



INTO PROSPERITY

UA-UK Intergroup newsletter

Edition 2 (Spring 2024)

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UA-UK IG Meetings

11:15-12:45 / IG Zoom

- Saturday 13 April
- Saturday 11 May
- Saturday 8 June

Essential Information

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

Edition 3 (Summer 2024)

Email contributions to...
newsletter@underearnersanonymous.co.uk

Welcome to Edition 2

Welcome everyone to the Spring edition of our newsletter for UA in the UK.

The subcommittee of trusted servants is delighted that Edition 1 was so well received. We thank all those who were brave enough to send in a contribution for the inaugural edition – your service is so very much appreciated.

We thought it worth outlining our plan at this point. Each quarterly edition will invite contributions on a step and its spiritual principle, a tradition and its spiritual principle, a UA tool and a theme, as well as service announcements. Do get in touch if you want to share news from your groups or if you have ideas for themes for future editions.

In this Spring edition you can find contributions on Step Two and its spiritual principle Hope, Tradition Two and its spiritual principle Trust, Tool Two: Meetings, and the Spring Edition Topic: Working the programme. Contributions are circa 600 words long and take about an hour to pen. Perhaps you would feel the call to contribute to a future edition?

The guidance for contributors is on the [UA-UK website](#) and can be found at the end of this edition.

Please send your contributions and ideas for themes of future editions to newsletter@underearnersanonymous.co.uk

We cannot wait to read you!

In loving fellowship

Ellie, Jodie, Sarah and Perry

UA-UK Intergroup Newsletter Committee Officers

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity

A fellow shares their experience of Step 2 and its spiritual principle, Hope.

Embracing Hope: Journey Through Step 2

As I sat in the dimly lit room, surrounded by the familiar faces of my UA group, I felt a sense of belonging that had eluded me for years. We were all here for the same reason: to confront our shared struggle with underearning. Today's meeting was focused on Step Two, which states, "Came to believe that a Power greater than ourselves could restore us to sanity."

I remember the first time I read those words; they seemed so foreign to me. My life had been a testament to self-reliance, and the idea of relying on something greater than myself was daunting. But as I listened to the stories of others in the group, something shifted within me. There was strength in their vulnerability, courage in their admission of powerlessness.

My journey through Step Two began with scepticism. How could something as intangible as a Higher Power help me with something as concrete as my finances? But as I engaged with the step, I found myself opening up to new possibilities. I began to see the patterns of self-sabotage that had kept me in a cycle of underearning. It wasn't just about the money; it was about my belief in my worth and capabilities.

The group provided a safe space to explore these revelations. We shared our experiences, our strengths, and our hopes. I learned that a Higher Power didn't have to be a deity; it could be the collective wisdom of the group, the principles of the programme, or even the better version of myself that I aspired to be.

Through meditation, journaling, and heartfelt conversations, I began to feel a sense of relief. I wasn't alone on this journey. There was a force of goodwill, a current of positive energy that I could tap into. It gave me the strength to face my financial fears and the hope that I could overcome them.

Step Two taught me that sanity in my finances meant more than just balancing a budget; it meant finding balance in my life. It meant recognising that my self-worth was not tied to my net worth. Most importantly, it taught me that with the support of my UA family and a newfound faith in a Higher Power, I could achieve a level of serenity and success I had never thought possible.

Peter M

“Some day perhaps I will live beyond belief: that is my hope”

What is my experience of Step Two in UA?

I am only writing of my experience with this step and it goes without saying that everyone's may be different and personal.

I use the word God but I could just as easily use higher power, Goddess, universal flow etc.

When I first encountered Step Two I left it appropriately vague for an underearner. It was another fellowship and there were a few more fellowships I qualified for along the way before I found my way to UA.

At the first UA meetings I heard of the symptoms of hiding, avoiding and being vague and they resonated instantly and clearly with my life experience, including my approach to Step Two.

Yes I believed in a higher power, but after a small amount of examination it was obvious that I was still conflicted between a loving God I could trust to guide my life and a judgemental God who was keeping score, quick to judge and willing to punish. Some work had to be done to arrange my beliefs in this area and see if I was willing to discard some of them.

I was fearful of looking at the question. Did I have the right to ask it and what if I created the wrong God? Will I be held responsible and told, "well, you've made your God now lie in it."

It has been a journey to trust. To what end? To what sanity?

From my perspective God is restoring me to sanity, always. And God supports me lovingly, always.

I am being gently supported as I create the mental, emotional and physical structures that give me security and help me grow and at the same time I am being gently encouraged to move beyond them.

It is through life that my higher power works. Everything I need for the next step of my journey will be laid out in front of me in God's good time. If I can stay humble enough to be guided I surely experience a better outcome than something I may imagine. The sanity I am reaching for will grow, ever urging me to surrender into life more.

