

StepSponsorDA

Topic 25 - ORIENTATION FOR NEWCOMERS

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

READING: This Script (*MODERATOR - Prior to the session's start, ask all existing members to pull up this script and be ready to read*)

(MODERATOR READS):

WELCOME!

**THIS IS A NEWCOMER ORIENTATION CALL FOR STEPSPONSOR DA DAILY MORNING WORKSHOP CALL
*Would all those who care to, please join me in the Serenity Prayer. Press *6 to unmute.***

(ALL READ)

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen"

(MODERATOR READS):

Is there anyone on the call today who is brand new and has never been on a StepSponsor DA call? Because the call is recorded, please use a DA alias or a fun, inspiring "stage name," or your initials, for purposes of anonymity. Please press *6 to unmute and introduce yourself by stage name. (*PAUSE - LISTEN FOR NAMES - POSSIBLY ASK AGAIN*)

Welcome, newcomers! Our workshop call is part of a sequential series. The current two-month StudyWorkshop

started on the first of the odd-numbered month. You are welcome to audit the call. We ask that you press *6 to mute yourself and listen only. At the end of our session, we will stop the recording to share confidential contact information for outreach. To receive our Welcome Materials, please sign-up on our website, StepSponsorDA.com on the homepage.

WE WILL START A NEW SERIES WITH BEGINNER'S LITERATURE: On the first of the upcoming odd-numbered month. For the remainder of the current series we will be reading DA material you may not have gotten to yet. If you are starting this series in progress, please use the call time for listening/auditing.

IF YOU ARE NEW TO OUR WORKSHOP: When you receive our welcome documents, please carefully read our workshop format and guidelines. We operate differently than a regular DA meeting so be sure to familiarize yourself with these. Also, review the included reading list and obtain the suggested literature so you will be ready to start at the beginning of the upcoming cycle.

Today we will read from this document and take your questions. Once again, if you do not have our current guidelines, fill out the form on the homepage of our website, StepSponsorDA.com (SSDA).

In our Step Sponsor DA workshop, we will read from an assigned literature topic that is found on our website, StepSponsorDA.com. For the remainder of the 2 study sessions, we continue reading and sharing DA experience taking the indicated actions from that reading.

INTRODUCTION TO OUR STUDY GUIDE - THE GREENBACK BOOK

*The GreenBack Book study guide pages are simply experience, strength and hope gathered from Debtors Anonymous fellowship members who have used the DA tools and taken these 12 steps before us. It is a supplement to the DA Books, AA Big Book and the DA Pamphlets. But this material gives us guidance as to what to DO in the absence of a more experienced DA member, or a DA-approved sequential text book: What to read, in what order, what questions to ask and discuss, what to write, what actions to take and *what prayers to pray.**

ORIGINS The GreenBack Book study guide started in a sub-committee of the Debtors Anonymous World Service Conference 2009. The Concept of a Study Guide had already been approved but a writer had not been appointed to start work on the piece. This work grew organically from dozens of DA step workshops which 'road tested' these ideas. It was edited via the feedback of thousands of DA members who participated. The Editor/ "Shepherd" of the piece has been a DA member for over 3 decades (and abstinent over 5 years) who has personally taken over 3500 members through the DA Steps and led over 60 DA Study workshops, as of January 2020.

(MODERATOR - PAUSE AND ASK FOR: *SHARING OF Step Sponsor DA workshop experience using the The GreenBack Book study guide as a way of working the DA program.*)

(MODERATOR - *Each time you call on a member, remind them to: "please self-time, 2-3 minutes."*)

(MODERATOR - *After 1-3 experienced member shares, continue reading.*)

The first 12 Step Program was Alcoholics Anonymous. (AA) This original 12-step program was designed to be simple and work quick because it was for DRUNKS. After all, whose attention span is lower than a DRUNK'S? (The author/founder of our workshop is in AA also.) The big deal is that this is NOT a big deal! No one component of 12-step work was ever intended to take longer than it takes to wash your face or brush your teeth. If working the AA steps took the length of a pregnancy, alcoholics would all still be drunk, locked up or dead. Our experience is, take the steps rapidly. Keep it simple. The core premise of 12-step is that, more than a trained professional counselor, another lay person WITH THE SAME ADDICTION is most helpful in aiding recovery from that addiction, provided both addicts pick up this SIMPLE kit of spiritual tools and take these steps together.

