

Living in Balance

January 2009 Web Edition

The International Newsletter of Workaholics

Workaholics Anonymous wishes you a Happy 2009!

We hope everyone had some fun & relaxation during their holidays.

W.A. 2008 conference at the Albatross Hotel in Ocean Grove, New Jersey September 2008

What a fantastic experience the 2008 conference was for all who attended! It was my first W.A. conference it was an incredible experience to see so many recovering Workaholics in one room – a new and wonderful experience for me. ☺ I cannot wait to attend the next one in North Carolina this October...see page 6 & 7.

Attending my W.A. meetings are imperative to my recovery program, nothing can replace that, but going to a world conference gave me extra time for more fellowship and fun! Seeing “the bigger picture” was a great feeling and I made some excellent connections, new friends and even got a sponsor. I was also privileged to be voted onto the W.A. Board as the newsletter person. I know Walt is a tough act to follow but I'll do my best. We had workshops, meetings and played a hysterical game of “What's My Line” – lots of laughs. We hung out at the beach (the Jersey Shore was so beautiful) and dove into the ocean. I REALLY encourage you to go the upcoming conference (page 6 & 7), it is not something to miss!! It something special to spend that time with a group of people that you can really relate to when we live in this crazy work addicted culture. ☺

A main topic of discussion at the conference was Outreach. A lot of great ideas were discussed about how we can inform others that we are out here and attract more individuals that need the help to our program and fellowship. Since we spend a good deal of time discussing it at the conference, I decided to have that as part of this newsletter's theme; see page 5 for more.

You'll see in this and future newsletters more submissions from members. We want to hear from you and so do the other members. **Next issue will cover Step 9 and the positive changes you are making to boost your spiritual program and have a happy balanced life. Deadline for submittals – March 14, 2009.** What is working for you? This is an excellent way to do 12 Step work, improving the quality of your program by helping others. Please send your submittals in! See more on page 5. Thanks for the opportunity to be of service to you! **Michele**

BIG NEWS! W.A. Book Of Recovery is now available to sale on www.amazon.com as well as our own website!

IN THIS ISSUE:

8th Step Insights – Outreach Focus –Book of Recovery Order Form – W.A. 2009 World Conference

Please distribute this issue to your groups and newcomers alike.

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>

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: _____

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

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

After we have humbly asked God, as we are coming to know God as our Higher Power, to remove our shortcomings in Step Seven, we turn our attention to our relationships. In our past times of long hours, frantic deadlines, stress depletion, and burnout, we had little time to nurture healthy relationships with other people. Even as we begin to work and schedule more realistically, many of us discover we cannot deal with the pressures of life or the pain of our past. If we are to stay in a healthy relationship to work, activity and other people, we need to take an action on those patterns that bring harm to others and ourselves.

In this Step, we begin by making a list of all persons we had harmed, including ourselves, with our addictions and/or character defects. Most of us go back over our Fourth Step and list names we had listed there, including our own. The next action of this Step is to become willing to make amends to all the people on our list. It means being willing to see our part in the problem. It means to have compassion for the other, to forgive them and ourselves. We begin to admit that we are human with character defects and that we make mistakes. We begin to experience the inner calm that comes with forgiveness. The Step calls us to become willing to make amends to "all" the people on the list. Most of us have found that real serenity comes when we can finally truly and completely forgive everyone and when we are not yet ready, we pray for the willingness.

This is a two-part Step, first the list, then the willingness to make amends. Amends can mean we are truly sorry. As we progress through the Steps, we admit our character defects with the help of our relationship with our Higher Power. Most of us define amends to mean a change in our thoughts and behaviors—a change in the way we live that will not harm us or harm others. Although it is very meaningful for others to hear us say we are sorry, a greater impact comes from them seeing the changes we make in life as the character defects and addictions are removed. Step Eight is not about deciding exactly what the amends will be, whether direct, indirect, or living. That is the activity of Step Nine. Step Eight focuses us on our spiritual condition, our willingness to do our part in healing from this fatal affliction.

This page of W.A. Eighth Step text is an excerpt from the W.A. Book of Recovery Pages 140-141 and is reprinted with permission of the W.A. World Service Board. See order form for book on page 4.

