



INTO PROSPERITY

UA-UK Intergroup newsletter

Edition 1 (Winter 2024)

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UA-UK IG Meetings

11:15-12:45 / IG Zoom

- Saturday 13 January
- Saturday 10 February
- Saturday 9 March

Essential Information

- [UA-UK IG website](#)
- [Weekly meetings](#)
- [Upcoming events](#)
- [UA-UK IG Convention](#)
June 2024, London

Edition 2 (Spring 2024)

Email contributions to...
newsletter@underearners
anonymous.co.uk

Welcome to Edition 1

Welcome to this exciting edition of the new newsletter for UA in the UK.

To be published each quarter, 'Into Prosperity' will allow UA members in the UK to share their experience, strength and hope, while keeping us all up-to-date with news and reports from UA recovery meeting groups, UA-UK Intergroup and service structures around the world.

Like shares in a meeting, the articles you'll find here are strictly the thoughts of the individuals who wrote them and do not necessarily reflect UA policy or opinion. They are designed to intrigue, challenge, resonate with, but above all to entertain and encourage readers.

If you don't like something you read, remember that we have a choice in recovery whether to react angrily, or respond positively.

Remember too that underearners often suffer from the second Symptom of 'Idea Deflection', which leads us to "compulsively reject ideas that could expand our lives or careers." While this newsletter cannot offer to increase your "profitability" in financial terms, you are VERY welcome to come out of hiding and share your written responses with us all. We recover together, and as experienced fellows say, "we learn by doing".

We cannot wait to read you!

In loving fellowship

Abi, UA-UK Intergroup Officer

Step 1: We admitted we were powerless over underearning – that our lives had become unmanageable.

A fellow shares their experience of Step 1 and its spiritual principle, Honesty.

I've been around the houses with the steps in different fellowships and all my Step 1s had holes in them because as a cross addicted person I could switch and never fully bottom out. Therefore my Step 1s were patchy.

My Step 1 in UA has no holes in it, it's rock solid. My UA stuff is the thing that will absolutely take me out every single time.

My Step 1 reads like this: I'm powerless over my entire life and my whole life has become unmanageable. I had no control over any element of my life and I was so scared and didn't think I could continue to go on living like this. I was feeling suicidal. I was burnt out in every area of my life: my relationships were shocking because I couldn't trust myself to do any of the things I'd commit to reliably; my relationship to work was on the floor; I was overgiving and overpromising and overdelivering in some face to face areas but so behind and underdelivering when it came to paperwork and admin I just couldn't stay on track; and I couldn't follow up on anything and finish it without high levels of struggle and pain. I was so behind, my entire body was out of whack right down to my bodily functions being unpredictable. I was so dissociated from my feelings and my emotions that crisis situations just used to bounce off me, but small inconsequential things would send me into a tailspin of overwhelm. I was ridden with guilt and shame about every element of my existence right down to "Gosh, do I even deserve to be allowed to breathe?". I felt alone, abandoned by God and most importantly I felt completely abandoned by me. I couldn't show up for myself in any meaningful way and I just felt so horrendous and lost/directionless.

The funny thing was that I looked completely functional on the outside. My life looked fine: married, owned own house, good career and well paid job, but the way I felt was at complete odds with that projection. I burnt out in September 2019, went to my first Brighton meeting and heard someone share who had what I wanted. They said they'd come from the utter pits of despair and now they lived a life they were proud of, they trusted themselves, they trusted the God of their understanding and they had routine and structure and when bad things happened, because... well life happens, they knew how to handle those situations.

I. Wanted. That. I. Needed. That.

I was finally desperate enough, there was nowhere to go because my UA stuff is my bottom fellowship. I had been blessed with the gift of true desperation. I asked them to be my sponsor and started working the steps the next week. Writing my Step 1 was long. I was fearless and thorough and was finally able to conceptualise exactly what I was powerless over, because before it was just this intangible "I'm powerless over everything" which is kinda vague. I needed to be explicit and the step questions in the UA step guide helped me get clarity about exactly what I was powerless over, right down to my bodily functions. That specificity set me free because I suddenly had a tangible list of things that I was handing over to the care and will of the God of my understanding, which is pure source energy for me. Writing that list and answering those questions was so humbling but ultimately they set me free and I experienced a lightness and a depth of connection that I'd never felt before.