(MODERATOR - PAUSE AND ASK FOR: SHARING OF Step Sponsor DA workshop experience using the The GreenBack Book study guide as a way of working the DA program.)

(MODERATOR - Each time you call on a member, remind them to: "please self-time, 2-3 minutes.")

(MODERATOR - After 1 experienced member share ASK FOR NEWCOMER QUESTIONS. CALL ON EXPERIENCED MEMBERS IF YOU GET A QUESTION YOU CANNOT ANSWER.)

(MODERATOR - Each time you call on a member, remind them to: "please self-time, 2-3 minutes.")

(MODERATOR - After 1-2 Q & A's continue reading.)

READING LIST

"When all else fails, read the directions." Each topic has DA/AA approved readings. These are the chronicle of the experience, strength and hope of recovered compulsives that went before us. At one point in DA's 43-year history, the individual pamphlet content was intended to become chapters in a sequential textbook for DA, integrating the DA tools with the DA spiritual steps. As DA service conferences came and went, and trusted servants rotated, DA developed a larger 'pamphlet pile,' *but not a finished textbook*. (We debtors can be intimately familiar with paper piles!) This reading list is an attempt to organize the existing DA pamphlet material and DA approved books in a logical sequence. Once you have ordered and received your DA Pamphlets, we suggest putting the pamphlets in the

sequence we have them on the study guide, as if they were chapters in a "how-to" book.

REMINDER this READING LIST is included on our website, StepSponsorDA.com, under the Workshop Reading List tab.

(MODERATOR: PAUSE AND ASK FOR NEWCOMER QUESTIONS)

(MODERATOR: after 1-2 Q & A's continue reading)

WORD TO THE WISE: PACE YOURSELF!

Money trouble can be daunting and overwhelming. Our study guide assigns reading a small amount of DA material & taking a small bit of DA action *each day*. Experienced recovering debtors **HIGHLY RECOMMEND BEGINNING AT THE BEGINNING AND PACING YOURSELF**. Whether studying one on one with a sponsor or partner, or in a group workshop setting, the schedule we set is arbitrary, determined by the participants. In the absence of a full DA textbook, we have organized this series of DA pamphlets & readings as if they were chapters in a sequential textbook. Read the assignments in order one at a time. Take each action one at a time, as you have time.

DO BE GENTLE and DON'T let DA become one more source of overwhelm.

***DON'T* try to cover more than one topic a day. DO look at this study guide, as an aid to help you learn a blueprint for living, a set of ongoing spiritual practices, rather than a one-time course you 'finish.'** We are here for a lasting healing from compulsive debting, to stay spiritually awake, as a result of our step work, to try to carry this message to other debtors and practice these principles in all our affairs. In the study sessions, we will read and share experience on as much of the material as time allows. Before or after the group study session, we suggest you try your best to read the rest aloud with a sponsor or study partner, and support each other in finding the directions to follow, the actions to take and the prayers to pray. **AGAIN: DO Spend some time on this study each day as you can. DO let whatever amount of time you have be good enough. AND DO Keep Coming Back.**

ACTION LIST

There is an action list at the end of each study guide. Be sure to read it. Try your best to spend at least 15-20 minutes or more on some of the suggested actions. **DO** allocate time to spend on your DA recovery. **DON'T** beat yourself up over imperfection. **DO** ask your loving Higher Power and your fellow DA members for help every day. Each prayer we pray, each change we make, a day at a time, will benefit us no matter how large or how small.

SENDING YOU LOVE

Did we mention 12-step recovery is not brain surgical rocket science and is meant to be **QUICK AND SIMPLE?**

If anyone has not told you yet today that they love you...know this... **WE LOVE YOU** God bless you and thank you for joining.

Keep Coming Back.

(MODERATOR - PAUSE AND ASK FOR: SHARING OF Step Sponsor DA workshop experience using the The GreenBack Book study guide as a way of pacing one's self.)

(MODERATOR - Each time you call on a member, remind them to: "please self-time, 2-3 minutes.")

(MODERATOR - After 1-3 experienced member shares, continue reading.)

