

Dear members in the WA fellowship,

The Workaholics Anonymous World Service Organization (WAWSO) wants to create a book with daily meditations for workaholics as a help to recovery, composed of texts from the fellowship.

We have put together the information for the steps of the process and some samples to inspire you.

Please share the following paper with your groups. It can be helpful – and fun – to hold writing meetings.

Write to our Literature Committee e-mail address (see last page) for more information or clarification on any queries.

We look forward to creating this WA book together with you!

WA Literature Committee

Sample texts

We learn to play and have fun together.

Promise Five of Workaholics Anonymous

When we were children, life flowed so naturally and easily. Playing and having fun happened spontaneously, they sprang from our inner being. We didn't have to learn that. At some moment this energy left us. Over the years we have become overly absorbed in serious business: "I don't have time to play!"

When we decide to open up to joy and playful lightness, rays of sun can lighten up our life. We respond to the beauty of the world and are renewed.

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Pacing

We rest before we get tired.

(WA Book of Recovery, Tools of Recovery, p.11)

When I first heard this part of the tool, it baffled me. How would I know when I was going to get tired before it actually happened? What if I ended up resting nearly all the time, just in case? I'd never know if it had been necessary, or how near I had been to getting tired. And surely I didn't deserve to rest until I had finished everything there was to do? After some time of practicing this tool, I have become much more in tune with my body and my energy levels. The rhythm of activity and rest, activity and rest has become a natural one to me, as natural as breathing in and out, in and out. My Higher Power has helped me come to live by a tool that I could not understand with my own reasoning.

I am grateful for the promises coming true in my life.

Draw inspiration from single terms or parts of Preamble, Twelve Steps, Twelve Traditions, Twelve Promises, Tools and build your own meditation text on that. Please do NOT take quotations from sources other than WA Conference-approved literature in order to avoid the necessity of obtaining the copyright. Thank you!

Submission Form of Manuscript for the WA Daily Meditation Publication

1) Optional Title or Topic: This is a word or a few words indicating the main idea of the text, and can be the name of a Tool, Principle, Tradition, Step, etc.)

2) Optional Inspirational Quotation: This may be a short quote from the WA literature that supplements the Title or Topic.

3) Original Manuscript: This is your writing – of a minimum of one paragraph of approximately 80 words; and a maximum of four paragraphs of approximately 250 words. The goal of the writing is to offer hope to workaholics for balance in their lives and increased awareness. This goal is well achieved when our words come from our hearts instead of straight from our minds. Think of it as a share coming from love and service. Submit as many manuscripts as you want to; but please keep each one to a single topic or theme. At the conclusion, you may offer a summary sentence, precious phrase, affirmation or prayer, as you see in the examples.)

Assignment, Warranty & Release

By Author

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I understand that the manuscript is granted and assigned to WAWSO without payment to me and I waive entirely and forever any right to any compensation arising from or related to its use. I am submitting the manuscript with the hope that it may contribute to the balance in life and recovery of others who suffer.

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Please send your submissions to:

By email: meditationbook@workaholics-anonymous.org

By postal delivery: Lia Ferrell
737 Basswood Drive
Springfield, OH 45504
USA

***** I M P O R T A N T *****

We accept only meditation texts with filled-in and signed AWRs (Assignment, Warranty and Release by the author). You can submit your meditations in two ways: 1) via email to the address given above with a scanned copy of the AWR; 2) via postal delivery to the address above. You can list more than one text in the same AWR form.