



Doing Business Without Debting

A monthly publication of BDA Intergroup Startup Project (bdaintergroup.org)

April 2021

Volume 2, Issue 4

BDA Tool Four in a Nutshell: Self-Worth

We interrupt this newsletter for some very important announcements ...

While we love the BDA Virtual Mini-Conference (<http://www.bdaworkshops.org/>) workshop materials, we would much prefer to fill the spaces in this newsletter with stories from solvent BDA members. The amount of solvency doesn't matter, only that you are solvent and are pursuing recovery for you and your business via BDA.

Adapted from the BDA Mini-Conference weekly workshop scripts: "We encourage you to share your experiences in these [newsletters] no matter where you are in your BDA program, solvency-wise: newcomer, old-timer, everyone in between. Sharing and [receiving or reading] are both ways to be of service. Our shares nourish our and each other's recoveries. Higher Power works through our shares and voices, so please share yours."

We always publish a month ahead. For instance, this is our April 2021 edition, which we've approved and are distributing just before our March 2021 BDA Intergroup business meeting. (Last Sunday of every month, 8-10am pacific, 11am-1pm eastern, etc. — please join us!) We ask for submissions on the 7th day of the month before publication; that is, April 7th for our May newsletter, May 7th for our June newsletter, etc.

We are willing to work as many months in advance as you are, within the calendar year of 2021 for now, and we do have an editorial calendar and process which can be found at <https://www.bdaintergroup.org/newsletter-coordinator>. Everyone needs an editor, and we like to think the editorial process is fun and contributes to our BDA recovery.

Note on content: We request that contributions include sharing in a general way. We ask that writings about our businesses be presented in general whenever possible, considering our specific industries, products, and services as outside issues and affiliations, and possible anonymity breaks. Additionally, there is no need to include the BDA Tool, Tradition, or Promise in your submission; please simply do your best to write to the topics provided. Why waste your available words?

PLEASE NOTE: We are accepting member submissions for upcoming monthly newsletters, next in early May 2021 for the June 2021 edition. Our front-page topic will be "Profitability" based on our interpretation of BDA Tool Six. Look for more information at <https://www.bdaintergroup.org/newsletter-coordinator>.

Note on anonymity: Anonymity of all BDA members must be preserved in this very public setting. All submissions will be credited as first name, with or without last initial and / or geographic location, or as anonymous. We do not welcome fake names for this service opportunity.

Here on the front page each month, we ask for one 900-1,000 word BDA member story focused on the summary topic of the month (see below) as it relates to how you practice your BDA recovery and the BDA Tool of the month in your business. We encourage every form of diversity.

Our requested front-page topics are based on the BDA Tool of each month, either directly or through the summarized topics our group conscience has developed as follows:



This is a stock photo, not a BDA member.

- January — Boundaries (passed)
- February — Visioning (passed)
- March — Clarity (passed)
- April — Self-Worth (passed)
- May — Honesty and Purpose
- June — Profitability
- July — Staying Solvent
- August — Reciprocity
- September — Acceptance and Gratitude
- October — Courage and Freedom
- November — Seeking Support
- December — Accountability

On the back page, we lead with a section called "Experience," in which we list annual solvency anniversary celebrations — suggested gratitude donation to BDA Intergroup when asking to be listed in this space is \$10 per year of solvency — aligned with publication months. This isn't about bragging; this is about reminding ourselves and each other that long-time, multi-year solvency is possible, both personally and in our businesses. We're currently celebrating several solvency anniversaries, one each for the months of March, April, and May. Yay, God!

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Experience

Solvency Anniversaries

March 30, 2020 — Nita D, Northern California — Congratulations on 1 year of solvency, Nita!

April 1, 2020 — Nancy G, San Ramon, CA — Congratulations on 1 year of solvency, Nancy!

May 11, 2020 — Julie R, Washington, DC — Congratulations on 1 year of solvency, Julie!

Suggested gratitude donation to BDA Intergroup when asking to be listed in this space is \$10 per year of solvency — aligned with publication months.

This isn't about bragging; this is about reminding ourselves and each other that long-time, multi-year solvency is possible, both personally and in business.

