



INTO PROSPERITY

UA-UK Intergroup newsletter

Edition 7

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UA-UK IG Meetings

Every second month
Second Saturday
11:15-12:45

Zoom ID 817 9153 9917

Anyone is welcome!

Essential Information

- [UA-UK IG website](#)
- [Weekly meetings](#)
- [Upcoming events](#)

Edition 8 (Winter 2026)

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

Welcome to Edition 7

Autumn is a time for reflection and taking stock of what has been before making plans for the future. This ties nicely with what this edition is about.

In this edition you will find contributions on Step 7 and its spiritual principle Humility, a comment on Tradition 7 and its spiritual principle Responsibility and Tool 7: Action Meetings.

This might all sound strange to newcomers. We welcome questions from newcomers which can be addressed in subsequent editions. If you are a newcomer to recovery or UA – please send us any questions you have which would give focus for future editions.

The newsletter itself is aimed to be 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 UA-UK 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.

We cannot wait to read you!

In loving fellowship, *Ellie, Jodie, Sarah, Rachel, Liz and Perry*

UA-UK Intergroup Newsletter Committee Officers

Step 7: Humbly asked God to remove our shortcomings.

Three fellows share their experience of Step 7 and its spiritual principle, Humility.

My Three Humilities

Of course I understood humility, looking at Step 7. After all, I'd been practicing it my whole life - making myself small, accepting whatever scraps came my way, living in communes, driving rusty used cars, justifying that anything was worth sacrificing to my dream: being a recognised artist. I was grateful when it worked, humble about my circumstances, took what I could get. Who was I to ask for more?

But that wasn't humility. That was people-pleasing dressed up as virtue.

Before I could humbly ask God to remove my shortcomings, I first had to have the humility to face myself and name what I saw. In reality, I gave up on my art career because I craved even more recognition. It was like filling a black hole I couldn't see. Twenty years of hard work chasing it - and when my father's side of the family didn't recognise my art career after I relocated closer to them following my latest burnout, I simply defaulted to the belief that I'd never make it here. But really, it was just the same old feeling.

Every business I've ever run has failed at one point. I couldn't find enough clients to sustain it. Not because of lack of tools, resources, or methods. Because of me. It showed up everywhere: not charging what the market could bear, not making myself visible, cringing at the word "sales." Never walking up to ask for that first date. Looking away the moment someone I liked showed interest.

I've had the humility to face myself and realize: compulsive under-earning is an addiction. And addiction is all about avoidance. Humility here means facing what I've been avoiding - being clear about my finances, about my time and what it's worth, caring for my bank account, caring for myself.

But it's so much easier to make it about everyone else rejecting me. Not fitting in, not belonging. Being that premature newborn screeching in the incubator, that bullied adolescent thrown out into the cold world with no option but to take the blows, the artist who had to suffer because capitalism is cruel. The childhood sob story became part of the addiction. It wanted to justify everything and swallow my adult life with destructive behaviors that were just replaying the best way I'd learned to cope in really bad situations.

Then I saw it. The same old feeling is rejection. It comes from me holding others responsible for feeling unrecognised. I was making my worth dependent on their approval.

There are three kinds of humility: humility in front of myself, humility in front of others, and humility in front of God. I had confused them. I'd been practicing humility in front of people, which became self-sacrifice. People are just as limited as I am. There is a higher truth: my higher power and being in a healthy relationship with it.

Here's the awareness Step 7 gave me: being humble is not enough. Being humble is the courage to admit your wrongs. But then comes the second act of courage - the courage to ask. You can't be

honest without humility, and you can't ask without being honest. When you ask, you risk not being heard. Worse, you risk not being answered. Humility means asking anyway.

God doesn't ask us to compromise. God lets us choose. If I ask humbly, I don't ask with expectation. I'm open to whatever comes. I will not think it says anything about me, that they approved or rejected me. It was never about me.

So I humbly ask God to help me stay conscious when I am triggered to prove my smallness and invisibility instead of my higher power. I humbly ask for help to notice when I'm craving approval instead of offering service. I humbly ask for the courage to make myself visible, and to charge what my work is worth. I humbly ask for the strength to believe in what seems impossible.

I cannot do this alone. I can pull back from that black hole of addiction, but not from my limited ego perspective. It's not my money. I'm not the boss. There is more, and I can be grateful to be a part of it. I am also myself through my higher power, the part of me connected through awareness to something greater, alive and responsive to my call.

I humbly ask not for recognition, but to recognize God. Not just because of grief, but because of grace, and the courage to believe that more is possible for me.

As I write and imagine you reading this, I see the familiar trap opening. "Rejected," the false conclusion. My feeling of rejection comes from me punishing others in lieu of my parents, because I feel inherently disappointed. Have I really earned it yet? Do you like me enough? I need your deeper attention, your fascination, or I feel disconnected and unviable. I am making my wellness dependent on your approval.

