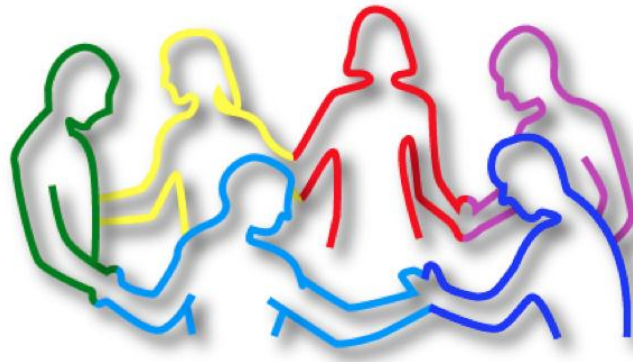


STORYLINE

From Workaholics Anonymous SPRING 2013



“Our primary purpose is to stop working compulsively and to carry the message of recovery to those who still suffer.”

CONTENTS FOR THIS ISSUE

STORY: Perfectionism (page 1)

STORY: Rigidity Serves Its Purpose (page 2)

STORY: Taking Inventory-- A Before and After Look (page 3)

SHARING: The New Tools (page 7)

COMMENTARY: Meditating on the Serenity Prayer (page 7)

COMMENTARY: Perfectionism (page 9)

PRAYER: Integration (page 9)

COMMENTARY: Service, Acceptance and Trust (page 10)

EXCERPT: Embracing the Twelve Steps with the Help of Others (page 11)

ANNOUNCEMENT AND INVITATION: WA Meditation Book (page 12)

EDITOR'S COMMENT (page 12)

REGISTRAR'S REPORT: Meetings (page 13)

ANNOUNCEMENT: Annual Conference August 23-25 Chicago (page 14)

REGISTRATION FORM (page 17)

MISSION STATEMENT (page 18)

STORY: *Perfectionism*

Perfectionism, oh how I know you! School, work, anywhere I was interacting with people who could like or not, I could make no mistakes. At home, with people I loved and who loved me back regardless, sure, mistakes were actually the “norm”. But help? What was that? I should know everything, be able to pick things up right away, never ask questions.

At work, oh, did I ask questions. In fact I would tell people in an interview I'd drive them crazy with questions, until something clicked in my head and I "got it." Looking back on it now, I asked so many questions because I never thought I had it "perfect." It had to be perfect, there was always one right way to do something, and I wasn't doing it.

During my first evaluation in my current job, a forklift job, which I'd never done before, my lead told me I asked too many questions. That annoyed and embarrassed me, but he went on to say I needed to start trusting myself and my own judgment. That was a new direction for me. He saw my potential, and he knew I could do things without checking first. I just didn't know that yet. I am grateful for that encouragement, because it gave me something else to do with my anxiety when I was unsure of an action. Trust myself and my HP, and *do* it. If it was wrong, big deal: I'd learn.

My previous job with my micromanaging and controlling boss is where I had started using the WA Recovery Signposts. I had learned from WA to speak the words "I made a mistake" and "I'm sorry." I could never say those things before. Instead, I'd internalize my shame and anger and build resentment toward my boss, my job and myself. The experience allowed me the clarity to see I was in a toxic environment and needed to get out. And once I was out, I was in the situation above in which I could learn to trust myself and my judgment, as well as my equipment, fresh out of being micromanaged and feeling as if I could do “nothing” right at all.

But here I am, a year later, encouraging the new forklift driver with a lot of my same issues to trust herself, because she can do it. I'm reminded of the words, "Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life." I am content, because I am not perfect. Thanks for letting me share.

---KM

STORY: Rigidity Serves its Purpose

I fell and hurt my left shoulder a few weeks ago and have noticed the progress of the symptoms seems very similar to forming and healing emotional problems.

The Physical: At first, the pain was sharp and very localized. Then, there were radiating flashes of discomfort down the outside of my arm. Gradually, my shoulder tightened up, causing loss of range of motion, while the tenderness unabated. Finally, I could sense that unless I could find relief, I was going to lose partial use of my shoulder and arm. This was clearly my body's effort to quell the pain by immobilizing the whole area. The fact that this strategy actually was leading to further complications was overruled by my unconscious desire to avoid pain.

