

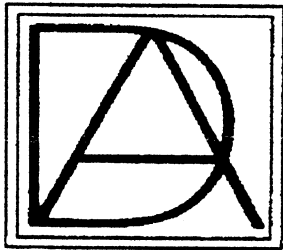
Ways & Means®

A Newsletter for the Fellowship of Debtors Anonymous

Spring 2000

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**DEBTORS
ANONYMOUS®**

Ways & Means is published by the General Service Board of Debtors Anonymous. It is generally published quarterly, but the publication may vary. Individuals may subscribe by sending \$8.00 (Foreign: US \$13.00; Canada: US \$8.50) to the General Service Office (GSO) in Boston for a 4-issue subscription. Ways & Means is a forum for sharing experience, strength, and hope of D.A. members, groups, and service committees. It does not interpret D.A. traditions or principles. Articles, poems, cartoons, and other appropriate submissions are welcome, but cannot be returned. Send ALL correspondence and subscription requests to:

Ways & Means Newsletter
Debtors Anonymous
P.O. Box 920888
Needham, MA 02492-0009

A Word About Service

For those of you who have been wondering about why you would want to do any kind of service in DA, I thought I would share a little bit of my experience.

When I first came to DA, I knew I belonged, but I had a very hard time getting myself to the meetings. I always had wonderful excuses, but eventually I quit going altogether. After several months, though, I knew I had to get back, or my debting would be completely out of control again.

About the time I returned to a

Saturday morning meeting, the Literature position became open. There didn't seem to be anyone else with a burning desire to take the job, so I volunteered. Fortunately, the person before me had left our meeting well stocked, and was always willing to help me whenever I had a question.

The best thing serving in that position was that having the responsibility to provide the literature gave me a wonderful reason to make sure I was at the meeting every week (or had

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NJ & Eastern PA Intergroup Announces Their Plans For WISH Week

The New Jersey & Eastern Pennsylvania DA Intergroup/GSR group is inviting all DA members to this event. This Y2K WISH (Week of International Support & Hope) celebration of DA's 24th birthday and there will be special fundraising for the DA General Service Office (GSO) to help them reach out to the still suffering isolated debtor.

This event will take place Saturday, April 1, 2000 - 12:30 to 5:30 pm. Workshops, speakers, pressure relief meetings, also special opening and closing guest speakers. More information and registration at local meetings, web site <http://www.aclink.org/nipada> or through NJ/PA DA Contact Hotline number (908) 580-8200. Suggested do-

nation will be \$5 in advance or \$7 at the door.

The Teaneck, New Jersey group is passing a special basket for "WISH" donations and is planning on having a garage sale in which proceeds will go to the GSO. All donations are asked to be identified with "WISH". What creative and fun ideas will your group come up with to join in the celebration?

Editor note: *WISH Week is a DA world conference approved annual event, which commemorates DA's birthday of April 16th, the day after tax day. More on this year's celebration can be found on page 4 of this newsletter. Let the Ways & Means know what your group is doing and we will help you get the message to the Fellowship.*

Open My Heart To Recovery

I was so glad to see that our recent Share-A -Day was titled "A Step in the Right Direction." In my own recovery process I see that dysfunctional family values, lifestyles, and double messages about money and success often created confusion and shame... and eventually help me turn into a money drunk. I have learned that difficulties managing finances and success are frequent issues of unmanageability for codependents like me and is more the norm. In my small DA group there were no sponsors when I came and it's taken a year to develop one I can use daily.

Good money management began for me by embracing the wounded inner child part which may be ashamed of having "Too Much", shamed of having or being "more than", or ashamed of wanting and needing material well being. My inner child part rarely will speak if any part at all is allowed to express herself, even in the presence of all safe people and my guardian angels.

I have worked for years on the five core symptoms of Codependence: difficulties with inwardly esteeming oneself, boundaries, reality issues, adult dependency needs and modera-

tion issues. I heard about all five at Share-A-Day in Cape Cod, MA, this past October. From having studied and learned from inspirational mentors, I have been blessed to see growth in my own program. Many of the themes I learned they had developed from their own recovery process; so I know I am not a unique debtor. By being at Cape Cod I did open my heart to recovery, just as I do at Each DA meeting.