Can I accept where I am on the spiritual journey and that I am growing into a place where I can be of help to others? I may do it for myself but it is in preparation to be of more help to others.

I am open to expanding my beliefs and to reorientate to a greater understanding. There is no end to growth.

Some day perhaps I will live beyond belief. I will live knowing that there is a God. That is my hope.

Dom

Edition 3 (Summer) welcomes contributions on...

'Step 3: Made a decision to turn our will and our lives over to the care of God as we understood God' and its spiritual principle, Faith.

Email contributions to: newsletter@underearnersanonymous.co.uk

UA Traditions

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

Two fellows share their experience of Tradition 2 and its spiritual principle, Trust.

“Safety is vital for everyone’s recovery”

The second tradition of the "12 Steps and 12 Traditions" in UA focuses on a group's safety and autonomy. It emphasises that the group's primary purpose is to maintain its safety and sobriety

and carry the message to those who still suffer with under earning. The tradition underscores the importance of unity within the group while respecting the autonomy of individual members.

In Tradition Two it is exemplified in the story of a decision-making process.

The group faces a crucial choice about whether to expand its meeting schedule. Some members are in favour of adding more meetings, while others prefer maintaining the current schedule. Rather than relying on a single leader's decision, the group adhered to Tradition Two.

We hold a group conscience meeting where members openly share their own perspectives with safety.

Safety is vital for everyone's recovery. Through discussion and voting, the group collectively reaches a decision that reflects the majority's views while respecting the minority opinion. Tradition Two emphasised that no one person governs the group; instead, decisions are always guided by the group conscience and leaders are only trusted servants facilitating the process and not a final voice nor a single decision maker.

This experience reinforces the group's unity, ensuring that all decisions being made in the spirit of cooperation and collective well-being, reflecting the principle that the ultimate authority is the loving God expressed through the group conscience.

Helena

A Reflection on Tradition 2

Tradition Two of UA states: "For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

In the rooms of UA, where the echoes of shared struggles and triumphs blend into a tapestry of recovery, Tradition Two serves as a beacon of collective wisdom. I found solace in the understanding that no single person holds the reins of our destiny. We are guided by a force greater than any individual – a Higher Power working through our group conscience.

My journey through Tradition Two began with apprehension. The notion of surrendering to a Higher Power was daunting, especially when my underearning seemed like a personal failure that I alone should rectify. But as I engaged with the tradition, I discovered the power of unity. Our group was not a place for leaders with iron fists but a sanctuary where each voice contributed to the symphony of decisions.

The meetings became a dance of democracy, where every member, from the newcomer to the old-timer, had an equal say. We made decisions not by the volume of our voices but by the depth of our commitment to the group's welfare. In this process, I learned the essence of trust – not just in a Higher Power but in the collective heartbeat of my fellow underearners.

We shared our experiences with humility, knowing that our strength came from our vulnerability. Our stories of financial insecurity, of the days when the phone rang with calls from creditors, and the nights when the ceiling stared back at us, laden with unpaid bills – these were our battle scars. And yet, in the sharing, we found hope.

The group's conscience emerged not as a thunderous decree but as a gentle whisper, guiding us to decisions that honoured our common purpose. We believed that our Higher Power spoke through this whisper, through the quiet knowing that what was right for the group was right for us as individuals.

As trusted servants, our leaders embodied the principles of service and sacrifice. They were not above us but among us, their service a testament to the program's transformative power. They led not by edict but by example, their actions a mirror reflecting the change we all sought.

Studying Tradition Two was a study in letting go. It was about releasing the ego that clamoured for control and embracing a faith that transcended the ledger of our finances. It taught me that my worth was not measured by my bank account but by my willingness to contribute to the greater good.

In the end, Tradition Two was a lesson in love – a love that was not transactional but unconditional. It was a love that flowed from a Higher Power, through the group conscience, into the heart of every member who walked through the door, seeking a new way of life.

As I reflect on the impact of Tradition Two, I realise that it's not just about the meetings or the decisions we make. It's about a way of living that honours the spirit of cooperation and the belief that together, with a Higher Power's guidance, we can overcome the shackles of underearning and step into the sunlight of financial serenity.

Peter M

Edition 3 (Summer) welcomes contributions on...

'Tradition 3: The only requirement for UA membership is a desire to stop underearning' and its spiritual principle, Identity.

Email contributions to: newsletter@underearnersanonymous.co.uk

UA Tools

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.

Two fellows share their experience of meetings.

“Every [UA] meeting is an assurance that God will restore us to sanity...”

The final sentence in Step Two in the AA 12&12 reads: *“True humility and an open mind can lead us to faith, and every AA meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him”.*

So recovery meetings – I am given an assurance that I will be restored to sanity there. That certainly has been my experience.

