

Chicago Conference Post Script
By Marjorie M., Oakland, CA

There was a meeting,

a GREAT BIG MEETING
with GSRs who came from far and wide.

They had a Vision,

a GREAT BIG VISION
about the service DA could provide.

They carried home their

GREAT BIG VISION,
and when they got there, decided to decide

Whether to live this

REAL LIVE VISION
Or take a turn, an' let the whole thing slide.

Wake Up!

All you dreamy, dreaming dreamers!
You may be napping, but the Vision hasn't died!

Pick up the phone, a pen,
FAX IT, FED EX IT, EXPRESS IT!

Call your committee
and keep the work ALIVE!

DREAM DEFERRED

What happens to a dream deferred?

Does it dry up

like a raisin in the sun?

Or fester like a sore --

And then run?

Does it stink like rotten meat?

Or crust and sugar over --

like a syrupy sweet?

Maybe it just sags like a heavy load.

Or does it explode?

-- Langston Hughes (1902-1967)

TREASURER'S REPORT

Debtor's Anonymous
General Service Board, Inc.

STATEMENT OF RECEIPTS AND EXPENDITURES (UNAUDITED)
January 1, 1991 through March 31, 1991

| Receipts | | |
|---------------------------|-------------|-------------|
| Contributions | | \$ 3,641.41 |
| Literature Sales | | \$ 7,190.92 |
| Ways & Means | | \$ 446.00 |
| Bank Interest | | \$ 154.93 |
| World Conference | | \$ 2,370.00 |
| Total Receipts | | \$13,803.26 |
| Expenditures | | |
| Rent | | \$ 3,000.00 |
| Security Deposits | | \$ 600.00 |
| Office Administrative | | \$ 2,183.09 |
| Payroll and Payroll Taxes | | \$ 1,376.90 |
| Insurance | | \$ -0- |
| Trustee Travel | | \$ 1,523.79 |
| Answering Service | | \$ 147.23 |
| Ways & Means | | \$ 518.86 |
| Literature: | | |
| Printing | \$17,152.69 | |
| Development | \$ 144.22 | \$17,296.94 |
| Service Pamphlets | | \$ -0- |
| World Conference: | | |
| Washington, D.C. | \$ 269.63 | |
| Chicago | \$ -0- | \$ 269.63 |
| Committees: | | |
| Conference | \$ -0- | |
| Fellowship | \$ 31.60 | |
| Public Information | \$ 410.00 | |
| Recovery Book | \$ 268.60 | |
| Service | \$ -0- | \$ 710.20 |
| Filing Fees | | \$ -0- |
| Bank Fees | | \$ 28.36 |
| Deposit Reversals | | \$ 29.08 |
| Donations: | | |
| Cash | \$ -0- | |
| Literature (@ face) | \$ -0- | \$ -0- |
| Gifts | | \$ -0- |
| Total Expenditures | | \$27,684.08 |

| STATEMENT OF ASSETS AND LIABILITIES (UNAUDITED) As of March 31, 1991 | | |
|---|-------------|-------------|
| Assets | | |
| Cash in Bank: | | |
| General Funds | \$ 173.36 | |
| Literature (dedicated) | \$ 1,562.02 | \$ 1,735.39 |
| Literature on Hand (@ cost) | | \$12,449.34 |
| Security Deposits | | \$ 600.00 |
| Total Assets | | \$14,784.73 |
| Liabilities | | |
| Accounts Payable | | \$ 216.44 |
| Payroll Taxes | | \$ 399.40 |
| Total Liabilities | | \$ 615.84 |

Ways & Means is published about 4 times a year by the General Service Board of Debtors Anonymous. It is mailed free to all GSRs. Individuals may subscribe by sending \$6.50 (Foreign: US\$10.50) to the General Service Office (GSO) in New York for a subscription (6 issues). For single/sample issues, send \$1.00 & a self-addressed #10 envelop.

Ways & Means is a forum for sharing experiences of DA groups, service committees and members. It does not interpret DA traditions or principles.

Ways & Means welcomes articles and needs writers. Send materials to GSO; please volunteer to write.