THE FOLLOWING ARE DAILY READINGS FROM THE STEPSPONSOR DA WORKSHOP SCRIPT AND GUIDELINES

EACH DAY WE START OUR WORKSHOP WITH THE READING OF SOME GUIDES TO KEEP US FOCUSED ON OUR PRIMARY PURPOSE:

(MODERATOR - PAUSE AND ASK FOR A READER WHO HAS THIS SCRIPT READY TO READ THE PREAMBLE AND PURPOSE):

PREAMBLE

Debtors Anonymous is a fellowship of men and women who share with each other their experience of change, the strength and benefits from those changes, and the hope that change and healing are sustainable. We come together to solve the problem we have in common and help each other to recover from compulsive debting. The only requirement for membership is a desire to stop incurring unsecured debt. There are no charges, costs, dues, or fees for D.A. membership or this workshop. We support our fellowship through our voluntary contributions. Debtors Anonymous is not allied with any sect, denomination, politics, organization, or institution. We do not wish

to engage in any controversy; we neither endorse nor oppose any outside issues or causes. Our primary purpose is threefold: to stop incurring unsecured debt, to share our experience with the newcomer, and to reach out to other debtors.

THE PURPOSE OF OUR PHONE WORKSHOP

The purpose of the Step Sponsor D.A. Workshop is to learn precisely what our approved D.A. and A.A. literature says; learn about the nature of our disease; obtain directions and prayers indicated in the Twelve Steps and D.A.'s Tools; grow in spiritual awareness; and support each other in the practice of these principles in all our affairs. We take the steps rapidly, applying the experience, strength, and hope found in the literature to our own recovery and the sponsorship of other members. We try to carry this message to the compulsive debtor who still suffers and to expand the culture of service in Debtors Anonymous.

(MODERATOR - PAUSE AND ASK FOR: *SHARING OF Step Sponsor DA workshop experience focusing on DA's Primary Purpose.*)

(MODERATOR - Each time you call on a member, remind them to: "please self-time, 2-3 minutes.")

(MODERATOR - After 1-2 experienced member shares, PAUSE AND ASK FOR A READER WHO HAS THIS SCRIPT READY TO READ THE GUIDELINES.)

GUIDELINES

This is a workshop, so please have today's Topic, the corresponding literature, and note-taking materials ready. Your recovery experience will be rewarding to the extent that you focus entirely on listening, reading, and sharing your D.A. experience. Multitasking belongs to another time and place. Give yourself the love-gift of focused study time.

We are here to read, share, and demonstrate the directions and prayers in designated D.A. and A.A. conference approved literature. Please keep remarks pertinent to the readings of the topic, reflecting your own experience, strength, and hope in Twelve Step recovery from the addiction to compulsive debting. We share D.A. experience with love, understanding, and companionship.

Comments on outside issues, such as other addictions, other programs, outside literature, self-help, therapy, or other treatment models, belong to another time and place. Compulsive under-earning, clutter, and time are considered outside issues.

We do not interrupt or engage in unsolicited feedback. When a person sharing D.A. experience asks for feedback, abstinent members may answer from their experience. Newer members' questions and requests for special support will be addressed during the Help and Prayer time or during the After Call.

Please share D. A. experience only if you identify as a compulsive debtor, are abstinent from incurring new unsecured debt, and have experience WORKING today's topic. Self-time your shares to a maximum of three minutes. You may leave your confidential email address at the end of sharing your D.A. experience.

Any current member, and especially newcomers, may read from the literature. It is helpful to join the call early and notify the moderator that you have all your materials ready to read.

PLEASE OBSERVE CONFIDENTIALITY. What you hear here, let it stay here. These guidelines give us the freedom to listen in peace and be inspired by those who have already found strength and hope in the spiritual awakening obtained by taking the Twelve Steps.

(MODERATOR - PAUSE AND ASK FOR: *SHARING OF Step Sponsor DA workshop experience with observing these guidelines.*)

(MODERATOR - Each time you call on a member, remind them to: *"please self-time, 2-3 minutes."*)

(MODERATOR - After 1-2 experienced member shares *PAUSE AND ASK FOR A READER WHO HAS THIS SCRIPT READY TO READ the Step Study Workshop Phone Etiquette.*)

Step Study Workshop Phone Etiquette

PHONE ETIQUETTE

This call is recorded. To help us produce a good recording, speak slowly and clearly directly into your phone. If you hear an echo, static, or other interference when you dial in or when you unmute, it is probably your phone causing the disturbance. Mute or use a different phone. Background noise is disruptive, so please keep your phone muted except when speaking. Please do not put this call on hold.

