/2018register>

Anonymity, Outside Issues, and Friendship

My recent step work has led me to re-read parts of the Big Book recounting the early days of Alcoholics Anonymous and the feeling of walking into a room of friends from very different backgrounds who shared the common desire to stop drinking.

My own friends taught me how to apply for and live on credit cards but were unhelpful when I wanted to get out of debt. Just as the early members of A.A. needed sober friends, I need friends who are committed to living in sobriety around money.

Among the many people I frequently check in with in the D.A. fellowship, I have gotten quite close to a particular fellow. We have heard each other out on a variety of subjects, offering support and understanding around big and small issues. I have respect and admiration for her recovery and consider her a valuable part of my “posse” in program.

Over the past few weeks, she revealed her political leanings in passing. I had never thought about where on that spectrum she might lie, and for a split second, I was very surprised. I also found out that her religious beliefs are quite different from mine.

Although we did not go deeply into either topic, I responded with a chuckle, “Well, I am the opposite,” and the conversation returned to recovery issues without a pause.

Afterward I mused on my surprise at that revelation: not disgust, not judgment, just amusement at all of the

ways we are different: Our marital/family status, our professions, our beliefs, our histories, in other words, our “outside issues.”

In my debting life, I chose my friends on nothing but “outside issues.” Common taste in music, professional goals, education levels, and definitely politics and religion were criteria that attracted or repelled me from a social connection. The people I was abusing credit with shared my personal tastes, beliefs, and ambitions.

I realized that my program friend and I would not have connected if I had known all of our differences before I knew her kindness, patience, wisdom, generosity of spirit, and humor. Anonymity allowed us to connect before we had information that might drive us apart.

The best team-mates for me in my solvent life are not necessarily people who follow my religious leanings or belong to the same political party or enjoy the same music; rather, they are individuals whom my Higher Power

puts in my path to teach me and to offer me opportunities to serve.

Our common illness and shared desire for recovery is enough to open the door to a deeper connection than a plate of sushi on my Visa card could. Perhaps removing the “outside issues” in other arenas like the workplace will also open doors to better quality associations that support my earning sobriety.

—Sue B.

Anonymity
allowed us
to connect
before we had
information
that might
drive us apart.

Feel free to share Ways & Means with your groups or meetings by making copies and spreading the word.

We're always interested in hearing about inspiring news and events going on around the fellowship.

Please send submissions by e-mail to waysandmeansda@hotmail.com or by physical mail to:

Ways & Means, c/o DA General Service Office, PO Box 920888, Needham, Mass. 02492