

OA/HOW Pre-Commitment Assignments-Series 3a Qs 61-69

(January 2018, VSB Website Resources Sub-Committee: The readings are from the AA 'Big Book', 3rd Edition and/or the 'Twelve Steps and Twelve Traditions'. "D & R" mean discuss and reflect. Quotes from AA material have been updated to reflect alcohol, as written. OA only has permission to change the wording to "compulsive overeater" in OA Steps and OA Traditions. In one's private reading and writing, one can substitute the words "food" and "compulsive overeater" for "alcohol" and "alcoholism.")

61. Look up and define HOW (Honesty, Openness and Willingness). Read BB pp. 28, 30, 47-48, 58, 88, 550-551, 570; read 12&12 pp. 24, 31, 35. Discuss and reflect (D&R) upon the idea that under the lash of compulsive overeating, "... we become as open-minded to conviction and as willing to listen as the dying can be?" 12 & 12 p. 24. Define conviction.
62. The HOW program is for the compulsive overeater (COE) whose compulsion has reached a critical level. D&R upon your willingness to accept the HOW plan of eating, steps, traditions, readings and writings; all of the tools of recovery (break isolation), not as suggestions but as essential requirements for our sustained three-level recovery one day at a time. Read BB Foreword to First Edition XIII, paragraph 1; BB Doctor's Opinion XXIV, XXV, 3rd edition, [XXVI, XXVII, 4th edition] last paragraph; 82-83, 94-95, 108, 121-122, paragraph 3; 141-143, 180-181, paragraph 2; 206-207, 447, 570; read 12&12 p. 31.
63. The HOW concept offers the COE a disciplined and structured approach. The basic principle of this approach is that abstinence is the only means to freedom from compulsive overeating and the beginning of a spiritual life. Read BB p. 88 (we are undisciplined; we let God discipline us); Doctor's Opinion p. XXVIII, 3rd edition, [XXX, 4th edition] ("The only relief we have to suggest is entire abstinence" BB p. XXVIII 3rd edition); p. 93 (lines 8, 9 and 10); pp. 93-96 (p. 96, lines 3 and 4); pp. 141-143, 448, 550-551, BB 3rd edition; 12&12 p. 28 (the four roadblocks to recovery); p. 31 (defiance); Tradition 1, paragraph 5. D&R upon how these pages relate to you in your recovery today.
64. D&R upon your willingness to be willing to accept the idea that abstinence (spiritual principle; the power of agreement) is not a personal thing in HOW; it is a joint effort (collective surrender); a three-level recovery freeing the COE from the bondage of self (BB pp. 63, paragraph 2; p. 64, paragraph 2; p.76, paragraph 2) through a guided program of reading, writing and applying the steps and traditions (BB pp. 17, paragraph 3; pp. 95-96, 141-143).

OA/HOW Pre-Commitment Assignments-Series 3a Qs 61-69

65. D&R upon how your commitment to the understanding, acceptance and awareness that your three-level recovery, through abstinence and taking the first three steps, and your further surrender to the additional steps and traditions are essential for a sustained recovery, one day at a time. BB pp. 25, 122, paragraph 3; pp. 169, 206-207, 3rd edition; 12&12 p. 134, paragraph 1 to end of p. 135, (Tradition Two); p. 178, paragraph 2 to end of p. 179 (Tradition Ten).
66. Write on Tradition Seven.
67. Abstinence is the spiritual principle of tithing (one tenth). In the surrender of our greatest possession, which is food, with an attitude of humility, gratitude, and a conscious, loving spirit, we are living in the spirit of Tradition Seven, affirming through our contributions our willingness to live by spiritual principles. We claim our tenfold return from the universe by surrendering our greatest possession, our food. We therefore experience an entire abstinence, one day at a time. Read BB Doctor's Opinion XXVII, paragraph 4, 3rd edition, [XXIX, 4th edition]; p. 102, paragraph 2; p. 206 bottom to p. 207 top; p. 570, 3rd edition [p. 568, 4th edition]; 12&12 p. 169.
68. D&R as the following relates to you: Most individuals cannot recover without a group. To be certain, much of our strength is found in the structure of the group and in the individual's 24-hour, three-level surrender (BB pp. 63, paragraph 2; p. 64, paragraph 2; p. 76, paragraph 2) to a three-level sobriety as it is written in the AA literature. We can only avail ourselves of a sustained recovery one day at a time through a willingness to live in the spirit of Tradition Seven. Write and affirm the following: We are self-supporting through our own contributions in a now moment of unconditional love and acceptance of it all. Read 12&12 p. 169 (Tradition Eight), pp. 133-135 (Tradition Two), p. 165. (Tradition Seven).
69. D&R upon the following: I don't water down my program for anyone (BB pp. 96-97). For the COE "...who is able and willing to get well, little charity, in the ordinary sense of the word, is needed or wanted." BB, pp. 97-98. We don't play in traffic (we don't play God). Our level of denial (the brat) is too deep. "We can learn to be sensible, tactful, considerate and humble without being servile and scraping." BB, p.83. Read 12&12 pp. 31, 174; BB pp. 83-84, 91-94,

OA/HOW Pre-Commitment Assignments-Series 3a Qs 61-69

142-143, 357, 3rd edition [no 4th edition reference], (popular brat), 418, 3rd edition, [no 4th edition reference] (spoiled, indulgent brat).