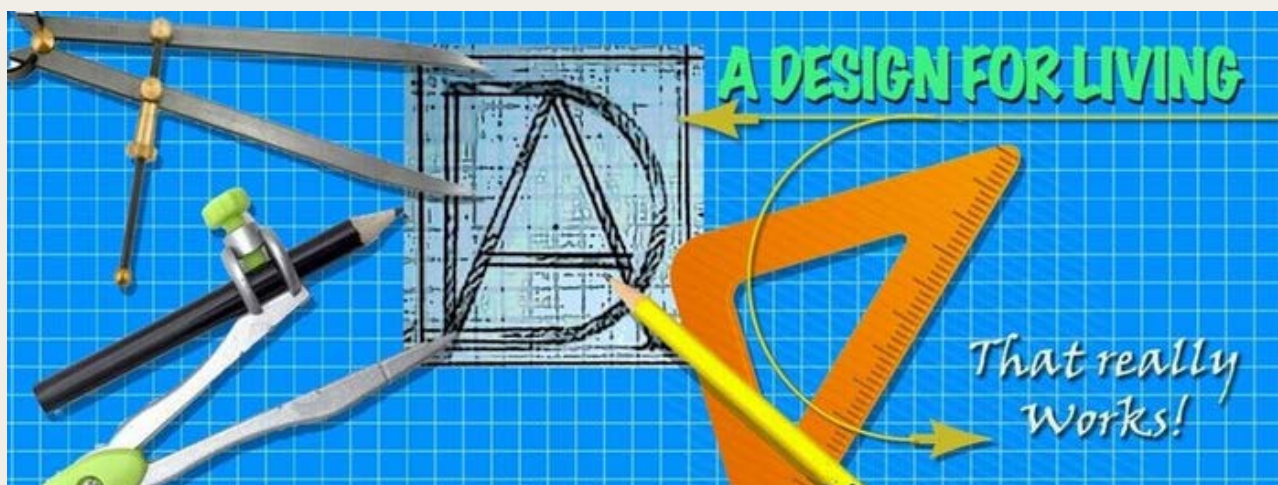


MN DA QUARTERLY NEWSLETTER
SUMMER 2021 EDITION



A Design for Living that really works is our newsletter theme for 2021. The theme centers around God's ability to do for us what we cannot do for ourselves. Through stories, articles, poems, and art we will experience the power of our Higher Resource to transform lifeless debts into living assets. This transformation is accomplished when we accept DA's fellowship and its simple steps and tools as invitations to prosperity. Though prosperity eluded us prior to coming to DA, here we have found its open secret: Honesty, openness, and willingness to go to meetings, keep our numbers, clean house, and help others.



New Website: MN DA Intergroup's new website launched on April 29! If you haven't seen it yet, take time to check it out at the link below.

- **Registration** is open for the 2021 virtual DA World Service Conference! Dates are August 6 - 8 & 14 - 15. Early WSC Registration Discount deadline is July 4, 2021. Final Registration deadline (with additional fee) is July 25, 2021.
- **Now Available:** The Debtors Anonymous Twelve Steps Study Guide is for sale through the General Service Office and in many countries as a print on demand book online!

Minnesota DA
Intergroup



MN DA Intergroup Workshop:

- Wednesday, Sept. 22 from 7:00 - 8:30 PM Central Time, "Life After Debt", Via Zoom

Debtors Anonymous Fellowship Wide Calls:

- Saturday, July 10, from 5 - 6:30 PM Eastern Time, "HIP Awareness Day", presented by the WSC Hospitals, Institutions and Prisons Committee
- Saturday, July 24, from 11 - 12:30 PM Eastern Time, "Pre-Conference Orientation Call: Overview of the World Service Conference", presented by GSB Conference Support Committee
- Sunday, July 23, from 1 - 2 pm Eastern Time, "Ask-the GSB: D.A. Finances" presented by the GSB Long Range Planning Committee



I Can't. God Can.

By Dot P.

“I came to D.A. to stop debting; what I received in return was my life.” – Anonymous

When I entered the meeting rooms of D.A. I was at my wits end, desperate for a solution to my continuous worries and stresses over cash flow, bills, and the insurmountable personal stresses that plagued my mind and body. I was anxious, lived with terrors, was irritable, and I isolated, hiding myself and my deprivation lifestyle from professional coworkers, friends, and the fellows with whom I was walking a spiritual journey. I was living a false life, and I was miserable. I knew the world and everyone I met thought ill of me, was insulting me behind my back, conspiring against me to harm me and squash me down into nothingness. I was full of shame, self-hate, and hate toward others. My heart was a rock, unable to feel any softness. I believed deeply in God and held a master's degree from a prestigious seminary. Go figure that.

At that time, I thought I had God all figured out. He was my father since a young age, as I had none. He was my provider and helped me out of financial scrapes. He provided food when I had no resources. He helped me when I was ill and needed medical attention to improve my health. He was my personal God, of course. From this side of recovery, I realize God brought many people across my path who helped me. People who were introduced into my life at critical times when I needed comfort and healing, who intervened in my crises and kept me from the brink of self-destruction. The world wasn't out to get me, I was.

