

## **Artists Visions DA Meeting Format**

### **Mondays 5:30-7:00pm Pacific Time**

#### **1. OPENING** (*Secretary reads format, 5:30pm*)

Hello, and welcome to the Artists Visions DA Meeting. My name is (first name) and I am a (compulsive debtor/spender/underearner/etc.) and a (art form) artist.

Please join us in silent meditation for 1 minute, and then unmute to open with the Serenity Prayer. (*Secretary times one minute.*)

**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. VIRTUAL MEETING HOUSEKEEPING**

Please note this meeting is Zoom only, although phone call-in is welcome. If you would like to follow along or do service by reading, this meeting format includes the readings and can be found at <https://artistsvisionsda.neocities.org/>.

In honoring the spirit of Anonymity, the Meeting Host has disabled video recording. Also we ask all attending to please refrain from taking screenshots, images, or audio recordings. For group unity:

- We encourage members to rename yourself to first name only and your preferred gender pronouns if you wish. To rename yourself click the three dots in the upper corner of your video/photo box and select *'Rename'*.
- Please mute yourself when you are not reading aloud or sharing. The mute button is located on the lower corner of your Zoom window. This is also where you will find your camera. If you are calling in, press \*6 to mute and unmute your phone.
- To lessen distractions, please turn off your video if you are moving around your space or multitasking.
- To raise your virtual hand, please click on *'Reactions'* at the bottom of your Zoom window if you are on a laptop or tablet. Click *'Raise Hand.'* If you are calling in audio-only from a phone, please press \*9 to raise your virtual hand.
- To type in the chat, please click on *'Chat'* at the bottom of your Zoom window. Another sidebar will open on the right, or in the center if you are in fullscreen. Please refrain from using the public chat during share time, as notifications can be distracting to speakers.

**Read on the 1<sup>st</sup> week of the month:** Today we have our business meeting. Our regular meeting ends at 6:45pm. The business meeting is scheduled to run from 6:45pm to 7:15pm.

**Read on all other weeks:** We meet here until 7:00pm.

**Read on 4<sup>th</sup> week:** Today we will have open Art Shares during the sharing portion of the meeting.

#### **3. WELCOME**

In opening this meeting, we welcome all to identify yourself by your first name, DA qualification and/or art form. Please do this now by unmuting popcorn-style. You may also provide a phone number in the chat and clarify if you are available for PRGs, sponsorship or other service.

#### **4. PREAMBLE & STATEMENTS**

Debtors Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debting. The only requirement for membership is a desire to stop incurring unsecured debt. There are no dues or fees for DA membership; we are self-supporting through our own contributions. DA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stop debting one day at a time and to help other compulsive debtors to stop incurring unsecured debt.

We avoid bias based on race, ethnicity, age, sex, sexual or gender orientation, ability or disability, religion or lack of religion, politics or socioeconomic status, and other such factors.

This meeting has a special focus: to help us express ourselves creatively in our DA recovery journeys, take actions toward our Higher Powers' visions for us, and achieve spiritual and financial freedom through our creative gifts.

The DA "Visions" pamphlet states: "Verbalizing our vision at a meeting enables us to overcome our fear and to gain clarity on our goals. At a 'Visions' meeting we encourage and support each others' dreams... It is when we live our vision, aligning our will with that of our Higher Power's, that we attain the peace, joy, emotional balance, self-worth, and love that has been promised."

#### **5. TWELVE STEPS**

##### **Who would like to read The Twelve Steps of Debtors Anonymous?**

- 1) We admitted that we were powerless over debt – that our lives had become unmanageable.
- 2) Came to believe that a Power greater than ourselves could restore us to sanity.
- 3) Made a decision to turn our will and our lives over to the care of God as we understood God.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have God remove all these defects of character.
- 7) Humbly asked God to remove our shortcomings.
- 8) Made a list of all persons we had harmed and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong promptly admitted it.
- 11) Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
- 12) Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive debtors, and to practice these principles in all our affairs.

## **6. WELCOME NEWCOMERS**

Are there any newcomers who are within your first 30 days of DA? If so, please introduce yourself by your first name, so we can welcome you. *(Pause.)*

We set aside time for newcomer shares after the 7<sup>th</sup> Tradition and Announcements. Newcomers are also welcome to share during the regular share time.