To read or share D.A. experience, press *6 to unmute and be heard. If you don't hear "muting canceled," or "You are now unmuted," press *6 again until you do. After sharing, mute again by pressing *6 until you hear, "You are now muted."

Only the moderator may interrupt the session to address distractions and mute the line. There may be a beginning moderator on this call, who is being assisted by a mentor. Please be patient and resist the urge to manage a

beginner. Remember, we were all new once.

(MODERATOR - PAUSE AND ASK: "NEWCOMERS, especially if you are new to phone meetings, do you have any questions?")

(MODERATOR - After 1-2 Q & A's continue reading.)

(MODERATOR) -

**MAY WE PLEASE HAVE A VOLUNTEER TO READ The Twelve Steps of DA?
Press Star 6 to unmute and please tell us your stage name.**

(VOLUNTEER) The Twelve Steps of DA

1. We admitted we were powerless over debt--that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.

[Possibly End Of Day 1 of Topic 25]

(MODERATOR - PAUSE AND ASK FOR A READER WHO HAS THIS SCRIPT READY TO READ THE LEADER'S NOTES.)

LEADER'S NOTES - THE EVOLUTION OF THIS WORKSHOP

This workshop was in response to many 12 step meetings that turn into 'group therapy' or just 'bull sessions' about the circumstance of money 'trouble.' There is a 12 step LANGUAGE that better serves our purposes. There are some therapeutic terms floating around the 12 step community that we do not think best fit the 12 step treatment model, that in our experience are best avoided, such as:

Avoid "Buddy". We suggest instead the terms a 'sponsor' or 'study partner'. Those who take the steps with us are not buddies, pals or necessarily friends, although a friendship may result. We study to see what literature says and partner each other by reminding one another to act on it.

Avoid "Accountable". If we were able to follow through with a promise to be accountable to a HUMAN, we would not need the spiritual 12 steps. We humans in 12 step fellowship do not hold each other accountable. Rather, we are God conduits, reminding each other to ask God for the willingness, strength, and courage to act in our own best interest.

Avoid "Burning Desire", "Check in" or "Claim my seat". These expressions also came from the therapy community as ways to help people get past fear of speaking up. In 12-step recovery, these expressions get misinterpreted. Members then may relieve and release feelings OR share confessions: that they are not solvent, not doing the work, are ashamed and stuck, OR just chat about their day. This is shame-sharing and we avoid this. This workshop is focused on speaking the spiritual solution found in DOING the DA step work.

Avoid asking for "comment," "advice" or general "sharing". When we call for sharing we need to specifically ask for *sharing of personal DA experience with the topic reading*.

We in 12-step allocate time to ask questions and requests because in 12-step, we are here to learn to think, decide and act differently. For that, when we are stuck, we do not confess, vent feelings and just leave it at that...we ASK: for help, we ASK for contact, we ASK for support, we ASK for prayers. So, leaders will ASK for Support and Prayer REQUESTS rather than "burning desires."

We avoid Outside Issues, especially compulsive under-earning and family of origin stuff. We claim this hour for focus on 12-step recovery and stopping debting.

For us, this is the difference between this being a real "Original Recipe" 12 step session and just a bull session. We intentionally adopt a different way of speaking about our problems and the way to solve them. We intentionally use different vocabulary. The reason for this is: if self help, will power, counseling, buddies, chatting or group therapy worked, we would have quit this addiction long ago. We are here to find a different treatment model that will help in ways that the others did not. AGAIN, if anyone has not told you yet today that they love you...know this... WE LOVE YOU. God bless you and thank you for joining.

(MODERATOR - PAUSE AND ASK FOR: *SHARING OF Step Sponsor DA workshop experience with examining and trying different recovery language - how has that changed us? How has it helped?*)

(MODERATOR - *Each time you call on a member, remind them to: "please self-time, 2-3 minutes."*)

(MODERATOR - *After 1-3 experienced shares, ask for a reader to read: PREPARING FOR THE LIVE WORKSHOP.*)

PREPARING FOR THE LIVE WORKSHOP CALL - 2021

Over a 2-month cycle, Step Sponsor DA studies the 12 Tools, Steps, Traditions and selected service literature of DA in a structured sequence. We start over with the beginner's literature on the first of each odd numbered month.

In the absence of one, sequential DA textbook, we have put together a logical order in which to study a selection of approved AA and DA pamphlets and books, available as of 2019.

