

## Sedona Into Action Meeting Format

**Day:** Monday **Time:** 5:00-6:00 PM MT **Phone #:** 1-515-604-9982, access code \*\*\*\*#

When asked if you are the leader, press \* (asterisk), then when prompted for the leader code, press #.

**Note to meeting leader:** Please read through the meeting script prior to leading the meeting so you can be familiar with the instructions. All information in the format in **RED font are leader instructions only and are not to be read aloud.** Call in to the meeting using the leader code instructions a few minutes in advance and greet anyone who is on the line.

You may request volunteers for the following literature readings in advance of the meeting if possible:

1. D.A. 12 Steps, D.A. Tradition of the month, the D.A. Tools by description only.
2. When you sign on, press \*8 to silence the entry and exit chimes.
3. At 5:00 PM MT, start the meeting.
4. To quiet the line press \*5 and then press 1. This will silence all participants and they can unmute themselves by pressing \*6.
5. You can press \*2 at any time to identify how many participants are on the call.

### Meeting Script

#### Opening:

Welcome to the Sedona In Action D.A. meeting. My name is (first name only) \_\_\_\_\_, (qualify as a debtor) and I will be the leader for this meeting.

#### Serenity Prayer:

After a moment of silence, let us open the meeting with the Serenity Prayer. Please press \*6 to unmute your line. (Pause 5 sec.) *“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.”*

**You can silence the line if needed at any time by pressing \*5 then press 1. You will need to remind everyone that they will need to press \*6 to unmute themselves.**

#### Welcome to Debtors Anonymous:

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.

#### Telephone Etiquette:

Background noise can be very distracting. Please help keep the meeting serene by staying muted except when you are speaking. To share, press the \*6 key to un-mute. After your share, mute again by pressing \*6 until you hear ‘You are muted.’

## **Twelve Steps and Tradition of the Month: Request volunteers to do the readings**

We will now read the Twelve Steps, Tradition of the month, and the D.A. Tools, by description only.

### **Welcome to Newcomers:**

It is now time to welcome our newcomers and visitors. Anyone that is new to D.A., or to this meeting, please introduce yourself by giving us your first name only, so we may extend a warm welcome to you. You will need to press \*6 to unmute your phone. **Pause and give them plenty of time. Welcome the newcomer by name.**

A word to newcomers: If you are having problems with money and debt and think you may be a compulsive debtor; you have come to the right place. Debtors Anonymous can help you. We offer face-to-face, telephone, and internet meetings, and we suggest attending at least six meetings to have an opportunity to identify with the speakers and become familiar with D.A. before deciding whether or not this program is for you. If you identify with some or all aspects of compulsive debting, we hope you will join us on the path of recovery and find the peace, joy, and love that we have found in Debtors Anonymous.

Our Newcomer Greeter(s) will stay on the phone after the meeting is finished to answer any questions you may have.

### **Introductions:**

We will now take a few minutes to go around and have each person who cares to introduce himself or herself. Please press \*6 to unmute and tell us your first name and where you are calling from. After introducing yourself, please press \*6 to mute again in order to keep our meeting free of background noise.

This meeting has a variable format:

1. The first week of the month, we study the Steps and have a business meeting following the meeting the business meeting begins at 5:45 and ends at 6:15;
2. The second week we have a speaker or qualifications share their D.A. experience, strength, & hope for up to 15 minutes;
3. The third week we study the D.A. Traditions;
4. The fourth week is devoted to BDA;
5. The fifth week, when applicable, we play a recording.

Today is week \_\_\_\_\_ **(announce the topic/speaker and proceed with requesting volunteers to read or identify the Speaker Seeker to introduce the speaker. On Week 2, (speaker share) request a spiritual timekeeper prior to their introduction).**

### **Group Sharing: (following the speaker/reading)**

We have now come to the sharing portion of the meeting. In D.A. we do not engage in cross-talk which includes interrupting or directly addressing another share, but we focus only on our recovery. Can we have a volunteer who will be willing to be our spiritual timekeeper? Shares are 3 minutes with a one-minute warning. **Ask the spiritual timekeeper if he/she would like to share first and offer to keep time for them.**

### **End of Sharing: Time check: 5:50 PM MT**



**Note on Week 1- time stop is 5:40 PM MT for Business meeting.**

That's all the time we have for sharing. We will have a newcomer greeter remain on the phone after the meeting.

### **Seventh Tradition:**

We will now practice the 7<sup>th</sup> Tradition to cover expenses and to contribute to our D.A. Intergroup and D.A. Fellowship as a whole. Additionally, we are saving to support sending our GSR to the D.A. World Service Conference. D.A. has no dues or fees. The only requirement for D.A. membership is a desire to stop incurring unsecured debt. You can mail your contribution to our Treasurer, Margaret at:

Margaret N. 135 E. Lindsay Way Sedona, AZ 86351

We accept cash or checks. Checks should be made out to: DA Group 1315. Please do not spell out Debtors Anonymous on your check.

Members may also contribute directly to our GSR fund via PayPal as follows:

1. Click Send, then Click Send to Friends and Family
2. Enter the following email address: [sedonada@gmail.com](mailto:sedonada@gmail.com) (**repeat**) or send to DA Group 1315.

Members are also encouraged to support the D.A. Fellowship. Your contribution helps D.A. reach those who still suffer from debting. You can donate directly online at the D.A. website or by mail.