## **7. TWELVE TRAITS & TWELVE TALENTS**

### **Who would like to read The Twelve Traits of a Debting Artist?**

- 1) We grew up in an atmosphere of invalidation which resulted in ambivalence about our artistic expression.
- 2) In any given 24-hour period we find ways, consciously or unconsciously, to avoid doing that which gives us the most joy – expressing our creativity.
- 3) We have withdrawn from our art by investing ourselves in lifestyles, relationships and work activities incompatible with our artistic purpose. We think of our art as divorced from reality, denying ourselves the right to follow our dream.
- 4) Our creative energy has often been blocked by despair, depression, rage, obsession, compulsive behavior and/or addiction. We block significant relationships from our lives – professional, social, love, family and friends.
- 5) Societal myths churn in our heads: “Art is not practical” – “Artists are neurotic” – “You'll starve” – “You have to be trained” – “You are too old” – “It's too late.” We have accepted these as true when, in fact, they are not.
- 6) We felt intimidated by other artists' success. Envy, fear, self-pity, perfectionism, resentment and other character defects block our faith in our creative gifts. We do not feel worthy of success. We feel like a fraud.
- 7) We often feel “not safe.” Afraid of becoming a target for criticism, harm, and rejection, we prefer to be invisible and stand forever on the edge of beginning, caught in the avoidance cycle.
- 8) We have thought of our art as divorced from reality, denying ourselves the right to follow our dream. We forget that artists are entitled to their right work and deserve the happiness and success that right work brings.
- 9) Fearful of pursuing our creativity as a means of earning a living, we avoid commitment. The concept of supporting ourselves through our art seems overwhelming. We are unable to determine the monetary market value of our art.
- 10) Being multi-talented, we have difficulty discerning our true calling. We deny our responsibility to fully develop and realize our talents. We are afraid to make the necessary sacrifices and establish the priorities to realize our true artistic visions.
- 11) Our time is unmanageable. We have difficulty following through and frequently sabotage our efforts. We want to work at our art but don't know how. We become impatient with the process, forgetting that the results come in God's time.
- 12) We have been afraid of our creative energy and have mistrusted our creative instincts. Lacking spiritual awareness, we have not seen ourselves as channels for the Infinite Creative Process.

### **Who would like to read The Twelve Talents for a Good Life?**

- 1) We are growing in an atmosphere of affirmation that our artistic expression is essential to our existence and is part of our unique contribution to the world.
- 2) We realize that every day is an opportunity to express our creativity and plan an artistic endeavor. We believe that our creative process can give us the joy we deeply desire.
- 3) We invest ourselves in lifestyles, relationships, and work activities that nurture our creativity.
- 4) We immerse ourselves in our art, refusing to be diverted by destructive compulsions while still maintaining a balance in the significant areas of our lives: professionally involved, socially fulfilled, and lovingly engaged with family.
- 5) Seeing the tapes of societal myths that play in our heads for what they are, we release them, realizing that we, as individuals, have something wonderful to contribute and that with the help of our Higher Power, we have what it takes to express our art.
- 6) We rejoice in the success of other artists yet remain focused on our own God-given gifts, taking heart that we, too, will find fulfillment through our creativity.
- 7) We release our old fears. Safe in our new faith we no longer desire to be invisible. We place our trust in our Higher Power and send our art out into the world.
- 8) We remember that artists are entitled to their right work and deserve the happiness and success that right work brings.
- 9) We commit to our art by pursuing avenues that lead to earning a living by means of our creativity. We determine the monetary value of our art, recognizing that we are living in a world where money is an exchange of value necessary to our survival.
- 10) Being multi-talented, we explore our abilities, taking joy in the fluidity with which we move from one to the other. Each is a facet of our true artistic vision and each contributes to the whole. We accept full responsibility for honoring our gifts.
- 11) We are aware that the process is a learning experience. We know that the outcome is in God's hands. We take time each day to be thankful that the results come in God's time, not ours. We bless each day that we are given to pursue our art.
- 12) We turn our lives and art over to our Higher Power. With the aid of that Mystic Force, we trust our intuition, knowing that we are channels for the Infinite Creative Process. Deeply grateful for our creative energy, we offer our art as a gift to be shared.

### **8. THIS WEEK'S TOPIC**

This is the 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> / 4<sup>th</sup> / 5<sup>th</sup> week of the month and our topic will be...

