

## Monday Night DA HOW Meeting Format

1. Good evening. Welcome to the Monday night DA HOW Zoom meeting. My name is \_\_\_\_\_ . I am a compulsive debtor and your leader for this meeting.

2. To open the meeting, please unmute and join me in 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. Thy will, not mine, be done.”

Now please mute yourself again.

3. The DA Preamble:

Debtors Anonymous is a fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive debting, spending and/or underearning. We welcome everyone who wants to stop using money compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. DA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive debting, spending, and/or underearning, and to carry the message of recovery to those who still suffer.

4. Here are some guidelines to help our meeting run smoothly and to enhance recovery:

- A. Please keep your microphone muted unless you are speaking. If you are calling in by phone press \*6 to mute.
- B. Please keep your video on to be present during the meeting. If you are eating, however, turn your video off until you are finished to minimize distractions.
- C. Please list your name and contact number in the group chat for outreach calls.

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- D. In accordance with our Tradition of anonymity, do not take screenshots or photos of this meeting or chat.
  - E. The meeting host will display the readings on the screen for people to read. Anyone can read the first set of readings. We encourage you to volunteer promptly in order to avoid long pauses.
5. Would someone please read What is HOW?
  6. Would someone please read The Only Requirement?
  7. Would someone please read The HOW Concept?
  8. Would someone please read Reflections for the Newcomer?
  9. Would someone please read an excerpt from Chapter Three of the book Alcoholics Anonymous? We have adapted this section to deal with compulsive debtors.
  10. Would someone please read an excerpt from Chapter Five of the book Alcoholics Anonymous? We have adapted this section to deal with compulsive debtors.
  11. Would someone please read the Twelve Steps of Debtors Anonymous?
  12. Would someone please read the Twelve Traditions of Debtors Anonymous?
  13. We have many tools of the program that help us recover on a daily basis. In order for a tool to work, it must be used.
  14. I will ask HOW sponsors to explain how they use the particular tool they are reading. There is a limit of two minutes for each tool. Would someone please be the timekeeper? As a reminder, please volunteer promptly.
  15. Would a sponsor please read Record Maintenance?
  16. Would a sponsor please read Sponsorship?

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17. Would all DA and DA-HOW sponsors please press the Raise Hand icon. Three of you will be called on at a time in consecutive order to state:

A. How long in DA and DA-HOW.

B. How long abstinent from incurring unsecured debt.

Please keep it brief and then press the Lower Hand icon.

18. Would a sponsor please read Pressure Relief Groups/Pressure Relief Meetings, Spending Plan and Action Plan?

19. Would a sponsor please read Anonymity?

20. Would a sponsor please read The Phone, Internet, and Awareness?

21. Would a sponsor please read Meetings?

22. Would a sponsor please read Literature and Writing?

23. Would a sponsor please read Business Meetings and Service?

24. Thank you to all those doing service for DA at any level.

25. The DA HOW meeting is a friendly place. We want to get to know each other. If you are at this meeting for the first time, please unmute and introduce yourself by first name only. Please list your name and phone number in the group chat in order to receive outreach calls. Our newcomer greeter will be contacting you during the week.

26. A phone list of DA HOW sponsors is available. To request the list or to receive the weekly Zoom link for this meeting, please email [mondnightdahow2021@outlook.com](mailto:mondnightdahow2021@outlook.com). This email address is also in the chat.

27. Do we have a Treasurer's Report?

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28. As you have heard, our seventh tradition tells us we must be fully self-supporting through our own contributions. The money collected goes to support this meeting and other levels of Debtors Anonymous. The suggested donation is \$3.00. This is only a suggestion. Do not let lack of funds keep you from attending this meeting. Please make checks payable to Monday Night DA-HOW and mail them to Kaarrin Hanson at 17975 Hawksbill Drive, Lakeville, MN 55044. The address is also being posted in the group chat. To those wanting to pay through PayPal, we are listed in PayPal as Monday Night DA HOW. The PayPal link is also in the group chat.
29. Are there any DA announcements? Please keep them brief.
30. At this meeting we recognize milestones of recovery with medallions. If you are receiving a medallion, please follow the instructions in the group chat for your medallion to be mailed to you. Will a Sponsor please read Medallions.
32. Anniversaries are celebrated for each year of continuous abstinence. Are there any anniversaries? [NOTE: If there is an anniversary, read ANNIVERSARY READING]
33. Are there any step ups? [NOTE: If there are no step-ups skip #34. Go to #35]
- 34: At this point in our meeting we ask the group to join us as we celebrate another example of the miracles that abound in DA. The stepping up portion of the meeting asks a sponsor to introduce a member who has had at least 70 days of continuous back to back abstinence and has answered the first 70 questions. DO STEP UP READINGS]
- 35 It is now time for our speaker. The speaker and all who share should reference conference approved literature only. I would like to introduce our speaker, \_\_\_\_\_ who will qualify for 15 minutes.
- 36 NOTE: IF THERE IS TIME REMAINING SAY: The floor is now open for two-minute positive pitches, as well as celebrations. All are welcome to share experience, strength and hope. We ask that you focus on the solution. All other issues can be

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discussed with your sponsor or on outreach calls outside the meeting. We have until 8:40 PM for pitches. Would anyone care to pitch?

37 I wish to thank everyone who shared here tonight, especially our speaker, \_\_\_\_\_, who shared so much of him/herself.

38 Would someone please read the 12 Promises of Debtors Anonymous?

39 The DA HOW Concept is what this particular group has found to be effective in working the DA program. The opinions expressed here tonight by those who shared are their own and not necessarily those of DA. Please remember our cherished tradition of anonymity.

Who you see here, what you hear here, when you leave here, let it stay here.

40. Thank you for allowing me to be your leader for this meeting.

41. After a moment of meditation, please join me in 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. Thy will, not mine, be done.

42. Thank you and good night.