

StepSponsorDA

Free conference call back up number 701 779 9003; Access 741603# (the same) - in case you hear a busy signal and need another number for our call.

Topic 18: Step 12 - Carrying this Message

SPECIAL LINK - THE WORKSHOP SCHEDULE FOR MAR-APR 2020 CAN BE SEEN BY [Clicking HERE](#).

[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive debtors, and to practice these principles in all our affairs.

READ: Step 12 The DA Pamphlet "The Twelve Steps of DA."

READ: AA Big Book WORKING WITH OTHERS-BIG BOOK selections found on pp 89-103

RE-READ DA PAMPHLET "Sponsorship"

READ, IF TIME: Step 12 in The DA Book, *The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous*.

SUPPLEMENT - Study & READ, if time, line by line, pp 89-103 the AA "old school" method of sponsoring with your DA sponsor.

READING REMINDER KEY: 0 Paragraph, '0' is the unfinished paragraph carried over from a previous page.

Paragraph 1 is always the first FULL paragraph on a page.

READ ALOUD WITH STEP SPONSOR/STUDY PARTNER

STEP 12

Read Aloud Together from DA Pamphlet: "The 12 Steps of DA", Step 12

Read Aloud Together from AABB:

- Step 12 Explanation: p 89: 1 and 2
- Step 12 Promises: p 89: 1 and 2
- Step 12 Approach p 90:4, p 91:3-4, p 92, p 93:0-1
- Step 12 How serious is the newcomer? Suggest reading literature p 95:2-3-4
- Step 12 Is it possible to stay solvent regardless of circumstance p 98:1
- Step 12 Is not about avoiding "triggers": p 100:4-p 101:0, p 101:2
- Step 12 Our job is: p 102:2

RE-Read Aloud Together the DA Pamphlet "Sponsorship"

DISCUSSION ABOUT SPONSORSHIP: What are the most important things I have learned about sponsorship from the DA Pamphlets and from the pages of the AABB p 89 thru p 103?

In revisiting the pamphlet, "Sponsorship", what did you notice different as you re-read this, about BEING a sponsor vs. HAVING a sponsor.

Read Aloud Step 12 in The DA Book, *The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous*.

SUPPLEMENT: AABB Study Notes

Step 12 has four parts:

- 1) The Promise - "Having had a spiritual awakening"
- 2) The Work - "as a result of these steps,"
- 3) Our Primary Purpose - "we tried to carry this message to alcoholics"
- 4) The Example We Set - "and to practice these principles in all our affairs"

If you have carefully followed the directions to this point, you are ready to begin "sponsoring" the debtors who still suffer and are willing to go to any length for victory over compulsive debting.

This is what we do to grow spiritually and continue to enjoy our debt solvency. We come to Debtors Anonymous because lack of will power was our dilemma. Through the first 9 Steps, we are given the Power to recover. To receive more of the Power that permits us to live a life that is filled with peace, serenity and purpose, we **MUST** try to pass it on to others.

Sponsorship as described in AA BB

- What is the most important purpose for me to carry this message? (p. 89)
- What did I learn about the early days, when AAs went to hospitals and found professionals and concerned family members to guide them to a person who might need their help?
- What does the AA text say specifically NOT to do?
- What directions did I find concerning approaching a potential new member of DA?

SUPPLEMENT Sponsorship Study Notes

Sponsorship as described in DA Pamphlets “Sponsorship” and “The Twelve Steps of DA”

- What directions did I find concerning approaching a potential new member of DA?
- What does the text say specifically NOT to do?
- What does it say a sponsor IS? What does it say a sponsor is NOT?

SUPPLEMENT: DA MEETINGS - DISCUSSION WITH A DA STEP OR SPONSOR/STUDY PARTNER

- **The FIRST WAY we carry *this* message is in our sharing at our home DA meeting:**
- We claim an environment where it is agreed that we speak about, and place our minds and consciousness upon, our *experience* of living the *solution* through abstinence, spirituality and working the steps of *Debtors Anonymous*. In respect for this environment, those who are not yet abstinent and who have not yet done the Twelve Step work will use this time to absorb the experience of abstinent DA members and use the time for listening rather than sharing.