My Step 1 revealed me to myself. I became visible to myself and for the first time I could look at myself in reality and be relieved of the guilt and shame. The thing is when you have chronically low self esteem/low self worth you think everything about you is wrong. Teasing out what I was powerless over allowed me to 1. See what I was powerless over and 2. See that a lot of it wasn't my fault, purely symptoms of a chronic underearner and under be-er and as such I had a set of steps and tools that would allow me to be relieved of those things one day at a time, sometimes one minute at a time, but if I was able to follow the directions and suggestions there was no reason why I might not "trudge the road to happy destiny" and further along the line "know how to intuitively handle situations that used to baffle me".

I wrote my Step 1, I made outreach calls, I went to meetings, I worked with my sponsor, I kept it simple. Because I had no other choice.

I'm pleased and grateful to be able to say that that magic has and continues to materialise for me, thanks to UA. I am now weirdly grateful that I was brought to my knees because it delivered a rock solid Step 1 and that has allowed me to get free.

We don't have to be afraid of a UA Step 1. It gives us clarity on where God needs to shine the light.

Bex W

Edition 2 (Spring) welcomes contributions on...

'Step 2: Came to believe that a Power greater than ourselves could restore us to sanity' and its spiritual principle, Hope.

Email contributions to: newsletter@underearnersanonymous.co.uk

UA Traditions

Tradition 1: Our common welfare should come first; personal recovery depends upon UA unity.

A fellow shares their experience of Tradition 1 and its spiritual principle, Unity.

Without perhaps fully realising it and almost in spite of myself, I experienced the fundamentals of UA unity as soon I set foot in a UA meeting.

At first there was the identification, the sense that, yes, I do share a common problem with these fellows. We all had a deep-seated link that, despite our differences, brought us together in a way that no other endeavour or common interest could. On the whole, the room represented a fairly wide sample of humanity, yet, through identifying and voicing our condition, we had a direct bridge to each other's hearts. Whatever differences, opinions or disagreements could take a back seat for a moment.

However, we were not there only to commiserate. Had it not been for the hope, clarity and a certain lightness of spirit on display by some of our members – perhaps by different members at different times, we all have our days – I might not have returned. I experienced that a solution, although not a quick-fix, was available. It is now my belief that the 12 steps and 12 traditions embody fundamental spiritual principles that can help us recover, whatever our situation. We

truly have something to preserve, for our own sake and that of future members. How do we preserve this setting and those principles, so vital to our survival and thriving?

My first service meeting was a bit chaotic. Some of the wise serenity on display at the regular meeting seemed temporarily suspended, including my own. But eventually, through a bit of good will and humility on part of the attendees, good solutions for the group emerged. As it turned out, showing up for these service meetings proved an integral part of recovering, where giving some of my time and effort fed back into my personal recovery in a beneficial loop. It created a yet larger sense of unity, this time with the greater UA Fellowship, and an amazement of how a Higher Power can be working through it all when we keep the spirit of unity front and centre.

This unity of the fellowship is essential for my survival and recovery. From that unity our literature will finally be made available. On a website, I can find other meetings and expect the same familiar warmth of a message carried to me by other fellows wherever I go. And through reaching out in a coordinated way to society at large, people with my condition will hear this same message.

On a personal level, I find that when my instincts draw me towards divisiveness or condemnation, I have a lot to gain from a little self-examination. I unearth feelings of fear, blurred boundaries, or more. Most of the time, after sharing this with a fellow, my self-righteousness abates and the problem finds its solution within me, if not out there. Or at least I will be better equipped to bring solutions rather than discord.

Today – on a good day – this sense of unity has started to expand into my personal life, beyond my recovery circle, in a way that makes me feel I belong to humanity again and have a common cause with all beings. This certainly wasn't the case at the onset. I could perhaps philosophically conceive of such an ideal, but hiding and shying away from visibility was part of a sort of self-centeredness that isolated me from everyone. It was a very unsuccessful way to control what happened to me – i.e. nothing. Just a self-fulfilling downward spiral, me against the universe. However, through the group and a set of recovery principles practised together and preserved for us by those who preceded us, I regained some sense of belonging, responsibility, and unity with other beings in general. This has allowed me to engage with life again, one day at a time.

