



# INTO PROSPERITY

UA-UK Intergroup newsletter

Edition 3 (Summer 2024)

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## UA-UK IG Meetings

11:15-12:45 / IG Zoom

- Saturday 8 June
- Saturday 13 July
- Saturday 10 Aug

## Essential Information

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

## Edition 4 (Autumn 2024)

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

## Welcome to Edition 3

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

In this Summer edition you can find contributions on Step 3 and its spiritual principle Faith, Tradition 3 and its spiritual principle Identity, Tool 3: Sponsorship which links very well with the theme of this issue which is Starting in Underearners Anonymous.

The Summer edition coincides with the UA-UK Convention (taking place on Saturday 22 June 2024 in London). It gives us an opportunity as a fellowship to spread the message to newcomers both through the written and spoken medium.

Perhaps you can help carry the message by contributing to either the Convention or the newsletter? You can find out more details about either on the [UA-UK website](#) (and also later in the newsletter).

The newsletter itself is a quarterly edition which invites 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 contribute or share news from your groups, or if you have ideas for themes for future editions. The guidance for contributors is on the [UA-UK website](#).

We cannot wait to read you!

In loving fellowship

*Ellie, Jodie, Sarah and Perry*

*UA-UK Intergroup Newsletter Committee Officers*

## Step 3: Made a decision to turn our will and our lives to the care of God as we understood God

*A fellow shares their experience of Step 3 and its spiritual principle, Faith.*

### Choosing to “Let Go and Let God”

For me, this step marked a major turning point in my recovery from the desperate shackles of my underearning.

When I arrived at step 3, I was asked to make a profound commitment to turn every single aspect of my life over to a higher power, the god of my understanding. I had started to understand the concept of this request, as I came to believe in such a power in step 2 and knew I needed the programme as a solution in step 1. So, I just did what I was guided to do. It was simple, but I didn't find it easy.

Like every human being, I have many human limitations. I didn't understand this before becoming a 12 stepper. I didn't know that I had been powerless over the limitations of my underearning and under being. To move forward to a life of fulfilling prosperity and abundance, I was told to be honest, open, willing and to give step 3 a shot. And if I did, then my life would prosper beyond my wildest dreams.

What was not to like? Yet I still struggled with the concept.

Knowing the power of the programme was real, as I had witnessed progress in UA fellows, who was I to doubt it? But in truth, I had such low self-esteem as a newcomer, I believed I was not enough, would never be enough, and frankly a higher power would not love me enough, so how could I trust this?

But I knew if I was going to stick around, I had to choose to believe that this spiritual recovery could work for me as well. So, I chose to trust in the evidential success of the programme and chose to embrace step 3.

Step 3 allowed me to move beyond my own self-reliance, challenging me to confront all of my inherent fears, doubts, and insecurities, to free me from the blocks and patterns that saw me acting out in my under achieving and constant pain of under being. I had to let go of my old ways of thinking and behaving, and embrace a new way of living, centred on the spiritual principle that God could do my life far better than I ever could.

On some days my human head will still challenge this spiritual solution, as it appears “all a bit too Harry Potter” and too fantastical for my human head to take in, however by choosing not to intellectualise how step 3 worked, I just gently trusted in it and practised it and guess what I discovered? I found by asking a power greater than me to remove my underlying blocks I gained a more successful career and self-worth.

I was able to unravel the patterns of self-sabotage and self-limiting beliefs that have kept me trapped in trying to beat the cycles of underearning on my own. I had the greatest business partner, my Higher Power. Our deal was: I took the action as guided, and HP took care of the results. I had a renewed purpose and a positive belief in my future, knowing I no longer was doing God's job.

I learned to let go of a need to control the outcomes, as I learned I couldn't let go of the uncertainties by adopting a mindset of surrender and trust. This leap of faith was daunting, and at times I had to confront my deepest vulnerabilities and insecurities on certain days when life's challenges seemed all too much. However, step 3 provided me with spiritual armour and a sense of peace and protection to give me strength to keep on moving forward. On good days I remember to top up the engine, so the God motor also keeps on running.

