



Clarity Chronicle

DEBTOR'S ANONYMOUS OF MINNESOTA, NEBRASKA & IOWA

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Chair's Notes by Chris S.

By Chris S.

We are now into the month of November and Thanksgiving is fast approaching. Thanksgiving is one of my favorite holidays even though we are moving ever closer to the Winter Solstice and less and less daylight. As we discussed at the Visions Workshop, there is a time to go dormant, to recoup our energy and perhaps nourish and incubate our next Vision. I have so many reasons to be grateful this season and especially to DA. The fruition of my Vision, which was "planted" at the 2014 Visions Workshop, was realized in September. I spent 10 days in the fairy lands of Ireland and Scotland. I call them fairy lands because there is a fondness for stories about good fortune and yes, fairies, in both countries. Plus, of course, there is the beauty. It truly was a remarkable journey. I could not have done it, if I did not practice the program of Debtors Anonymous.

As we enter the month of month of November, we examine Tradition 11 and Sign 11 of Debtors Anonymous.

Tradition 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

There are two very large considerations when I think about this tradition: anonymity and attraction as opposed to promotion. On a personal level anonymity reminds me that I am not the public spokesperson for DA. I am just one debtor sharing my experience and strength in the hopes it may benefit others. It can get very easy when asked to speak at DA events and or even sharing in this newsletter to believe I have the answers. I am only here to share my experiences. I am constantly on the lookout for my pride and to stay honest.

This tradition also speaks to the principal of attraction rather than promotion, especially in my communications with newcomers and those interested in DA. The Twelve Steps and Twelve Traditions of Debtors Anonymous could not have put it better: "As recovering debtors, we respect the right of others to choose for themselves if and how they seek help. All we offer is our own stories, without judgement or advice.

COMING IN 2017

THEME:

We will live within our means, yet our means will not define us.

Jan. - Record Keeping and Spending Plans Workshop

Apr. - Living in Recovery Day

Sept. - Pressure Relief Meetings Workshop

Oct. - Earning Workshop

In the end, the sum of our experience, strength, and hope as manifested in our changed behavior and outlook is the best outreach we can offer."

I noted the fruition of my Vision earlier in this publication. I also have a story of pain, debt, loss, and despair before DA. Both of these stories are true, none embellished; all are humbly submitted in the hopes that my painful experiences are of value. We can recover. The program works for me. I am granted a reprieve daily from debting and spending. Additionally, my joyful experiences are also of value. The DA Promises are coming true in my life today.

Please read further about Sign Eleven of Debtors Anonymous.

ARE YOU A COMPULSIVE DEBTOR?

Sign 11: An unwillingness to care for and value yourself: living in self-imposed deprivation; denying your own basic needs in order to pay your creditors.

By Gidalia R.

I could never understand why it was so difficult for me to treat myself well, take good care of myself, or meet my basic needs. I'm a compulsive under-earner, spender and debtor. Early messages during my childhood read like headlines: "Not Enough", not enough money, time, space, or love. I deemed myself unworthy and learned how to play small by denying my needs and wants. I did not want to cost anyone too much money. I didn't ask for much, I didn't have goals. I didn't go after my dreams or finish college. Nor did I travel, get married, own a house, aspire to become successful at my talents or even try to start a business. I worked low paying jobs, under-earning and spending.

When I earned money, I spent on things to make myself feel better instead of saving for the things I needed like medical and dental care. This behavior was modeled by my Dad, who refused to spend money on himself for doctors and dentists. When he had to get dentures, I told myself I'd commit suicide if I had to get false teeth. I knew I didn't want to have false teeth. At one point, I was told I needed 12 crowns. I couldn't imagine how that would even happen.

A lifetime of debting and under-earning finally brought me to Debtors Anonymous where I became willing to accept my powerlessness and receive the help I desperately needed. Slowly, with the help of my PRG's, I began learning to use a spending plan to cover my basic needs and accrue money for my medical and dental needs. I've also created categories for travel, fun/entertainment, healing, art/creativity, a business, and retirement, some of which I have begun to fulfill.

DA in collaboration with my Higher Power made it possible for me to turn my life around so that I could redefine and value myself the way my Higher Power intended.