

Living in Balance

October 2006

The International Newsletter of Workaholics Anonymous

REGISTER NOW FOR THE WORKAHOLICS ANONYMOUS CONFERENCE...

If not now then how about tomorrow, or the next day, or "real soon"?

OK- We refuse to pressure anyone..... *but we would love to see you there!* There **is** certainly time left for all who would like to saunter gingerly over to their computer or telephone and register to attend at a leisurely and relaxed pace. *Heck you can even show up late if you had to.*

Hi folks, its Walt from Florida, your new newsletter editor hoping to bring a smile to your face. I thought such a shameless intro might be an ironic/fun/ludicrous way to draw attention to the possibly sooner-than-you-realized World Convention of WA conference to be held *very* soon now, the first weekend of November in Florida, USA.

Of course we don't want to unduly influence anyone about their true priorities. However, we would love it if you would consider making room on your schedule for the trip to St. Pete Beach, Florida (west of Tampa) so that we may see you in person this coming November 3rd, 4th and 5th. Our goal is to make WA conferences fun and healing events for all who attend and we hope to see you there. All those with a desire to stop working (or avoiding life's priorities) compulsively are welcome to join us to relax and recover in sunny Florida! If you've never been to a WA conference, you don't know what you're missing. Come attend the biggest WA meeting in the world, hear the stories you've never heard, experience the strength of the fellowship, and share the miracle of recovery.

This year we will celebrate at the Dolphin Beach Resort in St. Petersburg Beach. Partial scholarships are available for WA members, so don't let anything stop you (except stop signs- red lights- other applicable state and federal laws, should they apply) *See all the registration, scholarship, schedule, and travel details on pages 6-8 of this newsletter.*

We are still looking for WA members to help with various tasks both before and during the conference—small-one-time tasks, longer-term tasks, and just-at-the-conference tasks (Those attending or if you know of someone attending please bring/donate items of value for the silent auction.) Consider if there is room in your abstinence plan to help make this the best WA conference ever. Email WA2006Donna@aol.com to find tasks that match your availability.

So yes- I am now your newsletter editor, *forever more-* or until two years pass, whichever comes first. I want to especially thank L. from Denver, who has just stepped down from this post. She not only did a lot to bring the work of creating the newsletter into the information age, but she has also helped me, in particular, to learn the software and steps necessary to best create and send the newsletter on its way to whomever might be helped by it. I also want to thank both A. and M., from California WA, for encouraging me to take on a literature related service position. And I want to thank my parents, my agent, my cat sammy, my mailman.....

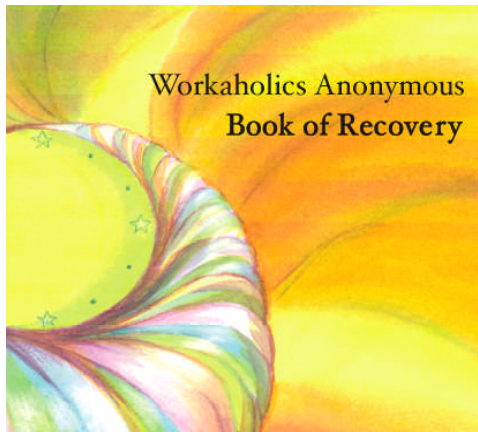
But seriously folks, service in WA, (ideally performed non seriously) has been very helpful in keeping me aware of my disease but it's also been a source of great people and energy allowing a higher, life giving, quality of recovery into my world. I intend to continue the newsletter tradition and serve in the process and I thank you for the opportunity. Did I mention there is an upcoming conference in Florida?

See you there or in the next newsletter.

Walt

-IN THIS ISSUE-

WA Book of Recovery Order Form · NEW! Virtual (Phone-Online-E-mail) Meetings Have STARTED
New Literature Outreach: 12th Step Focus · Complete WA Convention Registration-Travel-Hotel Info



Workaholics Anonymous
Book of Recovery

Workaholics Anonymous Book of Recovery Order Form

The W.A. Book of Recovery is chock full of member stories, helpful literature, information about the tools and principles, & W.A. basics. It also includes a Step Study Guide— everything to spread the message of recovery!

Name _____

Mailing Address _____

Phone Number/Email _____

**Yes, I would like to order the following number of
W.A. Books of Recovery:**

Number of Books _____ Times the Cost of Books @ \$15 each (for 1-9 books)= <i>10-19 books, the cost is \$12.50 each =</i> <i>20-99 books, the cost is \$10.00 each =</i>	\$
+ Shipping and Handling..... (See chart below right)	\$
= Total Enclosed PAYPAL Users can email us for details at fulfillment@workaholics-anonymous.org (Otherwise allow up to 4 weeks for delivery. Int'l orders: OK to write \$US on your check.)	\$

Mail this order form with your check or money order in \$US made out to Workaholics Anonymous at the following:
(please send book orders only to this address)

**W.A. Book of Recovery
PO Box 56416
PORTLAND, OR 97238**

Thank you!