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

As we move into Step Eight, our workaholic minds can race ahead. We have to “make a list.” We are good at that. When it comes to the content and character of the list, things become more complicated and strange twists and turns begin to take over in our analytic minds. How could finishing a project for someone who is lagging behind be harmful? How could good intentions, hard work, dedication to my workplace harm others? This just does not make sense – at least at the start. I had to dig deeper to understand this twist in my Step Eight work.

So often in the depths of workaholism, I have been rewarded for “saving the day” by finishing the project someone else has forgotten, neglected, or simply not prioritized. I forget that in doing so I may have harmed my co-workers by denying them the opportunity to face the consequences of their actions or inactions. I may have stepped on the toes of their higher power by taking on the role of the overly responsible person who will not let the project fail. A high probability exists that many of us have harmed ourselves, allowing tiredness, exhaustion, and neglect of our own health enter into this picture. It most certainly has a place in my Step Eight.

If we allow our memory to resituate us into just one of those circumstances where we “stepped up to the plate,” we can begin to tease apart our actions and think about how our actions caused harm. Although end result may have been a reward for us and our organization or team, from the moment we decided we would not let the project fail to that glorious end, we generated a long list of people we have harmed.

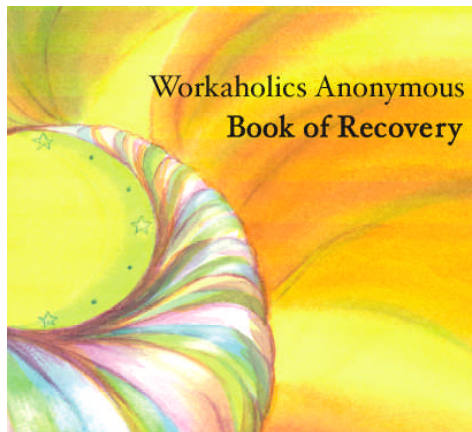
At the time I did this, my actions seemed so right. They helped others. I completed a great project. I was rewarded by my workplace for “saving the day” and “pulling off the impossible.” I’m moving on, I’m growing, I’m beginning to see how my good intentions went so wrong for me and others. I’m beginning to see the harm I have caused. I need to make amends, but am I willing to do that? Step Eight is about willingness and there is some essence of a loop-hole in willingness. I don’t actually have to do it, do I? I just need to step out far enough to become willing. Willing to forgive myself and apologize to myself for harming my own body is a good place to start with the amends. **Sue**

My WA group (Monday Night Portland) is a Step writing meeting. We have silent meditation time, WA readings, and then Step writing time. We then share our journaling. We use the draft version of *Living The Steps*, the WA Step Study workbook. What a great way to work the Steps on a weekly basis. There is power in transferring what is in the brain and heart to paper and then sharing it with supportive fellow Workaholics.

Living The Steps states that Step 8 is the beginning of the end of isolation from our fellows and from God (Higher Power). The question I addressed is, “What are my patterns of doing harm to others?”

CONTROL – I constantly offered suggestions to others, unasked. If a love one stated something they planned to do, I always had a “better” idea, a “suggestion of how they could improve or be more effective, or whatever”. I just couldn’t accept what they were telling me without attempting to have the last word, the upper hand, thinking that my “helping” would elicit approval and appreciation. I was so desperate and emotionally needy because I didn’t have a Loving Higher Power to turn to. “Others” were my Higher Power and I would do anything for their approval, including stick my nose into others’ business on a regular basis. **MANIPULATION** - I used the FOG method-Fear, Obligation, Guilt. I was mortally fearful of what others thought about me and my family. I tried to pass this on to my children so they would buy into people pleasing behavior. I desperately wanted to be accepted and to feel “a part of” instead of “apart from” and was convinced that my family also felt this way! **NEGLECT**- If the person, place, thing was not in the crosshairs of my extreme attention, then it was dropped into the DO NOT OPEN box in my mind. Like all addicts I lived in the extremes. I didn’t know how to live in the middle, in the part where “normal” people lived. I looked at their outsides and was envious of their seeming consistency of life, without the extreme peaks and valleys of the road I traveled.

