

# Living in Balance

January 2008

*The International Newsletter of Workaholics Anonymous*

## WA ENTERS 21<sup>ST</sup> CENTURY...

OK, SO IT'S A FEW YEARS PAST 2000 BUT IT'S ALL GOOD.

### Big Changes in WA Website & Newsletter & information tools for the Board are “a comin’ down the pike.”

Now if you don't know what a pike is that's ok. (Actually it means many things like the tip of a spear or a certain kind of fish etc..)The definition we care about is “to come into prominence.” By big changes I mean that WA will be upgrading and expanding its website *and* in addition to the regular newsletter there will also be an “e-newsletter” that we will make available to people by e-mail of course but also off of the website. WA is adopting a new unified system of information recording by way of a database system (*cost of software & support is free to nonprofits who qualify and we qualify—located, researched, and installed courtesy of our Treasurer Andy. Thank you Andy!*) upon which all group info, newsletter recipients, and sales/financial information, as well as fellowship-wide contact info to name just a few categories, will be entered. This database will support the board members in their work, as well as to accurately and in a timely fashion, back up what information goes on the website to help individuals connect to the fellowship and to their healing process as much as possible. This database is already up and running helping board members and as far as the website and e-newsletter projects...they are headed our way- down the pike of course....so Look Out! Ok, so I'm a little excited...I mean- I guess you can relax and allow these changes into your life slowly, yeah that's what I mean. Anyway more about some of these changes is listed below in a report outlining the goings on at our recent face to face WA Board Meeting BUT FIRST...*SPECIAL NOTICE FROM THE BOARD...*, *Aside from the much needed changes described above, the all too overlooked service opportunity in WA of Annual Convention Host City/Group is still open for this year, 2008! Please see more about this on the Service page (5).*

**Board Meeting Notes** The Workaholics Anonymous Board met the first weekend of 2008 in Burlingame California, a little town near Oakland and San Francisco in the Mercy Center(where we had our Annual Convention back in August of 2004), for the between convention face to face board meeting. I attended and can attest to the fact that a good time was had by all. Now, our purpose was not only to have a good time but to meet and discuss whatever issues are on the table for WA as a whole and there were/are a number of important happenings at this time. Highlights of that meeting are on Page 8. Plus there are a number of important announcements including upcoming Board Election data on Page 6, Service & Announcements Page, pg 5. And a nice graphic (pg 6) of how the election process actually works by M of Oregon, Thank you M! *Grateful for the chance to serve- Editor Walt*

*Please distribute this issue to your groups and newcomers alike and don't be shy about writing in about your own recovery experiences. (See pg 5 for that and other service openings)*

#### **-IN THIS ISSUE-**

Portable Program Phrases · 5th Step Focus · W.A. Book of Recovery Order Form  
Xtra Announcement/Service Pages Including Election Info · Host City Slot for Annual Conference Still Open!

**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 W.A. membership; we are self-supporting through our own contributions. W.A. 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**  
P.O. Box 289, Menlo Park, California 94026-0289  
510-273-9253, WSO@workaholics-anonymous.org  
<http://www.workaholics-anonymous.org>

**PORTABLE PROGRAM**

*(Take them with you to work... or wherever you go.)*

"I refuse to rush; There will be enough time."

"Take an emergency leisurely."

"The means determine the end."

"Simplicity means small and frequent pleasures."

"First things First."

"Walking the Steps"

*Excerpted from "Affirmations For Workaholics" & "Our Favorite Slogans" & "Helpful Reminders" with permission of the W.S.O. board of W.A., Workaholics Anonymous Book of Recovery (Pages. 180-183) See order form page 4.*



**Newsletter Subscription Form**

Please enclose (sliding scale) \$8 to \$20 payable to W.A. World Service Organization and mail to:

Treasurer, W.A. W.S.O., P.O. Box 289, Menlo Park, California, 94026-0289.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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



## **Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

For many of us in Workaholics Anonymous, this Step can be a big stumbling block. Being perfectionists, we procrastinate. Many of us suffer from big egos. We use work as a way to distract ourselves from facing the reality of who we are and the pain of our past. To admit "to God, to ourselves, and to another human being the exact nature of our wrongs" can seem impossible. But if we have completed our Fourth Step inventory and have begun to apply the first three Steps to our lives, this Step will bring a sense of inner peace and self-acceptance never known before. We begin to feel truly connected to God and our fellow human beings. We feel forgiven and experience a healing humility. We become more honest and realistic about ourselves.