Jonas S.

Edition 2 (Spring) welcomes contributions on...

'Tradition 2: For our group purpose there is but one ultimate authority – a loving God as is expressed in our group conscience. Our leaders are but trusted servants, they do not govern' and its spiritual principle, Trust.

Email contributions to: newsletter@underearnersanonymous.co.uk

UA Tools

Tool 1: Time Recording

We must be conscious of how we spend our time. We keep a written record to increase awareness and support our focus on goals and the actions required to achieve them.

Three fellows share their experience of Time Recording.

“Keeping a written record prevents vagueness...”

I sensed, rather than understood, that time-recording was a spiritual tool. I kept the faith and gradually worked out a way of time recording that works for me. I attended the 2018 Convention soon after I joined UA, so was able to hear the inspiring shares on this subject from experienced fellows and they sustain me to this day.

I did not get on with the timesheet given to me at my first meeting: too many lines and categories! Now I use a system of abbreviations on a week per page flat spiral calendar: E = Earning; S = Service; SC = Self-Care; R = Recreation; V = Vision, along with the briefest detail. Short breaks are not included as I feel they are a given: it's a healthy thing to do. I do not include early mornings or evenings unless for exceptional activities. Alongside this journal, I keep another diary where I detail tasks to be done, meetings, appointments, etc. That is where the fine details are, not in my time-recording journal. It has been said: formal or informal, it doesn't matter so long as you time-record.

Keeping a written record prevents vagueness which is the enemy of my prosperity. The thing that jumped out for me over the first year of time recording was how little of my week was set aside for recreation. It was like I was re-proving my worth and value by over-working even though I am self-employed and no one was telling me to. I came to realise that spending time with friends and family, doing things I enjoy like walking, swimming and the arts, all contribute to my abundant life. Now I set aside time to make arrangements so there is always something enjoyable to look forward to in the diary.

Service is for the Fellowship, my recovery and my community, and it's good to acknowledge to myself and God the work I put in. When I don't time record, I forget the many things I did do which creates a lack of gratitude and hope.

Now, on most days my time supports steps towards my vision and goals. I may not be able to put into words entirely my gratitude for this tool, but I do know that it is helping me recover from underearning one day at a time.

Sarah

“This is the one tool I am not really using. Yet.”

I have been in UA for 8+ years and have worked the steps a couple of times but this is one tool I am not really using. Yet. I had a go using the template on the UA website and lasted about 2 weeks with those. I was marginally more successful using an app on my phone to track my time. It requires a set-up of categories I want to allocate my time to. I find that I generate too many categories and then the task becomes too complex and ultimately I abandon.

I have had two successes with this tool though over the years:

1. When I was first tracking time on a phone app I was shocked to realise how much time went on activities related to food: the planning, the buying, the cooking, the eating, the cleaning up many times a day... Wow. I really had no idea. Combined with awareness I was getting on my overspending on food that got me exploring the possibility that I ought to work a food fellowship also.
2. Having failed on time recording my daily life I decided to do time recording only at work – from the moment I sit at my desk to the moment I get up. This is what that did for me:

- a. I realised that I sit at my desk perhaps way less than I had thought. I always thought I was overworking but there was emerging evidence that I might actually be underworking. Which was sobering. It got to be to show up for work a bit more, I think.
- b. Having succeeded to do it for a year I was able to get a clear view of where my time went when at work. Nobody asked me for it but I was ready to use that information in my appraisal with my boss. Because I always have a feeling that I will be told off for not doing enough or not doing a good enough job it sort of felt comforting to have the data with which to prove my contribution and effort. So the time recording turned out to be a sort of comfort blanket. My sponsor always encourages me to stick to the facts and you can't argue with the fact of the time recorded.

So how do I keep my focus on goals and the actions required to achieve them given that I don't time track? I am heavy on the tools of action meeting and action partners. I prefer the word intentions rather than goals. Gives me a room for manoeuvre. If I end up not doing something it does not feel like a failure since it is not a goal, now unmet. It was only an intention that did not come to pass.

I set intentions for the day and bookend them with a fellow.