My above patterns were acted out in every area of my life, including my work life. Funny thing about character defects and assets-they are a very part of my Being, not just my Doing. While I might be able to stop “doing” something, the “being” of me is where my Higher Power needs to be in charge. If I am right-sized in my BEING, then my DOING will follow. I am so grateful for the Spiritual Tools Laid At My Feet (AA Big Book pg. 25) **Sandi S.**



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.)	\$

United States	US Postal Service Priority Mail
<i>1 -4 Books</i>	<i>\$4.95 total</i>
<i>5-10 Books</i>	<i>\$10.95 total</i>
Canada & Mexico	US Postal Service Priority Mail Intl.
<i>1-4 Books</i>	<i>\$10.95 total</i>
International	US Postal Service Priority Mail Intl.
<i>1-4 Books</i>	<i>\$12.95 total</i>

Additional info for shipping greater quantities at www.workaholics-anonymous.org/BookShipping.html

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

OUTREACH

Greetings from the OUTREACH Committee! Did you know that we ALL are agents of outreach for our Fellowship? And that your own meeting is the nucleus of spreading the healing from workaholism and work aversion? Here are some actions that ALL members take:

- If your meeting place includes other Twelve Step Fellowships, place a flyer on the bulletin board or other common area. Email flyers to other recovering people so they can take flyers to their meeting place as well to spread the word.
- Distribute pamphlets to other Twelve Step Fellowships – many don't know we even exist!
- If you meet at a house of worship contact the administrator and ask if your meeting time can be included in their weekly bulletins and/or newsletters.
- Inform pastors in local churches and therapists in the nearby area of our fellowship and your meetings.
- Try to get the W.A Book of Recovery into the libraries in your area.
- Contact your local newspaper and let them know about your meeting. Ask them to put it in the announcement section by the classifieds, (this is FREE). Usually they will ask for submission @48 hours in advance via email.
- Send an email to fulfillment@workaholics-anonymous.org and request the Outreach tool of PDF flyers for meeting information.

The gifts of serenity and a more balanced and fulfilling life are ours as we work the Steps and allow the Steps to work us. Let's pass the good news that there is a Fellowship and meetings for the still suffering workaholic!

Sandi S.

When we read our Preamble, it is clearly stated that our fellowship has the purpose to share our experience, strength and hope to solve our common problems and to help others recover from workaholism. From the beginning, there are dual goals: to help each other and to reach out to help others. Finally we get to the 12th Step where we seek to carry what we have gained from the Steps to others and to live our lives in accordance with the principles spelled out. So, from the first to the last, we are focused outward. As we get our own house in order, we immediately turn to reaching outward with our gained honesty, generosity and compassion to those who still suffer. Outreach is the core of our program and message.

The first eleven steps are preparing us so that we can cleanly and humbly offer ourselves in service. In doing this we are finally able to give back some of what we have received and to experience honest relationships with our fellows through sponsorship and other forms of service. In this way, outreach is the ultimate core of our fellowship. Without reaching out, our program is self-directed and lacks the connectedness to others that we seek. Through these relationships, we are less lonely and can find the serenity of a larger meaning for our lives.

But connecting in this way is a skill that many of have not learned, and the value of our reaching must be earned. If we are only waiting for others to stumble in front of us so that we can help them up, many connections will be missed. We need to find ways that are consonant with our principles and traditions that allow us to make our program known. I believe we have a treasure to share and we have only to let people know about us. **Harry W.**

CONTRIBUTING LITERATURE TO THE W. A. NEWSLETTER

Living in Balance invites all W.A. members to submit writings to share their experience, strength, and hope with other W.A. members around the world. 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. **Next issue will cover Step 9 and positive changes you are making to boost your spiritual program and have a happy balanced life. What is working for you? This is a great way to do 12 Step work and to improve your program by helping others. Deadline for submittals – March 14, 2009.**

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.

Workaholics Anonymous World Service Conference 2009
A Three Day Conference with a Theme of
The Tools of Recovery
 October 16-18, 2009



Come Play and Recover with us amidst the beautiful fall colors of North Carolina. Relax and share experience,, strength and hope with fellow W.A. members in a setting conducive to growth at the Avila Retreat Center, located in Durham, NC. Creative activities planned! The only requirement for membership is the desire to stop working compulsively.