Some of us have done our Fourth and Fifth Step as part of a Workaholics Anonymous Step group. Others picked a sponsor from another program to give our Fourth Step to. Some of us have co-sponsored each other. Some have chosen to give away our Fourth Step to a counselor or religious leader. Some of us have worked this Step in other Twelve Step programs but have yet to do a Fourth and Fifth Step in Workaholics Anonymous. We put it off without realizing we are delaying receiving the benefits that this Step can provide.

For many of us, the relief from this process is immediate and lasting. We find our relationships at work and outside of work improving as well as our relationship to ourselves. The negative thinking that drives so many of our relentless work and planning decisions is greatly healed by doing this Step.

*The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of a great moment is apt to occur...even those who had faith already often become conscious of God as they never were before.\**

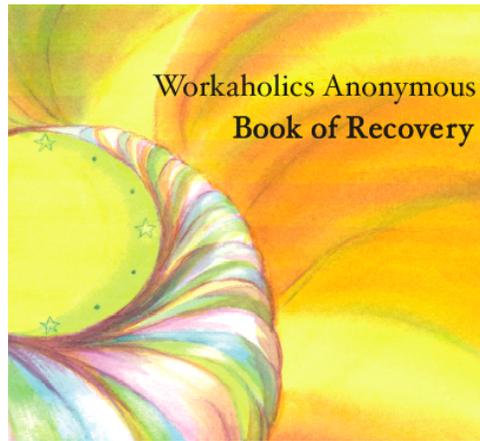
*\*Italicized text from (Alcoholics Anonymous) Twelve Steps and Twelve Traditions, page 62*

### **STEP 5 QUESTIONS**

1. With whom should I share my Step Five? My sponsor? Another trusted friend?
2. In what way can I admit my character defects to my Higher Power?
3. Recognizing that taking Step Five is an important moment in my life, how can I create space around this time in order to reflect, recover, and nurture myself? Do I want to do Step Five in one day or spread out over many small meetings with a trusted advisor?
4. After confiding my Step Four writing, what have I learned about the experience and myself?

*This page of W.A. Fifth Step text/questions is an excerpt from the W.A. Book of Recovery Pages 130-131 and is reprinted with permission of the W.A. World Service Board. See order form on next page, page 4.*

*Fifth Step Focus continued on Page 7*



## 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:**

<p><b>Number</b> of Books _____</p> <p>Times the Cost of Books @ <b>\$15</b> each (for 1-9 books) =                  10-19 books, the cost is <b>\$12.50</b> each =                  20-99 books, the cost is <b>\$10.00</b> each =</p>	\$
<p><b>+ Shipping and Handling</b>..... (See chart below right)</p>	\$
<p>= Total Enclosed .....</p> <p>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.)</p>	\$

**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**

<b>United States</b>	<b>US Postal Service Priority Mail</b>
1 -2 Books	\$4.25 total
3-10 Books	\$8.25 total
<b>Canada &amp; Mexico</b>	<b>US Postal Service Global Priority Mail</b>
1-4 Books	\$7.50 total
<b>International</b>	<b>US Postal Service Global Priority Mail</b>
1-4 Books	\$9.50 total

<b>FOR INTERNAL USE ONLY</b>					
Date Received	CheckNo.	Pymt Amnt.	Date Sent	Scan & Send	InventoryID

## **ANNOUNCEMENTS & SERVICE OPPORTUNITIES IN W.A.**

*These service positions are listed so that all W.A. members, not already serving others in W.A. as board or committee members, consider adding this dimension of commitment to their/our program. Early on, many of us are so unclear about work and how much we are able to do that it becomes easy either to fear, and hence disregard entirely, service work - or jump in before first consulting with our W.A. friends. We recommend neither extreme! We have found that, ironically, the work of service in W.A. does, with time, (and Stepwork as well) helps to heal and restore balance as to how we experience any and all work in our lives. We ask you to consider serving but we want members to accept on a gentle basis and know that we are all imperfect as we take on these tasks. A good way to "try on for size" is to volunteer for committees where your contribution or any "deadlines" are generally very flexible and rescheduling or reprioritizing your efforts is par for the course. Gentle service work is actually fun (believe it or not!) and very healing and leads to new experiences in our spiritual awakening. At a very minimum you can make great friends working alongside those who know your work troubles best, other W.A.'s. That being said, here are the latest opportunities:*

