

STORYLINE

From Workaholics Anonymous 2013 WA Conference Edition



“Our primary purpose is to stop working compulsively and to carry the message of recovery to those who still suffer.”

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Conference Registration Ends August 1st

To make final preparations with the Cenacle Retreat Center we need to end Registration for the 2013 Conference on August 1st. For all special circumstances please contact Jerry S, the Conference Chair, at jerry2012.waATgmail.com or 773-209-7089.

STORY: Why Attend a WA Conference?

Having attended various types of conferences through my career, few have offered what a WA conference provides. Those other conferences have been for furthering my scientific pursuits and camaraderie with associates who I knew, but with whom there was little interaction except for a specific topic of interest. We seldom dealt with non-scientific topics such as everyday living. I was fully in my work addiction. Having attended the last two WA conferences was a real benefit to my recovery as now I was interacting with members who were sharing their experiences, strengths, and hopes. Although their backgrounds are in many different fields of study and from around the world, we are journeying on similar paths. In so doing, we are able to encourage one another in our recovery and see our Higher Powers act for our benefit.

So what is a conference like? Since they are small, typically sixty attendees, they are typically held in retreat centers providing quiet away from our busy schedules. Often we share sleeping quarters with someone we never knew because private rooms are few. We eat meals together which encourages conversation about ourselves and our experiences. The meetings are similar to our local WA meetings with a familiar format. Time is allotted for fun and play since that is so often lacking in our lives prior to recovery.

We also meet the members who give world-wide service that we may have literature and provide for the outreach to carry the message that recovery is possible for us. We learn of their struggles to do this volunteer work within their recovery journey. We hear how they apply the tools in their lives and practice the principles just like other members who are on the journey with us.

In all of this we practice the 12th Step of providing service to our fellow travelers whether we have worked this step or not. The member who comes to a meeting the first time is providing a service to us who may have been around for many years as we remember our beginnings and learn from them as they start their journey of recovery.

Jerry S.

STORY: There's ample time to PANIC ... but not much left to register

“Having ample time to panic” is a quote I attribute to Johnny Carson I overheard one night while listening to the *Late Show* during my “supper” meal, in between working on files, and before taking my night nap on my desk. It always stuck with me because I recognized “panic” as just the next higher elevation of anxiety that I spent my whole life at. It wasn't until my awakening in WA that I didn't find that funny anymore or keep it as my routine.

I still keep it close, now more as a remembrance and a tool to calm any desire I may think I have to raise my attitude level above that of reasonable focus at work – the thing I call my “B” or day job. In that regard, I now speak it humorously. So, there's ample time to panic if you haven't yet registered to come to the 2013 WA World Conference August 23-25. But registration, except through a special phone call, does close on August 1st.

We will be delighted to see everyone who comes. Each year is the cause for reflection on earlier ones I've been graced to attend. My first, I didn't know what to expect. Being relatively new in the Program, and having only attended telephone meetings, I envisioned this huge WORLD convention with too many people to know and *important* leaders delivering dinner speeches. I didn't know which things to pack, what to bring, or how to prepare. Naturally, I did it workaholically. Imagine my surprise when I found I could learn everyone's name the first day, that no one wore dress-up clothes (I didn't even wear a tie!), and it was just plain personal, heartwarming, and relaxed fun with some face-to-face WA meetings to go to.

We can go to conventions for business or as an association member of *something*, and sit around with seemingly like-minded people or those with similar interests and listen to speeches from important people; but here we get to hang out with like-*feeling* people with similar recoveries and share our experiences, strengths and hopes. It's like being a kid at sleep away camp with your closest friends.

I've been at WA conferences as a service Board member, too; and while there are some items of actual business required at a conference, we as a Board have intended to minimize the time spent necessarily in those meetings in order to listen to the real *important* people there – those we serve, who is everyone who comes and everyone represented by their representatives who attend.

The invitation is open and extended. Welcome. There is ample time to register and we hope you will; and that we will see you there.