Spring 1991

Ways & Means

ACCEPTING OURSELVES IN DEBT OR OUT OF DEBT

by Jk. B., Chicago, IL

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Volume 4, Number 1

Published by the General Service
Board of
Debtors Anonymous

Send articles & subscriptions to:
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New York, NY 10025



The single greatest gift the program of Debtors Anonymous offers all of us is peace of mind. The only way I know to achieve true peace of mind is through acceptance of myself and my economic condition exactly as it is. I must realize my life is unfolding on schedule exactly as my Higher Power directs.

I have a history of loving myself and riding a crest of euphoria only when my bills are paid and I have lots of money in the bank. The rest of the time I fight the notion of being worthless. I believe that nothing can possibly bother me if I don't owe anyone money. The trouble is, I always find ways to dampen my own spirits, even in the best of times.

The truth about me is that I'm a shame-based person. I can fault myself for anything at any time. My disease is at its peak when I can "prove" I'm not a good enough person because I don't have enough cash. I base my identity on the sum of my debts or abundance of cash. I then argue I don't have

enough because I'm not good enough. My insanity (my disease) is cyclical and feeds upon itself. The life purpose of my disease is to punish, torture, shame, judge, and humiliate me. If I'm really honest with myself, I have to accept that I derive pleasure from suffering. It's familiar.

The purpose of my program and my recovery is to shut off the negative tapes, stop hurting myself, and recognize the already present loving Truth of my being. DA shows me I am worthy and deserving of prosperity. It's my job to believe, accept and live that fact. No longer do I have to accept the negative lies I tell myself.

I can get nervous or scared when I feel things are going "too well" for me. That's simply my shame and guilt trying to sabotage my birthright of happiness, respect and prosperity.

It's very easy for me to observe all the "evidence" of my poverty, like my stacks of unpaid bills (includ-

ing no money for food sometimes), and decide that my life and I are hopeless. That's the time when I reach out and call my sponsor or other abstinent members in DA. Through them my Higher Power speaks to me of hope and my worthiness as a person. I count for something. I deserve to be here. I'm needed. People want me in their lives. I pray to remember these facts one day at a time. Suddenly, I see a logical way out of my despair and seeming disaster.

When I surrender my debts, my fears and my will to God (my personal Higher Power), I immediately feel a sense of release and relief. I see hope in my life. I stop judging and hurting myself for the "failures" I'm sure I've committed. I make a gratitude list.

Very quickly I realize I have a lot of things to be grateful for: I haven't debted today, I have friends who love and care about me in this program, I have a job I love, and my workers respect and like me -- they listen to me when I speak.

My Higher Power always loves me and never judges me. He meets my every need. My wants get met when I'm ready to receive them, if God thinks those wants are valid.

In many ways, I realize I am richly blessed. Money is only a part of my abundant prosperity. When I stop living in fear, judgment, punishment, resentment, anger, guilt, and shame, I feel peace, love and security at the center of my soul. I know beyond a shadow of a doubt -- I am enough. I have enough and all is well. Thank heaven Debtors Anonymous has shown me I don't have to live a life of despair and disaster any more. I deserve better and I receive it through the grace of

my Higher Power, working the twelve steps and communing in the fellowship of DA.

Debting involves judgement, guilt and shame of self. Prosperity centers around forgiveness of me and loving acceptance of me as I am. I choose today to love and forgive myself as I accept who I am. I am most grateful to be alive and recovering one day at a time.

What My God Said to Me by Cynthia deB., New York City

I asked my God, "What do you want me to know about Abundance?"

My God answered, "Abundance is love, in various forms. It may come disguised as money or friendship or love or rain. It comes effortlessly to those who love freely and generously. The essential prerequisite is to love and act upon My will and to know it as your own."

"Trust in the love and in the power that resides in the peace within you. It is eternal and complete. There are no barriers created by Me. Receive by sharing all with all. You can only share that which is real, that which is created by Me. Nothing made by the ego is real, therefore it may not be shared in truth. Accept My love and share it in the ways that are opened and revealed in Light. Grace is flowing freely and it is bathing you and caressing each particle of every being. It flows all over, withholding itself from no one. I do not withhold abundance. It is refused out of false ideas of fear and pain and retribution. Release these false thoughts and abundance is yours. You are all My children, all equally loved by Me."

1991 DA World Conference **San Francisco, California**

Hold your calendar open Sept 19-22, 1991, for the Debtors Anonymous World Service Conference being held in beautiful San Francisco, the city by the bay! Reservations can be made at the Holiday Inn, Golden Gateway, 1500 Van Ness Ave, San Francisco, CA 94109. (1-800-465-4329).

