



Storyline Newsletter

October-December 2018

Storyline is published quarterly by Workaholics Anonymous to share our experience, strength and hope with each other and to convey information about the WA fellowship.

Your donations help power Workaholics Anonymous World Service, which brings you this *Storyline* newsletter. You can make a one-time or monthly 7th Tradition donation [here](#).

Our primary purpose is to stop working compulsively and to carry the message of recovery to the workaholic who still suffers

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Member Share: SIGNPOST 7: WORK AS AN EXCUSE

Signpost 7: Instead of being a haven, our home is an extension of our workplace. Our family and friends often arrange their time with us around our work, vainly hoping we will finish it and then can be with them.

When I see my home becoming a “workplace,” I make sure that it looks like a home again. I prefer

when it is looking like a home, but I have to take action to keep it that way. I see it immediately.

I remember all the times my mother was asking me to come and help her, I know that I did not want help her, and I told her, "Mom, I am working." My poor mother, today she is dead, but I see how much I made the excuse of work in order not to be with her. I was already a workaholic.

I just was a "workaholic" and I did not know it. It was a long time ago. Work was my priority already, from a young age. Work was the priority in the family. It was a family illness. It was a way to be recognized by others in the family. Still, my mom was angry at me when I was not present to her. I was so happy to have "work" then. I could not put any limitations and I could not say "no," so I was using "work" as my excuse. I see my illness today.

Thank you to WA for showing me that life is something other than working, and I do not have to use work today in order to believe that I am living. May I live fully and set boundaries where I choose, and from boundaries may I respect myself and others.

- Helen

Member Share: THE DOOM MONSTER

I have been in workaholic recovery for more than eight years. It is an ever-deepening journey, and every day is a self-study of looking at where I am at in my recovery. While I have definitely made healing progress, I definitely still struggle.

In fact, I just came out of three weeks of being sick from sheer stress burnout. I didn't realize how much I had inadvertently run myself to the ground, to the point where I had to lie in bed and couldn't do anything. It really got my attention, and I feel an absolute renewed commitment to love myself and stay on my recovery path. One huge change I made is I haven't had caffeine now for three weeks, and the difference is really noticeable. I feel way less agitated and driven. At first I thought I had lost all passion for work, but now I think my energy is returning.

I am making a point for myself that I have to have my bottom lines in place. For example, now, after 20 years, I finally eat breakfast! And now I set a timer and work for 90 minutes and then take a five or so minute break to stop and stretch or sit to break the adrenaline momentum and to check in with myself, and see if I'm being present, if I'm joyfully working, if I'm really addressing priorities? Checking in with my heart, am I connected to Higher Power? Am I flowing? It's amazing how easy it is to go through the motions of working, but it doesn't have any reward. When I am truly present to the tasks at hand, I feel more in touch and fulfilled. I'm still learning how to acknowledge and receive my accomplishments.

The big awareness I had recently is I have lived my life addicted to PRESSURE & PRODUCTIVITY. Productivity has been the entire focus of my life – to the detriment of my social life, my health and well being, my soul's health, my creative passions, my body's needs. I have lived the lie that my worth is determined by how much I get done, and no matter how much I accomplish and how long I work, day after day after day, it is never enough. After working myself to the bone for more than 20 years, I never, ever felt that I was worthy. I realized that I have been perceiving life as a battle that I have to survive and prevail over. Therefore, I have been used to strategizing every moment of the day so I would make all my marks and ward off the impending doom that I was sure was around any corner and was always threatening to devour me if, God forbid, I stopped or slowed down, or did something frivolous. I call it the "doom monster." My tactics have been constant activity, control, self-importance, compulsive organizing, micro-managing, future surfing, etc. Now I realize that there is no doom monster. When I was a child living through neglect, trauma and alcoholic parenting, there was a doom monster. But I don't have to keep recreating that in this moment.