I set intentions for the week as part of my planning the week ahead and I roughly allocate the intentions to days of the week – say Monday will be about preparing for the presentation, Tuesday/Wednesday will be about the training course, Thursday will be about clearing out the Inbox and Friday will be about the research I am doing. That kind of high level.

I set intentions for the year to create themes on where I want my life to be focused that year. One year it was Minimalism (that was a year I got rid of a lot of useless possessions). Another it was Intimacy (and I ended up working steps in a relationship fellowship). This year it is Easy (if it is not easy, it is not God's will). That helps me make decisions when called to do that.

So all in all – I can't say I am super conscious of how I spend my time. But then again one of my favourite bits from the Big Book is the idea of carrying my Recovery as a "loose garment, rather than a straight jacket". So I focus on the intentions, not the time. But I remain open. There may yet come a time when Time Recording becomes The Tool I swear by.

From a member of UA-UK

“The game-changer for me was accountability...”

Time recording has been a tool I have experimented with over a number of years. It was a tool that I took up midway through completing the steps, not an uncommon thing in other fellows' experience as well, I have heard.

Initially, it was a matter of downloading the time sheets off the UA websites – very small boxes of 15 minute increments, a tough way for me to record my time accurately, mostly due to the size of the template. I played around with different ways of logging what I was doing – colours, symbols, but this was soon abandoned.

The game-changer for me was accountability and working with an action partner who was very experienced and disciplined in this tool.

I learnt a lot from her; she had been in fellowship for a number of years and had been practising and honing the art of time recording for not an insignificant time. For her, time recording was about planning, logging and reviewing.

We had a call in the mornings. At the beginning of the call we would share our previous day's efforts and then we would move onto articulating our current day's plan, with a small amount of time for feedback at the end of a share. I learnt to break down my plan, logging and reviewing, into categories – for e.g. recovery, self-care, earning, friends and family, partner – these were some of the categories that I used. My fellow also reminded me that for her time logging was a way of supporting a vision.

In the beginning it was, for me, more about claiming awareness. Now, having been in UA for close to 4 years, I feel a greater sense of ability in formulating a plan that encourages my vision.

The mechanics of time recording I would enter on my phone. In my notes, I would simply make a note of the activity I was doing and when it would stop. I would also assign the activity to one of my categories. I then entered this later into a spreadsheet that gave me a weekly overview.

Prior to using the time recording tool and being in UA in general, I was chronically late, but now I feel clearer about the time needed to complete a task, or the time I need to get ready. I used to have too many things outlined for my day – it wasn't possible and I would be constantly falling short of my plans, which didn't do anything for my sense of esteem and well-being.

Time for me is a precious and finite resource and I needed to learn how to respect it and have a deeper understanding of my relationship with it.

I have attended a number of workshops on time recording with fellows using a variety of ways to track. Some simply draw a line under the activity once they have finished it, some use their iCal. There are apps and a number of organisational tools on the market that are worthy of exploration. In my experience it is worthwhile to persevere with it.

Progress, always – not perfection. :-)

Jodie

Edition 2 (Spring) welcomes contributions on...

Tool 2: Meetings – We attend UA meetings regularly to share our experience, strength, and hope in order to help ourselves and others recover from underearning.

Email contributions to: newsletter@underearnersanonymous.co.uk

Topic

Prosperity

Two fellows share their experience of this edition's topic, Prosperity.

“My cup runneth over.”

My discovery of prosperity started when I finally admitted to myself I did not know how to deal with money. I earned it and spent it, always just making ends meet each month.

I took to the other money fellowships like a duck to water. Luckily I had never had any debt issues, thus the principles and practices of both fellowships were easy to follow, as was using the basic

tools: keeping figures, having personal and business spending plans, research, taking a sponsor to guide me through the 12 steps, 90 meetings in 90 days and service.

However in 2005 a few of us started Underearners Anonymous in order to address underearning rather than debt, and 18 years on I am still a loyal and committed member. Looking back I have come to understand some of the basic characteristics of underearning: lack of self-esteem, lack of self-confidence, co-dependency, fear of public exposure and criticism, and (in my case) fear of wealth and success. Underearning has robbed me of choices in life and has turned me into a raging workaholic.

Working the UA and other 12 step programmes I have not just been returned to sanity, I was granted a life and prosperity beyond my wildest dreams: freedom from workaholicism, freedom from financial insecurity, freedom of a healthy mind in a healthy body. May I continue to be worthy of all of them.