The Emotional: When I was nine years old, a fire in our house caused the death of my younger brother. The immediate result for me was intense pain and shame, as I thought I could have and should have saved him. Next, I turned away from anything that would bring this tragedy into focus. I didn't want to talk about it, and, in fact, I was unable to bring the events into my consciousness. With this dangerous area right in the middle of my life, it was like having a huge hole in one's living room. I was afraid to move. I was immobilized, and the immobility made me stuck, unable to ease the hurt.

With the shoulder, massage has been helpful in allowing my posture to assume a more normal state. Unfortunately, there was no equivalent available for the fixation on guilt and the trauma resulting from my brother's death. Apparently, our brains work in the same fashion to handle both physical and emotional stress. Alone, we cannot make our brains relent. However, the fearless moral inventory of Step Four begins a process to re-establish communication between the hurt and the consequent rigidity. The rigidity serves its purpose for a very small time to make the trauma tolerable, but in the longer run, it is a detriment to healing

---Harry W.

EDITOR'S NOTE: *The twelve steps, slogans and ideas of WA can be worked in as many different ways as there are members working with them. What follows are some members' conceptualizations.*

STORY: Taking Inventory-- A Before and After Look

THE PROBLEM

-For as long as I can recall, accomplishment was my priority. I was always a straight A student. Honor roll, Dean's list, law school, Masters degree, election to boards, speaking engagements, chairing conferences, working my way up the corporate ladder, eventually being made a partner at one of the world's biggest law firms. All of this makes me swell with pride. These are the accomplishments that got me praise. *Admiration and respect from others* is a drug for me.

-With each accomplishment, however, I felt a hollow victory. I would feel great for awhile when I was getting the accolades, but *eventually I would discount in my mind the accomplishment*, thinking, is this it? Anyone could have done this. It wasn't really that hard.

-I took a year off between high school and college by graduating a year early. I worked three jobs to save money to go to Israel to visit my sister. When I was there for two months, I didn't have the work reward giving me the pay off I'd come to need, so *I acted out in other ways*, with alcohol, food and boys.

-I have lots of energy around work. Most of the drama in my life has been about work—people I didn't get along with, fears about not being good enough. I would rather be at work or talking about work than anything else in my life. I'm ashamed of this and don't want my family to know this. I have worn out my sisters, husband, friends talking about work. *I obsess about work and expect to be fired at any moment*, even though things seem to be going well.

-*I worry obsessively, particularly about work problems*. For many years, I would pass out from drinking around 9:30, and wake up about 2 am concerned about a work problem and be unable to fall asleep. My solution before recovery was to become addicted to Sominex, which I took religiously for about 5 years

-I am a mom. *I look with judgment on other women* who are moms but don't work. I feel defined by my job, and that it is my identity.

-I am not a good delegator. *I'm afraid that other people won't do it right*. It often doesn't occur to me to delegate—I just assume that I have to do it all. This leaves me feeling tired and resentful.

-*I suffer from perfectionism*. I fear that I will look stupid, particularly if the project involves speaking in front of an audience. I suffer from SHAME "Should Have Already Mastered Everything." I don't know how to let myself not know everything and be a beginner.

-This is my fourth 12-step program. I had no trouble seeing my powerlessness and unmanageability over my food, alcohol and love addiction, but this addiction is more elusive. Our culture tells me to keep working harder, keep accomplishing the next objective, which *makes denial easy*. Even 12-step programs tell me to never say no when service is required. I was sponsoring 10 women at one point.

-I have noticed that *I don't know how to relax and I don't seem to know how to play*. I have discomfort with vacations and returning from them was a nightmare. I check my blackberry at every lull in the activity, because I can't just be. I don't enjoy baths, sitting in a jacuzzi with my husband, sex, walking the dog, hanging with my two kids and playing games. I get restless, irritable and discontent. I think, "What is the point?" There's no objective. No quantifiable work product. I force myself to walk the dog, as long as I'm clocking aerobic minutes on my pedometer so that I can meet my OA exercise daily goal. (I have had to give up my pedometer on walks with my husband and the dog, because he lets the dog be too pokey to let me log aerobic minutes.)