I want to share some of the breakthroughs I've been having: Instead of letting PRODUCTIVITY rule me, I am now learning how to be PRESENT. I feel the most noticeable change is I am so much more present with my family now. Another positive shift is I feel like I am re-programming myself with a new operating system. I am learning how to ask myself what feels good to do right now? To learn it's good to be present with my family, to have fun, and enjoy and smile and love myself. It's good to take a walk and stretch my body. I am learning that there is great value in honoring my friendships and in journaling and recreation and in just being. And I am learning rest is valuable and necessary! I don't want to be sore and achy and run down and exhausted anymore. So, I am still definitely a recovery work in progress, but I feel my awareness and my self-love is growing. I have a long way to go to be balanced, but I am committed to it and I am moving in that direction. Ultimately, part of my recovery is being patient with myself and learning to love myself amidst all of this because I have great compassion for what I went through that led to this addiction. I am learning to feel safe inside my own heart with higher power, and trust in the unfolding of life, and to surrender to the Benevolent Unknown. I am learning that rather than seeing life as a battle, I am now embracing life as an adventure! As a Bolivian shaman said, "Our only destiny is to grow."

Sending you all courage and heart as we keep on the path of recovery together!

- Eden

Member Share: THE TOOL OF PACING

My tool today will be the tool of “pacing.” Today I shall go slowly and I will not try to do 1,000 things at once. When I think that I won’t be able to do something, I shall tell myself, “go slowly and you will see.” I love this tool of pacing other days, as well, but, of course, one day at a time.

- Helen

Member Share: THE SPACE TO LEARN TO PLAY

Promise 5: We learn to play and have fun together.

Learning to stop work and sit with the feelings behind my over- or under-working, and healing from the issues around needing to hide from these feelings, has helped me have the space to learn to play and have fun with others.

- Linda

Member Share: PROMISE 5: PLAY AND FUN

I have flashes coming from my past: I was a little girl and my friends were playing together. The play was impossible for me, and I was thinking to myself, “They don’t know that I am already an adult, because I know what it means to have problems!” I was already “workaholic” in my youth, taking care of the problems of others and trying hard to be more and more and more. I was trying to justify myself.

Today, thanks to my balanced daily action plan, I put play and fun in my day, and slowly new habits are coming in my life. I don’t see life as so hard and dangerous as in the past. I authorize myself to have fun and to play, as it’s a new habit I am creating in my life.

I choose to play at every opportunity. I have been used to feeling “obliged” for so long. I need the relaxation of play in order to feel good. I know that there are obligations in life, of course. I try also to have fun with others, but it’s not always easy. I need to be deliberate about it. Yesterday people from the electric company came to my house and did some work here. I decided to stop being serious and have fun with them, and that was so nice. Without WA, I would not have done so!

- Helen

Member Share: POEM: "DOING" PLAY

Stop, just stop.

Pause, chill, cool it.

Let it go, unwind, release.

What?

Sense of pressure, the “shoulds”.... I had a sponsor long ago say, don’t “should on yourself.”

But then I wouldn’t get anything done! I have to do!

But when did “doing” do anything for me, at least the “doing” created by pressure, by fear.

It’s futile. I get stomped on. I didn’t used to get beat up. I used to “do” and feel powerful!

Oh yes, now I remember, I am powerless over work and activity. I had forgotten.

It’s the nature of my thinking; I have to protect myself with “doing.” I can’t remember what’s good for me.

So when in doubt, stop, rather than do. HALT. Rest and finally PLAY.

Yes, I can get there. I can get to have fun. Let's "do" play.

- Carol

Member Share: HOW I RELAX

When I accept and feel my fear, I feel better. Or I give it to my Higher Power. When I feel angry and not calm, I ask within myself for help from my Higher Power to help me stay calm. If that doesn't work, I still have my meditation way of life. I begin to let physical sensations come into my awareness, and as in my formal meditation practice, I concentrate on my belly moving up and down with my breath, and usually it helps me to come back to my calm.

- Helen

Member Share: SHOW UP, PRAY, AND BE OF SERVICE

The last 12 months of my work life can best be described as difficult and painful; I felt disrespected by my colleagues, pestered by the people I serve, and alienated by a shift in the leadership culture in the organization. I was unhappy, and often angry. I lost a lot of time to dwelling on difficult interactions in staff meetings, and negative formal and informal evaluations from my supervisor. Many people gave me feedback about how my workaholicism has harmed them, citing big and small instances of carelessness, procrastination, and self-centeredness. Some reached back over the ten years that we've worked together to bring up examples of what they had labeled a lack of concern and just plain incompetence. I did not recognize the person they described . . . she certainly wasn't me, or at least not the way I intend to be in the world. Yes, other people contributed to the situations and I disagree with some of the interpretations of my behavior, but at the end of the day I clearly had amends to make. In order to do that, I have to look squarely at my behavior, identify the character defects that fed it, and also ask for input from others about how my actions have harmed them. I cannot make amends and repair relationships without looking squarely at how I contributed to the situations.