US SHIPPING	US Postal Service Priority Mail
1-4 Books	\$4.60 total
5-10 Books	\$9.20 total
CANADA & MEXICO	US Postal Service Global Priority
1-4 Books	\$9.00 total
INTERNATIONAL	US Postal Service Global Priority
1-4 Books	\$11.00 total

FOR INTERNAL USE ONLY

<i>Date Received</i>	<i>Check No.</i>	<i>Payment Amt.</i>	<i>Date Sent</i>	<i>Scan & Send</i>	<i>InventoryID</i>
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Creating New WA Literature- Step Study Book

If anyone is interested in helping develop creative questions for stepwork, if anyone has artwork (especially black and white line drawing, cartoons, coloring book style artwork, etc.) they might like to contribute, or give a hand in editing a few passages from the draft that's being developed, please email literature@workaholics-anonymous.org and join the fun! Our vision is to extend the step study material in the WA Book of Recovery and give space for responding to Step questions in the hopes that such a tool will deepen the fellowship's recovery.

About Workaholics Anonymous

Workaholics Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from workaholism. The only requirement for membership is the desire to stop working compulsively. There are no dues or fees for WA membership; we are self-supporting through our own contributions. WA 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 working compulsively and to carry the message of recovery to workaholics who still suffer.

Workaholics Anonymous World Service Organization
PO Box 289, Menlo Park, California 94026-0289
510-273-9253, WSO@workaholic-anonymous.org
<http://www.workaholics-anonymous.org>



Newsletter Subscription Form

Please enclose (sliding scale) \$8 to \$20 payable to WA World Service Organization and mail to Treasurer, WA WSO, PO Box 289, Menlo Park, California, 94026-0289.

Name: _____

Address: _____

City, State, Zip: _____

Phone (optional, in case there are problems with the address or payment): _____



Please share your experience, strength and hope!

***Living in Balance* Workaholics Anonymous Newsletter Topics and Themes**

Living in Balance invites all WA members to submit writings to share their experience, strength, and hope with other WA members around the world. Don't be shy! Each of us, at all levels of recovery, has something to share that can help another workaholic abstain from compulsive working for one more day. Please submit your stories, articles, and artwork by emailing them to newsletter@workaholics-anonymous.org or mailing them to Newsletter, Workaholics Anonymous World Service Organization, P.O. Box 289, Menlo Park, CA 94026-0289. Please include your contact information and whether you would like your first name and location to be included as an author, or if you would like to remain anonymous. Please note that any materials submitted to the newsletter are assumed to be intended for publication, are subject to editing, and become the property of Workaholics Anonymous, which may publish them in any format and in any Workaholics Anonymous literature.

UPCOMING NEWSLETTER SUGGESTED TOPICS/DEADLINES LISTED ON NEXT PAGE

Here are topics and submission deadlines for the next few newsletters.

Issue	Step	Topics/Theme	Tool/ Principle	Submission Date	Publication Date
Fall 2006	Step 12	Carrying the Message	Sponsorship	August 15, 2006	<i>October 2006</i>
Winter 2007	Step 1	Unmanageability, Relapse Prevention	Step Study	November 15, 2006	<i>January 2006</i>
Spring 2007	Step 2	Connecting with Higher Power	Listening	February 15, 2007	<i>April 2007</i>
Summer 2007	Step 3	Letting Go – Big Decisions and Everyday Life	Action Plan, Accepting	May 15, 2007	<i>July 2007</i>

W.A. VIRTUAL COMMUNITY NEWS

NEW!!!ALREADY STARTED RECENTLY.....WA VIRTUAL 12 STEP TELECONFERENCE MEETING:
W.A. now offers 12 step recovery meetings via telephone conference call. Currently there is a 1 hour meeting, with time afterwards to socialize, at the following time:

--Every Saturday (USA based)

--Meeting Start Time: 11 AM Pacific Standard Time U.S.----- which is the same as:
(What follows are a list of examples of the equivalent meeting time for different time zones)

Same as 2 PM Eastern Standard Time U.S.

Same as 7 PM Greenwich Mean Time U.K.

Same as 10 PM Moscow

Same as 5 AM (Sunday) Sydney

--Telephone number to call is: (712) 580-0600. This is a number in Sioux City, Iowa, U.S.A.