-*I relish my lists*. For instance, I make a list of presents to buy for Christmas. As I accomplish the goal, I inevitably remember more people for whom I'd like to buy a present. Or one way to decorate for Christmas, or something to bake. No matter how soon I begin Christmas preparations, the ever-elusive goal of just being able to relax and enjoy the Christmas season before a warm fire is just around the corner, until New Years Eve.

-*I feel a slave to my email inbox*. I suffer from anxiety when there's too much in it. I feel I have to respond to each inquiry or problem and don't seem to be able to prioritize. I lose hours responding to emails, when I should be focusing first on getting real work for my job done.

-When I came to WA three years ago, I was a Girl Scout leader, and on a national committee for one of my 12-step programs. I was on the committee to plan my 30th grade school reunion. I try to have a service position at each of my 4 weekly 12-step meetings. I maintained an alumni list from one of my former employers and organized periodic lunches. I sponsor six women. I felt powerless to resign from any of these because *I believed the work will not get done if I don't do it or it would be letting people down*.

-I feel like *I'm constantly fighting a battle with the clock*, not enough hours in the day to accomplish all of my commitment. I feel like I'm doing everything half-assed. I think it is important to do some strength training exercise each week, but I can't seem to fit it into my schedule.

-I don't have much of a sense of humor and *I take myself very seriously*.

-I fear that my obsession activity *prevents me from being available to hear God's will* for me.

THE SOLUTION

-For many years I gave up reading fiction, thinking, I don't have time for this. Today, I'm trying to keep a fiction book always going. I have to be careful with it though, because I can forget all of my responsibilities in favor of a good book. *I need to keep it in balance.*

- When I'm reaching for my blackberry to check my emails. I'm trying to *ask myself my motivation*: Is it just to fill up a quiet moment with more stimulation? *I pray and meditate almost every morning.* I ask God to give me direction about his will when I'm struggling with a particular problem.

-When I find myself worrying about work outside of work hours, I tell myself that that topic belongs during work hours, and I try to turn my attention to something else, and I find that I have some success with this. *Often I meditate, and this clears my head of the problem.* I pray and meditate almost every morning. I ask God to give me direction about his will when I'm struggling with a particular problem.

-I found that I have to *write down the hours that I actually put in for my job*, because I often get distracted by personal or recovery work, and then shortchange my employment. I try to work an average of 20 hours a week. I try *not to multitask.*

-I used to race for the train, trying to make extremely tight time tables, trying to fit one more task in before the train. Now when I see that the next scheduled train will not allow me a leisurely pace, *I readjust* and aim for the next train instead. I often arrive early for the train so I can take a ten-minute walk around the neighborhood of the station before I get to the station.

-Before, I would not make time for meals because I was too busy, and then I would binge at night when my adrenaline level dropped. Today, thanks to OA, I eat my meals at scheduled times, instead of letting it go until I'm starving. I go to the bathroom when I need to, *instead of trying to do just one more thing.* I try to get at least 20 aerobic minutes of activity a day, 10 minutes of physical therapy exercises most days, plus a pilates class once a week. I force myself to go to bed at 9:30 most nights, because *I know that rest is necessary* for me to function the way God wants me to. I have sex with my husband much more often and I *enjoy* the experience.

-I try to remind myself to *enjoy the moment*, particularly when I'm feeling bored. I try to think of something about it that I can feel *gratitude* about.

-I take vacations and I *enjoy* them. I monitor my emails about 15 minutes total a day, and file my emails into folders designating their priority. A few get put into the "Urgent" folder—maybe two hours worth of work. When I return to the office, those are the only ones I look at that first day. I have now returned from many vacations and *I have had the most serene re-entry.* It

makes me realize how self-imposed the pressure was that I used to feel that first day back in the office, when I thought I had to do everything that day.

-When I catch myself at work getting stressed or a sense of urgency, or forgetting that I'm working for my Higher Power and his will would not be that I forget that, I try *to take a deep breath and maybe say a prayer and ask for help to do God's will. I get up and walk around.* Sometimes, when I slow down, a creative solution to my problem comes to me effortlessly. Working smarter and not harder.