For me Step 3 has proven to be pivotal to my growth and success in this programme and in life. For me Step 3 is the absolute foundation stone of my recovery practice and I hope those reading this newsletter also come to believe that by surrendering to God, we no longer must battle alone. What a gift on how to do life.

Debby L

**Edition 4 (Autumn)** welcomes contributions on...

'Step 4: Made a searching and fearless moral inventory of ourselves' and its spiritual principle, Courage.

Email contributions to: [newsletter@underearnersanonymous.co.uk](mailto:newsletter@underearnersanonymous.co.uk)

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UA Traditions

## Tradition 3: The only requirement for membership is a desire to stop underearning

*A fellow shares their experience of Tradition 3 and its spiritual principle, Identity.*

### “Sobriety is an end in itself”

When I first came to UA some 10 years ago I felt hopeless with regards to earning a living. Despite my skills, qualifications and experience even when I worked I managed to earn very little or no money; by taking low paid jobs, working more hours than contracted (diminishing the hourly rate) and running a (on the surface successful) business without a plan how to make it profitable. Nonetheless although I came in with a desire to stop underearning what very quickly became more desirable was earning A LOT of money.

In the AA Big Book it outlines...

*Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem (Page 45).*

Which aligns with what AA member Dennis F says on the Third Tradition...

*The (third) tradition answers the problem posed in the third step. “The only requirement I need to fulfil in order to turn my will and my life over to God’s loving care is a desire to stop drinking.*

So if Tradition 3 states the only requirement I need is desire to stop underearning. I must also accept the only solution offered: to find a Power greater than myself and turn my will and my life over to the care of that Power.

I got very distracted in my first few years with the idea that I could “vision” an extravagant life and enlist God’s help to bring it about. I believed if I was very “good” and did service I could achieve my vision. Then one day in a meeting I heard a fellow share “Service makes you rich!” I had heard them say this many times before but on this occasion it occurred to me that in Overeaters Anonymous it would be considered madness if one declared “Service makes you thin!”

Sanity in OA is accepting we are not all created to be thin, some people are naturally curvy and fuller figured and all sizes are equally beautiful. So it made me ponder what was really on offer in UA. Maybe being rich wasn’t recovery at all! My pondering led me to understand that working the 12 steps continually, helping others (strenuously) and by giving service I am simply gifted sanity; Sane thinking with regards to work and earning (and provided I do a thorough step 4-9 sanity in ALL other areas of life).

In the Big Book it also outlines:

*Perhaps he will never have much money again. But the wise family will admire him for what he is trying to be, rather than for what he is trying to get. (The Family Afterward Page 123)*

I was taught sobriety is an end in itself. I don’t aim for solvency in order to be rewarded (with financial or reputational success). Am I willing to work this program if all I receive is sanity and peace of mind? No (supposed) “A” job, but a job. No BIG house, but a house. No exotic holidays, but a holiday etc. The danger with classing these as “underachieving or under-being” is never seeing myself as recovered until I have them. This is the lie of the ego. (Note, one can be in recovery and still be beholden to the lies of the ego not God). What I found most useful is to be able to measure my recovery clearly (In my case: Not debting and being fully self-supporting through my own contributions).

With this approach I saw that:

1. “my” job was not a source of identity or happiness.
2. I may never be “rich” but I will most certainly be abundant.

What this looked like practically is as follows. After 3 years in my first “B” job I met my partner (the love of my life) at the office. When we decided to start a family I looked for a more appropriately paid PAYE job, which meant putting on hold for an indefinable number of years any ideas for a business. This decision was a sane one for in 2020 whilst I was pregnant and lockdown happened I was able to pay all the household bills myself (as my partner’s industry shut down temporarily) and also save enough money to take a full years maternity. In 2023 very sadly my partner died suddenly and unexpectedly whilst our son was just 2 years old. I won’t go into the details of grief as it is not the place to, all I will say is since I have been able to cover all bills, save thousands and pay thousands in amends, solely through what I have earned myself. So without my supposed “B” job I would not have the life (spiritual and otherwise) that I do today.

