



Clarity Chronicle

DEBTOR'S ANONYMOUS OF MINNESOTA, NEBRASKA & IOWA

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Chair's Notes by Chris S.

By Chris S.

It's been a relaxing summer for Intergroup. However, our Planning Committee's for the Fall Retreat and the Visions Workshop kicked their efforts into gear in August to ensure both events are well planned and provide optimal fellowship opportunity. Please check out the Minnesota Intergroup website for these upcoming events at daminnesota.org.

September 2016 is a milestone for me. I am realizing a vision born at the first Visions Workshop in 2014. It's amazing what can happen when a vision is included in my spending plan and I request Visions PRGs and use other tools of the D.A. program. You will have to stay tuned for the October newsletter to hear more and please join us at the October 22 Visions Workshop.

September brings us to Tradition 9 and Sign 9 of Debtors Anonymous.

Tradition 9:

D.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

I'm excited about The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous, which I'm going to refer to here as the 12 x 12 x 12. This new DA book is now available from Debtors Anonymous World Service at <http://debtorsanonymous.org/fellowship-services/order-literature/>. I started reading immediately when my copy arrived and have incorporated daily reading into my Step 11 schedule.

It's been helpful reading about Tradition 9. This tradition can seem odd at first glance. After all, most businesses, corporations and even non-profits and religious organizations need structure to survive or function. Right? And yet, because of this tradition DA is not organized and yet it is able to conduct its business. The 12 x 12 x 12 indicates this works because the Fellowship is not run from the top down but from the bottom up. As stated in Concept 1 of Debtors Anonymous states, "D.A. takes its direction from the collective conscience of our whole Fellowship as expressed through the DA groups." Groups send representatives to the World Service Conference every year to make that conscience known to the General Service Board.

2016 DA EVENTS

9/9-10 Fall
Retreat

10/22 Visions
Workshop

10/29 Planning
Meeting

Personally, what I like about this tradition is it gives me a voice in the running of the Fellowship. I can express my concerns and ideas at the group level and my voice is on an equal footing as every other member. Additionally, in the process of stating my opinions, I gain responsibility. I step up to become part of the solution. I may volunteer to be on a committee or service board at the group, Intergroup or national level. I don't just speak to issues, I follow with action. I'm not in charge when I'm volunteering. Nor do I volunteer for service positions to ensure the rules are strictly enforced. I volunteer in gratitude for the program and to ensure the fellowship functions and prospers.

Please read further about Sign Nine of Debtors Anonymous.

ARE YOU A COMPULSIVE DEBTOR?

Sign Nine: Unwarranted inhibition and embarrassment in what should be a normal discussion of money.

By Therissa L.

This one remained a mystery to me well into my DA recovery. What the heck, I wondered, is a normal discussion of money? I'd never had a conversation about my finances that wasn't characterized by tension and conflict. Of course, most of them had to do with how I didn't have enough of it; I was trying to borrow more or to pay later.

In general, if I could avoid talking about money or debt, I did. If I couldn't, it was typically because I was scared of possible consequences, and my desperation came through loud and clear. That did not make for calm, considered discussions. As time went on, the people I had money conversations with - parents, partners, friends and creditors - were increasingly frustrated with me, and my own sense of shame was deeper. Talking about my finances became downright painful.

It's understandable, then, that I approached my first pressure relief meeting with a great deal of anxiety. After all, I was going to have a discussion about money! I was relieved to realize that the two people supporting me had no judgment at all about how I'd handled my finances. Their only concern was passing along how the Steps and Tools made a difference in their lives. That may have been my first sane conversation about money. There have been many more.

I've heard it said that, through DA recovery, it's possible to have a discussion of money that's no more emotionally charged than a discussion of broccoli. I'm grateful to say that I often find that true. Even when I do feel anxiety or shame when talking about finances, I know that I don't have to stay stuck there. In DA meetings, pressure relief meetings, and even at home, I can discuss money with sanity, peace of mind and humor. Maybe that's what they mean by normal!