



Clarity Chronicle

DEBTOR'S ANONYMOUS OF MINNESOTA, NEBRASKA & IOWA
NORTH & SOUTH DAKOTA

the promises of Debtor's Anonymous

1. Where we once 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 and be the people.....

The 12 Promises of Debtors Anonymous

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 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
DA.

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
it
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.

Conference approved Debtors Anonymous literature in several formats can be obtained via internet access or ordered through the World Service Office at

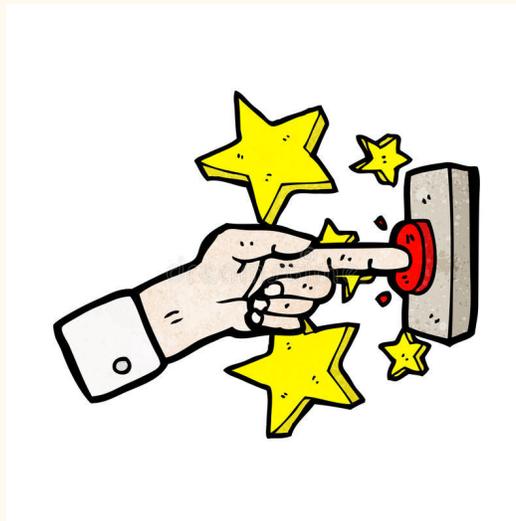
debtorsanonymous.org/literature



Upcoming Workshop

Pressure Relief Groups: Saturday, November 21, 2020

Time and location to be announced.



The Promises Of Service

**"Ring the bells
that still can ring
Forget your perfect
offering
There is a crack in
everything
That's how the light gets in..."**

--Anthem, Leonard Cohen

Ring your bell the song says! Ring it from the rooftops! You are free to dream dreams and to have visions. You have miracle working support in DA to see those dreams through to fruition. Service is one powerful yet quietly working Tool that will propel you to the moon and back.

No one of us is perfect, yet what we do learn in DA is the strength of fellowship with our peers, the power of sponsorship, and the positive force of group

conscience. These facets of the DA program compliment our strengths and our weaknesses and bring about beauty in our lives.

Ring your DA bell! Ring your life's bell! You are not alone with your own limitations, others are here to help you to use the rays of light that shine out from the cracks in your being, your character defects, in positive ways. The open doors you find in DA will remarkably transform your negativity and thoughts of lack and deprivation you may have based your potential upon. They will become your strengths and you will no longer want to turn your back upon them.

Don't give up before the miracle! DA has tried and tested, wonder-working Tools, Steps and Traditions that are a proven design for living. You and your Higher Power are a dynamic team in motion. If a door closes, open a window. If a window shuts, soar through a skylight. Don't give up. Have PRG's, pray, meditate, be willing, be open, be honest, become a sponsor. When we draw near to our Higher Power our Higher Power's direction can often be found in the process of serving others.

Ring that bell and open your door to Tool 11, Service. It will propel you to a new level in your DA program. Find inspiration in these stories from members whose programs, and personal and professional lives were energized by practicing service. These people in DA have practiced service in our representative fellowships and in their individual meetings. Members serve in DA's Intergroup, volunteers representing local and regional groups, and some leaders give service in their individual meetings. Their stories tell the power of the 12 Promises and how they enhanced their program as a result of offering their talents in service to their fellow DA'ers. They have discovered the promises of service. All of these volunteers make the fellowship of DA go 'round.

You are invited to volunteer to serve in your meeting group or you may contact Intergroup through your groups' Intergroup Service Representative to inquire about volunteering at the DA Intergroup level. Several local volunteers also serve at the World Service level, too, and if you are interested in doing so you may volunteer to be your meeting's General Service Representative, or GSR. All of these positions have different solvency requirements of not debting.



Service at Every Level

by Roxanne K.

What difference does it make? I do service. Why “at every level?” I give PRGs, I have held positions in my home group, and I sponsor others. Why Intergroup? I don’t want for a 7:45 am meeting on Saturday!! I did World Service before, need I do Intergroup, too?

Oh, duh. Tool 11* answers my questions (and complaints) right in the next statement. BECAUSE "service is vital to our recovery." Tool 11 doesn't say doing service is a nice bump in our recovery (though it is). It doesn't say it feels good (because it does). It doesn't say you will learn a lot about how other groups work or how we, as an Intergroup, interact with the World Service Office (because you do). And it doesn't say you will find your service role prepares you for professional roles in leadership and meeting management (because it does.) For sure, I can attest to all of the above benefits and payoffs of doing Intergroup service. That is not why I do service at every level.