I must have asked myself a million times, "What would love do?" at this moment in my crises or recovery.

The difference in recovery and disease is what is in the heart and attitude. Does my definition of solvency or abstinence reflect 100% surrender and 100% willingness? It's a simple yes or no answer. Keep it simple. Recovery from being a money drunk can be done with the help of a Higher Power, program friend, sponsors and a whole lot of love. I see (this) each week at my

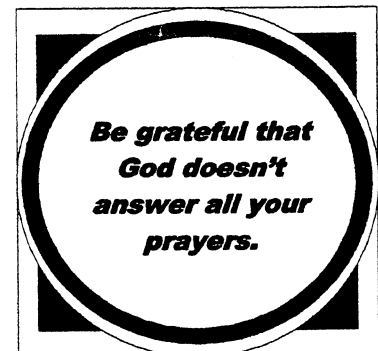
The difference in recovery and disease is what is in the heart and attitude.

home DA Meeting right at the kitchen table with the We's.

It took me many more years and with the help of professionals to remove early emotional blocks to prosperity and success. I had to have specific action steps from them and my pressure relief group and strategies for enhancing financial recovery. Yes, I use creative visualization for financial recovery and for self-healing and my spiritual growth. My two favorite slogans are: the 3-A's - Admit, Accept, Action and "When you know better you do better."

I look forward to learning lots and breaking free into financial recovery at next year's conference.

Cecelia M., South Berwick, ME



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asked someone to fill in for me if I couldn't be there). Serving also helped me decide to read our literature, so I would be able to tell a newcomer what might be the most helpful to read first.

Taking that one service position helped me to be visible enough at meetings, so that when the GSR position became available, I was nominated for that position - and the wonderful people of my meeting raised enough money to send me to the 1998 DA World Conference in Seattle. I was able to meet fellow DA members from all over the world, and participate in

the committee that writes and works on the process of approving any new literature DA has in process!

So, if you're looking for some extra motivation to help you make it to your meeting regularly, I recommend you volunteer for a service position. You never know what exciting things will be in store for you until you try. And if you're looking for a way to serve on a different level, consider joining your local intergroup or become a GSR. The most necessary requirement is a willingness to serve!

Judy B., Fullerton, CA

Are there any DA related announcements?

Let the fellowship know what's happening around the world in

DA. Send
your DA related
announcements to:

**Ways & Means
P. O. Box 920888
Needham, MA 02492-0009**

The True Meaning of Fellowship

When I first joined 12 Step programs, I thought "Fellowship" meant that other people had to listen to my moaning and groaning and feel sorry for me when I shared at meetings: "My parents were terrible to me. My wife doesn't understand me. My boss is an idiot" ad infinitum, ad nauseum.

As I began to recover, I thought "Fellowship" meant control – telling people what to do, ordering my sponsees around, trying to run everything my way: "After all, I started the damn meeting; you're supposed to do things my way. Who the heck do you 'newbies' think you are, messing with my meeting format? Why won't you just do what I tell you to do because it worked for me and I know best."

As you can imagine, these approaches to "Fellowship" didn't go over too well with either "old-timers"

or "newcomers." Oh, they respected what I had done, they respected my struggle, but they didn't give me what I truly wanted because I wasn't giving them what they truly wanted.

I have been surprised – and chagrined – to find how much and how often I want to conveniently forget how difficult and painful my early recovery truly was and how much other people helped me and made my recovery possible. It is difficult for me to admit how superior I feel these days – a sure sign I need to work on my humility and gratitude. Perhaps I don't want to remember the pain of those early days or to let other people's pain affect me now when I feel so good.

Ultimately – and more recently than I would like to admit – I am beginning to get a glimmer of what "true fellowship" means:

* Listening without interrupting and judging others, empathizing with their struggle because we share the same basic addiction.

