

The A.W.O.L (A Way of Life) Commitments

AWOL meetings are not FA meetings. There are no rules in FA; there are A rules in AWOL. AWOL is not for everyone - only for those who realize how cunning, baffling and powerful this disease is. AWOL demands rigorous honesty, open-mindedness and willingness; the HOW of the program, practiced to the best of your ability. AWOL asks us to take commitments to attain an abstinent, sane and serene life.

ABSTINENCE

Abstinence is defined as weighed and measured meals with nothing in between except, water, black decaffeinated coffee or tea, diet decaffeinated beverages. Milk in tea or coffee is not allowed. Specific drugs not allowed include: sugar, flour, caffeine, nicotine, alcohol and marijuana. Prescribed or over the counter medications are to be used to promote good health not to soothe the symptoms of addiction.

SPONSOR

You are required to have a sponsor who is an FA member and is sponsored. We strongly suggest that your sponsor has gone through an AWOL or completed all 12 steps.

MEETINGS

Attendance at all AWOL meetings is strongly suggested. If you miss two meetings in a row you cannot return. There are NO exceptions to this rule. The AWOL will start promptly. It is suggested that you come on time. It would be nice if everyone arrived early, before we begin, in order to get to know each other.

We will stick to the keys. If sharing starts to go off in another direction, the leaders will bring discussion back to the keys. Please do not take this personally.

ANONYMITY

Anonymity is very important. We may discuss, among ourselves only, what goes on at this meeting. For us to be free and open with one another, we must trust each other.

MISCELLANEOUS

We may mention food by name, but not fantasies or details.

* Commitments will be taken at the end of the 1" and 2"d closed meetings.

Do you agree to the commitments just read and are you willing to give the Twelve Steps your best effort?