Those benefits are not what Tool 11 is about. Tool 11 says service is VITAL to our recovery! The Oxford Language Dictionary defines vital as: 1) absolutely important or necessary: essential; 2) full of energy; lively. We all know incurring unsecured debt can be lethal. Debting is heading towards chaos and drama among other devastation in our lives. Recovery means new life, full of energy, living within our means, seeing our visions come true. The answer to how I can have a life beyond my wildest dreams lies in doing service. Service is necessary to our recovery.

Only through service can we give to others what has so generously been given to us. I have such gratitude for our Twin Cities DA recovery community, that we have healthy, strong meetings with newcomers, old-timers and many in-betweeners. Our spiritual foundation carries on and is expressed in the sustained Intergroup because of others who generously give back what has been given to them. Those are my friends in recovery who are there so that I

may have what I have – the gift of recovery. I love my recovery and want others to have a chance at this, too. So that is why I serve at the Intergroup level. (Blessed to be your Intergroup Service Representative. This means I attend World Service. This year I am on the Technology Committee and Intergroup Caucus.)

So, if you appreciate your recovery, want to keep it, remember, service at every level is essential. Don't worry if you think you don't have much to offer, everyone has something to offer. See what service positions are available. We'll all be here to help you learn, because that is what someone did for us

.
* Tool 11: We perform service at every level: personal, meeting, Intergroup, and World Service. Service is vital to our recovery. Only through service can we give to others what so generously has been given to us.



Serving at Intergroup

by Robin S.

Being the chair of Intergroup has given me the opportunity to meet fellows that are from all meetings in the Midwest Region. In order to be the chair, I had to have twelve months of not incurring unsecured debt. I have done service within my meeting group being trusted servant, a leader in the newcomer's meeting, sponsoring, speaking and doing PRG's. I was the literature person and was responsible for printing the yellow flyers for the groups.

The chair of Intergroup is the person who communicates the agenda for the intergroup meetings that we have once a month. I lead the meetings and initiate discussions and call things to vote. I love that we come together once a month and talk about items that affect the whole region. Each November, we decide what we would like to focus on for the upcoming year. We typically sponsor three or four workshops a year, with one being Fellowship day in the spring.

This position is a 1 to 3-year term. I will be doing this role for three years. It takes about three to six hours a month to prepare for meetings and anything else that comes up. This has been a very positive experience for me, and I would love to speak to anyone that may have questions about being chair of Intergroup.



The Gifts of Long Time Service

by Brian C.

As an active member of three 12 step fellowships, I've had ample opportunity over time to consider and refine what works well for my recovery. I came to each of these fellowships out of a sense of desperation; indeed, when I joined my first group, I was looking for a way out of the world, not just out of the pain of my addiction. And when I joined the subsequent fellowships, I heard this same paraphrased message as a newcomer:

- * "Don't _____ (insert addictive behavior)."
- * "Go to meetings."
- * "Get a sponsor."

Following these suggestions, I began to learn by going to meetings and working with a sponsor how to avoid the addictive behavior, which in the case of Debtors Anonymous was compulsive use of unsecured debt to finance my life.

Using the tools of the program and hearing the stories of recovery, I found a solution that works, and today I live on a cash basis and have no unsecured debt.

Addictions are progressive illnesses; there is no sudden onset. I practiced these addictions for years, and frequency led to severity. I've found that recovery works the same way; there are no quantum leaps, no magic elevator from the depths of despair to the daily reprieve from the shackles of habits that provided

no solutions to our problems. It's been my experience that after a period of not incurring any new unsecured debt, of going to meetings regularly, of working with a sponsor, there is a natural progression to service.

From my first day in DA, I saw examples of service from others; there was a greeter, a trusted servant, someone made coffee, another two people conducted the newcomers' meeting, everyone put away chairs. At the time, my head was so wrapped in confusion, anger, and frustration that service wasn't even on the horizon. I had so much pain and wreckage to clear before I was even aware of the concept of service.

After achieving some clarity through working the steps and attending meetings, I started to offer service. After a suitable period, I began to sponsor others, to act as trusted servant, to speak at Fellowship Day. I was our group's treasurer for three years, have spoken numerous times at meetings, volunteered in the activities of the World Service Conference, participate in PRG meetings, and act as scribe and keeper of the phone list for our group. In addition, I've heard a number of fifth steps.

Why do I perform service? Because not debting, going to meetings, and getting a sponsor are the very basic steps in recovery. If I had heard about how important service is on that first day, it would have been overload. I needed the most rudimentary introduction to recovery since my pain was so great, my confusion so complete, my shame and anger so engulfing that hearing about the benefits of service would have been totally lost on me. On the other hand, after discovering that recovery really can happen by following those first three suggestions, the natural progression for me was to want to give back as I saw so many others doing. The longer I've been part of this fellowship, the more I want to participate with others who have shared their experience, strength and hope with me.