### **Announcements:**

It is now time for announcements. **(If there are any service positions make an announcement and ask for volunteers.** Are there any brief D.A.-related announcements? **Ask for a volunteer to lead the meeting next week if needed.**

If you would like to receive a copy of our meeting phone list, or to be added to the phone list, you may send an email to: [sedonada@gmail.com](mailto:sedonada@gmail.com)

You can find a list of all the D.A. telephone meetings, information on getting started, recovery stories, and Fellowship podcasts on the D.A. website at [debtorsanonymous.org](http://debtorsanonymous.org)

### **D.A. Promises: (ask for a volunteer to read)**

We are now going to read the Promises of D.A. The Twelve Promises.

In the program of Debtors Anonymous, we come together to share our journey in recovering from compulsive debting. There is hope. In working D.A.'s Twelve Steps, we develop new ways of living. When we work D.A.'s Twelve Steps and use D.A.'s Tools, we begin to receive these gifts of the program:

1. Where once we felt despair, we will experience a newfound hope.
2. Clarity will replace vagueness. Confidence and intuition will replace confusion and chaos. We will live engaged lives, make decisions that best meet our needs, and become the people we were meant to be.
3. We will live within our means, yet our means will not define us.
4. We will begin to live a prosperous life, unencumbered by fear, worry, resentment or debt.
5. We will realize that we are enough; we will value ourselves and our contributions.
6. Isolation will give way to fellowship; faith will replace fear.
7. We will recognize that there is enough; our resources will be generous and we will share them with others and with D.A..
8. We will cease to compare ourselves to others; jealousy and envy will fade.
9. Acceptance and Gratitude will replace regret, self-pity and longing.
10. We will no longer fear the truth; we will move from hiding in denial to living in reality.
11. Honesty will guide our actions towards a rich life filled with meaning and purpose.
12. We will recognize a Power Greater than ourselves as the source of our abundance. We will ask for help and guidance and have faith that they will come.

All this and more is possible. 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.

**Actions Steps: (Not on Week 1-business meeting)**

We will now go around to share our action step for the upcoming week.

**Tradition 12: Anonymity and Serenity Prayer:**

In closing, we would like to remind you that in Debtors Anonymous we practice Tradition Twelve, which is the principle of anonymity. This assures us the freedom to express ourselves at meetings and in private conversations without fear that our comments will be repeated. We keep what is shared at meetings confidential. As we work the Steps and practice D.A.'s Traditions and Concepts, we are reminded that recovery is possible and that we are all here for a common purpose—to recover from compulsive debting one day at a time.

We will now close the meeting with a moment of silence, followed by the **We** version of the Serenity Prayer. We ask our phone members to Press \*6 to un-mute and join us. **(Pause for 5 seconds)**

“God, grant us the serenity to accept the things I cannot change, the courage to change the things we can, and the wisdom to know the difference.”

Please stay on the line if you have questions or would like to talk to our Newcomer Greeter.

**Ask for the newcomer greeter (s) to take over the after meeting. If no one is available request a volunteer to leave their contact number.**

**Week 1: Business Meeting**



**Time check: 5:45-6:15 PM MT**

This is the first Monday of the month and we will now hold our Business Meeting until 6:15 PM MT. Who is our Business Chair for today? **Turn the meeting over to the Business Chair**

**Business Meeting Format: Open the meeting by reading the D.A. Tool #10 followed by the Serenity Prayer.**

D.A. Tool # 10, Business Meetings: “We attend business meetings that are held monthly. Many of us have long harbored feelings that “business” was not a part of our lives but for others more qualified. Yet participation in running our own program teaches us how our organization operates, and also helps us to become responsible for our own recovery.”

1. Ask if the meeting spiritual timekeeper will continue with the additional 15 minutes-6:15 P.M. MT. Ask the Timekeeper to notify you when 5 minutes remain.
2. Ask if the Business Meeting Minute Taker is present; if not, request a volunteer.

Agenda:

- a. Serenity Prayer. Reading of the previous business minutes.

Any Changes or Discussion? Is there a motion to Accept? Second? Any oppose? Those in favor?

- b. Reports: Treasurer, Intergroup Service Rep (ISR), General Service Rep (GSR)

Ask if any other service positions would like to give a report: Meeting Leader, Newcomer Greeter, Contact Person, Speaker Seeker Any discussion or changes to reports as given?

- c. Election of any open service positions
- d. Old Business
- e. New Business
- f. Motion to Close.
- g. Closing-Serenity Prayer



**End Business meeting 6:15 MT. If more time is requested a motion/approval is needed to extend the meeting.**

### **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 understand God.
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 God 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 understand God, praying only for knowledge of God's 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.

### **The Twelve Traditions of D.A.:** (Read Tradition of the month only)

1. Our common welfare should come first; personal recovery depends upon D.A. unity.
2. For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for D.A. membership is a desire to stop incurring unsecured debt.
4. Each group should be autonomous except in matters affecting other groups or D.A. as a whole.
5. Each group has but one primary purpose--to carry its message to the debtor who still suffers.
6. A D.A. group ought never endorse, finance, or lend the D.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every D.A. group ought to be fully self-supporting, declining outside contributions.
8. Debtors Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. D.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Debtors Anonymous has no opinion on outside issues; hence the D.A. name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

### **The Tools of Debtors Anonymous:**

Recovery from compulsive debting begins when we stop incurring new, unsecured debt, one day at a time. (Unsecured debt is any debt that is not backed up by some form of collateral, such as a house or other asset.) We attain a daily reprieve from compulsive debting by practicing the Twelve Steps and by using the following Tools.

1. **Meetings**
2. **Record Maintenance**
3. **Sponsorship**
4. **Pressure Relief Groups & Pressure Relief Meetings**
5. **Spending Plan**
6. **Action Plan**
7. **The Telephone and the Internet**
8. **D.A. and A.A. Literature**
9. **Awareness**
10. **Business Meetings**
11. **Service**
12. **Anonymity**