

## DEBT-ANON FELLOWSHIP DAY WORKSHOP SCRIPT

Saturday, August 10<sup>th</sup>, 2019

Los Angeles, California

**Welcome to Debt-Anon's first Fellowship Day in participation with Debtors Anonymous' World Service Conference. We are honored to take part in this historic occasion.**

My name is \_\_\_\_\_ and I am your leader for this workshop, [[*"Insert Workshop Name"*]].

### 1) **Serenity Prayer**

Will all who care to, please join me in the Serenity Prayer.

(All):

*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.*

### 2) **Debt-Anon Preamble**

Debt-Anon is a fellowship of people who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from the effects of compulsive debting/spending. The only requirement for membership is that there be a problem of compulsive debting/spending in a relative or friend. There are no dues or fees for Debt-Anon membership; we are self-supporting through our own contributions. Debt-Anon is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to recover from the effects upon us of another person's compulsive debting/spending, and to help families and friends of compulsive debtors/spenders.

3) Please silence your cell phone during the meeting out of respect for the program. [***Moderator or Speaker can re-read this statement any time during the meeting as a reminder to meeting participants.***]

4) For your personal safety, if an emergency should occur, your 2 closest emergency exits are..." [***Moderator or Speaker to point to the 2 closest exits leading to stairs or if on ground floor, ground floor exits.***]

5) [***WORKSHOP Leader has up to 35 minutes for share/activity, at the Leader's discretion. If there is a Moderator, the Moderator will introduce the workshop leader/speaker at this time. The Leader or Moderator will time the share/activity or ask for a volunteer to be timekeeper of the share/activity.***]

6) [***Leader may choose to open the meeting up to group shares on topic or other workshop activities. If Leader or Moderator opens the session for sharing, they have the option to read the Sharing statement:***

Our session is now open for sharing. We have timed 3-minute shares. Our group has agreed upon one share per person. We do not engage in crosstalk, which we define as interrupting or directly addressing another's share. The timekeeper will let us know when we have one minute left and when our time is up. We acknowledge the timekeeper and wrap up our shares when we hear "Time"].

7) [***At XX:45 (morning sessions) or XX:15 (afternoon sessions), call the meeting to a close and end with "Our next session starts at [[Insert time]]".\****

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8) Please help me close the meeting with the 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.*

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***\*If time permits, Leader or Moderator may choose to read either of the following when there are five (5) minutes remaining (i.e., XX:40 a.m. ; xx:10 p.m.):***

We urge you to try our program. Without spiritual help, living with or having lived with a compulsive debtor is too much for most of us. We become nervous, irritable, and unreasonable; our thinking becomes confused, and our perspective becomes distorted. Rarely have we seen a person who was not greatly benefited by working the Debt-Anon program. The Twelve Steps of Debt-Anon, which we try to follow, are not easy. At first we may think that some of them are unnecessary, but if we are honest, open-minded and willing to apply the principles of the Twelve Steps to our lives, we find that the benefits can be limitless, including God's gift of serenity.

**Or:**

**Gifts of the Debt-Anon Program**

When we approach the process of recovery with honesty, open-mindedness and willingness to apply the principles of the Twelve Steps to our lives, we will soon begin to see the rewards. We will become able to surrender our self-defeating behavior. We will find that we have the strength and insight to make good choices for ourselves. Our ability to act positively on behalf of our health, families, jobs and bank accounts will amaze us. We will find that others are doing things for themselves which we thought we had to do for them. Our ability to love and receive love will expand tremendously, and we will become increasingly available for loving relationships with others. We will recover the feeling of joy. We will become more honest with ourselves and experience a new comfort in our intimate relationships. We will feel the security that arises from true fellowship with others in the program, knowing that we are loved and accepted just as we are. Feelings of failure and inadequacy will be replaced by self-confidence and independence of spirit. We will no longer expect other people to provide us with an identity or a sense of self-worth. We will find the courage to be true to ourselves. We will know peace of mind and feel a stronger connection with the Higher Power of our understanding, and our Hope will turn to faith that God is really working in our lives, as we explore the wonders of serenity, dignity, and emotional growth.

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**Seventh Tradition**

*[To be read at designated times]:*

Our Seventh tradition states that every group ought to be fully self-supporting, declining outside contributions. Our Seventh Tradition helps to continue carrying the message of Debt-Anon through our Debt-Anon web site