Bruce A., Facilitator

STORY: Why am I here?

Sitting across the room, my empty bag begs, “Time to pack!” I know, I know...I need no reminder. I just need time. What was I thinking signing up for this conference. I can’t leave now, not with everything going on this week. Packing? Just thinking about it makes me anxious, but why? I remember, around the age of seven, loading up my miniature suitcase days before going on trips. My imagination took me to places in my mind that filled me with excitement as I packed for journeys ahead. Then, trips were vacations—now what are they? Interruptions.

* * *

“Excuse me, do you have a pen.”

Sure.” I handed over my pen hoping that it would occupy the chatterbox sitting next to me. I was in no mood for conversation, just wanting things to be quiet.

“So where are you off to?” she asked, while filling numbers into her Sudoku book.

“I’m going to a conference.”

“Ah, hard at work. Good for you.”

“Yeah.” So, about the quiet I was hoping for? Lost cause.

“You know, you should try one of these puzzles. They’re a nice break when you need one. And fun too.”

“No no, I’m fine. I’ve got plenty here to do in this stack.” Angling myself closer towards the window, I hoped she would take a hint—no more talking!

“What kind of conference is it?”

“....It’s for....work.”

“Well in that case, here’s a puzzle. Take it. Trust me, you’ll need it.” The woman ripped a page from her book and handed it over.

“Thanks.” Well, good, if I’m ever looking for a way to waste my time, I’m now prepared.

* * *

Knowing no one here from the start terrifies me. Why did I think this conference was a good idea? Why did I fly across the country to end up here? What now? Questions raced through my mind with no oasis to find answers. I have a way of second-guessing things—it’s like my other full time job, the one that usually keeps me from making ludicrous decisions like heading out to some random conference for workaholics. How did I let this crazy idea enter my mind without questioning it twice?

Walking into the dining hall in the morning, I saw a table of people gathered around talking and laughing. The rest of the room was empty. I guess all of those other workaholics

used their better judgment—thought twice—and stayed home. My mind was searching for every excuse to dart out of the room and make my way to the nearest exit.

“Come sit down.”

Ah, I’ve been spotted. Now what?

“There’s some fruit and coffee behind you. Grab something and join us.”

Escape was no longer an option. I grabbed a banana and walked towards the table. After brief introductions, personal stories were shared.

“Now, tell us about you. What brings you here?”

“I...uh...I’m interested in workaholism. I’m studying it actually. So yeah, I’m here to learn about workaholism.” True story. Well, at least, part of the true story.

“What do you know about workaholism?”

Simple question, right? Why didn’t I have an answer? My interest in workaholism began as a research topic for my dissertation. But in the course of learning about it, my mind was reading more than books. I was reading my life all the while realizing that my study was telling a story about me. I knew about workaholism because...I lived it. Or did I?

“I’m learning a lot about it still. I see it in our culture everywhere. It’s a serious problem.”

“You’ll certainly learn more about it here. Why don’t you join us for our morning meeting? It’s about to start in ten minutes.”

“Sure.” I was all for getting down to business. Bring on the meetings!

As the table cleared, one of the members stayed seated. I was getting up from my chair, when he said, “This experience, being a workaholic, it’s hard. I come to these conferences and am reminded of how much I need to be here. I’m really glad that you’re here too.”

“Thank you.”

“And I hope that while you’re here you learn what you came for. We just appreciate you showing up. There are a lot of other places you could be right now. But you chose to be here—that means more than you may know.”

I paused for a moment. *We appreciate you*. I wasn’t told that often, or perhaps I hadn’t been paying attention. But in that moment, I listened. I felt appreciated for simply *being* there.

“A lot of things can be discovered at this conference. Most meaningful are the people. They help me feel more like myself. There’s a lot to us—you, me, others. We’re all here to learn about who are, which for many of us we never had a chance to know before.”