Recovery never ends. Consciousness is only possible in the moment, and we just keep going, just for today. In time, I get stronger. In time, the only human being whose approval is required will be me.

KL

Humility as "getting out of my own way"

Being humble means to accept a modest view of one's importance. For me, as an underlearner, this is counterintuitive. In step work, I came to understand that my default responses to life, and to work and earning in particular, arise from a rather self-centred perspective. For instance, being overly concerned with others' opinions of me leads to perfectionism and makes me anxious rather than useful to God or focused.

I recently worked Step 7 yet again with the Step Study group. This recent experience is fresh in my mind. I am reminded that in Step 7, we do not focus on the removal of defects; we focus on doing God's will. How does humility play a part in making this possible? I do need humility to allow God's will for me to be revealed, and also to do what needs to be done. Humility has something to do with being attuned – being right-sized in the stream of life. I could not move beyond Step 6 without humility, because confrontation with character defences was so acutely painful and overwhelming. I now think that such intimate confrontation with the defects is yet another expression of self-importance.

How did step 7 play out in my life in recent weeks? I am currently in a new teaching job in which I was offered mentorship. I didn't deliver according to expectations in the first two months, and I was offered support to develop my pedagogy. My ego finds this embarrassing. It felt like defeat. But if I humble myself, I can learn and grow into a job that has the potential to become a long-term commitment. Being in this place in my life is in itself recovery, because previously I held a

multitude of short-term, haphazard jobs which I often entered in crisis or desperate for cash. Here, I am for once placed into a job that is aligned with my vision and that has been more carefully chosen with the help of my Higher Power. It's been my vision to teach courses related to my creative practice, and now I am somewhat disappointed that the job demands more of me than I thought it would. Without the character asset of humility, I default to wanting to quit life in general (an old pattern), or to developing an escapist fantasy in the form of false superiority over those I serve in this role. I am well aware of these defects now and I do feel their grip over me, too. I need humility to ask for willingness to breach the gap between my current reality and where I want to be (i.e. earning more, expanding creatively).

Another phrase that describes humility is the idea of 'getting out of my own way', meaning, right-sizing my self-centred fears to what they are: human character defects, much less important than my Higher Power's bigger picture. When I am aligned with God's will for me, I suffer less. My sense of sense dissolves in a pleasant way as I become 'good enough' for any circumstances I find myself in.

Anonymous

Embracing Step7: Humility and Goals

For a long time, I thought humility meant— keeping quiet, avoiding conflict, pretending I didn't care. Humility asks me to listen to that inner voice before responding.

Humility isn't about thinking less of myself. It's about being honest when I've forgotten to send an invoice out, forgotten to return a call, acted impulsively. Today, I have compassion for myself.

Step 7 has been a gradual and painful process, like waiting in surgery for God to call me in to remove parts of my behaviour that are causing me harm.

There have been times when I've been in self will, and my pride screamed louder than my wisdom. I have struggled with self doubt. I think I should know to handle every situation on my own. I fall into self reliance as my default setting. I speak to my action partner Monday to Friday. I talk through challenging actions and celebrate small wins.

Recovery continues to show me that isolation is not strength, connection is. UA is a 'we' programme not an 'I' programme. I have to be an active participant in my recovery if I want freedom from under earning and under being behaviours and thinking. I continuously ask God to remove my shortcomings and to be shown how to live in his vision for me and be of service.

I have been working on my goals for some years. I bought a home I had on my visions board when I came into recovery. I paid off my mortgage a few years ago. I travel six to eight weeks a year and pay myself quarterly from my business and live an abundant, full life.

Through visions and goals pages, I discovered my passion for creativity. I now plan my time around self care, business and creativity. It's been humbling to learn that I also need to keep clear records of completed work, submissions, rejections and publications. I completed a manuscript for a book recently. I asked for help with proof reading and editing. I don't take rejections personally.

Humility keeps me going. After many rejections and having some work published, I won a prize last year which meant that my debut collection of poems is being published. This has been the biggest gift in UA. I've learnt a huge lesson this week around trying to control an image for the cover of the book and letting go to maintain a good working relationship with the publishers.

Today, I can own up and say if I don't know something. I ask for help, feedback and try not to rush into making decisions. I go to meetings, do step work, do a daily step ten. I can own my part in

situations and apologise. I have a sponsor and two sponsees and these relationships help me stay close to the programme.

I have my morning spiritual practice - its sacrosanct and non-negotiable. I talk to my Higher Power throughout the day and ask for the right actions, thoughts and words for the day ahead.

Some days the bravest thing I can do is pick up the phone and tell someone, "I'm struggling." Sometimes humility is simply cleaning up my mess and learning something I did not know. Step by step I'm becoming trustworthy... not perfect but honest and the person God wants me to be.

