

## HOW-OA NORTHERN CALIFORNIA INTERGROUP, INC.

### SPONSEE GUIDELINES

Members of HOW-OA feel that we need a more structured method of working the OA program. We don't necessarily like that fact, but for today we have surrendered to this idea. The following guidelines have been developed by members of HOW-OA who have been where you are, starting their first day of recovery. Read these guidelines and familiarize yourself with the recommended books and the HOW-OA program. This is a program for living and we need you as much as you need us.

1. You need to obtain the Big Book (Alcoholics Anonymous) and a Twelve Steps and Twelve Traditions Book (Alcoholics Anonymous). Both are available at HOW-OA meetings, AA.ORG online bookstore, ( print, e-book, and free pdf.) You will go through the first three steps with these two books and your sponsor. We use the AA Books since we follow the structure and discipline of AA with 12 Steps and 12 Traditions, Abstinence, Sponsor, and Meetings.
2. You need to have writing materials, something to hold your daily writings and to be used in further step work. A kitchen scale, (electronic are best), measuring cups/bowls and measuring spoons.
3. Our experience, strength and hope shows that our recovery depends on attending three HOW-OA meetings a week. Meeting lists are available at each meeting, and on HOW-OA.ORG website, referenced on the back of the meeting list.
4. Our experience, strength and hope shows that recovery depends on making three outreach calls a day. The sign-in sheet (WE-CARE LIST) at each meeting has members, with sponsor qualifications, willing to be called, e-mailed, and texted. There is also a Sponsor List, from Intergroup (HOW-OA Northern California) available at each meeting.
5. Our experience, strength and hope shows that our recovery depends on calling our sponsor each day, for 30 days, to commit our food for the next day and get question/answer assignments.
6. HOW-OA has a Basic Food Plan, obtained from your sponsor. This defines HOW-OA abstinence. This is a "301" Plan. Three meals a day, nothing in-between, 1 day at a time. The Basic Food Plan may be taken to your health care provider for adjustments based on your health requirements.
7. After 30 days of continuous HOW-OA abstinence, you will go through a step-up ceremony to become a HOW-OA sponsor. You will need to obtain the new YELLOW SPONSOR GUIDELINE for your sponsees. This is very reassuring because you are taught to sponsor the way you have been sponsored. It is recommended that no one sponsor in HOW-OA until they have been through the STEP-UP CEREMONY with their sponsor. After the first 30 days, 30 questions, and step up ceremony, you are strongly encouraged to continue working the 4<sup>th</sup> and 5<sup>th</sup> steps with a 4<sup>th</sup> and 5<sup>th</sup> step sponsor, and to be available as a BASIC SPONSOR. If your basic sponsor is not a 4<sup>th</sup> and 5<sup>th</sup> step sponsor, continue calling your sponsor daily until you find a 4<sup>th</sup> and 5<sup>th</sup> step sponsor.

*(THIS DOCUMENT IS AVAILABLE FOR DOWNLOAD ON THE HOW-OA.ORG WEBSITE, UNDER RESOURCES)*

3/7/2015