When I came into recovery I soon realised going to meetings was like balm. So I did loads of them. And I mean LOADS of them. Six months into my journey, I found a sponsor and one of her conditions for working with me was that I would do 90 meetings in 90 days – I didn't blink an eyelid. I was already doing pretty much a meeting a day. This carries on to a great extent into the present, years on. As I plan my week I think about which meeting and in which fellowship I would attend each day so that I have a good spread. I think I average about five meetings a week, easy. I aim for 7/7. Why do I do it?

It is one of my favourite tools, if one is allowed to pick favourites. I have never left a meeting feeling worse than when I came into it. It is always a mood boost and an energy boost. It is in meetings I started to hear and witness people sharing authentically and being vulnerable for others to see. It is in meetings that I started to crack the ice that I was frozen in as I tentatively started to share too. Sharing in meetings has felt like unbottling up. It has been like a playground to try being more open and honest with people generally. The first time I cried in a meeting in front of a roomful of 40 people it felt cathartic. There is something incredibly healing about being witnessed in meetings.

It is in meetings I hear what life and recovery is like for other people; here I can practise compassion; where I learn to interact with people somewhat differently to what my default ways were. It is in meetings I learn about time boundaries (a vital gift of UA too). It is in meetings I built and continue to build connections with fellows who then become action partners or sponsors or sponsees or outreach partners.

It is in meetings I have a guaranteed exposure to a power greater than myself. The word “meeting” features 184 times in the Big Book. The first time it is mentioned I am told that *“the broker had been relieved of his drink obsession by a sudden spiritual experience, following a meeting with an alcoholic friend who had been in contact with the Oxford Groups of that day”*. So wait, I can come to a meeting and potentially have a sudden spiritual experience? Yes please to that! Meetings are referred to in the Big Book’s “A Vision for you” and also over 170 times in the personal stories of those who claimed to have recovered. Talk about high rating and previous users’ recommendations before you “buy”! I mean the body of evidence of the goodness of meetings is substantial! But if you are not convinced and user reviews are not enough, we like to say in the programme: come to six meetings before you decide if it is for you. No obligation. That’s a pretty good deal, I’d say.

I also heard a lead share one time talk about (or maybe I am making that up but it is what I now believe) Step Two being directly connected to meetings, that you can choose to read Step Two as “Came [to meetings] to believe that a Power greater than ourselves could restore us to sanity”. I love that and that is precisely my experience. I came to meetings and continue to come to meetings to hear the stories of fellows and strengthen my belief that I too can be restored to sanity by a Higher Power. So meetings all the way for me!

I am also very mindful that meetings do not just happen for me to free-ride on. Meetings require my service. I always, the entire time I have been in UA, have had a service position in the regular meetings I attend as well as stepping in for timing and reading in the meetings I visit more ad hoc. That’s how I can be sure there will be a meeting for me to go to next week too. Because I need it. And because my Step 12 needs it so I can carry the message in meetings to newcomers. Just like what UA has taught me about money – I have to give in order to get and so the infinite cycle continues on and on. That I see as my “rightly relating myself to HP” and practising “true humility and open mind” to the best of my ability so that I can reap the benefit of the Step Two promise that “every meeting is an assurance that God will restore [me] to sanity”.

And one thing is for sure – I absolutely need sanity, don’t you?

See you at the next meeting :)

Anonymous

“Sharing and giving service are two core benefits that I receive from attending UA meetings”

Sharing and giving service are two core benefits that I receive from attending UA meetings regularly, and I am grateful for this chance to write about Tool Two.

I set up an in-person UA meeting many years ago in Spain which didn't really take off, and until on-line meetings were available, I spent my early years in underearning recovery working mostly alone, helped by the work of Jerrold Mundis and Julia Cameron in the days before UA existed.

Now that meetings are on-line, I go to around four a week and find the experience, strength and hope I hear both inspiring and motivational. I am also constantly humbled by hearing newcomers, and am reminded that as an "old-timer", I keep coming back both for myself and for others. The illness of addiction, no matter the drug of choice, is one of isolation, and as loneliness is such a pernicious malady, there is great healing just being in "the rooms", whether actual or virtual, with others who understand, empathise and connect with my experience.

Sometimes I don't want to go to meetings, want to hide, or can revert to old patterns of feeling I can't show my face if I look a mess. But one of the great gifts of recovery is being my authentic self, so I just show up. I may well be in my "Zoom top half" while the bottom half is in pyjamas! It doesn't matter – the point is to share from my heart and mind, without self-consciousness. It's not about me anymore.

I am also grateful for the opportunity to serve in the Fellowship through a couple of roles which make me commit and show up regularly and which help me feel I belong. I highly recommend service as a way to deepen recovery.

Through meetings, I have found like-minded fellows – action partners, a sponsor, sponsee, an action group and others I speak with regularly for outreach.

