

Living in Balance

February 2006

The International Newsletter of Workaholics Anonymous

The Joys of Service

Laura M., former WA Treasurer

It has been my honor to be a part of the World Service Board of Trustees since 2002. I will be stepping down at the end of my current term and I wanted to let you know how grateful I am to have been part of this period of growth and change in Workaholics Anonymous.

Being on the board has had its trying moments. I have been challenged to learn new skills, to admit when I didn't know how to do something, and to reach out for help. Serving on the Board has helped me break my workaholic pattern of isolation. I have had the privilege of getting to know better the wonderful WAs who have served on the board in the past few years. My fear that the demands of fellowship work would threaten my abstinence was not realized. Instead, my recovery has moved forward in leaps and bounds during my time on the Board.

One of my favorite things in the past three years has been attending the conferences and getting to meet some of you. Whether I got the chance to connect personally with you or just heard you share at a meeting, you have all enhanced my recovery and enriched my life.

It is time for me to make room for other service in my life. I look forward to the fresh new ideas that some of you will bring to the Board and to the whole of Workaholics Anonymous! I encourage you to consider joining World Service when the new trustee term begins July 1, 2006. I think you will find that service with sobriety and support is a joyful experience.

2006 World Conference

Florida, November 3-6, 2006

All those with a desire to stop working 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 outside of Tampa, Florida at the Dolphin Beach Resort. Partial scholarships are available for WA members, so don't let anything stop you. See all the registration, scholarship, schedule, and travel details starting on page 6 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. Consider if there is room in your abstinence plan to help make this the best WA conference ever. Email WA2006Donna@aol.com to find a service position that matches your available time.

Keep Those Book Orders Coming

A note from Sandi, who sends out the Books of Recovery

My name is Sandi S. and I have the most wonderful service position—I get to ship our Big Book. I live in Vancouver, WA (across the river from Portland, OR). I am pleased and surprised at the shipping destinations; our members are all over the US, and all over the world. Shipping the books reminds me of how we are all linked together by our common desire for recovery from compulsive working, compulsive doing, and compulsive worrying.

This program of learning how to truly love myself and others has made such a positive difference in my life. I am a grateful workaholic progressing in recovery. Reading your stories in our Big Book helps me identify more with a loving Higher Power who is there for me always. I thank WA for this service position. Keep the orders coming! Book order form on page 5.

In This Issue

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Q&A About Recovery

The San Francisco Group Shares These Answers from their "Ask-It Basket" Meetings

Q: *In working with others, how can I balance statements about working the steps with affirming the value of 'just being' without doing?*

Answers:

- We take the steps, the program works for us-we do not work the steps.
- No contest, meditation slows me down.
- I write everything down before going to bed.
- Don't have to work the program.
- Working the steps-set timer for 15 min and good model for work creates more time-not running around-easy to look back at the accomplishment.



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>

Do you have some experience to share?

A WA member, female, 45 years old, living in Europe, is looking for a female USA WA 12 step sponsor who would sponsor her by email and/or phone. My main bottom lines are: work/busy/adrenalin-oholic. Please contact wawso@yahoo.com if you are available.

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 and/or Email (optional): _____



Seventh Tradition Form

Please enclose your group's contribution and mail to: Treasurer, WA WSO, PO Box 289, Menlo Park, California, 94026-0289.

Group Name: _____

City, State: _____ Meeting Day and Time: _____

Please Contribute to the WA Newsletter

Any WA member is welcome to submit their writings about recovery from workaholism. Submissions become the property of WA and may be edited or published in any form. Email to newsletter@workaholics-anonymous.org.

Please Consider Nominating Yourself for a WA Service Position

Broaden your recovery and get to know WA members outside your group

The officers of WA-WSO are those trustees who are elected to perform the day to day functions of the organization. Each group should have received a mailing notifying you of the upcoming election and the positions available on the WA board. The WA Board is made up of recovering workaholics just like you, who have set aside some time in their abstinence plan for service. All board members are requested to attend quarterly board teleconferences. Some positions require weekly duties, such as telephone answerer or email responder, and some are more flexible, such as webmaster. Please email WSO at workaholics-anonymous.org if you have questions about the positions. Use the self-nomination form on page 4 to indicate your willingness to serve. Positions are:

- 1. Facilitator.** Designates dates for Board meetings. Coordinates and facilitates communication among members. Follows up on commitments and deadlines; provides support for other members in the completion of their duties. Facilitator's term is 2 years and 6 months, to help with a smooth transition for the new Board.
- 2. Telephone Answerer & Letter Responder.** Responds to all inquiries, mails out starter kits and requested supplies, helps bring individuals together to start new recovery meetings.
- 3. Treasurer.** Receives, deposits, and disburses all WSO funds, maintains full and accurate accounts of properties and business transactions, pay annual fees to state and files tax returns.
- 4. Registrar.** Maintains an updated master list of all W.A. member groups registered with WSO, including times and locations of meetings and telephone numbers and addresses of World Service Representatives; provides mailing labels for all mailings to the membership.
- 5. Newsletter Editor.** Compiles, edits, formats and sends out quarterly newsletters.
- 6. Outreach Coordinator.** Provides outreach services to the media, the professional community and workaholics who still suffer.
- 7. Recording Secretary.** Takes minutes at Board meetings and disseminates them to Board members. Maintains records and archives of the fellowship.
- 8. Webmaster/Web Designer.** Maintains and updates the W.A. website, including keeping meeting information current and posting newsletters.
- 9. Email Answerer.** Responds to email inquiries from members and prospective members. Coordinates with Telephone Answerer/Letter Responder in filling requests for information. Shares information with Registrar and Webmaster to keep meeting information up to date.
- 10. Literature Coordinator.** Coordinates writing and editing of literature. Works with a Literature Committee to move writing projects forward. Oversees literature projects through approval and publication.
- 11. Undesignated trustees.** One undesignated positions are available. Undesignated trustees assist other Board members as needed and fill Board positions on a temporary basis if a designated member is away or leaves before the end of the term.

