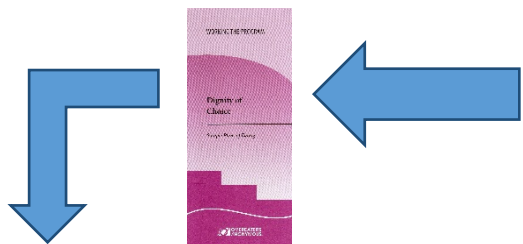
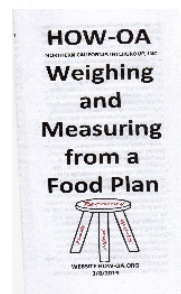


HOW-OA
Northern California Intergroup, Inc.
5-25-15

**NEWCOMER'S
PACKET DIRECTIONS**

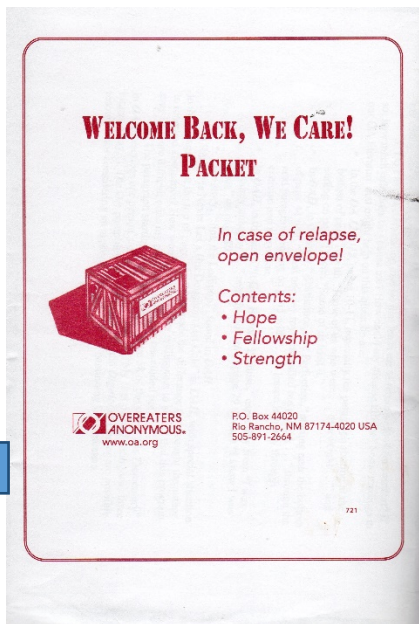


OA MEETING

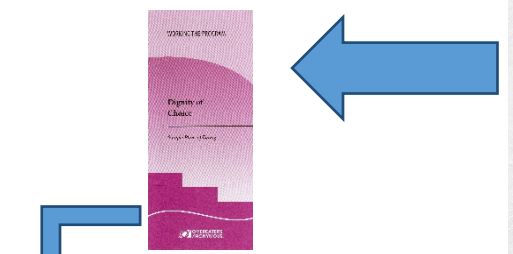


Remove pamphlets
"OA A DIGNITY OF CHOICE"
& "OA A PLAN OF EATING"
(not compatible with
HOW-OA Basic Food Plan)

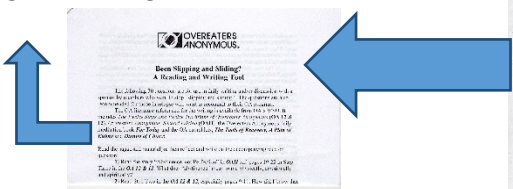
**WELCOME BACK, WE CARE
PACKET DIRECTIONS**



Add pamphlets
"HOW-OA NEWCOMERS
INFORMATION
BROCHURE"
(Available on HOW-OA.ORG, Resources)
&
"HOW-OA WEIGHING AND
MEASURING FROM A FOOD PLAN"
(Available on HOW-OA.ORG, Resources)



Remove Dignity of Choice
OA MEETING



Remove
OA Been Slipping and Sliding?
(not compatible with How-OA
Sponsor Guide)



Add pamphlet
**OA Members in Relapse
&
HOW-OA
Sponsor Welcome Back Phone List**
(Staple to back side of Packet)
(Available on HOW-OA.ORG, Resources)

(This document is available for Download from
HOW-OA.ORG, Resources)

NOTES ON PACKETS/PAMPHLETS/BROCHURES
HOW-OA Northern California Intergroup, Inc.
5/25/2015

NEWCOMER'S PACKET

Literature Person/Secretary to remove the OA food plan pamphlets, "DIGNITY OF CHOICE" and "A PLAN OF EATING", from the OA Newcomer's Packet. Save for an OA meeting, do not discard. Add to the Newcomers Packet the two HOW-OA Brochures, "NEWCOMERS INFORMATION BROCHURE" and "WEIGHING AND MEASURING FROM A FOOD PLAN". Both available for download from HOW-OA.ORG Website, resources). OA pamphlets are not compatible with the HOW-OA Basic Food Plan.

WELCOME BACK, WE CARE PACKET.

This OA packet is for returning members after an absence. Literature Person/Secretary to remove the OA pamphlet "DIGNITY OF CHOICE", (not compatible with HOW-OA Basic Food Plan)", and the OA 30 Questions, "BEEN SLIPPING AND SLIDING? A READING AND WRITING TOOL", (not compatible with HOW-OA Sponsor Guideline questions). Save both for an OA meeting, do not discard. Add the OA pamphlet "MEMBERS IN RELAPSE".

Staple the "HOW-OA WELCOME BACK OUTREACH CALL" Phone List to the back of the Welcome Back Packet. (Downloadable from HOW-OA.ORG Website, Resources).

Secretary, when asking Newcomers to say their first name and to get the Newcomer Packet, also ask Returning Members to say their first name and get the Welcome Back Packet. Pass Welcome Back Packet around the meeting for Members who will be available for Relapse/Recovery Outreach Calls. When ordering "WELCOME BACK PACKETS" from OA.ORG Bookstore, (sku 721, \$2.50, pamphlet page 2), also order same quantity of "MEMBERS IN RELAPSE" pamphlets (sku 400, \$.50, pamphlet page 1).