I think the use of "regularly" in this tool's wording is important. As an addict if I am acting out in my illness, I am not regular, I am out of balance, don't look after myself properly and get knocked off centre very easily, or can go into patterns of exertion and exhaustion. This regular attendance at four meetings every week keeps me in balance, and they become the staple diet of my week, around which other things revolve. I don't squeeze meetings into an over-packed schedule. I make these meetings the beginnings of my weekly schedule, along with meetings with sponsor and sponsee. This helps me bring balance into my life in other ways, with time-recording, allowing enough time for plenty of self-care, so that the regularity of meetings becomes regularity and balance in my life as a whole. I am in another fellowship as well, and after 30 years in 12 step, in a few different fellowships along the way, I keep coming back, because for me these meetings which started as a life-line have become a way of life.

Another aspect of showing up on-line in meetings and speaking up, has helped me with confidence in my life in general, and I have found the courage to lead other on-line groups, which is an unexpected benefit.

One of the main things I have learnt is how to truly listen to others and I love the no crosstalk policy we have in all 12 step meetings, which I have taken into my other groups outside of the Fellowship and which has been such a blessing. Learning how to share, speak freely, listen, hear and be heard without judgement or feedback, are tremendously healing experiences for those of us who grew up in homes where we were not fully safe to express.

I will probably always have hermetic tendencies, but there is a world of difference between isolation and solitude. The solitude and connection with nature that brings me closer to the God of my understanding is a beautiful part of my recovery, and I am deeply grateful for all the blessings I have received, financial and otherwise, which have allowed me to live in a beautiful place connecting with HP in this way. But I can't do my recovery alone. That thing of "wherever two or

more of us are gathered” is what keeps me coming back. I hear God speaking through other Fellows, and the mysterious presence of a Higher Power that works miracles keeps me coming back, and I will keep coming back for as long as I am here. Together we can walk each other home.

Rachel C

You want to work the steps in a meeting?

Here is how:

The next round of the UA-UK Step Study is planned to start at the beginning of July 2024

Thursday 7:45am to 8:30am UK Time

This is a closed step study meeting where we work the UA steps together using The Big Book and a step study guide developed by service members of the group. It takes approximately 40 weeks to complete a step study round. You can join a round in the first 4 weeks of its running after which the group is closed for new participants. Zoom link and password will be provided to those who sign up when the new round is advertised. Please keep checking on [Meetings \(underearnersanonymous.co.uk\)](https://underearnersanonymous.co.uk) for full details on how to sign up.

Edition 3 (Summer) welcomes contributions on...

Tool 3: Sponsorship – We actively seek sponsorship with someone who has worked the Twelve Steps in UA and is willing to guide us in our recovery.

Email contributions to: newsletter@underearnersanonymous.co.uk

Working the programme

Three fellows share their experience of this edition’s topic, Working the programme.

Topic

“My cup runneth over.”

This is my second time round in UA. I first came to the rooms many years ago as part of my primary fellowship, but I didn’t stay due to problems I had with personalities in my, then, local face to face meeting.

Many years later, second divorce looming on the horizon and me on my knees again, only in a worse mental state than ever over money and earning issues – my husbands were always the ones who supported me financially.

That was me, just over two years ago.

My then sponsor, in DA suggested I needed to go to UA, even if I couldn’t work the steps yet, so I started to go to the big book UA study group on Tuesday mornings. In that meeting, I heard about working the steps on a Thursday morning using the Big Book and a booklet which would move me through the steps in UA in a relatively quick way like I’d never done in any of my other 12 step recovery. I was working my steps very slowly in DA and I’m not one who would ever believe in advising anyone or even me to do two step studies at the same time, but I handed my will and my

life over to God. I started to do both, and the irony is, I've finished with my UA steps before the DA ones (I'm on step 12 there, so not far behind). I started the UA steps, less than a year ago, that's how fast it's been, but incredibly powerful.

I'm one of those who never liked the idea of identifying as an underearner, but now, I've found a deep acceptance of who I am and have found faith and ways to turn my will and life over to the care of God, not just with money, but with my life, career and relationships.

I've got an action partner during the weekdays; I'm starting up with my second action group and looking to find the next service position which will help keep me accountable and steeped in my twelfth step to help me keep sane. Plus, I feel ready to be able to start to sponsor others who are ready. I'm not I'm not good at record keeping, but I do keep my numbers. I'm not perfect, but I'm a lot better. I'm not fixed, my outsides don't look a lot different... (still fighting to get the divorce, my earnings aren't meeting my needs... yet), but my insides feel a lot different, and my actions and actioning have definitely moved on and are still moving on and I'm not the crazy banshee I was when I walked back into these rooms.