The peace of God is very underrated!

Kara

**Edition 4 (Autumn)** welcomes contributions on...

*‘Tradition 4: Each group should be autonomous except in matters affecting other groups or UA as a whole, Autonomy.*

Email contributions to: [newsletter@underearnersanonymous.co.uk](mailto:newsletter@underearnersanonymous.co.uk)

### 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.*

*Three fellows share their experience of meetings.*

#### **“Only love, understanding and companionship”**

My first sponsor in Twelve Steps was someone who was so unlike me, were it not for the fact that we shared the same affliction, we would have never met. From completely different social backgrounds, with nothing in common on the outside, we were unlikely friends.

What drew me to her was her steadfastness and utter commitment. “Step One and Step Twelve”, she used to say, “They’re my favourite steps”, and she worked them every day. Supporting from the wings in all my endeavours over many years, she became a firm friend and together we spread the 12 step message in prison, visiting addicts, on the main board of that particular Fellowship and at the annual convention. It was a beautiful friendship that I will always treasure and as I write this I am overflowing with gratitude for her support.

In UA, I knew from returning to meetings and re-committing to work the programme in earnest, that I would not get far without the support of a sponsor. I could only do so much alone, and although I know some people can work recovery in groups, when it comes to working the steps, I wanted the closeness of a one-to-one relationship with someone I could trust completely and who would be able to guide me, having already worked the steps herself.

As an old timer, I wanted someone of a similar age who could resonate with the issues that I now face as a woman in my sixties. I didn’t want someone recommending measures for me in recovery that would not be physically possible at this stage of life, and I wanted someone who could be direct and straight with me.

After attending many meetings and “shopping around” as it were, listening to people sharing and feeling into who would be appropriate, I asked the person whose clarity I admired and she agreed to take me on. I am very grateful for this connection and relationship which I find unwaveringly supportive.

Having shared my step four, which was a process lasting several months, I am now on the “maintenance steps” and we continue to meet weekly on line to share for an hour or so. It is a regular weekly slot that for me is a sacred pact between us and long may it continue.

What I most appreciate about the relationship is that it is one of equals, sharing in recovery, and our boundaries are kept clean and clear. Neither tries to fix the other – we don’t have answers for the other, but we can offer the companionship and witness of fellow travellers. We might make suggestions, and of course she knows all my foibles after my step four, but there is great respect for each other’s processes, and there is also a mutual understanding of the organic timing of recovery – all in God’s time. I have learnt to trust more deeply without needing to push. I have learnt to trust another person who also takes a no-nonsense approach that comes with some of the wisdom of age.

In turn as part of my continuing recovery and service, I have taken on sponsees, and am enjoying the growth that comes from these relationships. Again, I have no answers for anyone, though sometimes offer suggestions, but mostly I am a companion witness and I feel it is a great privilege to be trusted with other people's private thoughts and sometimes secrets. Again, we meet weekly and these are hours I commit to and hold sacred. Mostly starting and ending our meetings with the joint recitation of the Serenity prayer holds the space in the hands of HP.

I wondered at first if I would be up to sponsoring – Could I keep my hands off and heart switched on? Could I mind my own business and not try to rescue? Could I retain humility if I thought I knew what someone “should” do? I spoke with my own sponsor who gave me the confidence by saying she thought I would make a very good job of it, and I realised that as it says in the promises of UA, as we recover “we are able to give more to others”.

One of the great benefits for me of these sponsorship relationships, beyond support and friendship, is an increased confidence in my ability to open my mouth and let HP speak through me. I am sometimes surprised by what spontaneously comes out, and it helps me to trust my own wisdom more, which can only benefit my life as a whole and has also helped me speak more freely and confidently in some groups I lead outside of the Fellowship, including those related to income-producing work.

Despite meeting via Zoom for all of my weekly calls, I am still pretty unconfident when it comes to technology and it is not my preferred milieu to speak through a screen, though I am very grateful for the way we can connect across countries, and without it I would not get to attend any UA meetings. So I am grateful for these long-distance sponsorship relationships which have enhanced my daily life and formed lasting friendships with fellows walking the same path. As it says also in the literature, we “talk to each other, reason things out with someone else” and there is no gossip or criticism, “only love, understanding and companionship”.