### **Conference Coordinator/Host City!**

Folks it's getting to be that time of year when we really need to be planning the next annual convention or at least have a confirmation as to where we can hold it! The board just discussed this & there had been a rumor/suggestion earlier that people and/or groups in New York might come forward but we have not heard anything from the NY area. Also Philadelphia Area WA could still be a candidate. How about up in Mass or in NC! And there is always the Midwest like Colorado or Texas.....We know this is easy to shy away from and we on the Board want to say that we are here to help anyone who steps up to the job. In this case the goal is only the excuse for the fun of connecting face to face!

We have many resources we can make available to any group or groups that are concerned they don't have enough available members to host. Much of what needs to be done in advance can be done over the phone or internet and what remains can be agreed upon in advance so that out-of-towner service helpers can arrive ready to help the host crew however much must be done by others. The West Coast has hosted so many that we would love to see someone on the East Coast take hold of the torch and we will follow! Such service can bring a great boost to an area with inflow of new energy and great WA people all coming right to your area to share and to bring fellowship and healing with them! Please we don't want to pressure but we do want to strongly encourage anyone who has fears to put them into your HP's hands and give us a call or email. WSO@workaholics-anonymous.org. Thanks.

### **Service in WA.....CONTRIBUTING LITERATURE TO THIS NEWSLETTER**

Living in Balance invites all W.A. 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](mailto: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.

SEE SCHEDULE BELOW FOR IDEAS AND DEADLINES.

<b>Newsletter Issue</b>	<b>Step</b>	<b>Possible Topics/Theme</b>	<b>Tool or Principle</b>	<b>Submission Date</b>	<b>Publication Date</b>
SPRING 2008	Step 6	Patience/God's Timing/Defining Defects	Pacing/Meditation	March 20th, 2008	April 2008

**ELECTION PROCESS SUMMARY:**

WA Board members serve a 2 year term therefore elections to vote in current or new members occur every other year in June/July time frame traditionally. The positions being voted on are as follows: Treasurer; Facilitator; Secretary; Telephone & Answerer & Letter Responder (TALR); Newsletter Editor; Outreach Coordinator; Literature Coordinator; Webmaster; Registrar; & Email Answerer.

The Nomination Period kicks off the itinerary of the Board Member Election Process in WA. There are 75 days for individuals to self nominate and return the form to World Service.

The Nomination Period is followed by the Ballot Prep Period where WSO Develops a ballot based on the nominations and then sends the ballots out to *All Meetings via each group's WSR's*.

Next in the Voting Period the Groups/Individual WA members must act again to vote using the ballots and the ballots must then be returned to World Service.

Finally the results of the voting are either mailed out to meetings or simply presented to all WSR's and other members who attend the Annual Convention that is, if possible, ideally timed to begin at the end of the Voting Period. This is the New Board Ratification and it completes the WA Board Election Process.

We want to begin the process this Spring hopefully culminating in an Annual Convention in the Summer of 2008, perhaps in July or August. Please let us know if your city can host the Convention. It is unclaimed as of this publishing date.