I found that, for me, and the way that I moved through the steps was incredibly supportive and helpful. I lost my accountability partners several times over my journey through the steps, but it just meant I needed to keep asking and working through it to work it to the best of my ability and trust in my higher power to bring me to where I am today and help me keep finding my next accountability partner. I wanted to get better more than I wanted to worry about my pride, that maybe they didn't like me or I'm not good enough. It was painful, it wasn't easy, but it was doable, and just when I thought I couldn't go on, the pace somehow slowed down, like it knew this is when I needed to give those steps the time they needed – that happened big time at step four and five, but I was amazed at how well it worked for me. Just when I thought I was behind, I found that I wasn't. I was right where I needed to be.

God was in all of it for me. I'm so pleased that I've come so far in such a short time but adding another depth to my recovery.

I've worked it because I believe I'm worth it and so does my higher power. I'm not perfect, but I'm perfectly imperfect and handing over whatever I can whenever I can and trusting in God to help me understand and find the next right thing. Doing this approach to working my steps was the next right thing for me and boy am I glad I did it.

The understanding of my god has grown, and I've found better tools to hand it over and let go of my will a little bit better one day at a time. By the way, it's not a straight line on this, I do this better some days than others.

LIF

Debx

“Everything is now making much more sense”

When I returned to UA I was coming back after visiting intermittently online in lockdown. My life was OK. I had work I loved and I earned well but I was living in survival. I was not making the doctor appointments I needed to and had gotten out of the habit of haircuts and yoga classes since 2020 and working at home and I was slightly obsessed with health, tax and admin even though I would always leave these till the last minute. I was also feeling that I wasn't seen and I wondered why. And I really wanted to be more creative and also have holidays, not just the odd weekend away. My biggest wish too was that I would find some clarity and order and manage to write some of my thoughts into a book. But again I would only write little bits here and there and

feel like a hopeless failure because I had dreams that I couldn't actualise. I have ADHD and I was often in a complete muddle trying to do too much and wondering why I could never seem to get my hair and makeup and clothing to look as I might like. I was also either pushing myself or feeling spaced out and I kept spending everything on courses and losing track of time.

What did I do?

I went to a weekly meeting consistently online. I started to do co-sponsoring and work the steps (now for a year). I started to look at what I was doing with time. I started to let people be rather than trying to fix people so much and also started to prioritise me.

What has changed?

Well now I have a weekly call with a co-sponsor where we are doing the steps and this has uncovered so much guilt, shame, vagueness, misuse of my time, codependency, trauma and shame, brain fog and disassociation.

Everything is now making much more sense and I have managed to...

1. I see how I was eating my time up with codependency and how so much of my admin was compulsive helping.
2. I now do a yoga and a dance class and a swim.
3. I now get health checks.
4. I now have more time with family and friends.
5. I am now regularly doing my numbers and figures and being aware of time.
6. I now get how my book is forming out of me having an authentically brilliant life.
7. I was either grandiose or a shame-based victim and now I am walking a middle path acknowledging my gifts and stepping into my purpose.
8. I now get help with admin/tech/ book keeping and also how to align my bones and I buy new dresses which make me feel great.
9. I have had makeup lessons and driving lessons and I now drive and also can do my makeup and hair.
10. I plan my outfits and arrange how much time I need to get ready for something.
11. I dare name my gifts and am more confident in my job and relationships and can set boundaries with humour and care.
12. Instead of feeling like a seething underdog I am enjoying the changes in me.

UA has changed my life. I love me and I love my life genuinely.

Anonymous

“Adding colour and boundaries to my time”

Since I've been in UA, 'working the programme' has meant many things. Sometimes many many things (12 steps and 12 tools are a lot of things). But there's one thing that if I don't do, even 12 years after my first rock bottom in UA, it feels like I'm not working my programme.

It's the time sheets. I have run workshops on these timesheets and at that point, people groan. I know not everyone has found their way with them, but when I took ownership of them; making them MY programme, MY timesheets, I started to feel less vague, less prone to the symptoms and more manageable.

Each Sunday night in my 'admin' time, I sit down with an A4 black & white printout of the timesheets; my favourite black pen; and a series of coloured markers – each colour representing a

category of my time. What happens next I adapted from the audio of Matt from California's workshop.

1. I write the date at the top of each seven days, which grounds me in the upcoming week.
2. Then I write down in the columns below the days a few key tasks that increase my prosperity for each section: *Urgent and Important*, *Urgent Not Important*, *Important Not Urgent* and *Not Urgent Not Important*. Understanding and practising the difference between those time scales and priorities is an important part of working my programme because when I came into UA, I had a lot of distorted thinking about what was important in my life and what my real needs were. This weekly inventory helps me achieve clarity.