Listening and talking in the rooms of D.A. meetings, whining in self-pity and despair for several years while working the steps with sponsors, keeping my numbers, and doing service changed all that. In D. A. I have lived from one miraculous baby step stepping-stone to another miraculous baby step stepping-stone, each spiritual action and inner personality change introducing me to greater self-love, to loving others, and to financial and material stability. Now I live in, what is for me, unbelievable prosperity. For a woman who had not lived in a house since the age of thirteen, fifty-three years ago,

and who has always struggled to have proper foods and to pay the rent, I am indeed living a life beyond my wildest dreams as a homeowner with a job where I have fourteen-year tenure as a valued employee. My new goal is to apply for a passport, build up a vacation savings account and travel. Oh, yes, and I am now a compensated published author, one of my far away dreams come true.

Yet, it has been my life with God that is my real miracle, the source of all the things listed above. It is a gargantuan miracle of God that has brought incredible beauty and love into my life. Throughout my fourteen years in D.A. God has slipped quietly into my inner being in many unexpected ways. Prayer and meditation, quietly learning to listen to the small, still voice in my intuitive inner self has brought innumerable blessings, too many blessings to keep track of or to count.

Through the D.A. program I have learned to ask for help to act on life rather than react to it, to get out into the world and really live instead of hiding under the bedcovers depressed and obsessed over my fearful imaginings about life. And I'm in the process of learning to let go and follow God, rather than acting before I pray. I listen to Him speak and ask Him what He wants me to do, if anything at all.

I have slowly learned in D.A. "The Solution is God," and nothing else. Recovery is a byproduct of the condition of my life in God, my spiritual condition. Oh, I began to obtain the basic material rewards of a recovery life in D.A. by going through the motions of the steps and the tools. However, miracles happened when I threw open my heart to God with complete abandon. I'm not perfect and some days I struggle and rebel against practicing a spiritual life, but eventually I ask my peers and God for help and they get me back on track. That's how things work for me.

I know without a doubt a spiritual life lived and enabled by practicing the steps and tools of D.A. and doing God's will to the best of my ability, one day at a time, brings about wholeness of mind, spirit, and body. I have slowly learned what I now hold dear to my heart:

- 1) I am a debtor and cannot manage my own life;
- 2) That probably no human power can restore me to sanity;
- 3) That God can and will if God is sought." – paraphrased from Alcoholics Anonymous



Humility in the Program of Debtors Anonymous

By Stephanie R.

As I continue to walk my recovery journey, my Higher Power shows me what true humility is. I have come to understand humility as “I am teachable.” Every day that I work this program I learn about my shortcomings and the principles of the program so I can stay solvent and have financial clarity. I am open to learning so I can be a more effective, loving person and have the best relationships with everyone I know.

My Higher Power has helped me to see myself as a student of life. I am not the worst in the class or the valedictorian. I sit squarely and humbly in the middle of the pack. I don't know it all, but I'm not an awful person either. There is a passage in the AA literature that reads “always we tried to struggle to be the top of the heap, or to hide underneath it... of true brotherhood we had small comprehension.” I relate to this so much! In the past I either thought, “I'm better than that person or compared to that person I'm nothing.” This way of thinking made me separate from my fellows. It doesn't matter what I think. I place all thoughts and judgments on the altar of my Higher Power. When I do this, I have my humanity. I sit eye-to-eye with my fellows.

My life was unmanageable when I was living in the extremes, thinking in one second I'm the best and the next second I'm the worst. I have shortcomings just like everyone else, however as the literature says, I don't think of them as crimes, faults, sins or mistakes. I think of them now as accommodations that I made way back when. During my formative years I was not getting many of my needs met, so I came up with behaviors that seemed to help at the time, like writing bad checks to have nice clothes. Then I looked good and didn't feel so terrible about myself. These behaviors blocked me from my true self and blocked me from others. As I moved into adulthood these blocks prevented me from reaching my potential and being as close to others as I could be. In short, the accommodations and blocks were not working anymore.

Today the steps, the traditions and the tools of the program help to free me from the extremes and the unmanageability. I once performed 12-step service and received feedback that I sounded “condescending.” It was very perplexing, but I trust and love the person who gave me the feedback. I believed that the person's reaction to my behavior was genuine, and I made amends. How humbling! In the past I may have just gotten angry and rejected the feedback. I am in awe that by doing service in the fellowship, I am not only performing vital work that needs to get done, but I am opening myself up to potential shortcomings that I didn't even know about. My Higher Power works through the fellowship, and my Higher Power can see around blind corners.

Being humble helps me to have a dose of perspective in how I view myself. I'm a servant of my Higher Power, showing up and trying to do the right thing in all aspects of my life every day. My Higher Power does what I cannot do for myself. Thank you, HP and DA!

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