Step 7 teaches me continuously to let go of outdated coping mechanisms and embrace slow, steady progress grounded in humility and responsibility supported by patience, practice and love.

I am not less of a person for admitting I don't know. I am more, because it keeps me open. And that for me, is true spiritual strength.

Ansuya

UA Traditions

Tradition 7: Every UA group ought to be fully self-supporting, declining outside contributions (and its spiritual purpose, Responsibility)

A fellow shares their experience, strength and hope in relation to Tradition 7.

The meeting having its own Zoom account felt "clean"

When COVID sent all meetings online I was a beneficiary of going to meetings which were using the UA UK Intergroup Zoom subscription account. I am reflecting how grateful I am this help was there at the time. Too much was going on in the world and setting up new meetings online takes service time and effort that perhaps people needed to invest in figuring out how to cope with the changes in their personal lives in the first instance before having capacity to do more service.

With time though I witnessed how meetings moved to their own Zoom accounts, setting up own PayPal accounts to be able to collect 7th Tradition contributions and pay for the Zoom subscription. I remember thinking at the time "My God, this is a lot of hassle! The people who are stepping up to do service and do the research, and the tech, and the set-up of accounts, and meeting announcements for changes in login details, and on and on – they really are doing a lot! I am not sure I could". One by one the meetings I was attending in both this fellowship and others started to apply this tradition of being self-supporting and self-responsible and moved to their own accounts. It felt like a big achievement that others were taking care of (and I was grateful to).

And then in time I did contribute too. I did take on a treasurer service role to look after the PayPal account and the Zoom subscription of a meeting. And then another. Because by that time it felt like the right thing to do. I was already applying the principle of being "self-supporting, declining outside contributions" in my personal life as part of working another money fellowship and knew how good and "clean" that feels. So it was easy to apply the same principle in my mind to the meetings I was attending.

As part of the set-up of the current round of the UA Big Book Step Study we had to (at a very short notice) increase the Zoom subscription to a "large meeting" subscription as over 100 people

signed up. The Zoom subscription jumped from nearly £16 to over £60. The prudent reserve could not cover it. Group conscience needed to be taken at very short notice to get things to move. Because of the shortfall in funds we approached UA UK Intergroup for assistance with set up costs. Such fund exists for new meetings. If you are considering a new meetings it is definitely worth getting in touch with UA UK Intergroup for support. That was agreed in principle by UA UK Intergroup. In the end fellows made 7th Tradition contributions to the meeting's PayPal account and enough was collected so that we could run the meeting without a subsidy. Somehow it was possible to be "self-supporting declining outside contributions" which felt good. It felt like Higher Power sorted it out.

I do wonder how newcomers understand the importance of this tradition. When we were in face-to-face meetings and the pot was being passed around it was impossible not to understand that putting £1 in the kitty helps pay the rent. I wonder if now some see the zoom account availability that meetings use as a freebee. It isn't. It's cheaper than physical space rent but there is still a cost to run a Zoom subscription so I hope newcomers get the point of 7th Tradition announcements in meetings. Of course I don't know that. Intergroup 7th tradition donations are down on pre-COVID levels, I believe. But I cannot control any of that. All I know to do is continue to make my own 7th Tradition contributions so that the meetings I go to, and benefit from, can thrive. I understand that for meetings to exist I am individually and in a commune with fellows – responsible, and being financially self-supporting is part of the set up.

Current Treasurer of a UA-UK Meeting

7th Tradition

UA-UK Seventh Tradition

If you are a member of UA and would like to contribute directly to UA-UK Intergroup please find our preferred methods.

Bank Transfer

Here are the details for our UK bank account.

- Account Name: Prosperity 12
- Sort Code: 30-98-97
- Account: 74612060



PayPal Payment

Please [CLICK HERE](#) to donate via PayPal or send your contributions to treasurer@underearnersanonymous.co.uk

Alternatively, scan the QR code (right).

UA Tools

Tool 7: Action meetings

We organize action meetings with other UA members to discuss our earning concerns and to generate actions that will bring more prosperity into our lives.

Two fellows share their experience with action meetings, after the link to the action meeting formats is shared.

If you are new to the fellowship you might not know that there are two alternative formats usually used by fellows for Action Meetings. You can find them on the Literature Page at <https://underearnersanonymous.co.uk/literature/>

- *Action Meeting Format I: Developing a Prosperity Vision and Initial Action Steps*
- *Action Meeting Format II: Addressing Specific Concerns and Generating Action Steps*

My experience of Action Meetings has been enlightening

As an underearner, taking action had never been my strong point. So, I seriously wondered if I was capable of taking part in an Action meeting. I thought they were for people more experienced than I, in the program of UA. Then, a regular member of our group asked if anyone was interested in forming an action group and that she already had another person in mind. I thought about it, and decided to take the plunge. I knew she was a dedicated member, she had done lots of service, attended lots of meetings and had a sponsor who seemed to know a lot about the program, so I figured she knew what these Action meetings were all about. I asked her if it was okay that I had never participated before and she was very reassuring, pointing out that there were guidelines that we could follow and it would all be fine. So I agreed and looked forward to the first experience of having an action meeting.