Some of us have found this method of organizing the DA/AA literature helpful:

ORDERING LITERATURE ON OUR READING LIST [Click Here](#)

In the weeks leading up to the first day of the new series:

-Print your SSDA member workshop scripts ('Getting Started' and 'Taking Action') These are found on our website, StepSponsorDA.com. Some of us obtain a large 3-inch 3 ring binder and binder tabs. We may hole punch the script pages and insert them in the order they appear in the workshop.

-Review the SSDA reading list; download all of the free digital

pamphlets at our link on our Reading List tab on our website. Some of us print them, hole punch them and obtain the 3-ring binder and insert the pages in the order they appear in the workshop.

-Review the SSDA reading list and order the electronic or paper printed DA Pamphlets, the DA books, and a clean AA big book. We have paper published DA pamphlets and books that may be ordered from DA. You will need to download an order form, fill it out and mail a check, as DA does not accept credit cards. It can take up to 3 weeks to receive this order from the debtorsanonymous.org website, so we urge you to start that process soon. On the DA website, from the home page, all of these options are available under "DA Publications".

Some of us may also obtain 3-ring binder pockets to keep these organized. We may insert each pamphlet in its own plastic sleeve or binder pocket and insert them in the order they appear in the workshop.

-In our workshop we read from the AA Big Book, (The Basic text of the original 12 step fellowship, Alcoholics Anonymous) which is available from any AA intergroup office and many bookstores. We suggest using a paper Big Book that you can underline rather than an electronic copy. If you are a member of another 12-step fellowship but are new to DA, we suggest, if affordable, that you purchase a new clean AA Big book dedicated just for your DA step work, so you may make debtor-specific notes in it. OBTAIN a small notebook to keep in your wallet for your spending record,* a regular size notebook for note taking and step writing, and a pack of 3x5 index cards for making prayer cards. [*Some of us use an app on a mobile phone for spending recording. This works as long as one keeps the phone WITH the method of payment such as a debit card.]

ONCE AGAIN, to get a reading list for this study, as well as our other welcome documents, fill out the form on our home page of StepSponsorDA.com.

The evening before the study session:

- Have the literature of the day's topic ready to read. Being prepared to read is a great service to the group that any member can do, no matter their length of attendance or level of recovery in DA.
 - Some of us print off the downloaded materials and put them in the 3-ring binder with tabs, so we can find the needed pages easily. We may also get binder pockets to insert our DA printed pamphlets for quick access.
 - Review your GreenBack Book study guide pages (Topics) that you can find on our website StepSponsorDA.com.. These contain the reading list for the current topic. Check the date. Organize your Workshop Script, reading material,
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a notebook, writing implement and a timer to time your shares. Some of us print off these pages and put them in the 3-ring binder with tabs, so we can find these pages quickly. Keep these near your phone, as well as your AA Big Book for reference.

- Consider creating a sacred workshop space. Try your best to set up an optimal environment as if we were in a face-to-face workshop. We would be in a quiet room with privacy, a closed door, a desk or table in front of us with good light for reading, and a space to focus, distraction free.

(MODERATOR - PAUSE AND ASK FOR: *SHARING OF Step Sponsor DA workshop experience with organizing the literature.*)

(MODERATOR - Each time you call on a member, remind them to: "please self-time, 2-3 minutes.")

(MODERATOR - After 1-3 experienced shares, read: "THESE ARE BUT SUGGESTIONS TO ALLOW YOU TO OPTIMIZE YOUR DA RECOVERY EXPERIENCE. TRY YOUR BEST, BUT REGARDLESS OF CIRCUMSTANCE, KEEP COMING BACK.")

**CLOSING OF STUDY SESSION
EACH DAY IN OUR WORKSHOP WE HAVE A SPECIAL SECTION FOR HELP AND PRAYER, THEN WE USE AA OR DA PRAYERS TO ASSIST THOSE WHO ASK.**

Part of 12-step recovery is learning to ask for help - from solvent DA members AND from our Higher Power. This is your time to ask for Help, or Prayers, to ask Questions, or ask for support through specific challenges.

Solvent members may respond with their experience, strength, and hope using the D.A. and A.A. Steps, Traditions, Tools, and Prayers. Please remember to keep your phone muted unless you are actively participating in Help and Prayer.