**Week 1:** Step of the Month

**Week 2:** Speaker Share: 10 minutes of experience, strength, and hope on "12 Traits of a Debting Artist" and/or "12 Talents for a Good Life" (speaker chooses a topic for this week's shares at the end of their share)

**Week 3:** Read DA "Visions" Pamphlet

**Week 4:** Art Shares: timed sharing of art we created this month

**Week 5:** Gratitude as it relates to our Artistic Visions

### **9. SHARING**

It is now time for sharing. If there are 12 or fewer attendees, we do 3-minute shares. If there are 13 or more attendees, we do 2-minute shares. Today there are \_\_\_\_ members present, so we will do \_\_\_\_-minute shares. A timer will signal 1 minute before the end of the share, and again at share's end. Who will be our Timekeeper today? (*Pause.*)

Please address your share to this week's topic, or to your experience, strength, and hope as it relates to your Artistic Visions and your DA recovery. Please refrain from referring to outside literature during the meeting. We avoid advice-giving, name-dropping, and cross-talk. In this meeting, cross-talk is interrupting or directly addressing another person's share. Cross-talk also includes public chat messages sent to the "Everyone" recipient during share time, as this generates notifications that can be distracting to the current speaker. Please feel free to support the speakers through the Zoom silent clapping reaction or your own jazz hands.

For those who would like to share, please raise your virtual hand. The Meeting Host will do their best to call on people in the order the virtual hands appear. If you shared recently, please consider holding space to allow others a chance to share. Please introduce yourself by your first name and art form(s). The meeting is now open for sharing.

#### **10. SEVENTH TRADITION** *(6:15pm on weeks 2-5. 6:00pm on week 1 for business meeting)*

It is now time for the 7th Tradition. DA has no dues or fees; we are self-supporting through our own contributions.

*(Treasurer reads)*

My name is *(first name)*, your Treasurer. I will post information in the chat explaining how to donate. When submitting a donation, please note whether you are contributing to the 7th Tradition or the GSR Fund. Our monthly Zoom rent is \$15. Our goal is to maintain a prudent reserve of 3 months' rent. Per our group conscience, if we collect excess funds, we make contributions at the end of each quarter to the DA General Service Board: 75% to GSB and 25% to GSB's John H. Scholarship Fund, which supports GSRs from small meetings to participate in the World Service Conference.

If you are not able to contribute at this time please keep coming back, because you are more important than your money.

#### **11. TWELVE TRADITIONS**

##### **Who would like to read The Twelve Traditions of Debtors Anonymous?**

- 1) Our common welfare should come first; personal recovery depends upon DA unity.
- 2) For our group purpose there is but one ultimate authority – a loving God as It may express Itself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3) The only requirement for DA membership is a desire to stop incurring unsecured debt.
- 4) Each group should be autonomous except in matters affecting other groups or DA as a whole.
- 5) Each group has but one primary purpose – to carry its message to the debtor who still suffers.
- 6) A DA group ought never endorse, finance, or lend the DA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- 7) Every DA group ought to be fully self-supporting, declining outside contributions.
- 8) Debtors Anonymous should remain forever non-professional, but our service centers may employ special workers.

9) DA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10) Debtors Anonymous has no opinion on outside issues; hence the DA name ought never be drawn into public controversy.

11) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

12) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## **12. ANNOUNCEMENTS**

We close the regular meeting 15 minutes early on the first week of the month to hold our monthly business meeting. All are welcome to attend. Out of consideration for the Business Chair's time, *motions must be submitted in writing prior to the business meeting*. They can be emailed to [artistsvisionsda@gmail.com](mailto:artistsvisionsda@gmail.com). Motions submitted after this time will be added to the following month's agenda. Motions begin with 3 words: "I move that..."

It is now time for service announcements. Please limit announcements to one minute.

- Is there a Treasurer's announcement?
- Is there a Literature announcement?
- Is there a Phone List & Outreach announcement?
- Is there a GSR announcement?
- Are there any announcements about upcoming DA Events?

## **13. NEWCOMER SHARES**

Now is the time reserved for newcomers to share. If you would like to share, please unmute yourself now. *(Extended pause.)*

*(Return to general sharing once all newcomers who want to share have shared, provided time remains.)*

## **14. ACTION STEPS** (6:45pm on weeks 2-5. 6:30pm on week 1 for business meeting)

That is all the time we have for open sharing; it is now time for action steps. We have 7 minutes to share any action steps we commit to take this week in service to our visions and our Higher Power. Please unmute popcorn-style and keep your share to 30 seconds or less, then re-mute. The floor is open.

## **15. PROMISES** (6:52pm on weeks 2-5. 6:37pm on week 1 for business meeting)

### **Who would like to read The Twelve Promises of DA?**

In the program of Debtors Anonymous, we come together to share our journey in recovering from compulsive debting. There is hope. In working DA's Twelve Steps, we have developed new ways of living. When we work DA's Twelve Steps and use DA's Tools, we begin to receive these gifts of the program:

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 towards 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 it will come.

All this and more is 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.

## **16. CLOSING**

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 DA'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.

Our peace of mind does not depend on circumstances. When difficulties arise, we know that we will be guided in responding to them. If we do this work wholeheartedly, we experience the benefits of freedom from compulsive debting, one day at a time, and we live truly happy and useful lives in serenity, courage and wisdom.

