Tuesday Big Book Debtors Anonymous Group

Big Book Study Meeting Script

1. **Opening**

    a. "Hello. My name is _____ and I am a compulsive debtor. Welcome to the Big Book Debtors Anonymous Meeting for Compulsive Shoppers and Spenders. Please unmute and join me in a few moments of silent meditation followed by the Serenity Prayer."

2. **Serenity Prayer for Individuals**

    a. "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. Thy will, not mine, be done. Amen."

3. **Zoom Meeting Etiquette**

    a. I will now ask everyone to mute themselves, to quiet our meeting.

    b. Our Info Poster will now place the link to this groups website in the chat:

    https://bigbookda.org/

4. **What is Big Book DA?**

    a. Big Book Debtors Anonymous is a method of working the Debtors Anonymous program using the steps as outlined in the book Alcoholics Anonymous with a sponsor. In our meeting we study the book Alcoholics Anonymous or Big Book keeping with the tool of using AA and DA literature.

    b. The opinions expressed by those who share, are their own and not necessarily those of Big Book DA. "The only requirement for membership is a desire to stop debting". Anyone is a member when they say they are

a member. We of Debtors Anonymous welcome all members with open arms.

5. A Word to Newcomers

a. "If you are having problems with money and debt and think you may be a debtor, you have come to the right place. Debtors Anonymous can help. We offer face-to-face, telephone, and Internet meetings, and we suggest attending at least six meetings within 2 weeks to have an opportunity to identify with the members and become familiar with D.A. before deciding whether this fellowship is for you. If you identify with some or all aspects of being a debtor, 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."

b. “Everyone is welcome at a DA meeting. If you are new to DA or this meeting, and if you feel comfortable, please unmute and introduce yourself so that we can welcome you.

c. Please unmute and welcome the newcomer(s)

d. If you are new or returning to DA and, if you would like, you can share your phone number in the chat to receive calls from members in this meeting.

6. Introductory Readings

a. Here are two readings from the DA 12 Steps, 12 Traditions, & 12 Concepts book:

b. Forward Pages roman numerals 7 and 8 "…the disease of debting could not be dislodged or overcome through financial tools and actions alone, however responsible or thorough such efforts might be, or even through earning more."

c. Step One P. 5: "…we are powerless over debt. It wasn't that we needed to better understand our debting behavior, figure out a smarter way to manage our money, get control over our spending, learn the rules of smart borrowing, or even earn more money. There are many individuals who can improve their lives by doing these things, but for us, such methods were not sufficient. Unlike most people, we of Debtors Anonymous found ourselves in the grip of a chronic, progressive illness: compulsive debting."

7. Readings

a. Weeks 1, 3, & 5: "Would someone please introduce yourself and read the Twelve Signs of Compulsive Debting?"

OR

b. Weeks 2 and 4: "Would someone please introduce yourself and read the Fifteen Questions to Ask Yourself about Compulsive Debting?"

c. "Would someone please introduce yourself and read the Twelve Steps of Debtors Anonymous?"

d. "Would someone please introduce yourself and read the Twelve Traditions of Debtors Anonymous?"

e. "Would someone please introduce yourself and read the introduction to and then the headings of the Twelve Tools, pausing and reading the full description of the tool of the month when you come to it?"

8. Big Book DA Sponsor Call-Up

a. From the DA 12, 12, & 12, Step 12, p. 59 “Attempting to carry the message is not an afterthought; it is essential to living a life free of compulsive debting.”

b. A Big Book DA sponsor is someone who works the DA program from the book Alcoholics Anonymous.

c. Will all Big Book DA Sponsors please put in the chat:

d. Your name

e. Your contact information, including time zone and best time to reach you

f. How long abstinent in DA

g. If you are available for sponsorship, 10th step phone calls and/or Pressure Relief Meetings.

9. Format of the Meeting

a. A volunteer will continue reading from where we left off last week. They will read as much or as little as they like, then will be the first to share on what was read, if they would like. Then others can volunteer to share on what was read as well. Once sharing dies down, another volunteer reads again, rinse and repeat.

b. Our Info Poster will place the link to the Big Book in Chat:

https://www.aa.org/the-big-book

10. “Would someone volunteer to begin reading?”

a. If you would like to share after the reading please raise your digital hand.

b. We have a spiritual time keeper who will let us know when 3 minutes is up for each share.

11. Announcements (20 minutes after the hour)

a. Thank you to all who have shared. And for those offering their silent presence. If you did not get a chance to share, or if you have any questions for us, please give us a call after the meeting or tomorrow or later in the week.

b. At this DA meeting, we celebrate milestones of continuous abstinence and celebrations in our recovery. If there are any milestones or celebrations today or recently please raise your digital hand and share up to 1 minute, our spiritual time keeper will gently remind people if they go over 1 minute. After anyone shares their 1 minute celebration or milestone let's unmute and congratulate the celebrant with whooping and hollering!

c. To find other members to share 10th step calls and other pressures with please join our Big Book DA What's App Chat Group:

https://chat.whatsapp.com/DmYxA8jzbFcBTKEdCKUUJ5

d. Debtors Anonymous Website:

https://debtorsanonymous.org/

e. To view this Group's Big Book DA website, please use the link placed in the chat. This website has meeting readings and a guide for sponsoring in Big Book DA:

https://bigbookda.org

f. Do we have any announcements for the good of this group or for the good of Debtors Anonymous as a whole?

g. Please consider announcing this meeting at other DA meetings

h. Our business meetings are held on the last meeting of the month - and are scheduled to end in 15 minutes or less.

i. To purchase electronic and hard copies of D.A. literature please go to the link that is in the chat:

https://debtorsanonymous.org/daliterature/

12. Seventh Tradition

a. “Now it is time for the Seventh Tradition which states, ‘Every D.A. group ought to be fully self-supporting, declining outside contributions.’ Debtors Anonymous has no dues or fees. We are self-supporting through our own voluntary contributions. You may contribute to this group using the link provided in the chat:

https://paypal.me/BigBookDA?country.x=US&locale.x=en_US

if you cannot contribute today, please keep coming back, your presence is more important than your money”

b. “Our meeting's monthly expenses are $10 per month for zoom and $4 per month for our website. We keep a three-month prudent reserve of $42. Monies above our prudent reserve are distributed at a 50-50 ratio to the DA General Service Office (GSO) at debtorsanonymous.org and to our DA Intergroup, the Northern Plains Intergroup.

13. The Promises

a. “Would someone please introduce yourself and read the Twelve Promises of Debtors Anonymous?”

14. Closing Statement

a. “In closing, we would like to remind you that in Debtors Anonymous we practice 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. ‘Who you see here, let it stay here, but what you hear here, please take it with you.’ 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.”

15. Newcomer Greeter

a. We have a newcomer greeter who will stay on after our meeting (*or after our business meeting which only lasts 15 minutes*) and can talk to and answer questions from any newer members who would like to stay for 10 minutes or so after the meeting. Who is our newcomer greeter?

16. Closing Serenity Prayer

a. “Please unmute yourselves as we recite the We version of the Serenity Prayer?”

b. “God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference. Thy will, not ours be done. Amen.”

c. (Last Meeting of the month) Please stay around for the 15 minute business meeting following this meeting.

Update the website with where we left off in the big book:

https://superlative-treacle-09167d.netlify.app/