Moments. How do they find us when we least expect? How do they grip time suddenly, making it stop moving so fast? There were probably several valuable moments leading me up to the conference that I dodged, intentionally, to avoid getting caught up in them. But in this par-

ticular moment, I didn't feel caught. I felt...found. I was here because I had lost touch with myself everywhere else.

* * *

While sitting on the plane ride home, I rummaged through my bag looking for a pen. A small piece of paper flew out and landed beneath my seat. Reaching to pick it up, I saw that it was the Sudoku puzzle given to me just a few days ago. It reminded me of the angst I felt over packing my bag, the grumpiness I exuded on the plane, and the second-guessing that plagued me when first arriving at the conference. My workaholicism, and the dismissive mood that comes with it, often blinded me from seeing the value given by so many moments. The conference offered me distance away from my routine life to journey closer to understanding the person I am and all that there is in life to appreciate. This understanding was made possible through fellowship, as everyone's presence mattered for creating a communal sense of belonging. The conference is not for one, but for all. The presence of togetherness speaks profoundly to answer the question "why am I here?" I need others just as they need me—this is how we begin to belong and find ourselves in becoming who we are.

Laura R.

STORY: Recovery Recharge

Every year I look forward to the W.A. World Conference. I have had the great fortune to have been to New Jersey, North Carolina, Oregon, California, Texas and now the upcoming Chicago one this August.

I absolutely love the rich mixture of people; all ages, races, sexes from the U.S. and abroad. Each year I meet new friends, get to visit with old ones and enrich my recovery throughout the year in cultivating these relationships.

Each conference is always a positive experience. I take away different things each time, depending on where I am in my own recovery. I love the attention to balance in the conference scheduling; the activities, meetings, play time (always a lot of laughter), down time, etc... The underlying theme at every conference is self-nurturing and self-care exhibited in various forms (meetings, workshops, meditation, sponsorship, etc...), and just learning to enjoy life more. A good deal of thought and planning goes into these conferences, and I will want to thank all of the conference committees for their work.

My biggest thrill? Seeing the newcomers light up at the conference. Many times this is their very first face-to-face meeting.

I can't wait for Chicago in August, and am looking forward to taking folks for a bike ride by the lake, one of my old stomping grounds!!

Michele S.

2013 WA Conference Program

WA members: this the status of the 2013 WA Conference program as of 6/25/13. There are open slots for leads and topics highlighted in yellow. If you desire to contribute in any capacity, contact either Jerry S., Conference Chair, at jerry2012.wa@gmail.com or Angela W., Program Chair, amwpersonal@gmail.com.

Thursday Aug 22

Time	Event	Location
3:00 pm – ?	Registration	Front Lobby
5:00- 6:00 pm	Board Meeting	Conference Room 4
6:00 pm – 7:00 pm	Dinner	Cafeteria
7:30 pm – 9:00 pm	Meeting: Lead: Topic: 	East Room
10:30 pm – 11:30 pm	Night Owl Meeting	Conference Room 4

Friday Aug 23

Time	Event	Location
6:30 am – 7:30 am	Early Bird Meeting	Conference Room 4
7:30 am-8:00 am	Meditation/Yoga led by 	East Room
8:00 am – 9:00 am	Breakfast	Cafeteria
9:00 am – ?	Registration	Front Lobby
9:00 am – 11:00 am	Board Meeting	Conference Room 3
9:30 am – 10:30 am	Meeting: Lead: Marna H. Topic: Recovery and Intergenerational Work Addiction - for adult children, parents in recovery, and recovering workaholics and Work-Anons (20 minute lead, then comments)	East Room
10:45 am – 12:15	Meeting: Lead: Laura Mc Topic: Working the Steps in WA (20 minute lead, then comments)	East Room
12:30 pm – 1:30 pm	Lunch	Cafeteria