The year began with a decision to end a program that I'd put my all into for two years. For about 18 hours, I was angrier than I've even been, and felt profoundly betrayed by my colleagues. It was nearly impossible not to take their decision personally.

When I woke up the next morning, I saw the previous day's decision in a different light. I compared the experience to having a tidal wave destroy a city, clearing out everything that needed to go in one powerful, destructive, liberating moment. A week or so on, I realized that – like any natural disaster – I had not been given a completely clean slate. Sludge and debris remained to be cleared away. Several people who had been part of the project over two years had come and gone, but many who remained felt harmed in some way by my workaholicism. No, they didn't communicate that to me directly. I also got clues through the difficult interactions I had with them, how they interpreted and internalized things I'd said and done, and the general unwillingness on the part of anyone else to give me the benefit of the doubt or trust that I was at heart a very different person than the one they experienced. In my efforts to control my destiny, I'd been selfish and self-centered, and I was now faced with the impact of my behavior.

Over and over, I've been presented with the opportunity to work my program and experience growth that promises to help me do differently in the future. My sponsor asked me to identify what I am learning from this experience. I've seen the power of prayer, the value of acceptance, and the transformative possibilities of humility and the willingness to work a program of recovery.

What have I learned this year? My higher power accomplishes things that I couldn't do for myself. Practice the principles in all my affairs. The only person I can control is myself. Accept others as they are, because whatever they are doing is probably their best behavior. Focus on my own side of the street. Make amends for the harm that I've done. Whatever happens, show up, pray, and be of service.

- Tami M.

Member Share: PROMISE 6: NO LONGER A SAVIOR

Promise 6: We repair broken relationships and form new ones.

Sharing is good for my recovery. This promise is true in my life. I need to share that I have been a savior all my life, and since I have decided to save myself first and not every person around me and the world, I feel a lot better. My relationships with people are changing, and as I am no longer wanting to save them and give them solutions to their problems, I feel more trust in my Higher Power, I feel more power in my life, and I have other kinds of contact with people. People are not problems I have to solve, they are people I have contact with, I listen to them and speak with them. It is a new way to have relationships with others.

- Helen

Member Share: SMALL RELAPSES

WA is the first place where I don't feel I have to do everything! My group does not need me in a way that I have to keep it alive and I am so-so-so grateful for that! I always can support WA's wisdom and I always find comfort and good tips if needed....

You know what? I know sometimes that it is not possible to get out from the workaholic mode for a time. When there is no group, no sponsor, no WA literature, nothing at hand, at these times I simply try to accept that my recovery is not a straight line and I need small relapses in order to learn something new about myself.

When I get out from the ill flow and have some space to have a look at what happened, and after discussing it with a trusted friend, I see that I can act differently when getting into a similar situation NEXT TIME. There are triggers which attract me into dangerous places – if I'm already in one, I have to wait until it runs over me, and there is only an "after the flood" possibility to regain my sobriety. But I don't mind – I think this belongs to the nature of my recovery.

- Cila

Member Share: ONE SMALL PROJECT AT A TIME

What I do now is see "small projects," which generally helps me tackle and then finish my projects. And being satisfied when I see the result, this becomes a way for me to go on. For instance, I began building a small room in my garden two months ago. I went "one small project at a time," and today, I see that the windows are coming the end of August, the same for the cover for the floor, the electricity will be finished tomorrow, and the roof during August. I have written down several other small projects which still must be done in order to complete the project, but I take one thing at a time. Even within a small project I take one thing at a time also, and when it is done I go on with the second one, and so on. For the first time in my life, I am working this way, and I love this new way of working.

- Helen

Member Share: SIGNPOST 8: AVOIDANCE AND FEAR

Signpost 8: We make unreasonable demands upon ourselves. We aren't aware of any difference between job-imposed and self-imposed pressure. By over-scheduling our lives, we become driven, racing to beat the clock, fearful that we will get behind, and binge-work in order to catch up. Our attention is fragmented by trying to do several things at once. Our inability to pace ourselves leads to breakdown and burnout. We rob ourselves of the enjoyment of conclusion and rest.