---Angela W. in Chicago

COMMENTARY: Meditating on the Serenity Prayer

There is an amazing amount of food for thought in the Serenity Prayer. By accepting the things we cannot change, we immediately face the need to decide which things these are. A few, like our slow diminution of mind and power as we age, and of course death, are easy to distinguish. But, there are others that are not so clear. We try to accept "what is," but it is hard to be sure which things are here to stay, and which can indeed be changed. It seems that our brains create a worldview that is built on already held beliefs, so it is difficult to get a fresh look at the fixed and the changeable.

Then there is "courage" which requires that we take risks, put ourselves in danger, which we instinctively avoid. We also try to avoid struggling for lost causes, things that are unchangeable, which is doomed to failure. When we strive against the truly inevitable, we call it foolish, not courageous. Courage seems to come from our emotional side, not the rational.

So, in the end, we are in dire need of the wisdom to be able to choose between accepting and risking. It is rarely clear whether we should strive to defeat what confronts us, or to accept it as inevitable. The problem is so severe that the only way out is to pray for guidance from another sphere, outside our ordinary mental and emotional processes. Wisdom comes from "elsewhere".

---A Member of our Fellowship

NOTE ON SHARING: At meetings, time is generally allotted for individual sharing. No one speaks for WA, but we recover by sharing our experience, strength and hope with each other, that we may solve our common problem and help others recover. Please submit pieces from members who have shared on emails and at meetings. The names can be changed, to protect anonymity.

SHARING: Some New Tools

The “Tools” of WA have been very helpful to me. They are practical, down to earth ways to aid in managing an otherwise compulsive life. Since finding WA eight years ago, I have also found some other tools that have been particularly useful in levering me out of compulsive working and futile behavior.

1. *Don't repeat old unsuccessful behaviors:* If I have been unable to make desired changes and am trying the same tactics over and over, it is a sign that I am probably using willpower alone, which is what got me here in the first place. The result is a feeling of failure, which makes new way of being seem inaccessible.
2. *Four useful questions:* When faced with a tough decision or a persistent problem, I have found it very helpful to ask myself these four questions
 1. **What is the problem ?** Instead of a vague feeling of pain or frustration, I try to get very specific in writing.
 2. **Is this really the problem?** Or is it just something I've told myself so many times that I have come to believe in,
 3. **What am I getting out of staying with this problem?** Am I using being stuck to avoid getting closer to the issues?
 4. **Can I imagine what it would be like without it?** Unless I can envision another way, I have nothing to aim for and am probably just avoiding change.
3. *Paying attention:* I am often in a hurry to get results, to feel busy, to measure my output, to justify my existence. In rushing, I miss a lot, including time with friends and family, constructive feedback from associates, and the physical rest that I need to feel serenity. Only by slowing down can I really pay attention to others and my inner self. When I pay full attention, abandoning the myth of multitasking I am offering a gift seldom received: to have someone's complete attention. At the same time, I receive the gift of escaping my ego which has kept me from seeing my own hang ups in a new light.
4. *Making some structural changes:* My old habits are hard to break, and can be triggered by

the physical and visual layout of my daily life. By changing the placement of things, by moving my desk to a different part of the room, or not sitting down when on the phone, by creating breaks in a rigid schedule I can avoid the stimulation that connects me to old patterns of addictive work.

5. Give credit where it is due: I can criticize myself unmercifully, knowing most of my shortcomings all too well. Neuroscientists say: neurons that fire together, wire together. This means that when I face the situations that lead me into my character flaws, the response is automatic. This reinforces the faults and fails to encourage new and better attitudes and behaviors. I need to congratulate myself on successes, no matter how minor, so that the new wiring can form.

6. Making my problem a friend and ally: Only if I can draw close to my problems, rather than trying to avoid them, am I in a position to learn from them. When I get to the point where to treat problems as opportunities for growth, I am on a path toward serenity and balance.

7. Get close to nature: In nature there are almost no workaholics, except small mammals like squirrels and gerbils. When I spend a lot of time in natural settings, I sense a no-rush pace and balance. I can feel that serenity in my mind and body and it is a marvelous antidote to workaholism.

8. Get connected: In the depths of my compulsive working, I feel there is a kind of hole in my life that I am madly trying to fill. That hole is a lack of connectedness to my close family and to the world in general. We human beings are born social animals and I have created a life with this need mostly unmet. My work was supposed to make me feel complete, truly belonging, but instead it siphons off the time and energy needed to truly connect with others.