2:00 pm -3:00 pm	Meeting: Lead by Michele S. Topic: How Recovery Works For Me (20 minute lead, then comments)	East Room
3:15 pm - 4:15 pm	Meeting: Lead by Denise N. Topic: Work Anorexia (20 minute lead, then comments)	Conference Room 4
3:15 pm – 4:15 pm	Workshop on Transformation in Recovery Led by Jerry S.	East Room
4:15 pm – 6:00 pm	Free Time	---
6:00 pm – 7:00 pm	Dinner	Cafeteria
7:30 pm – 9:00 pm	Step 1 – Beginning Transformation Panel: (1) [REDACTED] (2) [REDACTED] (3) [REDACTED] (20 min each and then questions)	East Room
10:30 pm – 11:30 pm	Night Owl Meeting	Conference Room 4

Saturday Aug 24

Time	Event	Location
6:30 am – 7:30 am	Early Bird Meeting	Conference Room 4
7:30 am-8:00 am	Gentle Stretching and Meditation Time led by Liz P	East Room
8:00 am – 9:00 am	Breakfast	Cafeteria
9:00 am – ?	Registration	Front Lobby
9:30 am – 10:30 am	WA General Assembly	East Room
10:45 am – 12:15 pm	Current Challenges: How you've used the tools recently Panel: Laura R., Neil L., Amber (20 min each and then questions)	East Room
12:00- 12:30	Information session about Meditation Writing Workshop (organized by Maria M and Susan S)	Conference Room 4
12:30 pm – 1:30 pm	Lunch	Cafeteria

Join us on Aug 23-25, 2013 at the Cenacle Retreat Center, 513 W. Fullerton Ave., Chicago, Illinois as we explore our recovery step experience resulting in:

Transformation from the Inside Out

The Cenacle, a quiet peaceful retreat center, located in the heart of the bustling Chicago Lincoln Park neighborhood of shops and excellent restaurants, a few blocks from a conservatory, zoo, and the beautiful Lake Michigan front park and beaches, wonderful for relaxing or swimming in August. Nearby is the main DePaul University Campus.



Schedule

Pre-Conference – Thurs. 8/22 – 1 pm Registration, 2-6 pm Meetings & activities,
6 pm Dinner, 7:30 Meeting

Conference Day 1 – Fri 8/23 – 8 am Breakfast, 9 am Registration, 10-12 Meetings, 12:30 Lunch, 2-5 pm Meetings,
6 pm Dinner, 7:30 pm Meeting

Conference Day 2 – Sat 8/24 – 8 am Breakfast, 9 am Registration, 10-12 Meetings, 12:30 Lunch, 2-5 pm Meetings,
6 pm Dinner, 7:30 pm Meeting

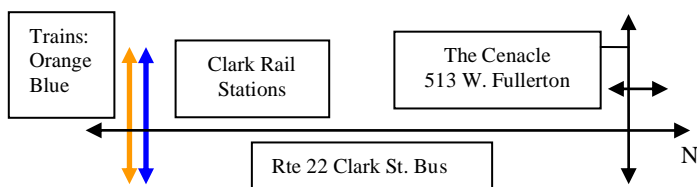
Conference Day 3 – Sun 8/25 – 8 am Breakfast, 9 am Registration, 10-12 Meetings, 12:30 Lunch & Closing

Transportation

Transportation can be arranged with the host committee, please indicate on registration.

- Blue line Rail and Clark Route 22 Buses to Fullerton Ave. With transit card \$2.50 from O'Hare Airport.
- Orange line Rail and Clark Route 22 Buses to Fullerton Ave. With transit card \$2.50 from Midway Airport.
- Airport shuttles run approximately \$35 each way.
- Taxis run approximately \$65 each way.

Email questions to
transportation2013@workaholics-anonymous.org



Scholarships

There are a limited number of need-based scholarships, both full and partial (not to include travel expenses), available through W.A. World Service and group contributions.

Deadline for scholarship requests is April 30, 2013.

Recipients will be notified not later than May 15, 2013.

Please include day and evening phone numbers, email address, and a description of your needs.