This helps me. I am in serious avoidance related to school. In big fear. I appreciate the reminder that I need help. I took a full day of rest yesterday. The AM was wonderful, the PM more challenging. A sense of unease came over me. And this morning I had a big painful resentment come up. Bursting into tears. I remember my staying busy is a way to avoid my pain. Great awarenesses.

- JC

Member Share: AVOIDING PAIN

I am using "busyness" to avoid my pain, and I am also using my "avoiding" behavior to avoid my pain: pain I feel when I see my mistakes, errors, weaknesses and frustrations. I see mistakes, errors,

weaknesses and frustrations as “punishment”; thus, I must fight in order to be “better,” all the time better.

When I see that I am controlling myself, I feel more frustrated, ashamed, resentful against myself and others and, of course, very stressed. Staying busy, avoiding doing anything and doing something else I want to do (with a lot of resentment) helps me to avoid the pain of not being perfect. I feel fed up with fighting all the time like this. I try to accept things as they are, with no more fighting. I am learning to stop the battle.

- Helen

Member Share: MONEY MESSAGES

I had very mixed messages about money growing up.

1. I needed money to be powerful. But 2. My dad used money to control us, and that made him hated.

So I want money, and I don't want money!

- JC

Member Share: MONEY AS POWER

I have a “contradictory” situation in my family and in my beliefs towards money. I may see myself as too much or too little from the perspective of money.

I saw in my youth that my mom had big financial problem so I decided to work “for her.” I also remember that it was my father, who had three jobs himself, who gave me an “extra job” in order to earn extra money. On one hand I was the powerful woman who was ready to save her mom, and on the other was the poor girl who needed her dad in order to earn extra money. It is such a contradiction...so confusing!

I understand now why I have felt like I have needed money to feel powerful, I have needed a “good” job to get a lot of money (good social status begets good self esteem), and sometimes I haven't spent money even if I needed something. I understand how in this case I am giving power away to others, and how I don't take the power I could have in my life that “my” money potentially could give me.

And today, thanks to WA, I go to myself and my higher power more and more. I am learning to take care of myself and to take care of my needs. I still tend to make sure that I have someone near to me who needs help, in order to feel powerful. I still feel this motor, I still fear making my own decisions, but the power of this is less and less. I would like to repeat some words I have heard in WA: “the more I take care of myself, the more I don't need my compulsions.”

- Helen

Member Share: TRADITION 7: BEING HONEST

Tradition 7: Every W.A. group ought to be fully self-supporting, declining outside contributions.

I was laid off for three months but am now working. A month after my job ended my boyfriend was laid off. That weekend we moved into his new house. I have been paying the mortgage for his house we live in plus my condo as I try to rent it out. I am also paying for most other expenses: food, going out, and a trip we just planned. I have also been going to school, working my program and taking in an as needed job to make extra money.

The air conditioner broke and it needs to be replaced. Today I was able to ask my boyfriend to consider getting even a temporary job until he gets something in his career. I feel we are team and I appreciate helping, but this is becoming too stressful and I need help. I am powerless over whether it will happen but I need to be honest.

- JC

Member Share: HUMILITY

I see how much WA helps me to accept my limitations. Today I feel tired and I learn not to go beyond this situation, like I have so many times by forcing myself to be strong. I never made the link between the fact of not accepting my limitations and humility. When I saw a limitation, I felt weak...a strong emotion, an error, a mistake, a vulnerability. I have been hiding all this for so long! I had to be strong and I had to have another image of myself.

I love this link between accepting the limitations I never accepted and humility. It helps me so much to go on with this lovely recovery program.

- Helen



WA News: WSR REPORT

The WSRs, AKA World Service Representatives, are meeting every two to three months to discuss matters and issues of concern with the WA membership. At the 2018 Conference, the Book of Serenity became Conference-approved literature by a majority approval of WA meetings that participated in the voting process.

Over the past year, several WA meetings have opted to use a ZOOM phone platform, originally provided by the WSR committee, to facilitate the meetings. If you are interested in using ZOOM for your meeting, please email Glynis at Zoom2Recovery@outlook.com.

Other issues we have discussed in the past year included improving outreach to WA meetings, clarifying policy on meeting inclusion, preparing for the 2018 convention, improving the WA website, increasing contributions to World Service, and addressing member concerns. Additionally, WA meetings have been asked to consider changing the service title from WSR to Group Representative.

