

# **STEP SPONSOR DA WORKSHOP:**

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## **SCRIPT 2** **TAKING ACTION** **MEMBER SCRIPT**

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### **WORKSHOP OPENING:**

Welcome to Step Sponsor DA Workshop. My name is \_\_\_\_\_. Today is *(Day and Date)*. The Topic is *(Topic number and Title)*. The recording number is \_\_\_\_\_. Would all those 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.”**

### **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, we invite you to use a DA alias or a fun, inspiring “stage name”, for purposes of anonymity. Please press \*6 to unmute and introduce yourself and if you care to, you may share your contact information; either your email or phone number for outreach.

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. You might want pencil and paper handy to take down contact information of other members.

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 join the website as a Member, please go to [www.stepsponsorsda.com](http://www.stepsponsorsda.com) and use the form on the Home Page to sign in with your name and email address. In this workshop, we uphold the tradition of Anonymity. For that reason, most members use a fun and inspiring “stage name.” This is just a suggestion, if that works for you. You will then receive an automated email from us with information you need to become an active workshop participant. **It’s important for you to open the email or we don’t activate your login access.** You will then receive a second email to create a password and be able to log into the website.

## **REMINDER TO ALL MEMBERS:**

This is a phone workshop. Please have your study guide, literature for this session, AA Big Book and note taking materials in front of you. Your recovery experience will be rewarding to the extent that you focus entirely on listening, reading, and sharing DA experience. Multitasking belongs to another time and place. Give yourself the love-gift of focused study time. We concentrate on recovery from compulsive debt through the 12 Steps. Any current member may read from the literature, but please share only if you are abstinent from incurring new unsecured debt and have experience WORKING today's topic in DA. 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 beginning moderator. Remember, we were all new once.

## **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, the conference travel expenses of our General Service Representative (GSR), contributions to the World Service Office, and D.A. Phone and Internet Intergroup.

Our spending plan estimates we need an average of \$600 in contributions monthly to cover both operational costs and prudent reserves.

Donations may be sent via Venmo and Zelle to phone number 469-569-7778, the name "Victoria" will confirm the money is being directed to the Step Sponsor DA account.

PayPal donations are also accepted at our website. Click the tab "Seventh Tradition Contribution" at the bottom of any of the webpages. The name of our Treasurer Emeritus, Marilyn Sue Pohly @SnowWhiteSSDA, will confirm the money will be directed to our account.

Please give as generously as you can. Start with a penny and a prayer. In giving, we receive. Try including your donation in your spending plan.

International payments may incur a fee for currency transfers.

We will now take 60 seconds to "Pass the Basket" to give you the opportunity to make a 7<sup>th</sup> tradition donation. Again, to donate via Venmo or Zelle the number is 469-569-7778. We will now take 60 seconds for those who would like to donate at this time. (time for 60 seconds)

## **READ AND SHARE DA EXPERIENCE:**

Again, today is \_\_\_\_\_.

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

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

Please remember to keep your phone muted unless you are reading or sharing. When reading aloud for the recording, please speak slowly and clearly, directly into your phone. When sharing DA experience, please time yourselves and keep your shares to a maximum of 3 minutes. Again, please share only if you have DA experience on the topic and are abstinent from new unsecured debt. You may leave your confidential email address, if you wish, after your share. Please tell us your DA stage name, then say and spell your email address twice. Use these contacts only for DA 12 Step recovery-related matters.

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

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

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

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

Thanks to everyone who read and shared their DA experience. It is now 10 mins before 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.

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.

## **SUGGESTED PRAYERS:**

**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*.

**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.

**Employment Prayer:** "a new Employer...provided what we needed," Step Three, 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, Step 4.  
(optional version to reading straight out of AABB)

1. **Inventory**—What is your fear? Why do you have this fear? What are you trusting in, your finite self or your infinite Higher Power? How is that fear-based belief working for you as a Higher Power? What is more powerful, your belief or your Higher Power? 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. [Deep Breath/Pause/Listen to Your HP]
3. **Continue with** — So, with the fear removed, what would your Higher Power have you be?" (Pause) Would you like to give up that fear for what HP would have you be? "*At once I commence to outgrow fear. Amen*" (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.

**STEP 11 PRAYER:** pg. 87, last paragraph, to top of 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 become 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. "

"It works --- it really does."

**DA 3<sup>RD</sup> 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 7<sup>th</sup> Step Prayer:** "Higher Power, I stand ready to carry your message to others. Remover 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."

**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. What do you call your Higher Power?

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. What do you call your Higher Power? 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.*

## **SPONSORS, OUTREACH, AND SERVICE:**

Thank you to everyone who participated in our workshop! We have demonstrated how to study the literature and apply the practical and spiritual aspects of recovery. Step Twelve tells us, "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."

Once you have reached Step Twelve, sponsor other debtors. According to our primary text, the A.A. Big Book, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." When we work Step Twelve, we stay solvent!

Follow the model of the GreenBack Book and the StepSponsorDA workshop to rapidly take 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."

Remember, we only 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.

There is a study hall every Sunday from 4-6 P.M. Eastern time. We work in silence on our numbers or other D.A. tasks and check in on the hour to bookend or ask for support. Use the same phone number and access code as the morning workshop. Recordings of the workshop are available to StepSponsorDA members through the website.

Service is an important part of Step Twelve. Trusted Servants keep our workshop and website going. Our website, [stepsponsorda.com](http://stepsponsorda.com), has the service descriptions under the Members tab. Sponsors, help your proteges ease into service as part of Step Twelve.

Are there any announcements regarding StepSponsorDA or the fellowship?

**RECORDINGS:**

Recordings of the phone calls are accessible to members of the SSSDA 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 access code 5555416#. Today's recording number is \_\_\_\_\_.

**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, will benefit us, no matter how large or how small. KEEP COMING BACK.

**WORKSHOP CLOSING:**

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

## **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.

**OR:**



## **12 PROMISES OF DA:**

In the program of Debtors Anonymous, we come together to share our journey in recovering from compulsive debting. There is hope. In working D.A.'s Twelve Steps, we have developed new ways of living. When we abstain from new debt, and work D.A.'s Twelve Steps and use D.A.'s Tools, we begin to receive these gifts of the program:

1. Where once we felt despair, we will experience a newfound hope.
2. Clarity will replace vagueness. Confidence and intuition will replace confusion and chaos. We will live engaged lives, make decisions that best meet our needs, and become the people we were meant to be.
3. We will live within our means, yet our means will not define us.
4. We will begin to live a prosperous life, unencumbered by fear, worry, resentment or debt.
5. We will realize that we are enough; we will value ourselves and our contributions.
6. Isolation will give way to fellowship; faith will replace fear.
7. We will recognize that there is enough; our resources will be generous and we will share them with others and with D.A.
8. We will cease to compare ourselves to others; jealousy and envy will fade.
9. Acceptance and Gratitude will replace regret, self-pity and longing.
10. We will no longer fear the truth; we will move from hiding in denial to living in reality.
11. Honesty will guide our actions towards a rich life filled with meaning and purpose.
12. We will recognize a Power Greater than ourselves as the source of our abundance.

We will ask for help and guidance and have faith that they will come.

All this and more is possible. When we work this program with integrity and to the best of our ability, one day at a time, a life of prosperity and serenity will be ours.

**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 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.

**"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:**

We have turned off the recording. 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.