

DA Friday Visions Phone Meeting Format (2016 version)

Hello, everyone. My name is _____ and I am a (compulsive debtor).
Welcome to the Friday DA Visions Phone Meeting of Debtors Anonymous.

Let's begin with the Serenity Prayer:

"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."

Please be sure to mute your phone again by pressing *6.

Would someone like to read the Preamble of Debtors Anonymous?

(Preamble)

Now is the time to introduce ourselves. Please press your *6 key to un-mute yourself, give us your first name only, and if you like, where you are from. Let us know if you are new to DA or if you are new to this meeting so we can welcome you. Please remember to press *6 to re-mute after introducing yourself to keep the call free of background noise. Thank you.

(Introductions are made. Note to leader: record names of newcomers)

A word to newcomers present on the call. If you are having problems with money and debt and think you may be a compulsive debtor, you have come to the right place and we can help you. It is suggested that at first you attend at least six meetings over a period of two weeks to have time to identify with the speakers and absorb the DA concepts. If you then think DA is for you, you can collect your records and arrange to have your first pressure relief group, or "PRG."

Phone etiquette helps keep our meeting free of feedback and background noise.

When you come into this call, you will be muted. Press *6 to un-mute yourself only when you need to be heard by the group. When you press *6, you should hear a message saying "muting cancelled." After speaking, press *6 to re-mute. The message should confirm, "you are now muted." These message flags confirm that you have switched modes. If you don't hear the confirmation, press *6 until you do. You can block call waiting by pressing *70 before calling the conference telephone number. If you choose to take a call waiting call, please hang up on the conference call, because putting the conference call on hold can cause feedback problems for the meeting. Also, please be aware that this is an open meeting, and we may not know who is on the conference call.

Would someone please read the 12 Steps of Debtors Anonymous? (jot names down).

Would someone please read the Tradition of the month, corresponding to the current month?

Would someone please read the 12 Tools of Debtors Anonymous?

The tools can be found on debtorsanonymous.org and also on page 15 of the DA book, "Currency of Hope."

Please just read the introductory paragraph, and the name of the tool only, not its description.

Would someone please read 3 paragraphs of your choice from the DA Visions pamphlet?

This meeting is one hour and 15 minutes long. There is a guided meditation introduction followed by 5 minutes of silent meditation. This is followed by a 10-minute speaker share, and then general sharing by the group. There will be toward the end of the meeting for newcomers to share if they wish to do so. Shares are three minutes in length with a 30 second heads up. (skip to meditation unless there is a business meeting).

(Note to leader: On business meeting days, read the following paragraph, otherwise skip.)
This is the last Friday of the month and we will be ending 30 minutes early for our monthly business meeting. You are invited to attend the meeting, which is 30 minutes long. General sharing is reduced to two minutes in length with a 30 second heads up. We do not have a speaker on this day, and we skip introductions. We do still take commitments for the week at the end of the meeting.

I will now put the conference call into the mode where only I can be heard. (press *7 for the presentation mode).

(Leader's meditation script: pause where appropriate).

Now is the time for us to enter into the meditation.

Let's take a few deep breaths.

As we relax into our breathing, focus on the heart.

Focus on the source of our visions, within.

Visualize yourself in the setting of any vision you have.

Perhaps we can ask a Higher Power, "What are your visions for me?"

Perhaps we can ask a Higher Power for clarity.

Perhaps we can ask a Higher Power, for power to carry out the visions.

And now, we will enter into 5 minutes of silent meditation.

(Leader uses timer set to 5 minutes).

(After 5 minutes...) "Our meditation is now ending."

There will be some interference while I put the conference call back in Q and A mode.

(press *7 twice, to get through conversation mode back into Q and A.)

Now is the time to welcome our 10-minute-speaker.

Before we begin, would our spiritual timekeeper please announce yourself?

Thank you for your service today, _____.

I'd like to introduce _____, from _____, who will be sharing about the Visions aspect of (his/her) program.

(Speaker name), would it work for you if our timekeeper gave you a heads up when there are two minutes left?

I'll now turn the meeting over to you.

(speaker shares 10 minutes).

Thank you for sharing with us today, _____. Would you be willing to share your phone number or email address with the group today?

Do you have a topic you would like to choose for our general sharing today?

(repeat the topic for the group)

We are now ready for three-minute general sharing. You'll be given a heads up at 30 seconds left. Please acknowledge the timekeeper. If you choose to, please give your phone number or email address at the end of your share.

Per group conscience, this group observes the 10th tradition which states that: "No DA group or member should ever, in such a way as to implicate DA, express any opinion on outside controversial issues -- particularly those of politics or sectarian religion."

Would our timekeeper like to share first, and I will time your share?

Who would like to share next?

(Thank each person after sharing and ask if he or she would like to give a phone number. Sharing continues until **15 minutes before the hour**. Make note of the names and numbers of the people who share.)