*Rachel C*

## **The power of sponsorship**

In my journey of recovery in UA, finding a sponsor was the first test in taking my recovery seriously. I had run my life on self-will and self-sufficiency had been my default setting.

I worked the steps with a co-sponsor before working them again with a sponsor on three occasions. Each time I had a deeper sense of recovery, connection to all the tools and freedom from the symptoms of underearning.

**1. A sponsor:** Serves as a beacon of hope, support, and guidance around working the programme and taking actions to move me towards a larger vision. A sounding board for personal growth. At the core of UA's principles lies the belief in personal responsibility and growth. Having a sponsor offers a safe space to share struggles, fears, and aspirations without judgement. Whether navigating financial challenges, career dilemmas, or emotional hurdles, a sponsor offers me insights, perspective, and encouragement with compassionate love. Through open dialogue and introspection, I gain clarity, self-awareness, and the courage to embark on the path of recovery and fulfilment.

**2. Unconditional support and love:** In the midst of adversity, the unwavering support of a sponsor can be a lifeline. A sponsor can provide a nurturing presence, offering unconditional love, empathy, and acceptance to grapple with feelings of inadequacy or shame. Their reassurance and belief in the inherent worth of every individual instils a sense of belonging and empowerment, fostering resilience and confidence on the journey towards financial and personal abundance.

**3. Drawing from experience and hope:** One of the most profound gifts of sponsorship is the sharing of lived experience and hope. Sponsors, often individuals who have walked a similar path of recovery, offer invaluable wisdom, insights, and practical tools garnered from their own journey. By witnessing the transformative power of recovery in a sponsor, I find inspiration, motivation, and the belief that change is not only possible but within reach. This exchange of experience and hope fuels optimism and perseverance, guiding moments of doubt and uncertainty.

**4. Guidance in working the steps:** Central to the UA program are the Twelve Steps, a roadmap for spiritual and financial recovery. A sponsor plays a pivotal role in guiding an individual through each step, offering support, accountability, and guidance. Through step work, I have unearthed deep-seated beliefs, patterns, and behaviours that hinder visibility and financial abundance, paving the way for profound healing and transformation. With the guidance of a sponsor, I have learnt to surrender to a higher power, cultivate gratitude, and embrace a life of purpose and meaning.

**5. Being of service and passing on the message:** As I have progressed in my recovery journey, I felt encouraged to give back by sponsoring others. This act of service not only reinforces my commitment to personal growth but also embodies the spirit of unity and fellowship within the UA community. By sharing my experience, strength, and hope with newcomers, I have experienced the profound joy of giving and witnessed the ripple effects in the lives of others.

Through the bond between sponsors and sponsees, individuals find solace, support, and guidance in their journey towards financial and personal abundance. As sponsors pass on the message of hope and recovery, they not only keep what has been given to them but also experience the immeasurable joy of sharing, supporting, and contributing to the collective healing and growth of the UA community.

*Ansuya*

### **“I would like to stay on the ship”**

There is something about the “ship” bit of sponsorship. I guess it is about the handing out a life jacket and helping someone come on board the ship, helping them stay on the ship and may be even steering the ship on a journey of Recovery for them. Because it is a journey.

I have come across three different ways in which fellows in UA are being sponsored through the steps (and possibly many others in which they are supported to stay on the ship during the maintenance phase of their recovery). There are the questions in a booklet available on the UA website that one writes on and shares to a sponsor. There are the readings and questions in a book about earning what you deserve which was written by a fellow but is not a conference approved piece of literature (but used and read at some meetings). And there is the Big Book way. Perhaps everyone is called to something and we are often told in recovery to do what feels right.

I felt the call to attempt the last because that is the original way in which recovery happened. That has always been attractive to me. I was lucky to stumble upon a UA Big Book Step Study group in which fellows went through the steps by reading the Big Book together, sharing at a meeting on Zoom on Thursday mornings, then journaling on a set of questions individually and sharing those with a sponsor (someone who has already been through the process) or a co-sponsor (a fellow who is going through the process themselves).