The major turnaround happened when I realised how each of my clients have in them a spark of God called Life. This means I serve God with all my work and my 12 step commitments. From that moment onward (this was about 15 years ago) work started coming to me, rather than me chasing after work.

My mortgage got paid off. I opened saving and investment accounts and diversified my investment portfolio. Also I moved house two times and made good profit from each sale which I immediately invested.

For many years now I have been financially independent, managing to open saving and investment accounts for my daughter on her 18th birthday. There were many travels and holidays all paid for in cash as is everything else I have. My cup runneth over.

Ivanka

“It’s miraculous how different I feel about my past, present and future.”

When I think of Prosperity what always immediately comes to mind is money and status. Lots of both. I imagine a fountain of money glittering and spilling over. And that if I was Prosperous, I wouldn’t have to worry about anything ever again. But my problem in life has never been not having enough money or status. I’ve always been able to pay for what I need and I’ve achieved a certain status in my career field.

Money and status are certainly part of the definition of Prosperity in any dictionary. But there is also the definition of Prosperity that includes “flourishing, thriving, good fortune and wealth in happiness and health”. Money and status without these things really means nothing, I can attest to that. I came into UA because I was paralysed by a sense of worthlessness in work and earning. I couldn’t move forward in any areas because I was plagued by harsh narratives about who I was and what I was capable of doing in the world. I was certainly not flourishing, thriving or happy. I didn’t feel grateful for what I had, in fact I saw the money I had as a curse. I was too comfortable, I was too lazy, I was selfish. I was undeserving.

In UA I’ve learnt that my problems at the core are not about my ability to earn or have a career. I am a smart and capable person. Instead, I’ve come to see that I have a spiritual malady that produces thoughts, which produce feelings, which produce behaviours that undermine my efforts to earn and have a career. In the last few weeks, starting the steps for a second time with a new sponsor, I have felt more Prosperous than in the last few years. The reasons for this are simple. Nothing has changed in my material life. I didn’t suddenly land a great job or a windfall of cash. No one has phoned me up and told me I’ve received a prize. But my internal world is (slowly)

changing. I am trying to see my life, and myself through the eyes of a loving Higher Power. I am trying to take actions from a faithful, spiritual place rather than a fearful, wilful place. I am trying to recognise when my negative narratives start up again, and gently tell them I don't need them anymore, thank you.

It's miraculous how different I feel about my past, present and future. I am able to see the good in my life, be grateful for what I have, and accept that I have needs and visions for the future that I would like to achieve with my Higher Power. I have even, at times, felt proud of myself. To me, this is the biggest aspect of Prosperity: gratitude, openness to receive, peace in mind and heart. It means enjoying my life, even when I'm not earning or working. It means loving myself even when I'm not working or earning and it means believing that I can work and earn in the future and eventually be, prosperously, self-supporting.

Caitlin

Edition 2 (Spring) welcomes contributions on...

The topic of 'Working the programme'.

Email contributions to: newsletter@underearnersanonymous.co.uk

Updates and News from UA-UK Intergroup

Messages from Intergroup Service Members

3 fellows share their experience of service at UA-UK Intergroup level

"I've experienced a profound shift in perspective"

Serving as the Chair of the Intergroup of UA-UK has been a profound learning experience deeply rooted in the spiritual tradition of 12-step recovery.

My personal journey of recovery has been significantly enriched through the transformative power of gratitude and service. My own business and prudent reserves have grown significantly in the two years that I have served as Chair. Some days it was hard to get going and show up. But I allowed myself to do it imperfectly, and trust my Higher Power and the group to support me along the way.

In guiding meetings, by focusing on what I can give rather than what I lack, I've experienced a profound shift in perspective. This shift is the essence of being of service – actively contributing to the well-being of others in our fellowship.

Through service, I've witnessed the incredible impact of shared support and the ripple effect of gratitude. Small acts have become pathways to spiritual growth and fulfilment.

In the spiritual tradition of 12-step programs, I embrace a prayer that reflects this commitment to service and gratitude: "I am grateful for the opportunity to be of service. Grant me the wisdom to recognize the gifts of recovery and the humility to share them with others. Through gratitude and service, may we all find the abundance that comes from a shared journey of healing. Amen.