The next WSR meeting is Saturday, January 12, 2019 at 8 a.m. U.S. Pacific Time. All WA members are invited to attend. To attend, please follow these **Zoom instructions**:

To join using the ZOOM app, just enter the meeting ID 824 488 459

Or to join from PC, Mac, Linux, iOS or Android using the ZOOM web portal: <https://zoom.us/j/842488459>

Or to join using a telephone:

Dial (for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 646 558 8656

Meeting ID: 842 488 459

Or to join using another international number, check telephone numbers available here:

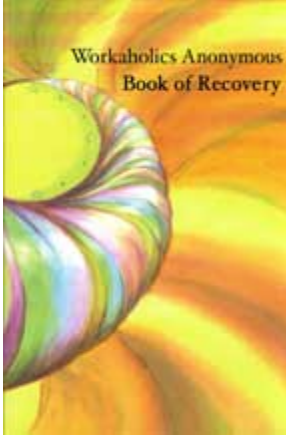
<https://zoom.us/j/czTTBXMW>



WA News: LITERATURE FULFILLMENT UPDATE

Greetings to my fellow WA travelers! The Fulfillment service position has been personally gratifying to me. When I receive a literature order for a book or brochures, I imagine the person receiving the order and I feel warmly toward our shared interest in WA recovery.

When WA first published the Book of Recovery, all orders came through our website shopping cart and I fulfilled each order by hand. To increase awareness of Workaholics Anonymous, we entered the selling platform of Amazon. However, as our membership has grown internationally, the cost of shipping literature around the world has hindered members' ability to



purchase literature. To address this problem, the WA Board is moving to "print on demand." International orders will be printed in Europe, the UK, or Australia for shipment to the various countries. No longer will WA Fulfillment have to ship from our US inventory, with the expensive shipping costs paid by the customer. Hooray! We are ALMOST there!

As our existing inventory is depleted, WA will fulfill orders via "print on demand." This means that thousands of dollars will not be tied up in printing, shipping, and paying to store large inventories of books. The new system is a game-changer for all of us. May these changes give us all some financial relief by reducing shipping charges and allow us to spread the word of recovery from workaholism and/or work aversion.

Blessings to one and all!
Sandi S.
WA Fulfillment Volunteer and Board Member

WA News: November is WA Meditation Month: The Step 11 Search Through Meditation

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

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

Part of this process is learning to meditate. Meditation is one of our Principles and a part of our Step Eleven. It is indeed very important, but for many of us very difficult.

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

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

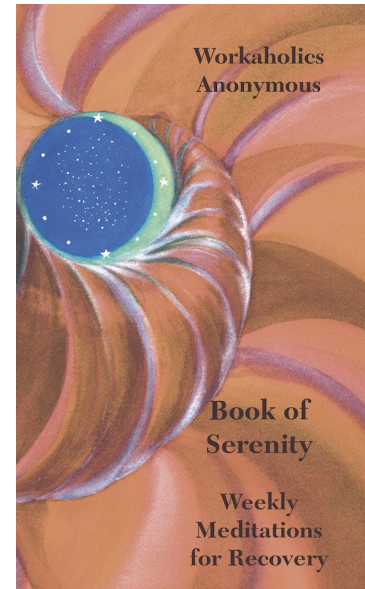
Aligning this with our 11th Step - "Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out" - **November** is the chosen **WA Meditation Month**. And because as a community, we are continuing to write the WA meditation book, Book of Serenity, we also need to enhance that part of our common life. Here are some challenges that we think may help us open the connection:

·My good will

I think of myself; I think of others. I write a meditation; I share it on paper. I meditate; then I write. The challenge here is to put our meditations on paper for our WA Book of Serenity. We need many, many meditations submitted by our members to bring this book up to 366 meditations. We think of all the workaholics still suffering who one day will come to WA, and those here now whose benefits of recovery will be further enhanced by the WA mediation book. This is our gift to them. These texts come from maybe the best parts of us. This is a fine gift we can give and a high form of service.

·Meditation writing meetings

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



share. For instance, pick a saying from our Book of Recovery (Affirmations for Workaholics, page 214; Our Favorite Slogans, page 215; Recovery Reminders, page 216). Then have each member write a line or two, and bring them all together for a single meditative thought.

·Submit your written Meditations to the Committee

Please go to the "Book of Serenity" link on the home page of the WA website, or go to this link to an easy to use [Google form](#).