MEETING DO's AND DON'Ts

- **Our First Tradition states that our primary purpose is to stop debting and help others recover from compulsive debting.**
 - **Our Third Tradition states that the only REQUIREMENT for DA membership is a desire to stop incurring new unsecured debt. ONLY share in meetings if you have that honest desire.**
 - **DO** At your DA meeting, commit to sharing the solution: your experience, your strength and your hope as to **how** you stay abstinent, work the steps, use prayer and meditation to expand your spirituality, use the tools and maintain your recovery, AND **WHY** all of that is beneficial. 12 Step meetings exist to inspire, by sharing the experience of making change, the way we benefit or gain strength from those
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changes, and the hope going forward that we can, with God's help, sustain these positive changes for good.

- **DON'T** At your DA meeting, refrain from emotional venting, confessing what you are not doing or sharing on outside issues. If you have an addiction other than compulsive debting, if you are not abstinent, or are not living the steps, refrain from rationalizing or sharing excuses why you are not doing the DA program. Save "the problem" for one-on-one phone calls to your sponsor or other trusted member of your DA posse. Also, even if others vent or share confessions in meetings, YOU avoid sharing in co-miseration. **DO** Change the subject to the solution when it is your turn to share.
- **DO Carry this message to the meeting and save the mess for your sponsor.**
- **DON'T** Treat your DA group like group therapy with no therapist. Addiction and compulsion are thinking problems, solved by a spiritual solution. While emotions may come up, 12 Step meetings' **primary purpose** are not a forum to dump negative feelings, but rather a place to share solution activities.
- **DO Just relax and gently *listen* in meetings, if you have no solution to share.** Absorb the DA concepts and, at the meeting's end, ask briefly for specific help with some 12 Step recovery tool or prayers if you are having challenges.
- **DO Celebrate anniversaries of length of abstinence. Only pick up birthday chips for amount of time abstinent from incurring new unsecured debt, NOT for length of attendance.**

SUPPLEMENT: Key Concepts for Sponsorship

1. Put no block between the newcomer and Step Twelve.

Get the newcomer to Step Twelve as quickly as possible, so he or she can experience the life-changing spiritual awakening that occurs as the direct result of taking the Steps. Assure the newcomer that our program of recovery will heal his or her compulsive debting. Show the newcomer that the process is simple, straightforward and that it really works.

2. Call the newcomer.

Demonstrate that you are there for the newcomer by checking in with him or her on a regular basis. Remember, the newcomer is very ill and scared and needs your encouragement and support.

3. Read the appropriate parts of the "Big Book" with the newcomer.

The newcomer is in no emotional condition to read, let alone comprehend, the "Big Book" by him or herself. Therefore, read aloud and explain the appropriate parts of the book to the newcomer, specifically those 50 or so passages that pertain directly to taking the Twelve Steps. P 58-88. Do urge the newcomer to study this literature with you. *Carry this message* to the newcomer, rather than carrying the newcomer.

4. The healing is in the sharing not in the writing.

Sit down with the newcomer and guide him or her through the Fourth Step inventory. If necessary, the first time, talk the sponsee through the column writing or even write the some of the inventory with the sponsee while he or she does the talking. This will help relieve any anxiety or apprehension the newcomer may have about this part of the program. The sponsor asks God to remove all criticism and listen to 5th steps with love, understanding and companionship.

WHEN LISTENING TO A 5th STEP: Before being the “another human being,” hearing another member's inventory, **re-read LINE BY LINE pp 64-75 in the AABB.**

- The listener is an understanding guide, re-enforcing the purpose of the inventory, which is the removal of Blocks to God, reminding the partner/sponsee to follow the directions and pray the prayers.
- Being allowed to listen to another's inventory in a sacred honor. **In prayer, ask God** to have you be a conduit of God's love, understanding and compassion.
- **DO NOT EVER joke, judge, advise or criticize - NEVER, NOT EVER.**
- **A good guide just listens, gives the directions as indicated in the text in the form of questions, & reminds the protégée to pray the prayers after each item.**
- Also check in with Step Study facilitators or longer timer fellowship members for extra guidance on supporting and listening to 5th step work.

