

## GUIDE FOR MAINTENANCE SPONSORING CEREMONY

Before taking a person through the maintenance stepping-up ceremony, it is necessary that they meet the basic requirements of all OA/HOW maintenance sponsors which is the taking of Steps 1, 2, and 3 and 60 days of back-to-back abstinence including calling in their food and doing their assignments for those 60 days, the writing of their Fourth Step inventory and the taking of Step Five. The purpose of the assignments and the taking of Step Five is to give insight for the person's surrender to the concepts of OA/HOW maintenance.

The person should be a sponsor who has been through the OA/HOW Three step sponsoring ceremony and has committed themselves to the first three steps of program, believes in the 12 steps and the 12 traditions.

The OA/HOW maintenance program is offering a way of life, one day at a time, for the person who has accepted being a compulsive overeater, whose life was made unmanageable by food, and who has surrendered to a recovery program under the confines of OA/HOW maintenance, OA/HOW intergroup guidelines, and the concepts of the 12 steps and 12 traditions.

Thank the person for asking you to be his/her maintenance sponsor. Convey to the person that "I need you as much as you need me it

Take the person's hand and repeat the "Serenity Prayer" together.

Read today's passage for the "24 Hours A Day" book to the person.

### **PHASE I - PHYSICAL**

Ask you prospect:

1. What does maintenance mean to you? Is it a way of life, or are you first interested in losing weight?
2. Explain the concepts of Maintenance.
  - a. Not taking back control of what we eat. (We commit our food on a daily basis - either by calling in our food to a sponsor or committing our food silently by accepting a baby's food. We can't ask anybody else to do something we aren't doing.)
  - b. Not eating compulsively. (Eating only at mealtime and measuring what we eat).
  - c. Not eating refined sugars and starches unless they are 5<sup>th</sup> or lower on the ingredient label.

- d. Eating only what's on our maintenance plan in the amount given you in your base group.
3. Have you ever reached your goal weight before in any other way besides OA/HOW? Did you maintain it? For how long? Do you feel you can do it alone? Do you feel you can achieve your goal weight and maintain it in any other way except for OA/HOW way?
  4. Do you realize the actual dangers of you obsession? Do you realize that you are always one compulsive bite away from a binge or slip? Do you agree that you use food as a pacifier to dull you senses to overcome the pain from you problems instead of coping with them by going into some kind of action that would help resolve the problem?
  5. Have the sponsoree read Page 32 in the AA Big Book, the first paragraph – “Thought there is no way”— to Page 33, the end of the 2<sup>nd</sup> paragraph – “If we are planning to stop compulsive overeating there must be no reservations of any kind, nor any lurking notion that some day we will be immune to refined sugars or starches, or compulsive overeating.”
  6. Have the sponsoree give his/her answer to what they wrote on --
    - a. I have surrendered to the disease, have I surrendered to the recovery?
    - b. Why was I afraid to be thin?
    - c. What is normal?

(Try to get the person to understand that for him/her there is no such thing as taking that first compulsive bite.)

7. Is this a life and death matter for you? Have them read the last paragraph on Page 24 in the 12 & 12.
8. Are you willing to admit complete defeat without program? Are you powerless over food and is your life only manageable with program? If yes, have them read Page 21- aloud in the 12 & 12.

## **PHASE II - MENTAL & EMOTIONAL**

Ask the person to answer the following:

1. Now that I am normal size, how can I grow mentally and emotionally?
2. How has rejection been an inside job?

3. Compulsive overeating is a displacement for anger -- usually anger at oneself, though we often revert this into blaming others. This usually leads to fear and guilt. Guilt is the result of no action. In our A.A. and O.A. literature, it is stated that Action is the magic word. As we can't consume a whole meal in one mouthful, so we can't solve a problem with only one action. We need to use progressive actions one at a time, just like one day at a time, one step at a time until the problem is solved and the fear and the guilt is eliminated. Since you have reached the 6th Step, are you willing to make a commitment to go on and continue working your twelve steps, and twelve traditions along with the seven tools?

4. Ask the person to answer the following:

How can I program myself for success?

Using the following:

One Day At A Time

Coping with - not copping out

Changing a negative into a positive

### **PHASE III - SPIRITUAL**

1. Have I awakened spiritually? If so, how?
2. Have I surrendered to the concept of a Higher Power? (OA/HOW does not tell you what your concept of Higher Power should be. Each one of us is left to determine this for ourselves. All that is asked of us is that we don't take back our own logic and control. After all, we tried that way for so long and it didn't work.)
3. Have the person read Step 12 in the "12 & 12" and ask them to answer the following:
  - a. What does Step 12 mean to me?
  - b. How can I apply this to the maintenance program?
  - c. Do I just want this maintenance program for myself or do I want to help myself by giving away the maintenance program to another maintenance baby?
4. If they have answered all questions to your satisfaction, and they feel they are ready to be a maintenance sponsor ' have them read the prayer on Page 63 in the AA Big Book, and then congratulate them on being an OA/HOW Maintenance Sponsor.

5. Please read the following to the new Maintenance Sponsor that you have just stepped-up.

Your Maintenance Sponsor is your sponsor as long as you both desire it. You should continue to call him/her at least twice a week for the next thirty days without the necessity of giving your food to them. After the next thirty days you should call in at least once a month to let them know how you are doing.

They will answer any problems you have, and if they are unable to, they or you will refer your questions to the group conscious at a maintenance meeting. Everyone has the choice of selecting a maintenance sponsor the same way they select a program sponsor. You should also make a commitment to attend as many maintenance meetings as possible. Check with your maintenance sponsor or the OA/HOW newspaper calendar for the time and location of the maintenance meetings.

#### **PHASE IV - EXPLANATION OF THE SPONSORING KIT**

1. Go over each section and answer all questions. Write down and bring any questions you can't answer to the next maintenance meeting.
2. Parts of the Maintenance Kit:
  - a. General Instructions
  - b. Guidelines for OA/HOW Maintenance Sponsors, including the 4 transitional phases.
  - c. Basic Calorie Unit Breakdown Chart
  - d. OA/HOW Sponsors General Instruction Unit Calorie Calibration Chart
  - e. Basic Food Plans with Sample Food Menus.
  - f. Maintenance Questions (60)
  - g. Maintenance Questions for Slipped Babies (30)
  - h. Step-Up Ceremony for Maintenance Sponsors