I really enjoyed this process because it felt that I am exposed to the experience, strength and hope of a host of recovered fellows who had gone through the process before me and were guiding the

ship. I sensed they came with recovery experience from the original fellowship and had strong recovery messages. That was really attractive to me even though I am not in that original fellowship (and so I always wonder if I miss out on the strong original messages).

Because there was a service team guiding the ship of the step study it felt really rich to hear a multitude of interpretations and applications of the Big Book messages within the context of underearning by an array of people, not just that of one sponsor. It also meant there were many people available for outreach and support and I was not dependant on the availability (or not) of one individual. In short – that felt really abundant. The very opposite of scarcity and so somehow also the opposite of underearning.

It took me two rounds of the UA Big Book Step Study to complete my steps with my co-sponsor and co-traveller. And in that time I heard many people guiding the process and the sharing which so benefited my recovery. As a result I am now able to offer support to others who are wanting to join the next round of the UA Big Book Step Study and through sponsoring – to go through the process myself again. Because I would like to stay on the ship rather than fight waves in stormy seas or sink to rock bottoms. And because my own step 12 requires that I help others to stay on the ship and “trudge the road to happy destiny” or shall I say – sail the seas to happy destiny.

I absolutely understand that without passing the message and sponsoring I am not really completing my own steps so it is both a privilege to help (the Big Book invites me to pack into the stream of life) and a necessity for my own recovery. In any case – journeys are to be shared.

*Anonymous*

**The next round of the UA-UK Step Study is planned to start at the beginning of July 2024**  
Thursday 7:45 to 8:30am UK Time

This is a closed step study meeting of UK 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. See the flyer below for full details as well as the QR code to join the WhatsApp group in June 2024 to receive information in June 2024/early July.

**Edition 4 (Autumn)** welcomes contributions on...

*Tool 4: Possession Consciousness – We routinely discard what no longer serves us in order to foster a belief that life is plentiful and that we will be able to provide ourselves with what we need.*

Email contributions to: [newsletter@underearnersanonymous.co.uk](mailto:newsletter@underearnersanonymous.co.uk)

Topic

## Starting in Underearners Anonymous

*Three fellows share their experience of this edition's topic, Starting in UA.*



## **“I came into UA with a sense of being lost”**

I came into UA with a sense of being lost. I had spent my adult life chasing degrees from the world's top universities and poured my whole being into jobs that, looking back, perhaps, resembled my family of origin dynamic. I overworked, I was overly responsible, I was underpaid, unseen, many of my talents not expressed. My esteem came from how well I did at work which often meant how much praise I got from colleagues and bosses I worked for. I seemed to only work for money (and overspending it) and external validation. This was with years of recovery in other programmes. Looking back, I mistook this unintentional way of being as being of service. Yet I spent my time without intention, unaware. I felt an intense pain as I knew I was meant to be doing something, I just did not know what and how. Perhaps because I had forgotten my purpose and meaning.

When I came into UA I threw myself into the work. I went to meetings, I recorded my time, did action meetings, got an action partner and worked the steps with a sponsor. Whilst some of the templates online helped, others I had to modify to meet my needs. For instance, recording time brought an intensity with it which fuelled my nervous dis-regulation; my workaholicism. I had to find a way to use the tool of timekeeping in a softer, gentler and non-punitive way (Bye bye critical parent! Hello loving inner wisdom!). For me, this meant writing down categories and estimates (cooking, household chores, exercise, recovery, work, vision work, health). I also started committing to major to-dos, planning my day in advance the day before, planning my week ahead, and working in 15 or 50 min increments with the help of a timer on a phone. It helped me take breaks, make incremental progress on tasks that seemed insurmountable and stay in connection with action partners so I would not feel so alone.