--The access code is: 118778 # (Be sure to press the pound sign (#) at the end of the access code.)

For more info please contact by email at: Saturdayphone1@workaholics-anonymous.org

WA also offers, via our virtual community, a 12 STEP RECOVERY MEETING ONLINE, using your computer, speakers, and a microphone. This online meeting happens... Every Sunday as follows:

Start Time 11 AM PST U.S.--2 PM EST U.S.--7 PM GMT U.K.--10 PM Moscow--5 AM (Monday) Sydney.

To join this meeting, please go to <http://www.workaholics-anonymous.org/online1.html> Follow the steps given to download software & configure your computer for our 12 step format real online meeting. Welcome!

W.A. EMAIL DISCUSSION GROUP: TOOLS & PRINCIPLES

A new email-only discussion group has started. We discuss two W.A. tools or principles per week via email. This group is structured similar to a meeting, using the 12 Step W.A. format for recovery, with the same readings we have in a face-to-face meeting. It is focused, small, and filled with recovery-minded people.

To participate, go to: http://health.groups.yahoo.com/group/wa_t_and_p/ (note the underscores) and click "Join", or email WA_T_and_P-subscribe@yahoo.com.

There are other WA teleconference meetings being planned. We also need volunteers to help "chair" current and new meetings and to serve as "backup" leaders. Watch future newsletters and the WA web site for more information on additions, changes, and new meetings. If you would like further information on the WA Virtual Community, please email: virtualliaison@workaholics-anonymous.org.

Everyone in the W.A. service community is a dedicated volunteer, so please be patient in waiting up to a week for a response. Thanks.

Step Twelve in Workaholics Anonymous:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to workaholics, and to practice these principles in all our affairs.

What is a spiritual awakening in Workaholics Anonymous? We find the answer in Step Twelve of *The Twelve Steps and Twelve Traditions*: “We believe we are now able to do, feel, and believe that which we could not do before on our unaided strength and resources alone.” Looking back, as a result of practicing these Steps, we *have* become transformed. It seemed to happen without effort. We have a new energy, we are at peace, and we are sane about our compulsive work and activity. Our life has been restored. The presence and guidance of a loving God awakens us to our higher selves, to our body, mind, and spirit. We have the help of a fellowship of people with whom we can share the truth, and they love us all the more. We have received a sense of grace, and it now seems like a free gift. Life does throw us off track every once in a while, but we can face those bumps with our newfound program tools and our W.A. fellowship.

Naturally we want to give back some of what we found in Workaholics Anonymous. We all, newcomer and long-timer alike, feel something special about helping someone find recovery in Workaholics Anonymous. It helps us all to watch the lives of other sufferers move from despair to hope, from insanity to sanity. Who can help someone find recovery from work and activity addiction better than we can? We know what it was like and what life is like now.

How do we carry the message of Workaholics Anonymous? There are many ways. Changing our lives is the best message of all. Going to meetings or starting a meeting, making phone calls, or providing sponsorship are as helpful to us as they are to others. We reach out to tell our story to a fellow sufferer.

Accepting a service position at the group or Workaholics Anonymous World Service Board Organization is an opportunity that can be challenging to a workaholic. Many of us in early recovery are eager to simplify our lives. Yet we have found participating with other work addicts and volunteering to help the fellowship has strengthened our program of recovery. We are more likely to practice a program of surrender and sanity when we take a service commitment among fellow recovering workaholics. This helps us put into practice that last part of Step Twelve—“*We practice these principles in all our affairs.*” We begin to live and breathe the W.A. program of recovery. We practice our tools and principles to maintain our spiritual awakening so we can be of better service to our family, friends, and coworkers.

Workaholics cannot abstain completely from work; we are at risk for slips and relapses. Even in retirement we can overschedule ourselves. We need the last three Steps to maintain our program of recovery. When we find ourselves slipping, we increase our use of the W.A. tools, especially meetings, meditation, the Tenth Step inventory, and phone calls to help get us back to sanity. It is an ironic truth in recovery: the service we give services us.

Step Twelve Questions

1. What benefits do I get when I offer service to others? How does service enhance my recovery?
2. How can I offer service to my meeting or to other workaholics?
3. Where does service fit into my abstinence plan? Am I in danger of being compulsive in helping others? Am I compulsively avoiding service?
4. Can I offer assistance to others without ego, seeking nothing in return? How does the act of serving with humility further my own recovery?

This page of WA 12th step discussion and questions is an excerpt from the WA Book of Recovery Pages 161-163 and is reprinted with permission.

Come enjoy the peaceful silver sand beaches of Florida.

