

# **STEP SPONSOR DA WORKSHOP:**

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## **SCRIPT 1 GETTING STARTED IN DA** **MEMBER'S SCRIPT**

**Revised: 03.31.23 Updated phone info 10.2.22**

1. Phone number: **(720) 708-1227**
2. Access code: **5555416\***

### **Workshop Opening:**

Welcome to Step Sponsor DA Phone Workshop. My name is \_\_\_\_\_. Today is \_\_\_\_\_ (day and date). The Topic is \_\_\_\_\_ (Topic # and Title). The recording number is \_\_\_\_\_. Would all who care to, please join me in saying the Serenity Prayer. *(Pause)*

**"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."**

I will now place the call on mute.

### **PHONE ETIQUETTE:**

*(Moderator will introduce prearranged volunteers to speed up the opening and get right into the Workshop or ask for volunteers on the call.)*

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 share or read 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.

### **NEWCOMERS:**

Is there anyone on the call today who is brand new and has never been on a Step Sponsor DA call? Because the call is recorded, please use a DA alias or a fun, inspiring "stage name", for purposes of anonymity. Please press \*6 to unmute and introduce yourself.

*(Wait for newcomers to introduce themselves, and, as appropriate, read the following passage to newcomers)*

Welcome, to any and all Newcomers! Today's phone call is an interactive workshop, not a meeting as you may be expecting.

We invite you to simply listen for now to the Read and Share segment, and then, observe the demonstration of working the program in the Help and Prayer segment.

At the end of our session, we will stop the recording to share confidential contact information (our phone numbers and personal emails) for outreach.

As soon as you feel comfortable, we would love to have you read from the literature or share your own experience, strength, and hope pertaining to the topic of the day.

To receive our Welcome Materials, please go to [stepsponsorsda.com](http://stepsponsorsda.com) and create a sign in with your Newcomer information. You will receive an email response from [info@stepsponsorsda.com](mailto:info@stepsponsorsda.com) with our Welcome Materials

### **WORKSHOP PREAMBLE AND PURPOSE:**

*(Moderator will introduce prearranged volunteers to speed up the opening and get right into the Workshop or ask for volunteers on the call - press \*6 to unmute to volunteer to read).*

### **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 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 DA membership or this workshop. We support our fellowship through our voluntary contributions. DA 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.

### **PURPOSE:**

The purpose of the Step Sponsor DA Workshop is to learn precisely what our approved DA and AA literature says about the nature of our disease; obtain directions and prayers indicated in the 12 Steps and DA'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 by expanding the culture of service in DA.

## **WORKSHOP GUIDELINES:**

*(Moderator will introduce prearranged volunteers to speed up the opening and get right into the Workshop or ask for volunteers on the call. \*6 to unmute to volunteer to read).*

## **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 DA experience. Multi-tasking 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 DA and AA conference approved literature. Please keep remarks pertinent to the readings of the topic, reflecting your own experience, strength, and hope in 12 Step recovery from the addiction to compulsive debting. We share DA 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 DA experience asks for feedback, abstinent members may answer from their DA 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 DA 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 3 mins. You may leave your confidential email address at the end of your share.

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 12 Steps.

## **THE TWELVE STEPS OF DEBTORS ANONYMOUS:**

*(Moderator will introduce prearranged volunteers to speed up the opening and get right into the Workshop or ask for volunteers on the call. \*6 to unmute to volunteer to read).*

## **THE TWELVE STEPS OF DEBTORS ANONYMOUS:**

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.

## **READ AND SHARE DA EXPERIENCE: (NOTE: This section may last until the top of the hour for longer Topics, ex: Step 4 and Traditions)**

Thanks to everyone who read our Workshop Opening. Again, today is \_\_\_\_\_.  
*(Say the day and the date.)*

Step Sponsor DA is a workshop in which we actively demonstrate working the program. We continue with a study of the literature.

Today we are sharing DA experience on the TOPIC: \_\_\_\_\_. *(Number, title, and source of literature.)*

Please remember to keep your phone muted unless you are reading or sharing.

Who would like to volunteer to read, starting in  
*(book/pamphlet)* \_\_\_\_\_ on page \_\_\_\_\_?

Press \*6 to unmute and please, tell us your stage name.

## **Read each time before someone shares:**

Please self-time yourself to a maximum of 3 minutes.