9. Gaining self-esteem is a two-handed game: I am aware that “people-pleasing” is a fruitless effort; I am never appreciated in exactly the way I want nor in the amount I want. But I can’t repair my low opinion of myself in isolation. I feel self-esteem building when I am trusted and accepted by people I respect. I cannot feel this by examining my life or by trying harder to be perfect. Only by earning and receiving respect am I able to believe that I am really OK.

10. Write a mission statement: This is regarded as appropriate for organizations, but the principle is the same: to get away from fuzziness and try to be clear about who and what I am about. My mission statement contains things like: I will be compassionate, respectful, light hearted, loving, productive and honest within myself and in all my actions.

11. I ask myself: Is this the way I want to spend the rest of my life? The feeling that there was plenty of time to start bringing sanity into my life was not just procrastination, but a terrible waste of time. This is a question worth asking every day. --- Harry W.

COMMENTARY: Perfectionism

Somewhere along the line, it was suggested to me that perfectionism is actually arrogance, always trying to be seen as perfect and avoiding the mistakes that every human being is bound to make, and being perfect so that I could not be criticized. The word “arrogant” went straight to my heart. I hated this in others and it was painful to think that it applied to me. But, it was true: the standards I set for myself were beyond achievable, even when I was able to forgive in others what was unforgivable in myself. I was trying to hold myself to a higher standard that was totally unrealistic and passing judgment on myself when I was bound to fail.

Perfectionism pointed me directly toward workaholism. The fear of not being perfect separated me from people and I tried to ease that anxiety by always working. If I was working at something useful and doing it well, how could I be judged as wanting? The label of “arrogance” got my attention and that began my wakeup to the fact that I was only human like everyone else. I had to give up perfectionism before I could start being truly present in my life. It has been hard to give up the armor I had been wearing for most of my life. It was not easy to think that I was no more kind or smart or loyal than the others in my life. I had to find another definition of who I am, one that did not require that I be separated, and a definition that instead joins me to others in the human condition.

---A Member of WA

PRAYER: Integration

Challenge
 Me with your parts—
 Owning my projections
 I integrate your parts with mine.
 May I contain all our parts,
 Cherish them in
 my soul.

---Susan G.

COMMENTARY: Service, Acceptance and Trust

I have been wondering why it seems to “feel” good when I am doing service work, and recently I ran across some interesting ideas. For millions of years our ancestors relied on being accepted and trusted by a small group of peers for sheer survival. They could not exist alone in such a difficult world and it was almost impossible for a child to be raised to adulthood without the cooperation of a clan or group. So, it isn’t hard to believe that the ones who were best at responding to this need would have a survival advantage and the drive to fit in has been incorporated into our DNA.

We cannot build self-esteem while being out of touch with our families, friends or co-workers. The isolation of over-working is like trying to blow up a leaky balloon. Many workaholics are working so hard in order to overcome feelings of low self-worth, but over-working does not produce the acceptance and trust we seek.

In our search for being accepted, performing service is a tangible way to earn trust. A hidden consequence is that it enhances our self-esteem, which we usually think of as an interior problem, not immediately dependent on others; however, self-esteem is not a result of material or intellectual achievement. It is based on knowing we can be trusted and finding acceptance for being trustworthy.

---Harry W

CONFERENCE SPECIAL

Save \$25--Register before March 31, 2013

The Double Early Bird Conference fee expires on March 31st with the Early Bird conference of \$50 being effective April 1st.

Please register on line at www.workaholics-anonymous.org, or

Write a check to WAWSO

Send with registration materials on page 19 of this issue of STORYLINE) to:

WAWSO

PO Box 0368

Austin, Texas 78767-0368

The conference program in draft form is also on the website. If you are able to contribute for any of the yellow highlighted items, please contact the program chair Angela W. at [amwpersonal @ gmail . com](mailto:amwpersonal@gmail.com)

EXCERPTS: Embracing the Twelve Steps with the Help of Others

Our Twelve Step program is based on a fellowship of people with similar problems related to work addiction. Individual sharing is an essential part of each meeting. The clarity we can gain from this coming together and by hearing about each others' experience, strength, and hope is vital to our recovery. It is helpful to remember the slogan, "It's a *WE* program," especially when working the steps.