Very quickly, through answering some of the UA questions, my life's purpose emerged and I started defining what my personal UA bottom line was. This was very critical for me as with many other process addictions (one just cannot put down the substance). What recovery meant for me, may not have been recovery for someone else. For instance, one of my bottom lines was to not take work just for money. I have returned to this bottom line often, years into my recovery. I also learned that abundance for me is not always about the money but about inner serenity, connection with self and others. It has been possible for me, with the help of the steps and tools to start moving towards my dream vision. My heart softened and my pain started giving way to hope as I took baby steps towards my true self and towards my divine purpose. I won't give you the details of all the outer achievements – they are many. Most importantly, I want to share with you the hope and love and connection and a divine purpose I now feel in my life.

*Chiara*

## **From “funny with money” to “flash with cash”**

Very early on in my money fellowships recovery (for I also identify as a debtor, compulsive spender, business debtor and an overall “funny with money”) I picked up the tool of tracking my income and spending as a way of getting clarity. Clarity, I was told, is serenity. God, I was told, is in the numbers.

So I did what I was told in order to see God. I kept numbers and I looked at them.

And the clarity that emerged was that: yes, I was spending more than I was earning and could cut costs down; but also that I was never going to live a prosperous life from just cutting down my expenses and calling three electricity companies before choosing the best deal. While it is absolutely a good idea to do that by way of housekeeping, and I did do that, I saw that way more

prosperity and feeling of abundance was going to come from growing the income than from cutting the expenses. That realisation started me on my journey in UA.

“Prosperity” and “Abundance” are two concepts I picked up very early on when I started in UA. To this day – I love thinking about them and having them in my life more than just money. Prosperity and abundance are such a gift that one starts unwrapping as soon as they start in UA!

So starting the UA journey was a no-brainer when I had put the numbers on a spreadsheet – earning more could do way more for me than spending less and by its very definition was unlimited: the sky is the limit on earning whereas spending less has an end point called zero and it just did not sound very prosperous. For example – let’s take theatre. Even though I did not go to the theatre for a year in early recovery because the numbers showed me I could not afford it and cost saving made sense if I wanted to not debt one day at a time, deep down I knew that I do want to be able to go to the theatre and often and you know what – I don’t want to sit in the cheap seats. I want to be able to go to any show at any point and get the best seats going. That’s prosperous and abundant for me. And I could see that only high earning was going to give me that.

Newcomers are usually suggested to “come to at least 6 meetings before you make up your mind if this is right for you”. I had made up my mind straight away. But I went to 6 UA meetings (and then more) and listened. I listened to the readings. I listened to people sharing. I possibly even started listening to my internal guidance which I now know is also of God. I probably went to money fellowship meetings every single day for about six months when I started. I didn’t distinguish between them – a meeting in any of the money fellowships was for me a money recovery meeting and money recovery for me at the time was about earning more and spending wisely. I still see all money fellowships as different sides and different angles and perspectives on the same “funny with money” problem and I continue to see them as supporting each other on my journey to “flash with cash”.

I suppose I did not like the name Underearners Anonymous very much at the beginning. Who cares to identify themselves as an underearner, huh? But of course I could identify with the symptoms being read out at the start of meetings – the time vagueness, the lack of possession consciousness, the getting into conflicts at work... so I knew I could get help in UA straight away. Starting in UA was a time of hope for I felt things could be different and I could be helped to not be an underearner, to maybe one day earn prosperously and abundantly.

Today I earn more than when I started but also my aspirations are higher than when I started. This is an upward trajectory, no doubt. So I am glad I started wherever I was. That was exactly the right place to start in UA.

*Anonymous*

## **Starting in UA**

My start into UA was slow. Although slow in my time, and in God's time, it was the right time. I say that as I can be very impatient when starting in any fellowship programme. I want things, my life to change in my time and quickly. However, since my 4 years in UA recovery, I now see with clarity how God looks after me and yes, my life has changed slowly, gently and not in my time.

I first went to a UA meeting in London over 10 years ago after attending another fellowship meeting. I found the meeting helpful although at the time I was working the steps in another fellowship and didn’t feel it was for me – how wrong could I have been. Again, I can see it was God's time.

