

NOVEMBER IS WA MEDITATION MONTH

THE STEP ELEVEN SEARCH THROUGH MEDITATION

As newcomers, we came to understand and accept that we simply can't master some of our characteristics. One is the way we relate with work and activity. Quite often we are unable to even have a clear perspective of what is a balanced way of doing things. It is completely and desperately outside our scope. We used every method to try to control our ways, but inevitably found that in the end there was only pain and despair. We began to accept that we need another method in order not to kill ourselves.

The WA program goes further than this. The program teaches us a process that allows us not only to survive, but also to live a happy and productive life. What once seemed impossible can be a reality in our lives and a kind of miracle.

Part of this process is learning to meditate. Meditation is one of our Principles and a part of our Step Eleven. It is indeed very important, but for many of us very difficult. Meditation opens up a connection to that part of us where serenity, peace and wisdom are waiting to be known. For many of us there is no better way to access it. It seems to come from deep inside, and if we ever want to have this in our lives we need to find how to make the path available. The experience of getting out of the way and letting God lead us while accessing that Power to carry out what's in life for us, is a very different way from how we used to act. This way saves us from our disease and from our former selves.

That is why our Committee came up with a Meditation Month. It is the time when all together, we can give particular attention to our efforts to develop our awareness and our methods. Doing it together adds synergy and positive energy to this task. All of us will participate and all of us will be receiving the benefit of it. It will ease the process for each of us. We do together what we can't do alone. We are moving together on our next path.

Aligning this with our 11th Step - "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" - **November** is the chosen **WA Meditation Month**. And because as a community, we are writing a *W.A. Meditation Book*, we also need to enhance that part of our common life. So, here are some challenges that we think may help us open the connection:

→ *My good will*

I think of myself; I think of others. I write a meditation; I share it on paper. I meditate; then I write. The challenge here is to put our meditations on paper for our *W.A.*

Meditation Book. We still need many, many meditations submitted by our members.

We think of all the workaholics still suffering who one day will come to WA, and those here now whose benefits of recovery will be further enhanced with a *W.A. Meditation Book*. This is our gift to them. These texts come from maybe the best parts of us. This is a finest gift we can give and a high form of service.

→ *Meditation writing meetings*

Meeting leaders could lead a writing meditation workshop in their face-to-face groups.

A format for this kind of meeting can be found on the W.A. website at <http://www.workaholics-anonymous.org/pdf/WAMeditationsFormat.pdf>.

Write a group share. For instance, pick a saying from our *Book of Recovery* (*Helpful Reminders*, page 180; *Affirmations for Workaholics*, page 182; *Our Favourite Slogans*, page 183). Then have each member write a line or two, and bring them all together for a single meditative thought.

→ *Submit your written Mediations to the Committee*

Please go to the W.A. website and click the "Book of Meditations" button you will find along the right hand side of the homepage.