Relax and share experiences and recovery with fellow W.A. members in a beautiful setting on beach frontage, on the Gulf of Mexico near Tampa, Florida. Creative activities planned!

The only requirement for membership is the desire to stop working compulsively.



Conference Details:

- **Location:** The peaceful Dolphin Beach Resort is located directly on beach frontage, 30 miles from the Tampa International Airport and 100 miles from the Orlando attractions. Visit www.dolphinbeach.com or call (toll-free) (800) 237-8916.
- **Meals:** Dolphin Beach Resort features a variety of dishes including vegetarian meals. Several meal packages are available and are options as part of your conference registration and sign-up.
- **Accommodations:** Many rooms are available for double or single occupancy. Early registration is recommended for those wishing to stay at Dolphin Beach Resort, and **room reservations are booked directly by participants with the Resort.** Linens, towels and washcloths are provided. A variety of rooms are available, single or double occupancy, some with ocean views or poolside. Dolphin Beach Resort, 4900 Gulf Blvd., St. Pete Beach, Florida 33706. 1-800-237-8916, 727-360-7011, Fax 727-367-5909, www.dolphinbeach.com, E-mail dolphinbeach@worldnet.att.net. Special rates are available to conference participants. Discount Code "WAKS". Book rooms early to ensure preference and space. Heated swimming pool, free parking.
- **Transportation:** The SuperShuttle services both local airports (including Tampa International). Reservations can be made online at www.supershuttle.com or phone (800) 282-6817. **Transportation shuttle arrangements are made directly with the shuttle service.**

Conference Schedule Outline:

Friday, November 3, 2006

3:00pm Registration
 4:30pm Early Bird Meeting
 6:00pm Dinner
 7:30pm Welcome Meeting
 on the Sand
 THAT CAN'T BELIEVE YOU
 FINALLY MADE IT TO THE
 CONVENTION FEELING!
 Beach time-Quiet time-Awareness
 Time- FunTime.....

Time for your life.

Saturday, November 4, 2006

8:00am Breakfast
 9am-12pm Meetings
 12:00 pm Lunch
 1pm-6pm Meetings
 6:00pm Dinner Banquet
 7:30pm Meeting
 FUN INTERACTIVE GAMES
 SATURDAY NITE!....INCLUDING
 SILENT AUCTION/PUBLIC
 AWARDING OF ITEMS -
 SONGS/IMPROV/SILLINESS
 ETC...

Sunday, November 5, 2006

8:00am Breakfast
 9am-12pm Meeting & Closing
 12:00 pm Lunch
 SAD GOODBYES (OR HAPPY
 ONES)

Conference Registration and Fee Structure:

- See the second page of this flyer for Registration Form and description of Conference Package Options.
- Reservations for rooms & shuttle are made directly by participant with vendor; room discounts available.
- A limited number of *Partial Scholarships* are available for WA members. Please mail your requests so that they are received by July 1, 2006.
- Early registration forms must be received by September 1, 2006 to receive discount.

Conference Package Options (Register separately with Resort for Rooms-see next page):

1-Conference Registration _____ **\$100** (*\$75 before September 1, 2006*)

Includes conference fee, no meals. Room booked separately directly with Dolphin Beach Resort.

2-Complete Meal Package _____ **\$90**

Covers six meals at Resort, including Sat. night banquet (Fri. dinner, Sat. 3 meals & Sun. breakfast and lunch)

Please see menu selections on the following page, and circle your selections below. Breakfast is buffet style.

Registration Form:

Name

Email OK to share email for plan/ coordination

Address

City, State, Zip Code, Country

Cell phone or contact number

What W.A. meeting do you attend (city, day & time)?

Would you be interested in doing service at the conference?

Are you willing to share your story? Or Chair or lead a meeting?

What are your favorite topics?

Would you be willing to donate an item(s) or service to our Silent Auction?

If yes, briefly describe item or service:

Are you interested in pre- or post-Conference meetings? (Circle) _____ Might stay early _____ might stay late _____

I cannot attend the conference, but would be interested in (check all that apply):

___ *Assisting in the conference preparation through service or auction item. My contact info is noted above.*

___ *Contributing to the scholarship fund. Enclosed is my contribution for \$ _____.*

Your creative ideas and inspiration are welcome!

Conference Options:

Early registration discount in italics must be received by 9/1.

1-Conference Registration **\$100** (*or\$75*) \$ _____

2-Complete Meals at Resort **\$90** \$ _____

CHECK NEXT PAGE FOR CODE EXPLANATIONS...