We invite you to imagine a circle of WA members around the world, centered, meditating and creating a chain of Light, Calm and Peace. We can give this calm energy to the frenetic world we are living in. We know the destructive power of rushing.

We invite you to be part of this circle. Choose the best time for you, sit or lie down and feel how good it is to just be. Breathe. Be. Focus on your breathing, noticing the air inside and out, deeply and slowly. Then, after some time, make the intention to give the world some of the quiet and peace you have inside you. See others doing the same; see the circle embracing the world with serenity and love. Be grateful for the joy of recovery.

If you would like to serve on the team that prepares this book, please email literature@workaholics-anonymous.org.

Service Opportunity: Storyline seeks an editor

It's time for rotation of service on the Storyline newsletter. If you'd like to serve, please contact literature@workaholics-anonymous.org.

Requirements for service:

- Worked all 12 steps in WA
- Continuing to work the steps with a sponsor or co-sponsor
- Attend at least one WA meeting regularly
- Familiarity with the AA Traditions
- Committed to practicing the 12 steps and 12 traditions to the best of your ability

This service involves soliciting and editing stories, reaching out to the WA Board, WSRs, and various committees for news, and sending the newsletter 4 times a year. The service term is five years and this service can be shared with a co-editor.



Many thanks are extended to Shelley for her five years of dedicated service as editor of *Storyline*.

Storyline is reviewed by a "Traditions Review Committee" to ensure that the Traditions are followed. If you are interested in serving on that committee please email facilitator@workaholics-anonymous.org.



WA.

WA members are welcome to share through Storyline the message of recovery with the WA community around the world to help other workaholics to abstain from compulsive working and receive the promises of recovery.

THE MISSION OF STORYLINE

Storyline is a quarterly news letter of Workaholics Anonymous, published in order to share our experience, strength and hope with each other and to convey information about our fellowship. Storyline is worldwide. Some members read the newsletter at their meetings, while other members, with no face-to-face meetings to attend, depend on Storyline as their connection to

STORYLINE PUBLICATION GUIDELINES

Submissions are accepted by email at storyline@workaholics-anonymous.org. Please include your contact information and whether your first name as author can be included. Only articles that are emailed directly to the Storyline email address by the author will be accepted.

The Editor will issue regular calls for contributions to the WA Board, WSRs, electronic groups and Committees, including the deadline for submission. The Editor may suggest a theme for the upcoming issue, such as a Step or Tradition. The maximum word count is 850 words per article.

All materials submitted are assumed to be intended for publication, and are subject to editing to adhere to The Twelve Traditions of WA and for other reasons. They become the property of WA World Service Organization, which reserves the right to publish them in any format in any Workaholics Anonymous literature.

Storyline adheres strictly to the WA Traditions and Concepts. These founding principles protect the personal anonymity of all members, safeguard the unity of the fellowship, and keep our focus on the primary purpose of WA: to carry the message to those who still suffer.

The deadline for submissions for the First Quarter 2019 issue is December 15, 2018.

DONATE TO WA

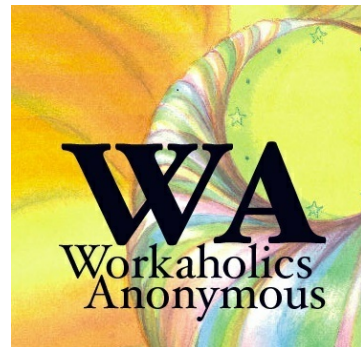
Workaholics Anonymous World Service relies on 7th Tradition donations to create and publish new literature, keep our website up to date, translate literature, put on our annual conference/retreat, and provide the services that keep our fellowship strong.

Because many of our meetings happen in the virtual world and don't take a collection, we invite WA members to give a 7th Tradition donation directly to the WSO online. Please think of how much you would throw in the basket at a meeting and consider setting up a monthly recurring 7th Tradition contribution for the meetings you attend via phone, email, and/or Zoom.

Thank you for your support!

WORKAHOLICS ANONYMOUS WORLD SERVICE ORGANIZATION CONTACT INFORMATION

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Outreach: outreach@workaholics-anonymous.org
Storyline submissions: storyline@workaholics-anonymous.org
Technology matters: technology@workaholics-anonymous.org
Literature ordering questions: fulfillment@workaholics-anonymous.org
General mailbox: wso@workaholics-anonymous.org



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