Through lockdown, I had more time at home and looked for other meetings I could attend as I needed the fellowship connection and I found a UA meeting on Tuesday mornings, so I attended my first UA meeting online. At the time it was a very small meeting and I found it very serious and afterwards thought to myself, "I won't go back and will find other more friendly meetings".

However my recovery in other fellowships led me to question my avoidance and resistance to the meeting so I prayed and found myself being guided back to the meeting with more of an openness and haven't looked back. As I look back, I smile. I smile at myself gently and kindly as I see that my avoidance and resistance came from a place of a scared and frightened child who wanted to remain 'safe' and not venture out into life and reality.

I was very lucky to join a step study group around the same time and began to work the UA steps with a step buddy and began slowly to reach out to other UA fellows and found a sponsor. Although sober for quite a few years in other fellowships, starting in UA was scary for me. As I write this I can feel the sadness of how many years I was living in a small frightened place – scared of being seen and paradoxically it is all I have ever wanted – to be seen and heard just as me, my authentic self, which UA has and is still giving me. I see I have so much to offer in so many ways by being my authentic self.

Through working the steps and sharing I found like many fellowships a common and understanding bond. As I continue to embrace life in God's terms and time with a huge amount of practising patience from my side, I see how my life is unfolding, and I am slowly living life and being rewarded with life's gifts. As I write this I feel a sense of natural excitement and joy in my body. There are many gifts in UA recovery I have found and would have never realised when starting out – how can I know – it's God's path for me, not mine.

One thing I will end on is, if you are even having one small thought or feeling re-starting in UA, try it. Go to a meeting and enjoy the wonders of UA recovery.

In fellowship

*Claire*

**Edition 4 (Autumn)** welcomes contributions on...

*The topic of 'Hitting rock bottom in UA'.*

Email contributions to: [newsletter@underearnersanonymous.co.uk](mailto:newsletter@underearnersanonymous.co.uk)

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### Questions from the fellowship

## Q: Where is the next UA-UK Convention?

**Theme:** Supporting your recovery

**Date:** Saturday 22 June, 9am – 5pm

**Venue:** Regent Hall, 275 Oxford Street, London W1C 2DJ (Closest Tube Station: Oxford Street)

**Tickets:**

- Full / 120 tickets / £15
- Concession\* / 40 tickets / £7.50
- *Volunteers and speakers are not required to purchase a ticket.*

## **PURCHASE YOUR CONVENTION TICKET ON EVENTBRITE TODAY**

### **Notes**

- A small booking fee will also be charged by Eventbrite on top of the ticket price.
- \*Concession: Seniors (60+), students, disabled and unwaged.
- Lunch is not provided.
- Under 18 cannot be admitted.
- Refund Policy: Up to 30 days before the event (note we are now inside that period).
- Eventbrite's fee is nonrefundable.

### **Any questions?**

- Email: [events@underearnersanonymous.co.uk](mailto:events@underearnersanonymous.co.uk)
- More information can be found at [UA-UK Conventions](#)

### **Indicative Convention programme**

- Session 1: Understanding Core Concepts – underearning, underbeing, underachieving
- Session 2: Tools – time recording, saving
- Session 3: Service – sponsoring, intergroup, action meetings
- Session 4: Supporting your recovery – self-care

TIMES	SESSION
08:30 – 09:00	SET UP
09:00 -09:30	HALL OPEN FROM ATTENDEES
09:30 - 10:00	WELCOME + Ice Breaker + New Comers
10:00– 11:15 1.25 hours	SESSION 1
11:15 – 11:30	BREAK - with refreshments
11:30 – 13:00 1.5 hours	SESSION 2
13:00 - 14:00	LUNCH + BREAK ACTIVITIES
14:00 – 15:15 1.25 hours	SESSION 3
15:15 - 15:30	BREAK - with refreshments
15:30 - 16:45 1.25 hour	SESSION 4
16:45 - 17:00	CLOSING
17:00 - 17:30 0.5 hour	GET OUT & FELLOWSHIP



### **Q: Will the convention be streamed?**

- No, the convention is in person only. Secure your ticket on the link above. The organisers will endeavour to record and share the sessions at [UA-UK Website / Conventions](#)
- It will be some time before the recordings become available, subject to fellows performing service to assist with that and make it happen.