*(Move to the current Topic, either Day 1 or Day 2 of the TOPIC, and whatever pamphlet or book is our reference reading. Call on your prearranged volunteers or ask for volunteers now.)*

*(Note the names of members who wish to read or share DA experience. If you have multiple responses, call out the names in order and say, "Go ahead \_\_\_\_\_".)*

*(NOTE: The Read and Share segment continues until no later than top of the hour.)*

### **REQUESTS FOR HELP AND PRAYER:**

Thanks to everyone who read and shared their DA experience. It is now top of the hour and time for Requests for Help and Prayer. We learn to ask for help to abstain from new unsecured debt, to understand the readings, and to take the recommended actions.

Remember the password is "ask." Solvent members may respond with their experience, strength, and hope using the DA and AA Steps, Traditions, Tools, and Prayers. Please remember to keep your phone muted unless you are actively participating in Help and Prayer.

Once you use a prayer adapted for your situation, jot your words down for reference so you can repeat your prayer throughout the day. For example, enter the prayer in your phone or create a prayer card to carry with you throughout the day.

To participate in Help and Prayer, ask your question or request your prayer in one brief sentence. Press \*6 to unmute and please, tell us your stage name. Is there anyone who would like help and prayer, or would like to share a vision or victory, who has not done so recently?

### **SUGGESTED PRAYERS:**

*(Prearrange or call on experienced members to answer questions, pray, or enact step processes. Please keep your AABB and Prayer Cards by your phone.)*

*(Moderator or prayer partner may choose from the following menu at their discretion.)*

*(After the question has been answered or prayer given, ask the member, "Would you like to leave your confidential email address?").*

**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.

**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 bookmark

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

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

**Renewal Prayer:** AABB 62:3-63:1

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

**Resentment/Sick Man Prayer:** AABB, 66:4-top of page 67. Columns, Rows, and Prayers, Topic 11

**Fear Inventory/Prayer:** AABB 68:1-2. Columns, Rows, and Prayers, Topic 11

(optional version to reading in the AABB 68:1-2)

**1. Fear Inventory**—What is your fear? Why do you have the fear? Who are you trusting, or placing your confidence in, your finite self or infinite God? How is that fear-based belief working for you as a Higher Power? What is more powerful, the belief, or God? Are you ready to pray to have the fear removed? What do you call your Higher Power?

**2. Prayer** — "(Name of Higher Power), please remove my fear \_\_\_\_\_ and direct my attention to what you would have me be. At once, I commence to outgrow fear. (Pause) And with the fear removed, what are you like? (Pause)

**3. Follow up**—What is your experience of that fear? Would you like to give up that fear for what God would have you be? (have protégé jot down what God would have you be and encourage regular prayers for those qualities)

**Harms Prayer:** for relationships/guilt feelings, AABB, 69:1-3, 70:1-2. Columns, Rows and Prayers, Topic 11.

**Amends Willingness Prayers:** Step Nine Prayers AABB, 79:1, 80:1 and 4, 82:1, 83:1.

**Next Right Action Prayer:** AABB 87:3-88:0

**DA 3rd Step Prayer:** "Higher Power, I stand before you ready to be transformed. I place myself in your hands. Guide me on my recovery path. Remove my compulsive debting, my self-centered fear, and my own self-will. May I shine to others as a beacon of your power. May I choose to remain on your path always."

**DA 7th Step Prayer:** "Higher Power, I stand ready to carry your message to others. Remove from me the shortcomings and fears holding me back. Help me be who you would have me be. May I choose to remain on your path always."

**Step 11 Prayer:** Pg. 87 last Paragraph to pg. 88 "Stop Struggling":  
"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We are much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

**Set Aside Prayer:** "Higher Power, Please help me set aside everything I think I know about myself, my disease, these steps, and especially You; for an open mind and a new experience with myself, my disease, these steps, and especially You." Amalgamation of Step 2 AABB.

**Acceptance Prayer:** pg 417 AABB paragraphs 2-3

## **VISIONS AND VICTORIES:**

### **VISION PRAYER:**

Who would like to share a Vision in the form of a prayer? Press \*6 to unmute.