Astrid, UA-UK Intergroup Treasurer and former Chair

“My business turnover grew beyond my wildest dreams”

I served as UA-UK Treasurer for two years from late 2021.

I'd started to enjoy the benefits of working an imperfect UA programme, but was unmanageably busy and stressed managing the burgeoning small business that had miraculously developed in spite of myself... I needed to move closer to my UA programme and my Higher Power, and I remembered the Fifth UA Tool of Service. Resisting every other instinct in my being, I joined the next Intergroup meeting and reluctantly put myself forward for the vacant post of treasurer.

In two years, three things happened:

- 1) I found that just as I thought, I was not a natural fit for this role. I made many mistakes thanks to my inattention to detail, to following up and being 'accountable' (a very apt term!).
- 2) Despite my self-recrimination, Intergroup forgave me every time, and I found both my habits and skills improved, so I became a much 'safer' pair of hands for the UK fellowship's funds.
- 3) My business took off! From six clients, I quickly gained another 93 and my business turnover grew beyond my wildest dreams.

I cannot recommend this kind of alien and unnatural behaviour enough. As compulsive underearners, what we fear may be just the thing we need to move forward and begin to change our lives. Service makes us rich – perhaps not only in spirit!

Abi, former UA-UK Intergroup Treasurer

“I’ve felt so much love, support and encouragement from all the fellows”

I took up the role of event co-ordinator at the 2023 AGM that was held in London in March. It's my first time doing service at Intergroup level and it's been a great experience. I've felt so much love, support and encouragement from all the fellows it's brought me in contact with.

It takes a team to organise an event so now there is an events sub-committee responsible for organising online workshops. The first of which were held in October, a set of two workshops focusing on the subject of Self Care, not just financial but in all areas of life. They were well attended, and the feedback was fantastic. There will be more to come in Spring. Look out for details on the UA-UK website, WhatsApp groups and announcements at meetings.

It's also just been decided that the next UA-UK Convention will be held in London one weekend in June 2024. Again, keep an eye out for further details. If you'd like to help with the organisations then please get in touch with me (events@underearnersanonymous.co.uk).

Sorcha, UA-UK Intergroup Event Co-ordinator

Intergroup Service Positions

The following positions are available at UA-UK Intergroup.

- Literature Secretary
- Website Manager
- Email Reply Officer
- Global GSR Officer
- World Service Conference (WSC) Representative
- Archivist

More information can be found at [UA-UK IG Officers \(underearnersanonymous.co.uk\)](https://underearnersanonymous.co.uk)

Questions from the fellowship

Q1: When and where are the UA-UK meetings?

- The UA-UK meetings are listed on the website:
[Meetings \(underearnersanonymous.co.uk\)](https://underearnersanonymous.co.uk)
- International meetings are listed at the following two websites:
 - underearnersanonymous.org
 - [We Are All UA - Underearners Anonymous Meetings](#)

Q2: When and where are the UA-UK Intergroup meetings this quarter?

- On the second Saturday of each month in 2024, 11:15am – 12:45pm.
- Our next meeting is Saturday 13 January 2024.
- See the UA-UK IG website for 2024 dates [UA-UK IG Calendar\(underearnersanonymous.co.uk\)](https://underearnersanonymous.co.uk)
- Zoom Link: <https://us02web.zoom.us/j/81791539917>
- Elected UA-UK IG Officers and elected meetings' GRSs meet monthly and are eligible to vote.
- Fellows are welcome to attend as guests and join the group discussion and make proposals, however as non-elected members they do not have voting rights.

We invite questions from fellow which could be answered in future editions by fellows with experience of the UA programme.

Email your questions to: newsletter@underearnersanonymous.co.uk

International News

New UA literature

- New conference approved literature has become available at www.weareallua.org
 - The new literature includes a UA Book of Stories (first 10), UA Artist 8.0, UA Business Marketing and Promotion to name but a few.
 - If any UA members would like to share their story for possible inclusion in the UA Big Book which is currently being developed please submit to uabigbook@gmail.com
 - Requirements for contributors: to have completed all 12 steps, sponsoring, have a current service position, and have a sponsor. Contributions should be 1,200-1,500 words.
 - A new UA app is also under development.
-