What questions about our workshop do you have? Press *6 to unmute and please tell us your stage name. (PAUSE)

**Who has requests for help or prayer? Please briefly state your request in one sentence or less.
Press *6 to unmute and please tell us your stage name.**

SUGGESTED PRAYERS:

[Moderator or prayer partner may choose from the following menu at their discretion.]

**Beginner's Prayer: "God, please remove my compulsion to debt, under earn, or overspend. Help me be willing to go to any lengths not to debt today."
Item Two, *Just For This Day* book mark.**

Serenity Prayer: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Amen"

Overcome Resistance: Step 2, AABB 47:4-48:0 Openness to a more spiritual view and way of being.

Employment Prayer: "a new Employer...provided what we needed", Step Three, AABB 62:3-63:1

Renewal Prayer: AABB 62:3-63:1

Turn It Over Prayer: Step Three Prayer, AABB, 63:2; DA 12x12x12 19:0

[Ask participants if they would like to share their confidential email address.]

VISIONS AND VICTORIES

MODERATOR: Who would like to share a VISION in the form of a prayer? Press *6 to unmute and please tell us your stage name.

MODERATOR: Please briefly state, in one sentence or less, your vision or desired outcome.

MODERATOR: Say the Abstinent Visioning Prayer with your statement.

VOLUNTEER: “Higher power, I am committed to change. I envision living one day at a time without incurring new unsecured debt. I have a need which I envision will be filled, debt free. Higher Power and group, help me to a debt free solution regarding “_____.”

[Ask participants if they have a confidential email address they would like to share.]

MODERATOR: Who would like to share a VICTORY in the form of a prayer? Press *6 to unmute and please tell us your stage name.

MODERATOR: Please briefly state in one sentence or less your victory.

MODERATOR: Say the Abstinent Victory Prayer with your statement.

VOLUNTEER: “Higher Power and group, today I share my gratitude for a victory over the difficulty of_____. The step or action I took was_____. The benefit to me was_____. I stick with it by_____. Thank you, Higher Power and group.”

[Ask participants if they have a confidential email address they would like to share]

MODERATOR: Once we have reached Step Twelve, we encourage our members to sponsor other debtors. Sponsorship is a vital and expected part of recovery. Use the precise directions and prayers of step work to be a wonderful, effective sponsor. Remember the verb in Step Twelve is "TRY." We need only to “try to carry this message” to another debtor and let go of the results. Who is in need of a sponsor or a study partner? Who is available for sponsoring or studying together? Press *6 to unmute and please tell us your stage name and confidential email.

ANNOUNCEMENTS

[Begin at five minutes after the hour.]

MODERATOR: It is now five minutes after the hour and time for announcements.

STUDY HALL

Call in every Sunday from 4:00 P.M to 6:00 P.M. Eastern time for our Study Hall. We work in silence on our numbers or other D.A. tasks, and check in on the hour to bookend or ask for support. The phone number is the same as our daily live call: (515) 604-9300, access 741603#.

SERVICE OPPORTUNITIES

At this point our Service Coordinator tells us what service positions are open for volunteers. Some service positions do not have a length of membership requirement and are not very time consuming, but can keep you engaged and coming back

MODERATOR: Please email us at info@stepsponsorda.com and put “service volunteer” in the

subject line to let us know if you would like to get started with this valuable part of D.A.

RECORDINGS

The recordings are accessible to members of the Step Sponsor D.A. Workshop for a limited time after the live session. It is highly recommended that you listen and complete your study on a daily basis.

The reason we recommend using a "stage name" is to protect member anonymity on our recordings. These files are purposely not archived. They are only for reference by members of our workshop. If you are listening to this recording from a source other than our playback number, please observe the tradition of anonymity and destroy the recording.

To listen to recordings, our playback number is: (515) 604-9409. Our access code is: 741603#. Today's recording number is _____. Our recordings can also be found on our SSDA website.

NEWCOMERS

Newcomers, we want to hear from you! Please fill out the form on our SSDA homepage. We are glad to send you our Welcome Materials and more information about joining our Step Sponsor D.A. Workshop. Thanks for being here today. We also have Newcomer Greeters who are at every meeting that can help you with any questions that you have about our workshop.

MAKING CONTACT

If you would like to be part of the current year's confidential contact list, send an email to info@stepsponsorda.com. In the subject line put "Contact List" and add the current year.

In the body of your contact email please tell us your D.A. stage name, your real first name, email address, phone number, time zone, and home state or country. Share only what you are comfortable sharing. The contact list will be available only to those who sign up for it.