As you know, the Conference plans the work that Debtors Anonymous hopes to accomplish in the coming year. Join a committee and help DA grow. Serve on the Literature, Public Information, Fellowship Communications, Service, or Finance Committees throughout next year! Or you could even serve on the Conference Committee and help plan the 1992 World Conference in Dallas!

Although only General Service Representatives (GSRs) may participate and vote in the Convocation section of the Conference, everyone is encouraged to attend. All committee meetings are open meetings. You don't have to be a GSR to be of service. With that in mind, this year the Conference will include a fun-filled fellowship day and Debtors Ball along with the regularly scheduled committee meetings!

Information will be mailed to all GSRs who are registered with the General Service Office in New York.

Service insures solvency! There's no better place to grow than in service!

National Public Information **(PI) Committee**

by Mary M., Chicago, IL

You may be wondering what "public information" is anyway and what the PI Committee does? Here's our first attempt to keep you informed; we welcome your support and participation through your comments. You can write to us c/o the DA General Service Office in New York City.

The charge to the National Public Information Committee is to handle communication with the universe of people outside of DA: the media, helping professionals, and the general public -- "the debtor who still suffers."

The PI Committee met at the World Service Conference in September and was well attended by 15 enthusiastic people representing DA groups across the country.

Board member, Diana D., is the trustee on the committee and national Public Information Coordinator. She handles media requests that come in on the national DA hotline. When a call comes in, she finds someone from the PI committee near the reporter and has them get back to the reporter. DA does not give out members' phone numbers. Diana works carefully with the Board and committee to insure that DA is accurately represented to the press and electronic media.

It was stressed at the September meeting that newcomers should not speak to the press, but rather get connected with more experienced folk. Unanimously, the committee passed a guideline that qualifications for spokespeople be no less than those required for GSRs - one year of solvency, service experience and active mem-

bership in a home group. It was also agreed that media requests that are from a national media outlet would best be handled by the national committee, and media requests from local outlets should be referred back to PI coordinators or local Intergroups for response. Communication between local and national contacts is key.

At the meeting we also reviewed a draft of DA's public information manual "SLOW is the Way To Go" and noted some minor corrections and revisions. The committee set as one of its goals for the coming year to mail a copy of this pamphlet to all GSRs, Intergroups and all other groups where there is no known GSR or Intergroup. A PI Manual Subcommittee was also established to handle on-going review, revision, printing and mailing of the manual.

A second goal the committee set for the coming year is to specifically define the difference between attraction and promotion. Many DA groups that are just starting, especially in areas where there are not many meetings, have a need to get the word out to attract members. A subcommittee was formed to study what local groups around the country are doing and develop a list of guidelines and examples for activities that are consistent with the 11th tradition, as well as to identify activities that are not recommended because they are promotional in nature.

The final major activity the committee set up for the year was to practice good communication among its own members. Since last September, the committee has met twice by phone and will have three more calls before the next Conference. The calls help us stay in touch with media requests nationally and locally, and to mon-

itor the progress of our three Subcommittees. All in all, we're in good shape -- staying within our spending plan and doing our best to meet our goals.

My Experience with Service by Dotty M., Chicago, IL

When I came into DA a few years ago, what I had to learn was that working a good program and doing service could go hand in hand if I was honest, open and willing. If I went to meetings, had a sponsor and worked the steps (truly worked the steps), then real service at any level was possible. If I lost sight of my own journey in understanding what recovery was -- the service that I gave was filled with problems. I went from Step 1 to Step 12, holding at times very tightly to what I thought was "DA approved."

As I realized I was in a program for "living" and that my debting and spending were a symptom of many other deep-seated problems, my ability to give service increased immeasurably.

At times my confidence in providing service has been very low because I felt I had "slipped" or because I didn't feel I was "far enough along." This has changed as I have learned more about developing my own faith in my recovery and being able to do the foot-work necessary for change.

Now, I am more selective in the service I give. I don't overdo it. I'm a sponsor, I do pressure groups, I'm a national committee member and I've learned to say no, which is part of being able to give service. It makes it more fun. Now I get as much back as I give. Thank God I'm in recovery!