* Supporting without controlling, letting them find their own difficult path to recovery.

* Loving them without conditions, so I share the love that others have so willingly given me, caring enough about them to detach and let them live their own lives. .

* Helping them without expectation of gain, getting something in return.

With humility, gratitude, and remembrance of my own early days, I can give the love and acceptance that others need and receive it for myself.

Robert P., Annapolis, MD

The Twelve Concepts for World Service

DA is currently working on writing its own version of "The Twelve Concepts for World Service", patterned after Alcoholics Anonymous. The following introduction to "The Twelve Concepts for World Service" are from the A.A. Service Manual and were written by Bill W. in 1962.

The "Twelve Concepts for World Service"... are an interpretation of AA's world service structure. They reveal the evolution by which it has arrived in its present form, and they detail the experience and reasoning on which our operation stands today. These Concepts therefore aim to record the "why" of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten or lost.

Quite rightly, each new gen-

eration of A.A. world servants will be eager to make operational improvements. Unforeseen flaws in the present structure will doubtless show up later on. New service needs and problems will arise that may make structural changes necessary. Such alterations should certainly be effected, and these contingencies squarely met.

Yet we should always realize that change does not necessarily spell progress. We are sure that each new group of workers in world service will be tempted to try all sorts of innovations that may often produce little more than a painful repetition of earlier mistakes. Therefore it will be an important objective of these Concepts to forestall such repetitions by holding the experiences of the past clearly before us. And if mistaken departures are nevertheless made, these Concepts may then provide a ready means of safe return to an oper-

ating balance that might otherwise take years of floundering to rediscover.

There will also be seen in these Concepts a number of principles which have already become traditional to our services... in other sections, the Concepts carefully delineate those important traditions, customs, relationships and legal arrangements that weld the General Service Board into a working harmony with its primary committees and with its corporate arms of active service...

Concern has been expressed lest the detailed portrayal of our internal structure might not later harden down into such a firm tradition or gospel that necessary changes would be impossible to make. Nothing could stray further from the intent of these Concepts.

- A.A. Service Manual, page 3.

WISH Week **(Week of International** **Support & Hope)**

"WE ARE ONE!" is the theme of this year's WISH Week. We invite DA groups and individuals everywhere to help us reach out to the isolated debtor who still suffers.

Our vision is to exceed the \$40,000 fund raising goal set at this past year's World Conference. This will allow us to expand the office and have the necessary resources we need to reach the debtor who still suffers. Remember what it was like before you found DA?

Celebrate the 24th Birthday of **Debtors Anonymous** **April 16-22, 2000**

Please help us get the word out on WISH Week... let's get all our groups (WE ARE ONE!) celebrating WISH Week this Millennium year!

\$40,000 / 365 registered groups ≈ \$110 per group

Examples of Previous Group Events:

- DA Newcomers' "Boot Camp" - Los Angeles, CA
- Debtors Anonymous Fair - New England Intergroup
- "Longtimers" Panel - New York (original DA), Walnut Creek, CA & Austin, TX
- Fellowship Day - Baltimore Area Intergroup
- Group Anniversary Party - Washington, DC
- Wish/Visions Meeting - Quincy, MA
- Wishing Well (and Bell Ringer) - Reseda, CA
- Birthday Celebration and Step Workshop Day - New York City Intergroup

What You Can Do:

- Inform your groups
- Organize a fundraiser
- Reach out to newcomers
- Invite a longtimer to speak/attend
- Invite your sponsor and sponsees
- Include your pressure relief groups
- Use the DA web page to pass the word
- Use your telephone
- Prosperous members may *WISH* to send individual donations

Let us know what your groups (all over the world) are doing in reference to WISH, so we can share ideas with other DA groups.

Debtors Anonymous General Service Office
PO Box 920888
Needham, MA 02492-0009
(781) 453-2743

Or reach us on the web at www.debtorsanonymous.org

Please identify all donations with your group number and a notation that it is for WISH Week.