WFH

Week of:		Time Sheet 19 MON		Time Sheet 20 TUES		Time Sheet 21 WED	
Total Hours	Date	Date	Date	Date	Date	Date	Date
	5am	5am	5am	5am	5am	5am	5am
	6am	6am	6am	6am	6am	6am	6am
	7am	7am	7am	7am	7am	7am	7am
	8am	8am	8am	8am	8am	8am	8am
	9am	9am	9am	9am	9am	9am	9am
	10am	10am	10am	10am	10am	10am	10am
	11am	11am	11am	11am	11am	11am	11am
	12 noon	12 noon	12 noon	12 noon	12 noon	12 noon	12 noon
	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm
	10pm	10pm	10pm	10pm	10pm	10pm	10pm
	11pm	11pm	11pm	11pm	11pm	11pm	11pm
	bed	bed	bed	bed	bed	bed	bed
Urgent & Important		Urgent - Less Important		Important - Not Urgent		Not Urgent - Less Important	
#1	<input type="checkbox"/> THERAPY	#1	<input type="checkbox"/> FILM CLUB	#1	<input type="checkbox"/> MGS	#1	<input type="checkbox"/>
#2	<input type="checkbox"/> ACCUPUNCTURE	#2	<input type="checkbox"/> BOOK CLUB	#2	<input type="checkbox"/> MEDICATION	#2	<input type="checkbox"/>
#3	<input type="checkbox"/> FINE LETTER	#3	<input type="checkbox"/> PILATES OR	#3	<input type="checkbox"/> EXERCISE	#3	<input type="checkbox"/>
#4	<input type="checkbox"/> ANT B'DAY CARD	#4	<input type="checkbox"/> FILM	#4	<input type="checkbox"/>	#4	<input type="checkbox"/>
#5	<input type="checkbox"/> EDITING	#5	<input type="checkbox"/>	#5	<input type="checkbox"/>	#5	<input type="checkbox"/>
#6	<input type="checkbox"/> DRUG CLING REF	#6	<input type="checkbox"/>	#6	<input type="checkbox"/>	#6	<input type="checkbox"/>
#7	<input type="checkbox"/> VA ARTICLE	#7	<input type="checkbox"/>	#7	<input type="checkbox"/>	#7	<input type="checkbox"/>

Time Sheet 22 THURS		Time Sheet 23 FRI		Time Sheet 24 SAT		Time Sheet 25 SUN	
Date	Date	Date	Date	Date	Date	Date	Date
5am	5am	5am	5am	5am	5am	5am	5am
6am	6am	6am	6am	6am	6am	6am	6am
7am	7am	7am	7am	7am	7am	7am	7am
8am	8am	8am	8am	8am	8am	8am	8am
9am	9am	9am	9am	9am	9am	9am	9am
10am	10am	10am	10am	10am	10am	10am	10am
11am	11am	11am	11am	11am	11am	11am	11am
12 noon	12 noon	12 noon	12 noon	12 noon	12 noon	12 noon	12 noon
1pm	1pm	1pm	1pm	1pm	1pm	1pm	1pm
2pm	2pm	2pm	2pm	2pm	2pm	2pm	2pm
3pm	3pm	3pm	3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	4pm	4pm	4pm	4pm	4pm
5pm	5pm	5pm	5pm	5pm	5pm	5pm	5pm
6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm	7pm	7pm	7pm
8pm	8pm	8pm	8pm	8pm	8pm	8pm	8pm
9pm	9pm	9pm	9pm	9pm	9pm	9pm	9pm
10pm	10pm	10pm	10pm	10pm	10pm	10pm	10pm
11pm	11pm	11pm	11pm	11pm	11pm	11pm	11pm
bed	bed	bed	bed	bed	bed	bed	bed
Urgent & Important		Urgent - Less Important		Important - Not Urgent		Not Urgent - Less Important	
#1	<input type="checkbox"/>	#1	<input type="checkbox"/>	#1	<input type="checkbox"/>	#1	<input type="checkbox"/>
#2	<input type="checkbox"/>	#2	<input type="checkbox"/>	#2	<input type="checkbox"/>	#2	<input type="checkbox"/>
#3	<input type="checkbox"/>	#3	<input type="checkbox"/>	#3	<input type="checkbox"/>	#3	<input type="checkbox"/>
#4	<input type="checkbox"/>	#4	<input type="checkbox"/>	#4	<input type="checkbox"/>	#4	<input type="checkbox"/>
#5	<input type="checkbox"/>	#5	<input type="checkbox"/>	#5	<input type="checkbox"/>	#5	<input type="checkbox"/>
#6	<input type="checkbox"/>	#6	<input type="checkbox"/>	#6	<input type="checkbox"/>	#6	<input type="checkbox"/>
#7	<input type="checkbox"/>	#7	<input type="checkbox"/>	#7	<input type="checkbox"/>	#7	<input type="checkbox"/>

3. Then I go back up to the main schedules and block out the key sections of my week ahead in 15-minute increments, starting with basic needs that are not negotiable (I shade them in black): my waking time/sleeping times, breakfast, lunch, dinner. Next I outline regular commitments (which are usually on my Important Not Urgent): work, regular meetings I attend, my swimming, etc. After that is anything from the Urgent & Important list. When I first started in UA, I had to put work on that list, until it became a habit.

