

STEP SPONSOR DA WORKSHOP

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SCRIPT 1 **GETTING STARTED IN DA** **MEMBER SCRIPT** **Revised: 9/1/24**

Workshop Opening:

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

PHONE ETIQUETTE:

This call is recorded. To help us produce a good recording, speak slowly and clearly directly into your phone. If you hear an echo, static, or other interference when you dial in or when you unmute, it is probably your phone causing the disturbance. Mute or use a different phone. Background noise is disruptive, so please keep your phone muted except when speaking. Please do not put this call on hold. To share or read press *6 to unmute and be heard. If you don't hear "muting canceled" or "you are now unmuted", press *6 again until you do. After sharing, mute again by pressing *6 until you hear, "you are now muted". 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 beginner moderator. Remember, we were all new once. In addition, please be patient and resist the urge to manage an experienced moderator unless they ASK for help.

NEWCOMERS:

Is there anyone on the call today who is new to Step Sponsor DA? For purposes of anonymity and because the call is recorded, we invite you to use a DA alias or a fun, inspiring "stage name", if you wish. 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 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 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.

WORKSHOP PREAMBLE AND PURPOSE:

PREAMBLE:

Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering. We come to learn that compulsive debting is a spiritual problem with a spiritual solution, and we find relief by working the D.A. recovery program based on the Twelve-Step principles.

The only requirement for membership is a desire to stop incurring unsecured debt. Even if members are not in debt, they are welcome in D.A. Our Fellowship is supported solely through contributions made by members; there are no dues or fees.

Debtors Anonymous is not affiliated with any financial, legal, political, or religious entities, and we avoid controversy by not discussing outside issues. By sharing our experience, strength, and hope, and by carrying the message to those who still suffer, we find joy, clarity, and serenity as we recover together."

PURPOSE:

The purpose of the Step Sponsor DA Workshop is to learn precisely what our approved DA and AA literature says about the nature of our disease; obtain directions and prayers indicated in the 12 Steps and DA's Tools; grow in spiritual awareness and support each other in the practice of these principles in all our affairs. We take the steps rapidly, applying the experience, strength, and hope found in the literature to our own recovery and the sponsorship of other members. We try to carry this message to the compulsive debtor who still suffers by expanding the culture of service in DA.

WORKSHOP GUIDELINES:

This is a workshop, so please have today's Topic, the corresponding literature, and note-taking materials ready. Your recovery experience will be rewarding to the extent that you focus entirely on listening, reading, and sharing DA experience. Multi-tasking belongs to another time and place. Give yourself the love-gift of focused study time.

We are here to read, share, and demonstrate the directions and prayers in designated DA and AA conference approved literature. Please keep remarks pertinent to the readings of the topic, reflecting your own experience, strength, and hope in 12 Step recovery from the addiction to compulsive debting. We share DA experience with love, understanding, and companionship.

Comments on outside issues, such as other addictions, other programs, outside literature, self-help, therapy, or other treatment models, belong to another time and place. Compulsive under-earning, clutter, and time are considered outside issues.

We do not interrupt or engage in unsolicited feedback. When a person sharing DA experience asks for feedback, abstinent members may answer from their DA experience. Newer members' questions and requests for special support will be addressed during the "Help and Prayer" time or during the "After-call." Please share DA experience only if you identify as a compulsive debtor, are abstinent from incurring new unsecured debt, and have experience WORKING today's topic. Self-time your shares to a maximum of three minutes. You may leave your confidential email address at the end of your share.

Any current member, and especially newcomers, may read from the literature. It is helpful to join the call early and notify the moderator that you have all your materials ready to read.

PLEASE OBSERVE CONFIDENTIALITY. What you hear here, let it stay here. These guidelines give us the freedom to listen in peace and be inspired by those who have already found strength and hope in the spiritual awakening obtained by taking the 12 Steps.

THE TWELVE STEPS OF DEBTORS ANONYMOUS:

1. We admitted we were powerless over debt—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.
12. 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.

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 a study of the literature.

Today we are sharing DA experience on TOPIC: _____.

Please remember to keep your phone muted unless you are reading or sharing.

Please remember to keep your shares pertinent to today's literature and reflect on your own experience, strength, and hope in 12 Step recovery from the addiction to compulsive debting.

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

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

(NOTE: The Read and Share segment continues until no later than 5 minutes before the hour.)

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 7th 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)

REQUESTS FOR HELP AND PRAYER:

Thanks to everyone who read and shared their DA experience. It is now top of 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 throughout the day.

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.
Is there anyone who would like help and prayer, or would like to share a vision or victory, who has not done so recently?

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 (optional version to reading in the AABB 68:1-2)

1. **Inventory**—What is your fear? Why do you have the fear? In what are you trusting or believing 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). At once I commence to outgrow fear."

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? (have protégé jot down "what HP 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

DA 3rd 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 7th Step Prayer: "Higher Power, I stand ready to carry your message to others. Remove 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."

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."

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. (*Pause*). What do you call your Higher Power? (*Pause*). 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. (*Pause*). What do you call

your Higher Power? (*Pause*). 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.

NEWCOMERS:

Newcomers, we want to hear from you! Again, please go to our website: www.stepsponsorsda.com and fill out the newcomer form. We are glad to send you more information about joining our group.

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, 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. Who would like to ask for a study partner or sponsor now, and who can be a study partner or sponsor now? Press *6 to unmute.

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, stepsponsorsda.com, has the service descriptions under the Members tab. Sponsors, help your proteges ease into service as part of Step Twelve.

Again, 7th Tradition donations may be sent via Venmo and Zelle to phone number 469-569-7778, with the name "Victoria" confirming the money is sent to the SSDA account. PayPal donations are also accepted at our website.

Are there any announcements regarding StepSponsorDA or the fellowship?

RECORDINGS:

Recordings of the phone calls are accessible to members of the SSDA 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: **(Choose 2-3 actions most appropriate for the day's topic.)**

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, no matter how large or how small, will benefit us. 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.

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, 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 ask any questions or exchange phone numbers or confidential email addresses if you did not yet have an opportunity.