SEVENTH TRADITION

Our Seventh Tradition states, “Every D.A. group ought to be fully self-supporting, declining outside contributions. Step Sponsor DA is an autonomous group, funding the phone workshop and recordings, online Step Sponsor D.A., contributions to the World Service Office, and travel expenses of our General Service Representative.

For now, we can only process PayPal.

To use PayPal: Go to our website, stepsponsorda.com and click on the “7th Tradition” button on any of the web pages.

Debit or credit cards will incur a fee and possible debt. No fee is charged with direct transfer from your PayPal account funds or a bank account registered with PayPal. Please specify “send to friend” to allow your full contribution to reach us without a transaction fee. International payments may incur a fee for currency transfers.

Please give as generously as you can. We have as many as eighty listeners and participants per series but average only ten or so contributors. Phone groups DO have expenses so please consider supporting them financially just as you would a face to face group.

If you cannot donate at this time, please keep coming back.

ACTION LIST

There is an action list at the end of each Topic. Be sure to

read it and try your best to take the suggested actions. Remember, progress, not perfection. Work at the level you are on, at the pace you can manage. Ask your loving Higher Power and D.A. members for help. One day at a time, each prayer we pray, each change we make, will benefit us, no matter how large or how small. **KEEP COMING BACK.**

CLOSING THE WORKSHOP

[No later than ten minutes past the hour]

MODERATOR: Our next sessions for the remainder of this series will be about service and the 12 traditions. If you are new to DA you are welcome to audit the call until our new series starts with beginners literature on the first of the odd numbered month.

[Refer to study guide.]

(MODERATOR: only call for this reading if it is before 15 minutes past the hour. Otherwise, skip to the end)

Who has the script ready and can volunteer to read *Just For This Day*? [see next page for the text]
Please press *6 to unmute and please tell us your stage name.

(MODERATOR: Please call on one person)

VOLUNTEER: ***JUST FOR THIS DAY***

- Just for this day, I will be grateful that I have enough food to eat and a place to sleep. If I lack either of these, I will ask for help.
 - Just for this day, I will ask my Higher Power to remove my compulsion to debt, under earn, or overspend. I am willing to
-

go to any lengths to not debt today.

- Just for this day, I will be clear with my money, I will keep a record of every penny I earn or spend knowing that clarity leads to freedom.**
 - Just for this day, I will accept that I cannot solve all my problems at once. I will take at least one small action toward my recovery.**
 - Just for this day, I will live in this moment, right here, right now. I will set aside my fears of the future and my regrets about the past, accepting everything exactly as it is at this moment.**
 - Just for this day, I will remember that there are infinite sources of help available to me. I do not have to be alone. I will reach out to another D.A. member and find hope and encouragement for my situation, even if it seems hopeless to me right now.**
 - Just for this day, I am willing to believe in a power greater than myself--even if my current understanding of that power is limited.**
 - Just for this day, I will face life with courage. With the help of D.A. and my Higher Power, I have what I need to live through whatever this day brings.**
 - Just for this day, I will be of service. I will help someone else and allow someone else to help me.**
 - Just for this day, I will refrain from comparing myself to others. I will honor my own unique gifts and experiences.**
 - Just for this day, I will set aside time for quiet reflection, prayer or meditation. I will let this nourish and replenish my soul.**
 - Just for this day, I will be grateful for the abundance in my life. I will recognize that there is enough money, enough time, and enough love.**
-

END:

MODERATOR: The D.A. experiences shared in this workshop are strictly those of the individuals who gave them. Keep all remarks confidential. Who and what you hear here, let it stay here. Ask your Higher Power for help to better grasp the true nature of your problems and a way to solve them. Reach out to each other: share, study, and support each other's right actions; most of all, pray together. Let us not be critical of our companions, but show each other only love, kindness, tolerance, and compassion.

Would all those who care to, please join me in closing with the Serenity Prayer. Press *6 to unmute and be heard.

[Pause]

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Amen”

*[Press *9 to end the recording.]*

AFTERCALL

MODERATOR: Our workshop is closed, and the recording stopped. This is a time to exchange phone numbers or non-confidential email addresses and ask for help and prayer if you did not yet have an opportunity.

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NEXT TOPIC:

TOPIC 26 - Traditions 1-6

Readings - AABB Selected passages and *12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous*

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