**Email scholarship requests to
facilitator@workaholics-anonymous.org.**

Parking

- Limited free parking is available at the Cenacle.
- There is alternative parking at Children's Memorial Outpatient Center, 2515 N. Clark Street, on weekday evenings (5pm-7:45am) and weekends for the reduced rate of \$6/day with a discount chaser ticket. This ticket is available at the Cenacle reception desk upon request.
- On street parking is also available, but check that you are not in restricted parking.

Phones and Internet

- Cell phones usage is only in non-public areas.
- Wireless high speed access for laptop computers is available throughout the house. The fee is \$7.95/24 hour period and \$3.95/1-hour period (payable by credit card only to Cenacle).
- A complimentary house computer with internet connection and a printer are available in Conference Room B on the Main Floor.

Main Conference Registration Fee

Double Early Bird Registration –

By March 31, 2013: **\$25.00**

Early Bird Registration –

By May 15, 2013: **\$50.00**

All Other Registration: **\$100.00**

To this add Lodging or Commuter Fee

On Site Lodging

We will be using Cenacle Retreat and Conference Center. Both single and double occupancy rooms are available on men’s and women’s floors.

Single rooms cost **\$175/night**.

Double rooms cost **\$125/person/night**.

Regular conference runs Friday dinner to Sunday lunch.

A pre-conference day is available starting with Thursday dinner, Friday breakfast, & Friday lunch.

All meals are included. No food may be brought in. The Cenacle is the caterer for all food needs.

Special needs diets can be accommodated for both on-site lodgers and commuters at no additional cost.

Commuter Fees:

Thursday includes dinner: **\$50**.

Friday includes dinner: **\$50**.

Saturday includes lunch and dinner: **\$65**.

Sunday includes lunch: **\$50**

Cancellation Policy

No refunds for cancellations after May 15th. \$25 will be charged for any earlier cancellations.

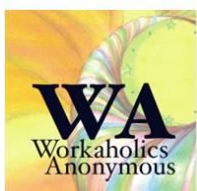
Registration deadline is Aug 1, 2013.

Late registration is subject to availability.

Call Jerry S. at 773-209-7089 if attempting to register after 8/1.

Silent Auction

Bring your items to donate for the silent auction, such as small art works, mugs, or whatever you like.



**Workaholics
Anonymous
World Service
Organization**

www.workaholics-anonymous.org

Registration

1. Contact Information

Name: _____

Email Address: _____

Phone: _____

Mailing Address: _____

2. Registration

Double Early Bird _____

Early Bird: _____

All Other Registration: _____

3. Lodging (twin beds only)

Floor: Men’s Women’s

Single Room—number of days _____

Double Room—number of days _____

4. Commuter: Number of Days _____

5. Amount 2 and 3 above included: \$_____

or

Amount 2 and 4 above included: \$_____

6. Food

Pre-Conference: ___ Yes, ___ No

Main Conference

___ Both days,

___ 1 day which _____

Commuter

___ Thursday

___ Friday

___ Saturday

___ Sunday

Special Needs Diets (no food may be brought in)

Define (vegan, gluten free, OA, kosher, etc.)

7. Other

___ Donate to scholarship fund \$_____

___ Willing to volunteer

___ Have Silent Auction items

___ Need help with transportation

Easiest to pay online at:

www.workaholics-anonymous.org

or

Write a check to WAWSO

Send with registration materials to

WAWSO

PO Box 0368

Austin, Texas 78767-0368

Email Questions to

Conference2013@workaholics-anonymous.org

2013 INTERNATIONAL CONFERENCE

Transformation from the Inside Out

AUGUST 23-25, 2013 • CENACLE RETREAT CENTER • CHICAGO, IL



We Need Your Help for the Conference Silent Auction!

The WA Conference Planning Committee invites you to participate in the 2013 W.A. Silent Auction, which will take place on Saturday, August 24 at the Conference.

Your support of the Auction is a **Seventh Step Tradition for Fellowship** that will directly support recovery from workaholism while adding another element of fun to the Saturday Night Program.

Last year's Silent Auction raised more than \$2,000 and we hope you'll join us in exceeding that amount to help sustain the outreach of the growing W.A. program.