Strength

Let's Make Some Mistakes Together

By the time we reach Tradition Four, we participate in group and fellowship unity by agreeing to set our selfishness aside and to look at the needs and goals related to the group and to its service audience; by relying upon our Higher Power for guidance and direction, and by trusting others, especially leaders, by breaking free from a child-like need to challenge perceived authority; and by avoiding judgment of any member as long as they have a desire to stop debting, especially if they back that desire up with solvency.

In practicing Tradition Four itself, we and our groups have autonomy until we affect other groups or DA as a whole. Not until someone thinks there's going to be an effect, not until someone is afraid of a possible effect, but when there is actually an effect on another group or DA as a whole. The Traditions have been built on mistakes made by our fellows and fellowship in the past. We need to continue making mistakes today. "Anyone who has never made a mistake has never tried anything new." (Albert Einstein)

— from Tradition Four in the "Let's Do BDA Together" workshop materials

Hope

Have You Heard About the DA and BDA Visioning Mini-Conference?

Weekend one — Visioning in words (getting our vision onto paper and reading it aloud, as part of the process of asking Higher Power for what we want, while aligning our will and vision with the Higher Power's will and vision for us)

Weekend two — Visioning in numbers (creating no-holds-barred, no-limit, spending plans for something we really, really want)

Weekend three — Visioning in pictures (really SEEING our visions and sharing them with others — maybe vision boards, maybe vision slide decks, maybe online pinboards, maybe our own artwork — show and tell for us grownups in recovery from debting)

Weekend four — Manifesting our visions through the DA and BDA program (a culmination of the previous three weekends with a series of spiritual actions for getting what we really, really want)

Yes, the March mini-conference has passed, and we WILL be doing this again in the fall. Watch for all the details as they unfold at <https://www.bdaintergroup.org/bda-online-events>.

We interrupt this newsletter ... continued ...

As you'll see above, we follow "Experience" with a section called "Strength." This is a space for a BDA member to offer a 150-200 word example of how they've applied the DA Tradition of the month in action in their business or workplace or home group.

Our next section above is called "Hope," and it's a focus on visions. Our first choice, since we're the BDA Intergroup, is members' businesses, yet any vision will do. Like the front page of the newsletter, the only requirements are solvency, of any quantity of days or months or years, sharing in a general way, and anonymity. We ask for these submissions to be 150-200 words.

Finally, here in this space each month, is the opportunity for an active BDA member to share about the DA promise of the month coming true in either their business or personal life. Our monthly request for this space is 450-500 words.

The editorial process is relatively simple, and the editorial calendar is clear and unambiguous:

- ✓ **By the 7th of the month prior to edition month, and we're always a month ahead:** BDA member submissions ready for editorial review. We're happy to work ahead to any months in 2021.
- ✓ **By the 10th of the month prior to edition month:** Proposed edited versions of submissions returned by Newsletter Coordinator for BDA member review and approval.
- ✓ **Between the 11th and 17th of the month prior to edition month:** One video conference to perform real-time editing with Newsletter Coordinator, including reading the edited piece aloud and making changes until approved by submitting BDA member.
- ✓ **By the 18th of the month prior to edition month:** Content is approved and assembled, formatted and image(s) are selected.
- ✓ **Between the 19th and 20th of the month prior to edition month:** Completed newsletter is presented to active BDA Intergroup coordinators and volunteers by email for review, change requests, and approval.
- ✓ **By the 21st of the month prior to edition month:** Approved newsletter is posted to website at either <https://www.bdaintergroup.org/doing-business-without-debting> or <https://www.bdaintergroup.org/expanded-quarterly-news> and distributed fellowship-wide with an invitation to our current month business meeting on the 4th Sunday.

If you are currently incurring no new unsecured debt, one day at a time, no matter what, and you are "Doing Business Without Debting," we want to read and help you to share your DA and BDA experience, strength, and hope through your written stories. If you would like to make a written contribution, or to celebrate an annual solvency anniversary in this newsletter, please visit <https://www.bdaintergroup.org/newsletter-coordinator> for all the details. We're immediately accepting submissions for all of 2021.