I learned that in an action group, for every action meeting, one person agreed to chair the meeting, another agreed to take the notes and the third person was the one who was focused upon some aspect of their life, bringing some issue or decision, or goals and visions to the meeting.

As a complete beginner, I would have been glad to be a quiet observer in the first few sessions. However, I could see it was important that we all took an active role. We had certain things in common, a love of creativity, a want to move forward with goals and dreams, and it was very helpful that the other two members of the group had experienced action meetings before. The guidelines gave us a choice of two types of action meetings, and for each of us, we started with *Format 1*, which seemed the most basic type of meeting, while we were getting to know each other. We had one meeting each week for the first three weeks and each of us had come up with a set of goals to work on.

When it came to my turn, it felt like quite an indulgence, to have a whole hour, with two other UA members, to look at some challenges in my life. I found myself discussing things that had previously gone around and around in circles in my mind, with no real resolution. I loved the way that there was time to discuss the topic or issues, there were questions to make me think about these more deeply, and then there were points where the other two people could come in and ask questions and reflect back to me what I had shared. Near the end, in combination with the reflection, there were points of feedback including suggestions about possible solutions to my situation. It was truly an eye-opening experience. I could see that when it came to me and my life, there were blind spots, but that the others could make useful concrete suggestions, which were extremely helpful. Then I found that when it came to the others, I could see possible solutions, and could make suggestions.

After the three meetings, one of the members suggested that we take a break now for a month to work on our actions. Then we repeated the cycle, this time using *Format 2*.

One goal that was a big part of my Action Meetings was getting rid of clutter. With the help of UA, UA members and the Actions meetings, I was able to clear bags of clutter from my old home of 21+ years and move to a bright new place, for which I feel deep gratitude.

My experience of Action Meetings has been enlightening, encouraging and supportive. Although we no longer meet, as one person no longer wanted to continue, it had been one of the most useful and helpful tools of the program, one for which I feel very grateful to have experienced.

Mary K

Action Stations (aka Action Meetings)

If you feel totally relaxed and comfortable when you're in the hotseat in your action group, then you might want to consider choosing bigger goals.

That's something I learned very quickly. After finishing my first round of Steps in the Big Book Study Group, I joined an Action Group, and that decision took my recovery to a different level. I wasn't expecting that. I thought I understood UA already, but the structure and clarity of Action Meetings introduced a whole new part of the programme for me.

People had recommended I wait until I'd done the steps and I'd heard people talk about how brilliantly their Action Groups had worked for them, so I was excited to get started. Action Meetings are practical, focused, and grounding. They're a place where we organise ourselves with the support of others to address earning concerns and generate actions that help bring more prosperity into our lives. That language comes directly from UA's own tools and once you sit in a meeting you understand why it works.

A few months in I had the unforgettable experience of discovering bedbugs in my flat. Not ideal. In the past, something like that would have derailed me because I wouldn't have known how to prioritise. But my Action Group buddies helped me right-size the situation, name the concrete reality, and identify the next indicated action.

They plainly encouraged me to deal with the infestation before anything else. They helped me break it down into right-sized pieces and supported me through the whole process naming the challenges, naming the opposite of the fear, identifying actions, and steadily following through. With their help, I earned enough to pay for a professional heat treatment, and that's something I'm genuinely proud of. It came from willingness, consistency, and using UA's structure rather than trying to push through alone.

The great thing is I also get to support my buddies when it comes to working on their visions and watch those come to fruition.

The Action Meeting process applies to my income, my work, and my sense of what prosperity looks like for me: joy, stability, connection, and the kind of earning that feels aligned. The Action Group gives me clarity, accountability, and a sense of being held while I take each next right step. As a result, I'm more stable now, more confident, and preparing to relocate from a place of clarity, not chaos. Joyfully bedbug-free.

What an Action Meeting Actually Looks Like

Action Meetings in UA follow a steady, predictable rhythm. They're not dramatic or complicated. They create a container where clarity, accountability, and willingness can grow.

Opening grounding

The meeting begins with the "We" version of the Serenity Prayer and a short reading from UA or Twelve Step literature chosen by the person in the hotseat. It sets a calm, focused tone.

Checking in on previous actions

If it's not your first meeting, you review the actions you committed to last time and say whether you completed them.

Naming what you hope to gain today

You share what you want from the meeting: clarity, support, willingness, a plan. Your partners repeat it back so it's heard and grounded.