The success of the Silent Auction depends on the creative and desirable items we receive to include in the auction. Following are some ideas for donations:

RECOVERY MEMORABILIA & ITEMS

Books, Tapes, Novelties

HOTEL STAYS

Do you have a contact in the Hospitality Industry?

SPORTS ITEMS

Event Tickets, Autographed Equipment, Lessons

BOUTIQUE ACCESSORIES

Leather Goods, Jewelry, Scarves

LESSONS OR INSTRUCTION

Scuba Diving, Cooking, Dancing, Sports/Golf, Digital Photography, Art Classes

USE OF YOUR GET-A-WAY HOME OR CABIN

ARTWORK

Painting, Jewelry, Sculpture, Ceramics

PROFESSIONAL SERVICES

Landscaping, Home Improvement, Catering, Consulting

ENTERTAINMENT

Tickets, Private Screenings, Concerts, DVD Collections

NOVELTY GIFT BASKETS

Unleash your creativity! Pick a theme and assemble a gift basket.

(Examples: "Kids Movie Night" with great kids movies, popcorn & classic theatre candies or a Recovery Themed Basket)

Please use the Donation Form on the following page to inform us of your donation.

For more information about the auction or questions, please email Maria B. at mbwa333@gmail.com



SILENT AUCTION DONATION FORM

DONOR NAME: _____

COMPANY (if applicable): _____

ADDRESS: _____

CITY/ST/ZIP: _____

TELEPHONE: _____ EMAIL: _____

I AM ATTENDING THE CONFERENCE.

PLEASE SEND AN ACKNOWLEDGEMENT LETTER OF MY DONATION FOR TAX PURPOSES.

Donation Description

Special Instructions / Expiration Date / Restrictions

ESTIMATED VALUE: \$ _____

Please Check One:

DONATION ENCLOSED I WILL BRING THE ITEM(S) TO THE CONFERENCE

PLEASE CREATE A CERTIFICATE FOR THE ITEM OR SERVICE
I AM DONATING TO BE PRESENTED TO THE WINNING BIDDER.

Please submit this form by August 16, 2013:

MAIL	EMAIL	FAX
Maria Baseleon c/o Skylark Garage 906 Busse Hwy. Park Ridge, IL 60068	mbwa333@gmail.com	847.823.8719

Questions? Please call Maria at 323.459.7795. Thank you!

Visit www.workaholics-anonymous.org for more information about the 2013 Conference.

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STORYLINE: OUR MISSION

- To produce a quarterly publication of news about W.A. in a way that serves as an example of balance between service and our program.
- To provide a space for people of the fellowship to share their experience, strength and hope with the broader membership.
- To provide real stories from real people to those in our fellowship who do not have access to a local meeting.
- To bridge the gap between the fellowship and the WA Board, and aid in replenishing the Board with new members as the trustees' terms run out.

STORY LINE invites WA members to share their experience, strength and hope with the WA fellowship around the world. Each of us has something to share that can help another workaholic to abstain from compulsive working. Please send your submittals by email to: **storyline @ workaholics-anonymous.org**, with **SL** in the SUBJECT LINE. Include your contact information and please also let us know if we can include your first name as author. Your contribution will make this publication more alive, while improving your recovery by helping others.

Note that materials submitted are assumed to be intended for publication, are subject to editing to provide conformity for the newsletter. They become the property of WAWSO, which may publish them in any format in any Workaholics Anonymous literature. The tentative deadline for submissions for the summer issue is: August 15, 2013.

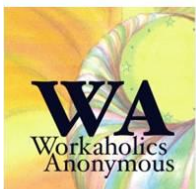
Workaholics Anonymous World Service Organization

PO Box 289 Menlo Park CA 94026

Telephone: 510-273-9253

Website: www.workaholics-anonymous.org

storylineATworkaholics-anonymous.org (please use @ for AT)



**Workaholics
Anonymous
World Service
Organization**

www.workaholics-anonymous.org