SPONSORSHIP

Sponsors are Workaholics Anonymous members who are committed to abstinence from compulsive working. They offer guidance through the recovery process on all three levels: physical, emotional, and spiritual. Specifically, they can help us with tools such as work plans, phone calls, and working the Steps. A member may work with more than one sponsor and may change sponsors at will. Sometimes it is more practical to enter into a co-sponsoring arrangement. We become a sponsor or co-sponsor as a way of working Step Twelve: to carry the Workaholics Anonymous message and to put the principles of the program into practice. We ask to be sponsored or co-sponsored so we can benefit from the experience of someone who has achieved what we want. Ours is a program of attraction; so, we find a sponsor who has what we want and ask how he or she achieved it. *Workaholics Anonymous*. (2009). *The Workaholics Anonymous Book of Recovery*. Menlo Park, CA: Workaholics Anonymous World Service Organization, p. 13).

Working the steps is the cornerstone of recovery in W.A. Because many of us are overachievers and isolators, we may pick up this book and decide to answer the questions on our own. We have come to W.A., however, because we recognized we could not recover from workaholism on our own. This is also true of working the Steps; we cannot rely solely on the guidance of our own minds or we will not receive the recovery and relief we seek. We don't like to admit it, but it is true: we need someone to show us the path and to steer us back on it when we stray.

A sponsor is a W.A. member who has worked the Steps. Step Twelve tells us we cannot keep the recovery we have been given unless we continue to pass it on. Once we have worked through the Steps in this book, we will be qualified to sponsor and share the gifts of recovery with others.

When choosing a sponsor, pick someone who has the recovery you want. Choose someone who has worked or is working the Steps and who regularly attends meetings. This person might be someone in your local area or someone in another city. Because the fellowship is small, many W.A.'s do long-distance sponsoring. If the first person you ask is not available to sponsor, ask him or her for suggestions and keep asking until you find someone who says yes. Talk with your prospective sponsor about the expectations you both bring to the relationship and how you would like to work together. If you and your sponsor don't mesh, simply thank the person and move on. *Workaholics anonymous*. (2010). *Book of Discovery*. Menlo Park, CA: World Services Organization, pp. 8-10.

ANNOUNCEMENT AND INVITATION: New Meditation Book

The W.A.W.S.O. Literature Committee is creating a meditations book. We would like all the meditations to come from the fellowship, so . . . **We need your help!**

All members are welcome to write and submit meditations for publication. These can be submitted individually, or as a group. Consider having a writing play day for your home group. Not only would this activity provide opportunities for reflection and meditation, but it would also allow group members to make contributions to a book that will serve the needs of the whole fellowship.

A suggested meeting format for writing meditations is available at the WA website. For more details about submitting meditations, please visit: <http://www.workaholics-anonymous.org/page.php?page=bookofmeditations>

Also, a suggested meeting format for writing meditations is available at the WA website at: <http://www.workaholics-anonymous.org/pdf/MeetingTypes.pdf>

We look forward to receiving your meditations!!
Have fun with us!!

Your trusted servants,
W.A.W.S.O. Literature Committee

EDITOR'S COMMENTS

Storyline is the quarterly newsletter of Workaholics Anonymous, published in order to share our experience, strength and hope with each other, and to announce information about our fellowship. Send your submissions for future editions to: [storyline @ workaholics-anonymous . org](mailto:storyline@workaholics-anonymous.org), with SL in the subject line, and send your email address to receive future issues by email.

I ask our readership: do you have more submissions for Storyline? Do you have a particular way of working any of the twelve steps? Do you have a favorite slogan? We invite you to submit your ideas to Storyline, and to encourage others to do likewise.

I am grateful for the role of Storyline in my program. Receiving the submissions from WA members who are working their program is gratifying to me. Sharing these stories with others is a joyful experience, a gift of recovery. I hope you enjoy this and future issues!