Outlining current financial pressures or fears

This is where the work begins. You name your main challenge or concern, then break it down into specifics. Your partners help clarify by reflecting what they hear.

Exploring your Prosperity Vision

You describe what prosperity looks like for you, your Prosperity Elements. Your partners help you group these so the vision becomes clearer and more usable.

Step Work check-in

You briefly explore which Step applies to what you're facing, what can be turned over, where willingness is needed, or what needs acceptance.

Generating indicated actions

This is the heart of the meeting. Using everything outlined - concerns, fears, Prosperity Vision, and Step Work - you create a list of specific actions you can take before your next meeting. They are right-sized and measurable.

Closing and next date

You end with good news, what's going well, and set a date for the next Action Meeting, closing with the Serenity Prayer or another group prayer.

It works because it keeps you connected, grounded, and accountable while building a vision of prosperity that feels real and achievable. We also use a WhatsApp group to check in and rotate between people in the hotseat. You'll often find shout-outs to join a group in meetings. If you can't find one, you can start one yourself and take your recovery to the next dimension.

Anonymous

I have been surprised by what has emerged

Tool Seven says that "We organize action meetings with other UA members to discuss our earning concerns and to generate actions that will bring more prosperity into our lives".

I have been one of three people in the same UA action meeting for the past two years. We meet on average every three weeks, and take it in turns for one person to be served by the other two. This means that every nine weeks each person comes away from that meeting with a list of suggested do-able actions which will enhance their recovery.

In the content of our meeting we tend to follow the suggested UA action meeting format II which keeps our focus on relevant issues and questions to be answered. We begin with the serenity prayer, a short reading or prayer, and then a brief check-in before whoever's turn it is takes the "hot seat" to give an update from their previous meeting. We look at hopes, financial pressures, our current fears and challenges, prosperity goals, step work that is relevant and come up with actions to take going forward, finishing with some good news and the closing prayer.

We allocate an hour for our meeting and I find it amazing how much ground we cover in such a short space of time. As a listener and witness, there is often the temptation to jump in with

suggestions, but the format curtails this to an extent, and partners speak only when signalled. This works well as it gives enough time for whoever is “being done” to really thrash out their issues first, and for those listening to get a very full picture before letting suggestions come.

When we first started, I mapped out everything to say and share beforehand and was very controlling – as if I already knew what HP wanted me to do. I think I was scared of fully trusting others to suggest actions for me to take. I was hesitant to expose my vulnerability immediately to people I did not know so well, and who did not know my history, but we gelled as a group quite quickly, and our shared vulnerability over time has meant there is now a deep trust and a feeling of complete safety for me within this group. This in itself is such a healing. My action partners know what to say because they are being guided by HP, and I know they have my best interests at heart.

I have been surprised by what has emerged from my meetings in the course of the past year especially. I thought I would be directed to conduct retreats, set up more income producing work and focus on the financial benefits of getting my future plans clear. That is not at all what has emerged. In fact I was explicitly told not to do one particular retreat, and had I ignored that advice and gone ahead with my original plan, I would have found myself in very deep water, because as it happened, two months later my brother died, and I was completely unable to follow through with any work as I navigated the implications of his loss and all that I had to manage in its wake.

In my most recent meeting, what emerged was to focus on more healing treatments for my body, with more leisure and fun activities that would enrich my older age, including holiday plans. So far I’ve had two short trips away with a third booked for next Spring and have been resting a lot more, as well as having osteopathy, massage, spa and hair treatments. My action meetings, like HP, do not want me to work harder - quite the opposite. Emerging from lifelong patterns of exertion and exhaustion mean taking time out to rest and relax, and the journey of grief requires a lot of gentle self-care.

I am so grateful for this Tool of action meetings. I feel especially blessed to have found such loving and kind people to share with, and also people who are truly committed to their own recovery. We have become witnesses to each other’s growth and increasing prosperity, including significant life changes and big decisions along the way, all of which are taken in manageable steps with the support of other fellows.

I can’t do this alone – if I could, I would not be in this Fellowship. The support and accountability that comes with being part of an action meeting is truly priceless.

Rachel C

Topic

UA and divorce

Two fellows share their experience, strength and hope of how UA supported them through their divorce.

My biggest lessons: speak up, stand up, advocate for myself

I’m going through a tough, long-winded divorce. I came into this fellowship a long time ago but left because I wasn’t comfortable in my local face to face meeting which was all that was offered at the time.

I've always known I am an underlearner, which was not something I liked to admit, and it shows how strong my resistance to this program has been.

I came back about three and a half years ago when I decided to leave my 2nd husband who has been my main financial support. I was terrified because I've not really lived a life where I've ever been fully self-supporting with money. I belonged to another primary fellowship and always felt that I was never fulfilling that part of my recovery.