From the Literature **Committee of DA** **WSC...**

Help us complete the **DA 12 Steps and 12 Traditions** book! We need your experience, strength and hope. Send us a one-paragraph story of your experience with one of the 12 Steps or 12 Traditions.

How have you applied the steps or traditions in your life? For example, what is a good example of powerlessness, of coming to believe? of being entirely ready? of being fully self-supporting? of unity? of anonymity?

Send you contributions to:

cjanusk@ix.netcom.com or lizgold@mail.utexas.edu



or mail them to:

DA 12 & 12, P.O. Box 27756, Austin, TX 78755

Please send all submissions by March 31, 2000. Please keep in mind that you are submitting an anonymous story that will undergo an editorial process that may include substantial changes. Thank you for your service! Please forward this message to others in DA.

Despite inflation, the average \$1 contribution
has not increased in 24 years.



THRIVE!

WITH FIVE!

Or Double Your Dollar

The DA World Conference suggests that all DA members increase their support of their local DA groups and Intergroups.

Donate \$2 if possible,
or if your prosperity allows, give \$5

(If unable to give please keep coming back)

Make "Thrive with Five" or "Double Your Dollar" a regular part of your 7th Tradition announcement.

INVEST IN YOUR SPIRITUAL SAVINGS ACCOUNT!!

Ways & Means Newsletter Subscription Form

Yes! I would like to become a subscriber to *Ways & Means*, the newsletter for the fellowship of Debtors Anonymous.

Date _____ Is this a new subscription? _____ A renewal? _____

Name _____

Address _____

City/State/Zip _____

Enclosed is \$ _____ for _____ issues

Please list your home group's name: _____

Are you a group contact? _____ A General Service Rep? _____

Make checks payable to:
D.A.G.S.B
(Debtors Anonymous General
Service Board)

**IMPORTANT: INCLUDE
THIS FORM
WITH YOUR PAYMENT**

Subscription rates are as follows:

United States:	Canada:	Foreign:
1-4 subscriptions \$8/yr. each	1-4 subs. \$8.50/yr.	1-4 subs. \$13/yr.
5-9 subscriptions \$7/yr. each	5-9 subs. \$7.50/yr.	5-9 subs. \$12/yr.
10+ subscriptions \$6/yr. each	10+ subs \$6.50/yr.	10+ subs \$11/yr.

**Mail check plus order
form to:**

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All amounts must be drawn on U.S. banks only. Please remember that it could be up to three months before you receive your first issue. *Ways & Means* is published quarterly, but the publication schedule may vary.

Subscriptions must be prepaid by check, money order or traveler's check;
No cash or C.O.D.'s accepted.

Ways & Means

Debtors Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debting.

The only requirement for membership is the desire to stop incurring unsecured debt. There are no dues or fees for DA membership; we are self-supporting through our own contributions.

DA is not allied with any sect, denomination, politics, organization or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay solvent and help other compulsive debtors achieve solvency.

If you think you have a problem

MEETINGS:

We attend meetings at which we can 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.

with money or debt, you have come to the right place and we can help you. Ways & Means is our meeting-in-print. Your contribution is encouraged.

Send ALL correspondence to: Ways & Means Newsletter, P.O. Box 920888, Needham, MA. 02492-0009.

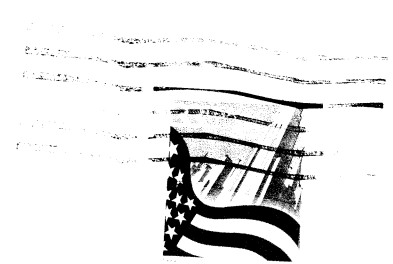
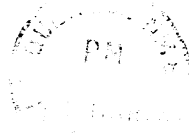
Sharings will be edited as required for space, and will not be returned. Thank you.

Call for Submissions

Like a good meeting, this newsletter exists by the contributions of it's members. If you have the desire to share your story of experience, strength and hope or any other DA related subject with fellow DA members around the world please send in your submissions to:

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"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.' ... You must do the thing you think you cannot do."

- Eleanor Roosevelt