Please briefly state, in one sentence or less, your vision or desired outcome. (*Pause*). What do you call your Higher Power? (*Pause*). Please repeat after me:

*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: \_\_\_\_\_ (they fill in the blank). Thank you, Higher Power and group. Amen.*

### **VICTORY PRAYER:**

Who would like to share a Victory in the form of a prayer? Press \*6 to unmute. Please briefly state, in one sentence or less, your victory. (*Pause*). What do you call your Higher Power? (*Pause*). Please repeat after me:

*Higher Power and group, today I share my gratitude for a victory over the difficulty of \_\_\_\_\_ (they fill in the blank). The step or action I took was \_\_\_\_\_. The benefit to me was \_\_\_\_\_. I stick with it by \_\_\_\_\_. Thank you, Higher Power and group. Amen.*

## **SPONSORSHIP AND STUDY PARTNERS:**

Thank you to everyone who participated in the Help and Prayer segment of our workshop!

Once you have reached Step 12, sponsor other debtors. Sponsorship is a vital and expected part of recovery. Use this guide, the directions and prayers of Step work to be a wonderful and effective sponsor, rapidly taking another debtor through the Steps. On our website, [stepsponsorsda.com](http://stepsponsorsda.com), please listen to our recorded panel on "Sponsorship—Get One, Be One, Grow a Wealth of Recovery." Select "Join a Workshop" and then select "Special Workshop Events."

Remember, we only ASK that you "try to carry this message" to another debtor and let go of the outcome.

To find a sponsor or study partner, make a note of the contact information given by workshop participants who have what you want and ASK them. If prospective sponsors are not available, continue to ask others for help.

Who would like to ask for a study partner or sponsor now? Who can be a study partner or sponsor now? Press \*6 to unmute and be heard.

### **STUDY HALL:**

There is a study hall every Sunday from 4-6pm EST. We work in silence on our numbers or other DA tasks and check in on the hour to bookend or ask for support. Call this same phone number: (720) 708-1227, and access

with this same code: 5555416#.

**NEWCOMERS:**

Newcomers, we want to hear from you! Again, please go to our website: [stepsponsorda.com](http://stepsponsorda.com) and fill out the newcomer form. We are glad to send you our Welcome Materials and more information about joining our group.

**ANNOUNCEMENTS:**

It is now five minutes after the hour and time for announcements. Are there any announcements for the good of Debtors Anonymous?

**SERVICE OPPORTUNITIES:**

If you are interested in enhancing your program with service, please, see our website for in-depth service descriptions and openings, under the Members tab.

**RECORDINGS:**

Recordings of the phone calls are accessible to members of the SSDA workshop for a limited time after the live session. It is highly recommended that you listen and complete your study on a daily basis. To listen to recordings, our playback number is: (605) 313-4101 and access code 5555416#. Today's recording number is \_\_\_\_.

**7TH TRADITION:**

Our 7th Tradition states that "every D.A. group ought to be fully self-supporting, declining outside contributions."

StepSponsorDA is an autonomous group, funding the phone workshop and recordings, our website, [StepSponsorDA.com](http://StepSponsorDA.com), contributions to the World Service Office, D.A. Phone and Internet Intergroup, and the conference travel expenses of our General Service Representative.

**Digital donations through PayPal** are accepted at our website, [stepsponsorda.com](http://stepsponsorda.com). Click the tab "Seventh Tradition Contribution" at the bottom of any of the webpages. Our Treasurer Emeritus, Marilyn Sue Pohly @SnowWhiteSSDA, will receive the contribution.

Please give as generously as you can. If you are a newcomer, start with a penny and a prayer. In giving, we receive.

International payments may incur a fee for currency transfers.

**ACTION LIST:**

There is an action list at the end of each Topic. Today's Action List includes the following actions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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 DA members for help. One day at a time, each prayer we pray, each change we make, no matter how large or how small, will benefit us. KEEP COMING BACK.

**WORKSHOP CLOSING:**

Our next session will be (*day and date*) \_\_\_\_\_. We will read (*Topic and Book/pamphlet*) \_\_\_\_\_.

(*Call on one or two volunteers to read "**JUST FOR THIS DAY.**" If the workshop is running over time to end at 15 mins after the hour, skip this reading.*)

### **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 not to 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.

### **CLOSING STATEMENT:**

The experiences shared in this workshop are strictly those of the individuals who gave them. Keep all remarks confidential. Who and what you hear, 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."**

### **AFTERCALL:**

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