So, I came back and was a mess and have worked my way through the steps of UA with the Big Book. My fear/anxiety was beyond what my actual circumstances were or are.

I have a poverty mindset, even though I wasn't in debt and am still not in debt. I've got a mind that thinks that any minute it'll be all gone or isn't there in the first place. It seems crazy to admit how out of sync my brain can be to reality.

Still, despite my terror of being on my own, I knew clearly from God that I wasn't going to go back to my 2nd husband, so I started what has turned out to be a very long and protracted divorce.

For a lot of different reasons, God has elongated this process with difficulties with my husband, problems getting the decree nisi, having chosen poorly with my 1st lawyer and in the old system which means things aren't done online, but in person in one of the slowest courts in the land. All this I've learned after the fact, and have found so much acceptance of the process, and have let go of how I wanted or expected this to go.

I'm still working on it, but my husband and I have an agreement of what we will split for the final terms, but now we face the struggle of doing it in a way that the system will allow, as opposed to how we simply would rather do it.

My biggest lessons and take-aways from the entire process so far are I'm learning to speak up, stand up, and advocate for myself. I've needed support from fellows in the program who have helped talk me from the edges of my insanity and bring back a calm steady voice as well as share their experience, strength and hope.

I've found that all things, especially this divorce, are in God's timing and for reasons beyond my understanding it's taking so much longer than it 'should'. This has been so helpful for when I go into any discussions around this. I've found ways to be a lady of dignity and grace in any direct contact or conflict with my very upset soon to be ex-husband, who looks for any opportunity to take a dig at me and how this is all my fault.

I've found a lot of detachment with love, as I've seen my soon to be ex-husband has struggled to let go of our relationship, still to this day, he wants to get back together. It's tough to see someone I love live with so much of their own denial, but I'm coming to terms with how my lack of earning has had a very heavy impact on our relationship and many others I've had.

I'm gonna keep coming back.

Debbie

HP must have a plan

It was Recovery that brought me to the realisation that I need to leave my marriage. In the very first Recovery meeting I attended (which was in another Fellowship) I just knew in my gut that if I keep going to meetings this is where I am headed to – leaving a relationship that does not serve me. The structure of another relationship fellowship helped me in the process of making decisions

about leaving, setting bottom lines on contact, and just processing the avalanche of stuff. Because divorce is an avalanche, or at least mine was.

Where UA came in was in hearing repeated messages from sponsor, action buddies and fellows to not just walk away from a fair settlement. At the time I was prepared to walk away from everything just so I could be free as soon as possible. It was the other voices that kept repeating how that would be underearning. So I didn't just walk away.

I am now five years down the line and we have still not finalised the financial split. However we have emerged from a space of animosity and crazymaking into a space where it is possible to have Christmas together as a family. I feel I have given up a quick resolution and settlement in order to preserve relationships. It remains important to me that my son has a family home that is not sold just so that Mum and Dad can split the money 50:50, and that he has parents who are civil around the birthday or Christmas table. I do at times question what is right and if I should have pushed for the financial settlement a long time ago to be done with it. And I don't know what's the right answer. I am choosing to trust that it is as it is for a reason. At this point I have not walked away with little, there is still the prospect of getting the 50% share that feels fair.

In the process I have taken hundreds of actions (reluctantly) to sell a rental property we jointly owned, and that has enabled me to pay off the mortgage on the flat I live in. My father died. Then his mother died. So inheritance has entered the mix. Yet I am trying to be pragmatic (or is it spiritual?) about it – we have one child and everything will eventually go to him. What is the point of bitter settlement processes and paying taxes on transfers of property? I am trying to have a holistic big picture vision of what is best for the family unit, so that our modest wealth is preserved for the next generation. I have no idea how successful I am or will be, but it feels a bit more sane than the early days of divorce fights. I am choosing to trust. HP must have a plan.

In any case, I owe it to Recovery that it has felt like my hand is held in the process, through multiple outreach calls, action meetings and actions taken. I don't think I would have been able to go through with the divorce or stabilise afterwards without Recovery. But here I am. Still not fully divorced (decree nisi not yet absolute) but absolutely at peace and thriving.

Anonymous

Questions from the fellowship

Q: Where can I find personal stories of UA fellows on steps 1-6 or traditions 1-6 or tools 1-6 (time recording, meetings, sponsorship, possession consciousness, service, goals pages)?

Newcomers may find it particularly useful to read personal shares in writing on the initial steps and tools. Past editions of the newsletter have stories of experience, strength and hope related to steps 1-6 as well as traditions 1-6 and the first six tools of UA. You can find them in electronic (.pdf form) at <https://underearnersanonymous.co.uk/newsletter/>

Q: Can the newsletter be printed and handed out to newcomers or sold as literature at face-to-face meetings?

