

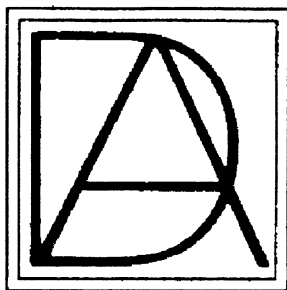
# Ways & Means®

A Newsletter for the Fellowship of Debtors Anonymous

Fall 1999

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**DEBTORS  
ANONYMOUS®**

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## Journal of a New Parent in Recovery

*or DA and the Benefits of Baby Showers*

"Fear is not a good teacher. The lessons of fear are quickly forgotten."

— Mary Catherine Bateson

### I.

I look back at my pre-recovery days of heavy drinking and drugging and I don't remember much, especially fear. I was a blackout drinker and when I took drugs I took enough to be numb, without feeling. As far as money went, I never had it long enough to remember it either. I know it was there, I just don't remember it.

Clean and sober for 11 years and four years of DA under my wings, I can feel. I feel strongly, and, in fact, I know what I am feeling most of the time. Like, for instance, lately I've noticed that I have slipped back into an old familiar place. My old home. My house of fear.

It's not surprising. My world is changing and it's changing very quickly. I'm 44 years old and about to be a mother for the first time in my life. Every rotten thing I grew up believing about myself is surfacing. It's a constant battle between me, my Higher Power and the "voices". The voices that tell me I am not worthy of this miracle. I don't deserve to be a parent. I don't have what it takes. I'm too mean, too reactionary, and too fatally flawed. Oh yeah, and there's definitely not enough money.

### II. While doing some creative

recovery work I answered a question. "What things would you do if you didn't have to do it perfectly?" Have a child, I answered. Well, guess what, here I am in a partnership and having a child and I am all wrapped up in the fear that I will not be able to do it perfectly. It's just like me to wallow in fear instead of enjoying this precious time, the expectancy, the excitement, and the wonder of it all.

### III.

Let's talk about DA and the benefits of baby showers. Of course, my partner and I are both working very diligently to believe the universe is an abundant source of everything we need, and that we will be taken care of even though our income will be reduced to half of what we are making now. (I intend to be a stay-at-home mom.)

Our recent PRG revealed to us that it was a good idea to do a numbers projection for the year. So we did. Scary. Lots of deep breaths needed. It's amazing how throwing a few numbers around can relieve the tension though, and it's the reality check we needed. There is enough money, I don't have to sit in this fear if I don't want to. But, a part of me still wants to linger in the fear and really believes that if I am not afraid there must be something wrong.

### IV.

As new parents we realized we needed a lot of things for the baby. When

*continued on page 4*

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# Are there any DA related announcements?

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## Visions Coming True with "Currency"

There were over 1,000 paperback copies and 500 hard cover copies of "A Currency of Hope" sent out in the first two weeks since the book's arrival to the office. Orders are received at the office at the substantial rate of 30-40 per week. Books have been ordered

from within the U.S., and also from Canada, Spain, Denmark, Australia and the United Kingdom.

Jimmy W., who worked on the Recovery Book subcommittee since 1992, said this upon receiving his copy: "I just can't believe it. It's more beautiful than I could have ever imagined. The stories are uplifting and inspiring, even after having read them too many times to count. This book is tangible evidence that visions can become reality... and without having to incur one single penny of debt! And most

importantly, this book can hopefully carry the message to the still-suffering debtors, especially those without access to meetings. I'm very excited and honored to have been a part of the process."

The book cost is (paperback) \$11.95 plus \$3.50 shipping & handling and (hardback) \$20 plus \$6. shipping and handling for the hardback. To order: send check or money order to Debtors Anonymous, Literature Order, PO Box 920888, Needham, MA 02492-0009.

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*(Journal... Continued from page 1)*

we looked at our savings and the approaching reduction of our joint income we suddenly realized how thankful we were to our friends who offered to give us a baby shower.

We started reading books about all the "stuff" out there for babies, (most of it unnecessary, like talking car seats and Harley Davidson cribs) and began a list of the basics.

It actually turned out that we were given four showers... one by city friends, two job showers and one by country friends. The gifts kept pouring in, items kept being checked off the list and by the end of it all we had nearly everything we needed. We were totally taken care of, and I mean TOTALLY... stroller, bassinet, toys, bouncer, crib, diapers, clothes and more. I sit in amazement, even still, at the generosity and love of the friends and family in our lives. I am still trying to take it all in, it's very hard.

### VI.

But let's get back to me and the manifestations of my fear.

Keeping track of my own numbers has been challenging. The world is spinning by quickly. I am spinning too, at an incredibly fast pace. Each day I work hard at writing down the little bits I spend to try and help slow the spinning down. Writing them down soothes my fears in a strange way. Some tools of DA really work magically for me and at the same time are so difficult to do when I am mov-

ing too fast, trying to escape the feelings.

### VII.

Did I mention that amidst all this change and fear, we moved. It boggles my mind that we actually managed this. I am still, two months later, unpacking and putting things away. (a voice just popped up in my head, "if I didn't have to do it perfectly I'd move to a bigger place.")

The new house is three times as large as the one we were living in and it's beautiful. Two stories, peaceful, quiet, immense front and backyards, a balcony off the bedroom, all make it a home that fits my vision perfectly. The miracle is that we pay the same amount of rent for our new place as we did for the smaller place. I ask myself why I have so much fear that there's not enough when the last nine months have clearly been an incredible orchestration of prosperity, abundance and "enoughness". God is taking care of us, all three of us, in this unbelievable display of pure support and nurturance.

### VIII.

My sponsor just sent me an email that speaks perfectly to my fear. "Fear is not a good teacher. In fact, we learn best in the absence of fear. Fear immobilizes us and makes it impossible for us to learn. Fear ties up our mental and emotional energies, leaving us too exhausted to absorb new information. Fear isolates us, shutting us off from the wisdom and experience of others."

### IX.

In the Twelve Steps and Twelve Traditions, Step Seven talks about humility. I recognize that my fear is self-centered. I am being a true addict and acting like "the piece of crap the universe revolves around." I am either afraid of losing what I have or afraid that I won't get the things I desire and my behavior reflects this thinking.

Step Seven tells me that I can ask my Higher Power to remove these fears, just like it removed my compulsion to drink, do drugs and debt. I believe this. It's shaking my old world up but I believe it. It's happening right now. I feel it as I write this, another miracle is occurring.

### X.

The rest of my sponsor's email went like this, "Like children, we learn best when we are surrounded by others in recovery who believe in us and are able to bring out the best in us. Patience and love are always better teachers than fear. Today I will try to let go of my fears and instead surround myself with others who can nurture and support my learning in recovery." (and maybe a few who could change diapers too.)

I only hope I can remember these things as a parent. Maybe I'll make an excellent mother, even though sometimes I still feel very small. I'll do the best I can. Thank God I am in recovery.

- Aarhon S., Santa Rosa, CA

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

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## 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*

**Let there be no  
gossip or criticism  
of one another,  
but only love,  
understanding, and  
companionship.**

*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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Debtors Anonymous  
attn.: editor  
PO Box 920888  
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"Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on economic well-being than any other single factor"

- Paul Hawken, from *"The Artist's Way"* by Julia Cameron