Now is the time we have reserved for newcomers to share who are attending their first through sixth DA meeting. You may wish to share what brought you here, or just give us your name and/or email address if you choose to, so we may welcome you.

(Note to leader: The meeting needs to start closing at **5 minutes before the hour**. It is a good idea to calculate how much time is left for general sharing).

We will now continue general sharing. We have time for ___ more 3-minute shares. (how many) (5 minutes before the hour).

Thank you everyone for sharing. It is now time to close our meeting.

Our 7th Tradition states that "DA has no dues or fees. We are self-supporting through our own contributions. Please give as generously as you can. However, if you cannot, please keep coming back."

Since this meeting has the use of a Free Conference Call Service, we ask that you send your donations directly to the following address:

Debtors Anonymous General Service Office
P.O. Box 920888
Needham, MA 02492-0009

Please write our group number #1124 on your check or money order. Please do not send cash. Now is the time for us to make commitments to actions for the upcoming week in support of our visions, and if you wish, to review your commitment from last week. Please keep your share to a few brief sentences. Anyone who wishes to make a commitment may do so now.

I'd like to thank the people today who gave service at this meeting:

_____ for reading the Preamble.
_____ for reading the 12 steps.
_____ for reading the tradition of the month.
_____ for reading the 12 Tools of DA.
_____ for reading from the Visions pamphlet.
_____ for being our spiritual timekeeper.
_____ for being our speaker for today.

And for sharing today, thank you to...(list of names).

Welcome again to our newcomers...(list of names).

And thank you all for the opportunity for me to be of service.

Other service positions at this meeting include back-up chairperson, internet schedule chairperson, business meeting notetaker, newcomer greeter, speaker coordinator, and business meeting leader. Please attend our monthly business meeting on the last Friday of the month to volunteer for service positions.

Now is the time for announcements.

1. Are there any announcements from our last business meeting?
2. (If you know...otherwise skip to #3)

We are in need of volunteers to give service in the following positions: _____.

This meeting has a Yahoo Group to receive newcomer information and readings to participate in the group. There is a phone list under the database link which is private and only accessible by subscribers to the group. We encourage you to add your name to the list and take phone numbers. To sign up for the group, go to HYPERLINK "<http://www.yahogroups.com>" www.yahogroups.com, set up an email account, and then send an email to: HYPERLINK "<<mailto:HYPERLINK>"<<mailto:dafridayvisions-subscribe@yahogroups.com>">" dafridayvisions-subscribe@yahogroups.com

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Are there any other DA announcements?

As a reminder, the telephone line will be open for fellowship for 40 minutes after the meeting ends. Newcomers are encouraged to ask questions and speak to other members. This is also another opportunity to exchange phone numbers.

Our closing statement:

The opinions expressed here today are strictly those of the individuals who gave them.

The things you have heard here are spoken in confidence and should be treated as confidential.

We do not take outside the meeting what and whom we hear at this meeting. If you'll try to absorb what you have heard, you are bound to gain a better understanding of the way to handle your problems. Talk to each other, reason things out with someone else; let there be no gossip or criticism of one another, but only Love, Understanding, and Companionship.

Who would like to read the 12 Promises of Debtors Anonymous?

(Promises)

In the program of Debtors Anonymous, we come together to share our experience, strength and hope so that we may recover from the disease of compulsive debting. When we work DA's 12 steps and use the DA tools, we begin to receive these gifts of the program:

Where once we felt despair, we will experience a newfound hope.

Clarity will replace vagueness; we will intuitively know how to handle situations which used to baffle us.

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

We will begin to live a prosperous life, unencumbered by fear, worry, resentment, or debt.

We will realize that we are enough; we will value ourselves and our contributions.

Isolation will give way to fellowship; faith will displace fear.

We will recognize that there is enough; our resources will be generous and we will share them with others and with DA.

We will cease to compare ourselves to others; jealousy and envy will fade.

Acceptance and gratitude will replace regret, self-pity and longing.

We will no longer fear the truth; we will move from hiding in denial to living in reality.

Honesty will guide our actions toward a rich life filled with meaning and purpose.

We will recognize a power greater than ourselves as the source of our abundance; we realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not; they are well within our means. 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.

Let's close with the Serenity Prayer:

God, grant me the serenity, to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

The meeting is now over. *

(On business meeting days: Immediately start business meeting with following paragraph.

Otherwise, skip this paragraph.)

We will now begin our monthly business meeting. Is our business meeting chairperson on the line? Thank you, _____. I'll turn the meeting over to you. The line will remain open for 40 minutes after the business meeting has ended. Thank you for the opportunity to be of service at this meeting.

* Thank you for your participation today. Is our newcomer greeter present? (Acknowledge). Are there any newcomers on the line who have questions? The line will remain open for 40 more minutes.

Thank you for the opportunity to be of service. Goodbye.