Feel free to print off some copies and leave the newsletter out in public places as a way to spread awareness about the fellowship – perhaps at a local library, doctor's surgery or a waiting room. UA UK Intergroup can also support face to face meetings with the cost of printing the newsletter to distribute to newcomers. Please get in touch with UA UK Intergroup for more details – see <https://underearnersanonymous.co.uk/contact/> or directly with the treasurer at treasurer@underearnersanonymous.co.uk to organise that.

Q: Where can I find the recordings of UA UK convention shares?

The recordings from past conventions can be found at

<https://underearnersanonymous.co.uk/events/ua-uk-conventions/>

Q: I am thinking of starting a new UA meeting. Is there any support available from Intergroup?

Intergroup will consider and vote on providing financial support to new meetings with rent and printing of literature costs until they become established. To apply – just attend an Intergroup meeting to put forward your proposal. The details of the UA UK Intergroup meetings are at

<https://underearnersanonymous.co.uk/intergroup/calendar/>

Q: I am thinking of taking up a service position at UA UK Intergroup to strengthen my recovery and practice visibility? What do I need to do?

- Read the responsibilities for any open position (click 'Vacant' on the UA-UK website under the Intergroup Officers tab).
- Attend one of our UA-UK Intergroup meetings as a visitor (the details are on the front page of the newsletter as well as the UA-UK website under the Intergroup tab).
- Speak to the Group Service Representative (GSR) at your meeting.
- All current Intergroup Officers are available to share their experience.

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

Email your questions to newsletter@underearnersanonymous.co.uk

UA-UK Intergroup News

Messages from Intergroup Service Members

Fellows share information related to their service roles at UA-UK Intergroup level

Visions and Visibility workshops

Gratitude is extended to Liz M and Claire who ran two workshops in November 2025 on Visions and Visibility to help fellows get over the block of producing written content and be visible with it. Two of the contributions in this and two in the next edition came from this workshop. The skills gained in the workshop are transferable to producing content for professional outputs like blogs, thought pieces, websites. Similar workshops may run in 2026. Look out for announcements.

As an extension to the workshops, see later for our invitation to work on your 2026 UA Prosperous Vision in December and in the run up to the start of 2026. We invite you to be visible with that (you could remain anonymous) and share a summary of your vision or a photo of your vision board for inclusion in the next edition of "Into Prosperity". Submit your visions by end of January 2026.

Ellie, Newsletter Officer

Robert's Rules of Order

Intergroup Officers were invited to attend a session run by a parliamentarian to explain Robert's Rules of Order. Do you know anything about it? It is suggested as a good way to run business meetings and group conscience. At present there is no formal guidance issued by UA or UA-UK on

its adoption, but anyone running business meetings might want to explore that. Here is a highlight to start your enquiry into how you might want to upskill yourself or consider the running of business meetings, if you are curious. This is just based on my understanding of what I took away from the session.

Robert's Rules of Order is a structured set of rules that guide:

- How meetings are conducted
- How decisions are made
- How members debate
- How votes occur

Its core principles are:

1. Majority rules
2. Majority rights are protected
3. All members have equal rights and access to participate
4. One item of business at a time
5. Courtesy and order are required

Interestingly for a motion to be discussed it needs to be seconded (not seconded to be voted as is the practice I often see in business meetings). A motion is a formal proposal. Steps to take a motion:

1. A fellow is invited to speak by the meeting chair
2. The fellow makes a motion: e.g. "I move that we record lead shares in the meeting and make the recording available online after the meeting for those who could not attend"
3. Another fellow needs to second that for the motion to be discussed (if not seconded – not discussed and no time is wasted)
4. The chair states the motion
5. Debate occurs
6. Vote is taken
7. Chair announces the result

The internet has a wealth of resources if you are curious about Robert's Rules of Order and want clarification on how to apply it to your business meetings.

I personally realised I don't know anything about Robert's Rules of Order, but I could see how inefficient some meeting discussions have been – e.g. when a member makes a proposal that nobody else is wanting to discuss but time is still wasted discussing why it's not a good idea. Or how time is wasted in business meetings when during a discussion points are raised that relate to a different motion (i.e. when fellows do not respect the "one item of business at a time" principle). It seems necessary to me to upskill myself on how Robert's Rules of Order works and I can see how this would be a really helpful skill to pick up for work settings, running business meetings or departmental discussions. It felt important to bring this to the attention of others who might want to look into it too.

Ellie, Intergroup Officer

The 2025 Annual General Meeting

The AGM took place in November 2025. To find out more about the UA-UK financial position (we are abundant!) and current and future initiatives under discussion – come along to the next Intergroup meeting as a visitor!

Next meetings:

- Saturday 11 January 2026; 11:15-12:45 (IG Zoom)
- Saturday 8 March 2026; 11:15-12:45 (IG Zoom)

Details can be found here...