Once that's done, I outline the rest of my week, using the priority lists as a guide and to make sure my needs and wants are, as best as possible, met. Some things on the lists only take 15 minutes.

And that's another important part of working my programme: breaking big or overwhelming actions into 15-minute manageable chunks.

4. Now, time for the colouring in! This isn't in the original workshop, but it's an important part of it for me: making what felt like constriction in my early days feel like fun. That too has become habitual. Plus, I can see at a glance, whether I have balance in my life, and also which category of time I have coming up each day.

E.g Yellow is income generation (currently a 9-5, but throughout my recovery has been my business, a few different jobs, or job hunting); Turquoise is my spiritual recovery (meetings, figures, timesheets, sponsorship); Red is to do with my body: exercise, doctor's appts, therapy and Green is my creative writing time.

These categories and colours are personal to me and based on the time recording I did in my first days, months and years of the programme. A bit like spending categories in other money programmes. I do my timesheets when I do my spending plan.

5. When it's coloured in (and I've seen how much space I have in my week), I stick it up on the wall in my kitchen, or on the front of my diary: somewhere I see it regularly. Sometimes in my recovery journey I've shared the timesheets with an action partner; to learn balance and how to meet my needs, working together through the various important/urgent things in my life, now a prosperous one that UA and the 12 steps have given to me.

Lauren B, Oxford

Edition 3 (Summer) welcomes contributions on...

The topic of 'Starting in UA'.

Email contributions to: newsletter@underearnersanonymous.co.uk

Questions from the fellowship

Q1: What are the guidelines for contributors to the UA-UK Newsletter?

The newsletter is a quarterly forum of written contributions from UA members in order to share their experience, strength and hope in recovery to the wider fellowship.

The Spring, Summer, Autumn and Winter issues will be uploaded to the [website](#).

Content is overseen by the newsletter committee made up of UA members, working as trusted servants. They decide on the subjects to be covered in each issue: Steps, Traditions, Tools and Topics.

Once the subjects are chosen, the committee will put out a general call for contributions. All UA members are welcome to share their recovery experience. If not enough shares are received, the committee will ask individual members to contribute.

Members are asked to write their shares with a word count in mind. The average required word count is 600 words (400 minimum, 800 maximum), unless otherwise stated. You may choose to show your draft to your sponsor or a fellow in recovery who is familiar with the Traditions before sending your contribution in.

Members are asked to email their shares to newsletter@underearnersanonymous.co.uk by the stated deadline.

Any editing will respect the unique voice and message of the contributor. Some editing may be necessary, using these principles: for length; to avoid repetition; to correct spelling; and to remove/generically replace any names of outside entities/individuals.

Members can choose how to sign their contributions: first name only; first name and surname initial; initial; initials; Anonymous (examples: John; John O; J; JO; Anonymous).

Once contributions are selected, all editorial decisions are the responsibility of the committee.

Prayer for a Trusted Servant

“Higher Power, We ask for your guidance today, As we carry out this work in service to the Fellowship. Relieve us of the burdens of our egos and perfectionism. Remind us to place principles before personalities. Grant us the grace of humour and humility. Give us faith to trust in You and the group conscience. Grant us the serenity to accept the things we cannot change, Courage to change the things we can, And the wisdom to know the difference.”

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

Updates and News from UA-UK Intergroup

Messages from Intergroup Service Members

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

“To get the ball rolling you need someone to start rolling”

I have for a long time felt that we do not have much literature in this fellowship. In other fellowships booklets are put together with shares from fellows and they are read in meetings as a focus for sharing. We don't have that in UA. Other fellowships sell their literature on the internet and in UA we have a few leaflets available for free. That struck me as such an underearning thing! Oh, the irony, it felt like. It also felt like time for a change, perhaps.

It was a year ago (as I completed a UA Step Study group and got to step 12) that I read in the Big Book the chapter, “A Vision for You,” and had a strong sense of the vision for a UA newsletter out of which literature can then be compiled over time. Maybe in years to come even put together in booklets. Maybe in yet more years to come – sold on the internet to raise funds to grow the fellowship. That was and is my vision for you. As with anything – to get the ball rolling you need someone to start rolling the small snowball and I was prepared to roll.

I have found that willingness is the only requirement for membership to anything. I showed up to the next Intergroup meeting and I took up the vacant Newsletter rep service position. Other fellows joined the sub-committee and we began the process of shaping up the newsletter you now hold. I have enjoyed the process very much. Doing the service teaches me patience and cooperation (both are qualities that I generally struggle with) and invites me to practise

(imperfectly) the traditions in interactions with people. I am hoping that will be something that translates into my life beyond the recovery community.