This fellowship has become critical to my mental and spiritual sobriety which I've discovered is my daily goal. In getting to know myself over these years of daily recovery, I've found that I do best by offering service in the areas where I am most comfortable; by offering service within my own skill set. I'm comfortable being trusted servant or producing a talent show, balancing the books or updating phone lists. I'm not comfortable leading or participating in organizational committees, so I leave those service opportunities to others whose skills lie in those directions.

Finally, service helps keep me connected to others in the fellowship; it has become as natural as showing up for meetings and has kept me involved and committed to my own recovery and the health of the group.



My Story: Public Information Coordinator

by Chris S.

I am a compulsive debtor and have not incurred unsecured debt since April 2000. I currently hold the position of Public Information Coordinator in Minnesota DA Intergroup. I do service at all levels because it is a tool of our program. Tool 11 states, "We perform service at every level: personal, meeting, Intergroup and World Service. Service is vital to our recovery. Only through service can we give to others what was so generously given to us."

When I was new to the program, I wasn't fully aware of either Intergroup or World Service. I heard the monthly reports from the group's Intergroup Representative (ISR) and the General Service Representative (GSR) at the business meetings but much of it went over my head. My focus was on not debting one day at a time and showing up at meetings. However, I was willing to do what I was told by my sponsor and followed the Steps and Tools.

I started volunteering in the meetings for service positions. As I gained footing and experience in the program, I was more aware of Intergroup and World Service and the importance of these bodies in carrying the message to the still suffering debtor. My first Intergroup volunteer position was in 2008 as Treasurer and I have held a number of positions since 2008 to the present, including Intergroup chair. I've also chaired or participated as a member on committees that presented Intergroup workshops and the DA Retreat.

The benefits of doing service at the Intergroup level are numerous and among them are leadership, patience, improving listening skills, practicing democratic

principles, losing my fear of “business” discussions, finding my voice, and most importantly observing Higher Power manifesting in the group conscience. As one Intergroup member is fond of saying, “it’s another meeting”. That is the truth, it is one more way for me to participate in the program, and I always benefit from one more meeting.

I volunteered for the Public Information Coordinator position on 2019 because of a strong belief that carrying the message is exceedingly important not only for my own recovery (practicing Step 12) but for the health of DA and for still suffering debtors who have not heard of DA. I’ve heard it said that Debtors Anonymous is the best kept 12 Step program secret.

The duties of the Public Information Coordinator are as follows:

1. Attend monthly Intergroup meetings.
2. Provide information and spread awareness of the availability of Debtors Anonymous.
3. Have an organized “Tools Packet” from which to operate as suggested in Debtors Anonymous Manual for Service, p. 61-67.*
4. Develop and implement a plan for requests for public information in a timely fashion.
5. Maintain a list of DA members that have taken the Media Training.
6. Create an outreach packet for mental health professionals, churches, EAPs, doctors, bankruptcy lawyers, suicide prevention lines, recovery treatment centers and for other 12 Step fellowships (See p. 63 of Debtors Anonymous Manual for Service).
7. Collaborate with DA Mn Website Coordinator on outreach efforts.

The recent pandemic makes outreach even more important than ever. My recent efforts as PI Coordinator included reaching out to local radio stations to have the DA public service announcements aired. Additionally, a DA article was published in the December 2019 issue of The Phoenix. Efforts to “get the word out” continue: There was a plan for a grass roots outreach effort in conjunction with each of the groups for the spring of 2020. We are all aware of the changes brought about by the pandemic. Perhaps that plan will be dusted off in 2021. Stay tuned!

Service continues to be vital to my recovery and I take seriously that I “give back what was so generously given to me”. It is an honor to give service as PI Coordinator in MN Intergroup.

If you are interested in this or any other service position with MN Intergroup, you can find the job descriptions on Intergroup website at daminnesota.org/aboutus

May You Have a Happy, Healthy and Prosperous Autumn!

If you would like to submit an upcoming event, digital art work, article, story or poem to the DA Minnesota, Nebraska, Iowa, North Dakota, and South Dakota newsletter, send your announcement, digitally formatted art work, or 400 to 750 word article, story or your poem to daminnesota.org

Send in your submission for the next issue by December 15th to daminnesota.org The theme of our 2020 newsletters is "The 12 Promises." Submissions from the entire Midwest region are welcome.

Submissions will be published in quarterly editions and may be edited for available space.

Daminnesota2@gmail.com

©2021 DA Intergroup of Minnesota | PO Box 14901, Minneapolis, MN 55414

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®