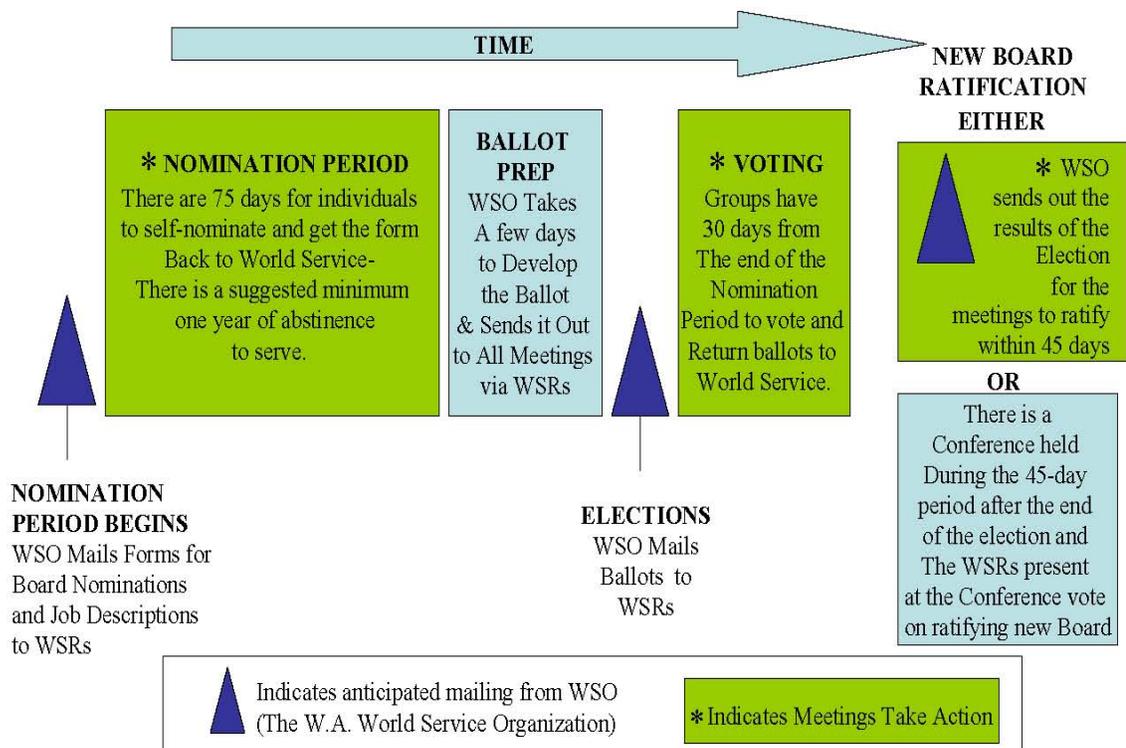
*Editor*

**Workaholics Anonymous Board Elections Process**

*WSR - World Service Representative (designated representative for each meeting)*

*WSO - W.A. World Service Organization - The WA Board*

*Elections happen every two years.*



Continued from Page 3

### Step Five Story: Reaching Out for Help

When I first joined W.A., no one at my meeting was available to take me through the Steps. So I asked a friend to help me. This woman had been in another Twelve Step program for many years, and had helped others with the Steps. We had known each other about four years at that time.

When I finished my Fourth Step, I called to ask her if she could hear my Fifth Step. When I asked her, she took a deep breath. She admitted to me that she had overcommitted herself. She was going through a lot right then, and didn't feel as if she had the time any longer to help me with the rest of the Steps. She couldn't hear my Fifth Step. I wasn't actually all that surprised. As I had started to recover in W.A., I had started to see this problem in her life. In the few months I had been in W.A. up until that point, I had told a lot of people that I had to back out of a commitment I had made. Instead of being angry, I understood, and I told her that. I thanked her for her help and told her I was glad she was taking care of herself.

She was surprised. At other times that she had let me down, I had responded with anger. She and I could both see my recovery. I was grateful.

As soon as I hung up the phone, I got down on my knees, which I don't do very often, and prayed. I asked my Higher Power to guide me to the right person to hear my Fifth Step and to help me continue my Step work—if that was my Higher Power's will. Oddly, I seemed to be very confident that I would find the right person.

That night, I ran into someone whom I knew casually. I knew she was active in another Twelve Step program and had helped people through the Steps. I felt she could keep a confidence, and she seemed very non-judgmental. All these things helped me feel she might be the right person. I explained my situation to her—that I was in W.A., that no one at my W.A. meeting was available to help me, and that the person who had helped me up to the point of my Fourth Step was not available to continue. I asked if she had the time to help me. This woman said she was honored, and graciously agreed to hear my Fifth Step. We scheduled a time when we could get together.

Before that date, I sat down with my written Fourth Step. I needed to admit these things to myself and to my Higher Power. I prayed, asking my Higher Power to help me accept these things I had written down, and asking for help to believe that my Higher Power also accepts these things about me. I looked at the first item, and just sat still. I said to myself, "Yes, I have that resentment. Yes, my Higher Power knows I have this resentment. Yes, this person hurt me. Yes, I reacted selfishly." I did this sort of thing with each item in my Fourth Step. At each resentment, I prayed for that person, using the prayer out of Step Four in the Big Book of *Alcoholics Anonymous*, page 67: "This is a sick person. Show me how I can be useful to them. Save me from being angry. Your will, not mine, be done."