After a moment of silence, we will close with the **DA 3<sup>rd</sup> Step Prayer**. Please unmute to join us.

*Higher Power, I stand before you ready to be transformed.  
I place myself in your hands. Guide me on my recovery path.  
Remove my compulsive debting, my self-centered fear and my own self-will.  
May I shine to others as a beacon of your power.  
May I choose to remain on your path always.*

~ End of Meeting ~

**(Monthly Business Meeting Format Starts on Next Page)**

---

## MONTHLY BUSINESS MEETING FORMAT & AGENDA

*(Business Chair reads format and agenda.)*

The business meeting is now starting. We open with the “we” version of the Serenity Prayer.

**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.**

---

### HOUSEKEEPING

Those now present, except for the Business Chair, are voting members. A quorum of four voting members is required to proceed. We have/do not have a quorum.

Our business meeting is scheduled to end 30 minutes from now at *(time)*. Our time is limited. Please do not repeat comments from previous speakers. Before speaking, please first raise your virtual hand, and then wait to be called on before unmuting yourself. I will make my best effort to call on people in the order the hands appear.

Do not talk over other speakers. Comments will be timed to up to 2 minutes per person (1 minute with a 1 minute warning). If you have already shared your perspective, please allow others a chance to share before raising your hand again. If another member requests clarification of something you said, you will have up to 1 timed minute to clarify. Who will be our Timekeeper today? *(Pause.)*

We make decisions together:

- In making decisions, we use a combination of General Consent and Show of Virtual Hands/Zoom Poll.
- General Consent allows the Business Chair to call for objections. If there are no objections, then General Consent has been reached and we can move on to the next order of business.
- Show of Virtual Hands/Zoom Poll means that members raise their virtual hands when the question is called or participate in a Zoom Poll. Members who cannot use this method will be provided the opportunity to cast a voice vote. A formal count will be taken and recorded in the meeting minutes.
- Before the leader calls for objections or a Show of Virtual Hands, we will pause for everyone to lower their virtual hands, so there is no confusion about the vote count.

When introducing new business (i.e., making a motion), *we submit the motion in writing to the Business Chair prior to the start of the business meeting.* Motions may be emailed to [artistsvisionsda@gmail.com](mailto:artistsvisionsda@gmail.com).

During the New Business portion of our agenda, we will follow this procedure:

- 1) The Business Chair turns over one motion at a time to the Maker, who reads their motion. If there is no name on the motion the Business Chair reads the motion aloud and the Maker claims the motion. If no one claims the motion it is set aside (as the Maker cannot clarify it). A Maker is free to ask the Business Chair to add their motion to the next month’s agenda if it was set aside.



- 2) The Maker clarifies their motion.
  - 3) The Business Chair asks for a second. If the motion is seconded, the motion proceeds. If there is no second, then the motion is not considered.
  - 4) If the motion is seconded, then debate proceeds. Friendly amendments proposed.
  - 5) The Maker chooses to accept or decline the friendly amendments, and re-states their motion with any friendly amendments that they have added.
  - 6) Business Chair calls for a show of virtual hands: in favor, opposed, abstain. Business Chair will leave time between in favor, opposed, and abstain, to ensure all participants have lowered their hands.
  - 7) The Business Scribe records the vote. Business Scribe emails minutes to artistsvisionsda@gmail.com. at the end of the business meeting.
- 

## AGENDA

*(Business Chair leads business meeting, reads format, and tracks motions.)*

*(Business Scribe types minutes, including main points from reports and discussion, and the results of any votes.)*

The Business Scribe will now read the minutes from the last business meeting. *(Screen share minutes)*

- Are there any amendments from those who were present at the last business meeting?
- May we have a vote to approve?

It is now time for reports. Can we hear a report from our:

- Treasurer. Vote to approve the report.
- GSR. Vote to approve the report.
- Committees. Vote to approve any spending plans or suggested action steps. If these require more extensive discussion, they can be submitted by the Committee Chair in writing as a motion for the next business meeting.

The following services positions are open *(screen share Service Positions Google Sheet)*. Review Job Descriptions. Do we have any volunteers? Vote as necessary.

Now we review Old Business *(unresolved motions from previous months)* \_\_\_\_\_.

Now we hear New Business *(newly submitted motions from the past month)* \_\_\_\_\_.

Is there a call to close the meeting? *(Wait for a second. Vote on closing the meeting. If there is a desire to extend the meeting, vote.)*

Thank you all for your service. The meeting is now adjourned. We will close with the “we” version of the Serenity Prayer.

**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.**