THEN PLEASE CHOOSE FROM THE FOLLOWING

Friday Dinner: D1 D2 D3 D4 D5

Saturday Lunch: L1 L2 L3 L4 L5 L6 L7 Fries or Slaw

Saturday Dinner: D1 D2 D3 D4 D5

Sunday Lunch: L1 L2 L3 L4 L5 L6 L7 Fries or Slaw

WA Conference Scholarship contribution \$ _____

Rooms-Book directly with Resort, Discounted Rates

Airport Shuttle

Contact SuperShuttle.com

Total Enclosed..... \$ _____

For Conference mail only: Send this form and check made payable to WA WSO to the following address:

WA Conference 2006 • c/o Margie W. • 632 75th St. N., St. Pete, Florida 33710 USA

Email Questions:WA2006Donna@aol.com

2-Complete Conference Meal Options – Details – Please circle choices on registration form

All meals include coffee, tea, soda, tax, and 18% gratuity – All 6 meals, Fri night-Sunday noon, \$90.

Breakfast is buffet style, includes scrambled eggs, hashed browns, bacon, sausage, buttermilk biscuits and gravy, hominy grits, French toast, pancakes, muffins, or Danish, fresh fruit, cold cereals, toast, and juice.

Group Lunch Menu

L1 – Salad- Chef Salad with Turkey, Ham, Swiss, and American cheese

L2 – Salad- Beach Caesar with Grilled Chicken

L3 – Grilled Veggie Beach Wrap in Spinach Tortilla

L4 – Golden Fried or Grilled Grouper Sandwich, Kaiser roll or whole wheat bread

L5 – Dolphin Cheese Burger

L6 – Boca Veggie Burger

L7 – Char-broiled Chicken Sandwich

Group Dinner Menu

D1 – House Specialty Roast Prime Rib of Beef Au Jus with Baked Potato and Vegetable Medley

D2 – House Special BBQ Baby Back Ribs, & Cole Slaw, Corn on the Cob, and Hush Puppies

D3 – Chicken Marsala – Boneless chicken breast sautéed with Rice Pilaf, Vegetable Medley

D4 – Seafood Special – Fried Seafood Platter Deluxe with Florida Grouper, Shrimp, and Crab Cake. Fries & Slaw.

D5 – Vegetarian Pasta

Other Options (Not Part of Registration with W.A. World Service)

3-Resort Room Reservations—Make reservations directly with Dolphin Beach Resort.

- **Accommodations:** Many rooms are available for double or single occupancy. Early registration is recommended for those wishing to stay at Dolphin Beach Resort, and **room reservations are booked directly by participants with the Resort**. Linens, towels and washcloths are provided. A variety of rooms are available, single or double occupancy, some with views or poolside. Dolphin Beach Resort, 4900 Gulf Blvd., St. Pete Beach, Florida 33706. 1-800-237-8916, 727-360-7011, Fax 727-367-5909, www.dolphinbeach.com, E-mail dolphinbeach@worldnet.att.net. Special rates are available to conference participants “WAKS.” Book rooms early to ensure preference and space. Heated swimming pool, free parking on site.
- There are 173 rooms, many are being held for us until Oct. 1. After that our rooms will be open to the public. There are only 46 Gulf front rooms. A few king sized beds are available upon request. Checkout is at 11 am. *Please note: It's easy to extend your stay for vacationing. These great discount rates are good the week before and after.*
- **Nightly Resort Room Rates:** (all rooms have refrigerator/microwave/hair dryer/ iron/coffee maker)
 - \$ 89-standard room, 2 double beds
 - \$109-poolside room, 2 double beds
 - \$139-Gulf beach front, 2 queen beds, balcony
- **Reservations:** Please Tell Resort **“WA Keep It Simple ,WAKS”** when booking to access special rates.

4-Shuttle Service –Reservations made directly with Shuttle Service

- **Transportation:** The SuperShuttle services both local airports. From Tampa International (TIA), the cost is \$20 each way plus tip, available when planes are landing. From St. Petersburg/Clearwater Airport, Cost is \$51 each way and only by previous reservation. Reservations can be made online at www.supershuttle.com or phone (800) 282-6817 (travel time one hour, \$3 rate reduction for round trip). **Transportation shuttle arrangements are made directly with the shuttle service.**

5-Nearby Attractions to Extend the Fun

- **Nearby Attractions:** Access to sailing and boating, parasailing and water skiing, shopping village across the street, game room, and tours to major Florida attractions, Tiki thatched huts on the beach, check out their web site for pictures. Orlando 1:30 min, manatee swim 1 hr, plus Cape Canaveral, Florida Keys, Only US underwater dive park is in the Florida Keys, plus more.