Eleventh Step MeDAtation Meeting

Zoom Meeting ID: 844 4904 6221
Passcode: recovery
Numeric passcode: 37648275

Click here to connect into meeting

OPENING Hello. Welcome to the 11th Step MeDAtation Meeting of Debtors Anonymous. My name is _____ (first name only) and I am a compulsive debtor.

SERENITY PRAYER Would all who care to, please join me in saying 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.

TIMEKEEPER Is there anyone who would like to serve as our Spiritual Timekeeper?

CONFIDENTIALITY Please be mindful that everything that is seen or heard here should be kept confidential.

FORMAT Our meetings start at 5:00 and end at 6:00 PM. We read Step Eleven from the 12 Steps of D.A. Pamphlet, followed by a minute of silence to set our intentions for the meditation, then a meditation suggested by a meeting attendee to last up to 20 minutes. Generally, the meditation is based on the Promise of the Month from the 12 Promises of D.A., which can be found at the end of this format. If available, the meditation audio and video are shared onscreen for all to follow along. After the reading and meditation, we open the meeting to general sharing, with each person sharing for three minutes or longer, depending on attendance.

READING **Step Eleven:** ***Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.***

Prayer and meditation are the pillars of our lives in recovery. In Step Eleven we sought greater contact with God to find guidance to conduct our lives in a new way. Through prayer and meditation, we quieted our minds and our emotions. Our thinking changed. We became more patient. As we left fear and doubt behind, our lives took on new meaning and we found daily spiritual fulfillment. We achieved a lasting serenity.

There is no single recommended way to improve our contact with the God of our understanding. The spiritual practice we chose was entirely up to us. There are many paths to God. What was essential was that we continued to turn our will over to a Higher Power on a regular basis. We found our wills to be relentlessly stubborn; without regular spiritual contact, we quickly reverted to the thoughts and actions that caused us so much pain.

When we paused and asked for God's guidance, we could proceed with confidence. When we prayed for the strength to carry out our Higher Power's will, we discovered with surprise that our thinking and actions had changed. We were astonished at our own fearlessness and effectiveness. We came to realize that we were no longer relying on our own power, but on a Higher Power who was working through us.

SETTING INTENTION FOR MEDITATION We will take one minute in silence in order to set your intention for your meditation. Keep in mind that we are asking for God's will for us, and the power to carry that out. We invite you to remain open to whatever you experience. We will close the meeting at this point, to late comers, to ensure a quiet experience. (10 minutes in). Please keep your Zoom settings on mute for the period of the meditation.

MEDITATION Up to 20 minutes. Can be a guided meditation led by a group member, an app like Calm meditation, Insight Timer, breathing exercise, mindfulness, or other forms the group considers appropriate.

SHARING Anyone who wishes to share, please raise your hand in the Reactions icon, or under the Participants list. If you're calling in on your phone, you can press *9. We will have three-minute shares for anyone who so desires. Attendees can share multiple times if time allows.

ANNOUNCEMENTS Are there any D.A. related announcements?

SEVENTH TRADITION 7th Tradition contributions can be sent to our treasurer, Bruce E, by:

Venmo to Bruce-Ehmer or
Paypal to Bru4DA@gmail.com

RESPONSIBILITY PLEDGE Please join me in reciting the DA Responsibility Pledge:

I pledge to extend my hand and offer the hope of recovery to anyone who reaches out to Debtors Anonymous.

CLOSING STATEMENT 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.

CLOSING PRAYER Let us now close with a Prayer by Allegra H.

God make me an instrument of your Peace.
Where there is vagueness
may I find clarity.
Where there is low self-esteem
may I find that I am enough and can live within my means.
Where there is hiding and denial
may I joyfully live in reality.
Where there is fear and isolation
may I find fellowship and faith.
Where there is self-pity
may I be embodied with perpetual acceptance, gratitude, generosity, and cease to compare myself with others.

12 PROMISES OF D.A.

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 DA.
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 toward 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 are 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.