--Shelley, Chicago

REGISTRAR REPORT: Meetings

October	Closed	Meeting	Westmont, NJ
	Closed	Meeting	Austin, TX THU
	Closed	Meeting	Chicago, IL "Out to Lunch"
September	New	Meeting	Gainesville, FL
	New	Meeting	Bangkok, Thailand
August	Closed	Meeting	Del Ray, FL
	Lower Frequency	Meeting	Toronto
	Lower Frequency	Meeting	UK Brighton
	New	Meeting	UK London
	New	Meeting	Asheville

NOTE: Email and telephone meetings are now available. See WA Website for information.

ANNOUNCEMENT: Seeking Volunteers

We are looking for volunteers to help with the publication of STORYLINE. We can use help with encouraging submissions, updating our distribution list, and other tasks. We also have an opening for a co-editor or assistant editor. Please let us know at sjschicago@juno.com if you are interested in helping in any way.

Join us on Aug 23-25, 2013 at the Cenacle Retreat Center, 513 W. Fullerton Ave., Chicago, Illinois as we explore our recovery step experience resulting in:

Transformation from the Inside Out



The Cenacle, a quiet peaceful retreat center, located in the heart of the bustling Chicago Lincoln Park neighborhood of shops and excellent restaurants, a few blocks from a conservatory, zoo, and the beautiful Lake Michigan front park and beaches, wonderful for relaxing or swimming in August. Nearby is the main DePaul University Campus.

Pre-Conference – Thurs. 8/22 – 1 pm Registration, 2-6 pm Meetings & activities,
6 pm Dinner, 7:30 Meeting

Conference Day 1 – Fri 8/23 – 8 am Breakfast, 9 am Registration, 10-12 Meetings, 12:30 Lunch,
2-5 pm Meetings,
6 pm Dinner, 7:30 pm Meeting

Conference Day 2 – Sat 8/24 – 8 am Breakfast, 9 am Registration, 10-12 Meetings, 12:30 Lunch,
2-5 pm Meetings,
6 pm Dinner, 7:30 pm Meeting

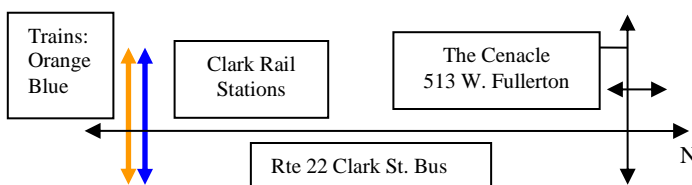
Conference Day 3 – Sun 8/25 – 8 am Breakfast, 9 am Registration, 10-12 Meetings, 12:30 Lunch
& Closing

Transportation

Transportation can be arranged with the host committee, please indicate on registration.

- Blue line Rail and Clark Route 22 Buses to Fullerton Ave. With transit card \$2.50 from O’Hare Airport.
- Orange line Rail and Clark Route 22 Buses to Fullerton Ave. With transit card \$2.50 from Midway Airport.
- Airport shuttles run approximately \$35 each way.
- Taxis run approximately \$65 each way.

Email questions to
transportation2013 @ workaholics-anonymous . org



Scholarships

There are a limited number of need-based scholarships, both full and partial (not to include travel expenses), available through W.A. World Service and group contributions.

Deadline for scholarship requests is April 30, 2013.

Recipients will be notified not later than May 15, 2013.

Please include day and evening phone numbers, email address, and a description of your needs.

**Email scholarship requests to
facilitator @ workaholics-anonymous . org.**

Parking

- Limited free parking is available at the Cenacle.
- There is alternative parking at Children's Memorial Outpatient Center, 2515 N. Clark Street, on weekday evenings (5pm-7:45am) and weekends for the reduced rate of \$6/day with a discount chaser ticket. This ticket is available at the Cenacle reception desk upon request.
- On street parking is also available, but check that you are not in restricted parking.

Phones and Internet

- Cell phones usage is only in non-public areas.
- Wireless high speed access for laptop computers is available throughout the house. The fee is \$7.95/24 hour period and \$3.95/1-hour period (payable by credit card only to Cenacle).
- A complimentary house computer with internet connection and a printer are available in Conference Room B on the Main Floor.

Main Conference Registration Fee

Double Early Bird Registration –

By March 31, 2013: **\$25.00**

Early Bird Registration –

By May 15, 2013: **\$50.00**

All Other Registration: **\$100.00**

To this please add either the Lodging or the Commuter Fee.