Recently in a Visions meeting I shared that it had been my dream to be a journalist “when I grow up” but that dream has somehow remained dormant as life took me in a different direction. And then somebody pointed out: “But you have just helped put together the Newsletter! So aren’t you doing it”? Wow! That took me by surprise. Blind spot. I have many of those. It is quite cool that my Vision for you has turned out to also be my Vision for me and that the two have come so beautifully together. Total God job. A privilege. Joy. Fun. All rolled in one. So I will keep the ball rolling until it is my time to roll off and pass it on to another trusted servant to roll with.

What is your Vision? Write in and share your experience, strength and hope of how service and visions came together for you (or anything else you feel moved to share).

Ellie, *UA-UK Intergroup Newsletter Officer*

“Let’s make our great programme accessible.”

My name is Cina and I am the Public Information (PI) officer at Intergroup, trying to raise awareness about the UA programme. The task is simple but not easy. In UA, we want to attract newcomers to our programme and let those still suffering from underearning and not aware of UA know that there is a solution.

I have some ideas of how to do this but I need your support. The whole of the programme including how to recover from underearning centres around the idea of being in fellowship and asking for help so this is what I am trying to do, to get some ideas and support from recovering fellows as to how to carry the message of UA to those who still suffer.

If you are creative and would like to help, please get in touch. Currently in the pipeline, there is scope for producing a UA postcard and a UA sticker. You don’t need to be a professional designer to help but if you know your way to do basic things on Canva, Illustrator or Photoshop, I would love to hear from you.

Alternatively, if you have some ideas for comms to develop, please get in touch today! Please email publicinfo@underearnersanonymous.co.uk if you can help. Let’s make our great programme accessible to the underearners who still suffer and are unaware of our solution!

Cina, *UA-UK Intergroup PI Officer*

UA-UK News

Group Announcements

For GSRs to read out at business meetings.

1) Visitors welcome to UA-UK Intergroup meetings

- Want to know more about UA-UK?
- You are welcome to attend our UA-UK IG monthly meetings as a visitor.
- Details here... <http://underearnersanonymous.co.uk/intergroup/calendar/>
- Next meetings – second Saturday of each month:
Saturday 13 April, 11 May, 8 June 2024 (11:15-12:45)
- 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.

2) Vacant IG Officer positions

- Are you interested in doing service at IG level?
- We have 3 vacant IG Officer positions...
 1. Literature Secretary
 2. Email Reply Officer
 3. Archivist
- Check out the role definitions here...
<http://underearnersanonymous.co.uk/intergroup/ua-uk-ig-officers/>

3) UA-UK Events: Sub-Committee

- Would you like to help organise the 2024 UA-UK Convention taking place on Saturday 22 June at Regent Hall, Westminster in London?
- Contact Events Organiser (Sorcha): events@underearnersanonymous.co.uk



4) UA Newsletter: Sub-Committee

- The UA UK Newsletter Edition 1 (Winter 2024) is at:
<https://underearnersanonymous.co.uk/newsletter/>
 - Face to face meetings are invited to print copies for newcomers.
- The Newsletter subcommittee is now inviting contributions for Edition 3 (Summer 2024):
 - Contributions to be circa 600 words with more guidance to contributors on the newsletter page above.
 - Submissions to newsletter@underearnersanonymous.co.uk

- Closing Date for Edition 3 contributions: Mid May 2024 (but feel free to send a contribution at any time and we will consider it for inclusion in a subsequent edition)

5) About UA Leaflet: Meetings

- Does your UA meeting require printed copies of the About UA leaflet? If so, UA UK Intergroup can support you with printing (email secretary@underearnersanonymous.co.uk), and funding the cost of doing so, if less than £100 (email treasurer@underearnersanonymous.co.uk).

6) UA UK Seventh Tradition Donations

- Donations can be made to UA UK directly by bank transfer using the following details:-
 - Account Name: Prosperity 12
 - Sort Code: 30-98-97
 - Account: 74612060
- For up-to-date information on available payment methods, [click here](#).

The UA-UK Treasurer has been taking actions to set up a UA-UK Intergroup Paypal account for direct 7th traditions contributions. The details will shortly be uploaded to the website.

Cash App can no longer be used for 7th tradition contributions to UA-UK Intergroup.

Edition 3 (Summer 2024) welcomes contributions on...

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood God' and its spiritual principle, Faith.

Tradition 3: The only requirement for UA membership is a desire to stop underearning' and its spiritual principle, Identity.

Tool 3: Sponsorship – We actively seek sponsorship with someone who has worked the Twelve Steps in UA and is willing to guide us in our recovery

The topic of 'Starting in UA'.

Email contributions, questions and ideas for topic themes for future editions 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.