### **Q: Where can I find the recordings of last year's convention shares?**


- The recordings from last year's convention can be found at [UA-UK Website / Conventions](#)

## Q: When will the next round of the UA-UK Big Book Step Study begin?

- 4<sup>th</sup> July 2024 7:45 on Zoom.

## Q: How do I sign up?

- See QR code on the flyer below to sign up to the WhatsApp group and receive further information.
- The group closes at the end of July 2024 for new joiners and will re-open at the start of the next round, approximately 40 weeks later.



The flyer features a light green and white watercolor background. At the top, the title 'UNDEREARNERS ANONYMOUS BIG BOOK STEP STUDY GROUP' is written in a dark, serif font. Below the title is a bulleted list of details: meeting times (Thursdays 7:45am - 8:30am GMT/BST), meeting format (Online Meeting via Zoom), duration (Runs for approx. 40 weeks), content (Go through the 12 steps of UA, Workshops on UA Tools included), and activities (Start the UA steps or Guide a Sponsee through the UA steps). The start date 'Starting Thursday July 4th, 2024' and the instruction 'Join WhatsApp group via QR code' are centered below the list. To the right of this text is a square QR code. Underneath the QR code, the heading 'What to expect' is followed by a bulleted list: 'We work through the steps by reading the big book at home and reading the notes together.', 'We answer questions on each step and share them with a step buddy or sponsor.', and 'the group will be closed to go through steps 1- 12 and to allow space for informality, honesty and openness.'

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

Email your questions to: [newsletter@underearnersanonymous.co.uk](mailto:newsletter@underearnersanonymous.co.uk)

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### Updates and News from UA-UK Intergroup

- Work is underway to create a Public Information flyer with a QR code to spread the message to newcomers. We will share that in the next edition once Intergroup has this finalised and will ask you to share it in public spaces.

## Group Announcements

(from May 2024 UA-UK Intergroup meeting minutes)

For GSRs to read out at business meetings or copy/paste into groups' WhatsApp chat forums.

### 1. Visitors welcome

- Want to know more about UA-UK?
- You are welcome to attend our UA-UK IG monthly meetings as a visitor.
- Next meetings: 11:15-12:45 / IG Zoom
- Saturday 13 July, Saturday 10 August & Saturday 14 September.
- Details here... <https://underearnersanonymous.co.uk/intergroup/calendar/>

### 2. Vacant IG Officer positions

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

### 3. UA Events: Sub-Committee

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

### 4. UA Newsletter: Sub-Committee

- An electronic copy of this UA-UK Newsletter Edition 3 (Summer 2024) can be found 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 4 (Autumn 2024) (see box below). Contributions to be circa 600 words with more guidance to contributors on the newsletter page above. Submissions to [newsletter@underearnersanonymous.co.uk](mailto:newsletter@underearnersanonymous.co.uk)
- Closing Date for Edition 4 contributions: end of July 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](mailto:secretary@underearnersanonymous.co.uk)), and funding the cost of doing so, if less than £100 (email [treasurer@underearnersanonymous.co.uk](mailto: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
- See <https://underearnersanonymous.co.uk/seventh-tradition/> for up-to-date information on available payment methods.

## Next edition of the newsletter

The Newsletter subcommittee is now inviting contributions for Edition 4 (Autumn 2024) on:

**Edition 4 (Autumn 2024)** welcomes contributions on...

**Step 4:** *Made a searching and fearless moral inventory, spiritual principle: **Courage**.*

**Tradition 4:** *Every UA group should be autonomous except in matters affecting other groups or UA as a whole, spiritual principle: **Autonomy**.*

**Tool 4:** *Possession Consciousness – We routinely discard what no longer serves us in order to foster a belief that life is plentiful and that we will be able to provide ourselves with what we need.*

**The topic of Edition 4 will be ‘Hitting rock bottom in UA’.**

Email contributions, questions and ideas for topic themes for future editions to:  
**newsletter@underearnersanonymous.co.uk**

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International News

None received by the Newsletter committee

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