On Site Lodging

We will be using Cenacle Retreat and Conference Center. Both single and double occupancy rooms are available on men's and women's floors.

Single rooms cost **\$175/night**.

Double rooms cost **\$125/person/night**.

Regular conference runs Friday dinner to Sunday lunch.

A pre-conference day is available starting with Thursday dinner, Friday breakfast, & Friday lunch.

All meals are included. No food may be brought in. The Cenacle is the caterer for all food needs.

Special needs diets can be accommodated for both on-site lodgers and commuters at no additional cost.

Commuter Fees:

Thursday includes dinner: **\$50**.

Friday includes dinner: **\$50**.

Saturday includes lunch and dinner: **\$65**.

Sunday includes lunch: **\$50**

Cancellation Policy

No refunds for cancellations after May 15th. \$25 will be charged for any earlier cancellations.

Registration deadline is Aug 1, 2013.

Late registration is subject to availability.

Call Jerry S. at 773-209-7089 if attempting to register after 8/1.

Silent Auction

Bring your items to donate for the silent auction, such as small art works, mugs, or whatever you like.

**Easiest to pay online at: www.workaholics-anonymous.org
OR: Write a check to WAWSO, and send with registration materials to**

**WAWSO
PO Box 0368
Austin, Texas 78767-0368**

**Email Questions to:
[conference2013 @ workaholics-anonymous . org](mailto:conference2013@workaholics-anonymous.org)**

REGISTRATION FORM FOR 2013 WA CONFERENCE

Email Questions to conference2013 @ workaholics-anonymous . org

1. Contact Information

Name: _____

Email Address: _____

Phone: _____

2. Registration

Double Early Bird _____

Early Bird: _____

All Other Registration: _____

3. Lodging (twin beds only)

Floor: Men's Women's

Single Room—number of days _____

Double Room—number of days _____

4. Commuter: Number of Days _____

5. Amount 2 and 3 above included: \$_____ or

Amount 2 and 4 above included: \$_____

6. Food

Pre-Conference: ___Yes, ___No

Main Conference

___Both days,

___1 day which ___

7. Commuter

___Thursday

___Friday

___Saturday

___Sunday

Special Needs Diets (no food may be brought in)

Define (vegan, gluten free, OA, kosher, etc.)

8. Other

___ Donate to scholarship fund \$_____

___ Willing to volunteer

___ Have Silent Auction items

___ Need help with transportation

Easiest to pay online at: www.workaholics-anonymous.org

Or: Write a check to WAWSO; and send check and registration materials to:

WAWSO; PO Box 0368; Austin, Texas 78767-0368

STORYLINE: OUR MISSION

- To produce a quarterly publication of news about W.A. in a way that serves as an example of balance between service and our program.
- To provide a space for people of the fellowship to share their experience, strength and hope with the broader membership.
- To provide real stories from real people to those in our fellowship who do not have access to a local meeting.
- To bridge the gap between the fellowship and the WA Board, and aid in replenishing the Board with new members as the trustees' terms run out.

STORY LINE invites WA members to share their experience, strength and hope with the WA fellowship around the world. Each of us has something to share that can help another workaholic to abstain from compulsive working. Please send your submittals by email to: **storyline @ workaholics-anonymous.org**, with **SL** in the SUBJECT LINE. Include your contact information and please also let us know if we can include your first name as author. Your contribution will make this publication more alive, while improving your recovery by helping others.

Note that materials submitted are assumed to be intended for publication, are subject to editing to provide conformity for the newsletter. They become the property of WAWSO, which may publish them in any format in any Workaholics Anonymous literature. The tentative deadline for submissions for the summer issue is: May 15, 2013.

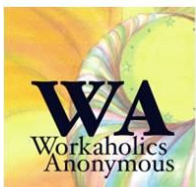
Workaholics Anonymous World Service Organization

PO Box 289 Menlo Park CA 94026

Telephone: 510-273-9253

Website: www.workaholics-anonymous.org

[storyline @ workaholics-anonymous . org](mailto:storyline@workaholics-anonymous.org)



**Workaholics
Anonymous
World Service
Organization**

www.workaholics-anonymous.org