This was painful. I had to go back to Step Two many times, to remember how I came to believe that there was a power greater than myself that loves me no matter what I have done. After sitting with each item on my Fourth Step, I felt more at peace than I had in a long time. I started to feel like my Higher Power WANTED me to abstain from compulsive working every day, no matter what. I started to feel like I had the help to do that. I started feeling more secure in my recovery.

When I got together with the woman I had asked to hear my Fifth Step, I was nervous. I didn't know her that well, and so I worried that some of the things I had to say would upset her, or that she would judge me. I decided I would just start, and if there were anything I wanted to skip over, I would do that. I could find someone else I trusted more for those things, if I had to.

We prayed together, asking our Higher Powers to help us. As I told her about the things on my inventory, she asked a few questions for clarity. In some cases I had not been able to see my part in something, and she helped me with that. She didn't say much, but she did not judge me. After going through everything, she said she felt I had been very thorough, and we discussed some themes that seemed to run through many incidents in my life. We discussed how we would proceed with Steps Six and Seven.

### **Brief Notes on Board Meeting Topics/Issues Discussed**

Many topics and notes on those topics were discussed over the Board meeting held on the first weekend of this year. Here are a few highlights Full record of notes are available upon request.

- Agreement to proceed with xferring WA records/contacts/newsletter addresses etc for a trial effort with a using a single comprehensive new database system introduced by our Treasurer Andy. Thanks Andy & Rebecca for your work integrating this new much needed system. Even better it will also serve the info accessed on our Website.
- Sandi S. was offered, accepted and voted into the Board position of Outreach Coordinator..Thank You Sandi!
- It was agreed that WA would introduce an e-Newsletter available to people by email & on the WA website of course. For now, the paper version of the newsletter will continue.
- The Board discussed the voting process and how to coordinate that with the still unknown date and place for the next WA World Convention.
- A facelift and revamp of the WA website was proposed and modeled. All agreed the new functionality and look of the changes would be welcome. Coming Soon.....Thank you M!

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### ***(Continued from page 7-- Step 5 Story)***

That evening, I took some time to just sit with myself. I asked myself if I had been thorough and honest. I felt I had been. I thanked my Higher Power for the gift of this woman in my life, and for helping me through this. I looked at the first five Steps and asked myself if I had taken them to the best of my ability. Did I truly believe I was powerless? Yes, otherwise I never would have done this Fifth Step. Did I believe there was a power greater than myself that was restoring me to sanity? Comparing my life before and after I came to W.A., it was clear that SOME power was restoring me to more sanity, serenity, and hope. Had I made a decision to turn my will and life over to this power? Yes. That is why I went ahead with Steps Four and Five. That is why I was taking suggestions. Had I made a searching and fearless moral inventory? Yes. And I had also admitted to a power greater than myself, to myself, and to another human being the exact nature of my wrongs. I felt relieved. I felt grateful. I felt hopeful. This marked the beginning of starting to share my daily struggles with others every day, instead of letting things build up. I could see the benefit of reducing my isolation. I asked my Higher Power for help to continue.

*This story of the W.A.Fifth Step is an excerpt from the W.A. Book of Recovery Pages 131-133 and is reprinted with permission of the W.A. World Service Board. This book may be ordered online or with form on page 4.*

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*Contributed by a WA member 'out West'*

An extra dimension:

In our literature we talk about the importance of meetings in our recovery, how our sharing gives us perspective on our own lives and helps us feel the support of others. There is another aspect to our participation: that each person who is there on a regular basis adds energy and vitality, to reach what could be compared to "critical mass", where a meeting takes off. Many meetings fade away when this critical mass is not reached or is lost. Our being there in itself is an incalculable but real contribution to the good of the whole.

Another aspect of our meetings that is not mentioned enough is humor. Humor is a uniquely human ability that allows us to get out of ourselves and gain perspective. We owe it to ourselves and to our fellows to bring this lightness to our meetings and our lives.

*Amen to adding Humor & Lightness! .....That wraps it up for this newsletter. See you next time. Walt*