Conference Details:

- *Location:* Avila Retreat Center is in Durham, NC. Avila retreat center, nestled among 51 acres of rolling countryside, offers a meditation trails and a labyrinth. See www.dioceseofraleigh.org/where/centers/avila/ for a map or more information or call 919/477-1285.
- *Meals:* Avila Center offers a variety of dishes. They are willing (within reason) to accommodate special dietary needs with advance notice.
- *Accommodations:* 20 rooms are available for double occupancy, 11 for single. Early registration is recommended for those wishing to stay at the retreat center. Linens, towels and washcloths are provided. Double rooms have two twin beds.
- *Transportation:* The nearest airport is Raleigh/Durham International Airport (RDU). Several companies offer shuttle service from the airport. Costs will certainly change over the next year, but at present they charge about \$40 each way. At least one company offers a substantial discount for groups: \$40 for the first passenger and \$5 for each additional passenger. The conference organizers suggest a Friday airport pickup about 3:30 pm and a Sunday departure about 1:30 pm for people who wish to get the group discount. Additional times are available, if there is enough interest. Indicate on the registration form if you would like to try to coordinate transportation with others. Car rentals are also available at the Airport.

Conference Schedule Outline:

Thursday, October 15:
Pre-Conference

1:00 pm Registration
 2-5 pm Meetings and activities
 5 pm Dinner

Friday, October 16

8:00 Breakfast
 (Pre Conference)
 12 Noon – Lunch
 (Pre Conference)
 3-5 pm Registration &
 Early Bird Meeting
 5:00 pm Dinner
 7:30 pm Meeting

Saturday, October
17, 2008

8:00am Breakfast
 9am-12pm Meetings
 12:00 pm Lunch
 1pm-5pm Meetings
 5:00pm Dinner
 7:30pm Meeting

Sunday, October 18,
2008

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

Conference Package Options (fees listed are per person):

A limited number of *Partial Scholarships* are available for WA members.

Please email your request to scholarships@workaholics-anonymous.org. Requests must be received by June 1, 2009. Early registration forms must be received by July 15, 2009 to receive discount.

<u>Occupancy</u>	<u>Main Conference Fee</u>	<u>Pre-Conference Fee</u>	<u>Main and Pre-Conference Fee</u>
Single	<u>\$300 (\$250 before July 15, 2009)</u> Includes registration, room, and six meals	<u>\$100</u> Includes room and three meals	<u>\$400 (\$350 before July 15, 2009)</u>
Double	<u>\$270 (\$220 before July 15, 2009)</u> Includes registration, room, and six meals	<u>\$85</u> Includes room and three meals	<u>\$355 (\$305 before July 15, 2009)</u>
Commuter	<u>\$220 (\$170 before July 15, 2009)</u> Includes registration, retreat center fee and six meals	<u>\$60</u> Includes retreat center fee and two meals	<u>\$280 (\$230 before July 15, 2009)</u>

Registration Form:

_____	Conference Options:
Name	<i>early registration discount in italics/must be received by 7/15</i>
_____	1. Main Conf. - Single \$300 (or \$250) \$ _____
Email	2. Main Conf. - Double \$270 (or \$220)
_____	3. Main Conf. - Commuter Cost \$220 (or \$170)
Address	Pre-Conference fee: \$100 single, \$85 double,
_____	\$60 Commuter \$ _____
City, State Zip Code	WA Conference Scholarship contribution \$ _____
_____	Total Enclosed \$ _____
Roommate (if registering for double occupancy)	

Cancellation/Refund Policy:

All cancellations prior to October 1, 2009 will be refunded at 90% of the fees paid. Any cancellation requests received after October 1, 2009 are subject to WA/WSO's ability to rebook the cancelled accommodations; such refunds, if any will be sent along with a letter of explanation by November 15, 2009.

Please describe any special dietary needs: _____

Indicate if you want to try to coordinate shuttle rides with others on Friday and Sunday: _____

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

Would you be interested in doing service at the conference? _____

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

If yes, briefly describe item or service: _____

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 information is noted above.

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

**Send this form and check made payable to WA WSO to Workaholics Anonymous Conference 2009
PO Box 56416 • Portland, OR 97238 -**

Questions? Email us at waconference@workaholics-anonymous.org