- <http://underearnersanonymous.co.uk/intergroup/calendar/>

UA-UK News

Group Announcements (from Nov 2025 UA-UK Intergroup meeting)

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 11 January
 - Saturday 8 March
- Details here... <http://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. Vice Chair
 2. Secretary
 3. Events Coordinator
 4. UK Meetings Representative
 5. Literature Secretary
- Check out the role definitions here... <http://underearnersanonymous.co.uk/intergroup/ua-uk-ig-officers/>

3. UA Newsletter: Sub-Committee

- An electronic copy of this UA UK Newsletter Edition 7 can be found at: <https://underearnersanonymos.co.uk/newsletter/>
Face-to-face meetings are invited to print copies for newcomers.
- The Newsletter Sub-Committee is now inviting contributions for Edition 8 (see box below). Contributions to be circa 600 words with more guidance to contributors on the newsletter page above. Please email submissions to newsletter@underearnersanonymous.co.uk
- The closing date for Edition 8 contributions are at the end of January 2026 (but feel free to send a contribution at any time and we will consider it for inclusion in a subsequent edition)

4. 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 with funding the cost of doing so, if less than £100 (email treasurer@underearnersanonymous.co.uk).

UA General Service Board (GSB) Convocation

A UA General Service Board (GSB) Convocation took place on 22 and 23 November 2025 on Zoom and anyone could attend.

The motion that went before the UA GSRs asked whether the UA World Service Conference (WSC) Planning Committee shall advise UA GSB to initiate reconciliation with another organisation operating within Underearners Anonymous.

Motion Statement: The WSC Planning Committee moves that the UA GSB WSC advise the UA General Service Board to initiate and actively pursue a formal process of reunification with the World Service entities represented on the WeAreAllUA.org website (also known as the “WeAreAllUA service body”), with the goal of restoring one unified UA fellowship and service structure, inclusive of all UA meetings and members worldwide.

A UA-UK Intergroup representative attended the convocation and has reported that after some extremely heated debate the meeting voted overwhelmingly (81%) in favour of moving to reconciliation after a 4 year split within the fellowship.

UA-UK Intergroup will bring more information on the matter as and when one is available.

Next Edition

Edition 8 (Winter 2026)

The Newsletter Sub-Committee is now inviting contributions for...

Step 8: *Made a list of all persons we had harmed and became willing to make amends to them all, spiritual principle: **Self-Discipline**.*

Tradition 8: *Underearners Anonymous should remain forever non-professional, but our service centers may employ special workers, spiritual principle: **Fellowship**.*

Tool 8: Action Partner – *We connect regularly with action partners regarding earning concerns in order to provide each other with accountability, continuity, and support.*

The topic of: ‘Visions and Visibility’

This is an invitation for you to create or refine your vision for 2026 and become visible with it by sharing it with others and in this “Into Prosperity” publication.

Email contributions by 31 January 2026 to newsletter@underearnersanonymous.co.uk

To help you consider your vision for 2026 perhaps you might want to set up an Action meeting using Format I and write up what emerges?

Or perhaps you may want to set aside time for reflection. Below are some questions that might give structure to your reflections and writing in defining your vision. You may want to create a visions board instead of writing about it. Any contributions on the topic are welcome! Become accountable to yourself by de facto bookending publicly at the start of 2026 what your intentions to action are. Get creative! Think Big! We would like to hear what you aspire to in your life, your visions and aspirations, including how you wish to become more visible in your

work and your life. Become visible by sending your contribution to “Into Prosperity”. Make that first step to visibility. We would love to read you!

WHAT IS YOUR VISION FOR 2026?

To help you answer that question in writing or create a Vision Board this is what you might like to consider:

1. What matters to me in life (consider at least -7 answers). Answers might include career, family, prosperous financial situation, hobbies, relationships, recovery, spirituality, health and fitness, love, making an impact, travel, health and fitness, creativity, sustainability...
2. Write a few sentences of what your vision is under each of the 6 -7 categories you identified as your top ones As an underearner make sure you include categories that relate to money, earning, prosperity, abundance, visibility and satisfaction at work.
3. Can you see an action you can take in each category that will move you in the direction of your vision?
4. Can you see the category which is most neglected at the moment? What are you going to do about it?



The Newsletter Sub-Committee is also inviting contributions for future edition topics:

“And now about sex” – underearning and relationships

What has the impact of your underearning been on your relationships? Is your partner also an underearner? How does underearning impact your sex relations?

Underearners on Holiday

Have you been able to afford holidays? What kind of holidays underearners go on? How do you manage money while on holiday? Can you afford to take holiday from earning?

Inheritance/Dealing with grief while continuing to earn

What do underearners do when they suddenly find themselves with inheritance? How does grief impact earning capacity?

Email contributions, questions and ideas for topic themes for future editions to:

newsletter@underearnersanonymous.co.uk