More Q&A About Recovery

The San Francisco Group Shares These Answers from their "Ask-It Basket" Meetings

Q: How do you interrupt a bout of obsessive thinking/worrying?

Do Something! • Tell someone, get help; make program call • Worry is no confidence in God • Balance every negative thought with a positive one • Make action plan to address worry • Start & end day with prayers

Q: How do you keep sponsor step assignment from being 'work' and 'pressuring'?

Make it part of daily routine • Treat it as work: change deadline or workload • Talk to sponsor • Pray

Q: What can I do when I feel boxed into more commitments than I can handle? How can I empower myself to change?

Pray & meditate & see where you get with your higher power • Reduce hours at work • Ask for help • Ask someone pick up groceries & for help with cleaning • Rest more when tired • Practice saying no • Have more time to do it • Say yes to things you want to do • Basics: eat & sleep • Prioritize

Wso BOARD OF TRUSTEES BIENNIAL ELECTION 2006
OFFICIAL NOMINATION FORM

NAME: _____

PHONE: _____

EMAIL: _____

ADDRESS: _____

I hereby nominate myself for the following Board of Trustees position:

- Facilitator
- Telephone Answerer/Letter Responder
- Treasurer
- Newsletter Editor
- Registrar
- Outreach Coordinator
- Recording Secretary
- Email Answerer
- Webmaster/Web Designer
- Literature Services Coordinator
- Undesignated Trustee

Please provide some information that supports why you should be chosen to fill this Board position:

Please tell us how WA is working in your life:

Attach additional pages if needed.

Thank you for your willingness to serve. This nomination must be received by March 23, 2006 at:

WA-WSO
PO Box 289
Menlo Park, CA 94026-0289
email: wso@workaholics-anonymous.org
www.workaholics-anonymous.org

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 _____

www.workaholics-anonymous.org

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

Number of Books _____ Times Cost of Books @ \$15 each (for 1-9 books)—10-19 books cost \$12.50 each. Ordering 20-99, cost is \$10 each.	\$
Shipping and Handling (See chart below)	\$
Total Enclosed	\$

US SHIPPING	US Postal Service Priority Mail
1-2 Books	\$4.25 total
3-10 Books	\$8.25 total
CANADA AND MEXICO	US Postal Service Global Priority
1-4 Books	\$7.50 total
INTERNATIONAL	US Postal Service Global Priority
1-4 Books	\$9.50 total

Mail this order form with your check or money order in \$US made out to Workaholics Anonymous the following (please send book orders only to this address): W.A., PO BOX 56416, PORTLAND, OI 97238. Attn: BOOK OF RECOVERY. Allow up to 4 weeks for delivery. Int'l orders: OK to write \$US on your check. Paypal available. **Thank you!** *BOROF2.4cweblat-04.06*

<i>FOR INTERNAL USE ONLY</i>					
<i>Date Received</i>	<i>Check No.</i>	<i>Payment Amt.</i>	<i>Date Sent</i>	<i>Scan & Send</i>	<i>InventoryID</i>

Workaholics Anonymous World Conference 2006

A Three Day Conference –WA Comes to the Serene Silver Sand Beaches of Florida

Theme: “Keep It Simple” • November 3-5, 2006

Fellowship Website: www.workaholics-anonymous.org • Fellowship Phone: (510) 273-9253



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, Email 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

Saturday, November 4, 2006

8:00am Breakfast
9am-12pm Meetings
12:00 pm Lunch
1pm-6pm Meetings
6:00pm Dinner Banquet
7:30pm Meeting

Sunday, November 5, 2006

8:00am Breakfast
9am-12pm Meeting & Closing
12:00 pm Lunch

Conference Registration and Fee Structure:

- See the reverse side 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.

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

Workaholics Anonymous World Conference 2006

A Three Day Conference –WA Comes to the Serene Silver Sand Beaches of Florida

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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 purposes*

Address

City, State, Zip Code, Country

Cell phone or contact number

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 \$_____

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 \$_____

3-Rooms-Book directly with Resort, Discounted Rates

4-Airport Shuttle

Contact SuperShuttle.com

Total Enclosed \$_____

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 \$ _____.

Please bring your creative silent auction items, musical instruments, swim suits, & fun selves to enjoy the gathering!

Service: Please note that there is a weekly Conference Call to help organize the “Keep it Simple” WA conference in Florida, Saturdays at noon Eastern Standard Time, call long distance to an Iowa number 1-712-580-7700, access code “20062006”.

Your creative ideas and inspiration are welcome!

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2 – Complete Conference Meal Options – 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, Email 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 (TPA), 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.

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