5. Assist the newcomer with his or her amends.

Work together on the amends of the newcomer. Be the first person the newcomer sees or calls after an amends is made. This is a great place to “Book-End,” that is, call a DA member before and after a challenging task.

6. Share guidance with the newcomer.

Show the newcomer that you believe in and are practicing meditation & prayer on a daily basis. Read & Talk them through the precise directions in the Big Book on pages 58-88, especially step 10 + 11 on pp 84-88.

7. Co-sponsor the next newcomer.

Have the newcomer accompany you as you work with the next person. This way, the newcomer will gain confidence in his or her ability to guide others through the recovery process. Sponsoring is as simple as: LISTEN to the newcomers' story, SHARE some of your story, and then READ aloud the directions indicated in the literature, TAKE the steps, PRAY the prayers and USE the tools.

ACTIONS

- **Share in meetings your availability for sponsorship. YOU ARE ANOINTED!**
- **If you have a sponsee or temporary sponsee, begin taking them through the literature. Consider using the latest edition of this study guide.**

ACTIONS carried over from previous sessions

REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. *It is absolutely OK, really advisable to pick up where you left off.*

PRAYER CARDS

- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets -One set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
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- Add the resentment, fear and harms prayers to your prayer cards.
- Add the 6th Step Prayer for willingness and the 7th step prayer of AA/DA for the character defects to be removed to your prayer cards.
- Add the Step 8 & 9 prayers for willingness to make amends to all persons harmed
- Add the 10th Step Daily Prayers to your cards.
- **Add the 11th Step Prayers to your cards.**

DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, **especially 4th step writing.**
- Read from a piece of DA or AA Literature
- Answer the study questions as indicated
- Keep a spending record as you spend
- Every morning: Pray for willingness to work your DA program
 - Pray the Serenity Prayer
 - Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
 - Pray the resentment, fear and harms prayers as needed, as they apply.
 - **Pray the 6th Step Prayer for willingness**
 - **Pray both 7th step prayers for the character defects to be removed (AABB p 76:2; DA 12x12x12 p 33)**
- Pray for willingness to make amends to all those you have harmed (AABB, p 76:3)
- **CONTINUE TO REVIEW YOUR 8th STEP AMENDS LIST**
- **As you make ongoing amends keep praying the STEP 9 PRAYERS IN THE AABB:** (BB p 79:1) (BB p 80:1 & 4) (BB p 82:1) (BB p 83:1)
- Make appointments and begin making your low to medium stress amends.
- **Read pp 86-88 in the AA Big Book every morning.**
- **Pray the 11th Step prayers every morning AABB pp 86-88.**
- Pray these all through the day and consider carrying your prayer cards with you.
- **Meditation - try for 5-20 minutes but start at 1 minute if that is your best.**

Try to add meditation minutes each day until you are regularly at 20 min per day.

- Take Step 10 inventory before bed on a nightly basis **w/ PRAYERS in AABB** (p 84:2, p 85:1-2, p 86:1)
- ADD OTHER AMENDS TO THIS LIST AS THEY COME UP
- PRAY FOR WILLINGNESS TO MAKE AMENDS TO THEM ALL

Continue meditation with your morning prayer time

Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. **Let whatever amount of time you have be good enough. Keep coming back.**

WEEKLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts
- At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses
- CALL your DA sponsor or DA phone study partner or another DA member.
- Ask for support maintaining your DA program work
- **Share in meetings your availability for sponsorship**
- **If you have a sponsee or temporary sponsee, begin taking them through the literature. Consider using the latest edition of this GreenBack Book Study Guide.**

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NEXT TOPIC:

**TOPIC 19: The Numbers - One Approach,
Record Compiling and Preparing for PRG**

READ DA Pamphlet: “The Numbers: One Approach”

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