

AWOL – A WAY OF LIFE: COMMITMENTS

AWOL meetings are not FA meetings. There are no rules in FA, but there are rules in AWOL. AWOL is not for everyone; only for those who recognize the cunning, baffling, and powerful nature of the disease of food addiction. AWOL demands rigorous honesty, open mindedness, and willingness—the HOW of the program—practiced to the best of your ability. AWOL asks every participant to take these commitments to attain a sober, sane, serene life.

Since the number of participants will be limited, please be mindful to contact the leaders should your circumstances change and you are unable to commit to this AWOL.

ABSTINENCE (SOBRIETY)

Abstinence is defined as weighed and measured meals with nothing in between except water, decaffeinated black coffee, decaffeinated black tea, and sugar free decaffeinated beverages. Milk in coffee or tea is NOT allowed. Specific drugs not allowed are sugar, flour, alcohol, recreational drugs, caffeine or nicotine. We also encourage the avoidance of all individual binge foods. Let us know privately if you think you might have any conflicts.

SPONSOR:

You are required to have a sponsor who is an FA member. We strongly suggest that your sponsor has completed an AWOL.

MEETINGS:

Attendance at all AWOL meetings is strongly suggested. If you miss two meetings in a row, you may not return. There are no exceptions to this rule. Once we have taken the Commitment to the AWOL, missing more than 15 minutes of the AWOL meeting (before, during, and/or at the end) will be recorded as being absent. These rules are not meant to be punitive in any way: Recovery is rooted in working the steps in sequence, and in full. Missing multiple "keys" of any Step will negatively impact one's personal recovery. It may also have a negative effect on the AWOL as a whole.

The AWOL meeting will start promptly. Please be on time so you don't interrupt the AWOL once we have begun. Zoom ten (10) minutes early, as it may take a few tries before you can successfully enter the Zoom meeting. Participants in this AWOL must be willing to be seen on the Zoom platform at all times.

If you come in late, do not announce yourself but stay on at the end of the AWOL to make sure we have you listed as attending. It would be appreciated if you could advise one of the Co-Leaders when you are unable to attend the upcoming AWOL meeting.

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

You may belong to only one AWOL at a time. The only exception is when you belong to this AWOL and co-lead another AWOL.

Regular attendance at other FA meetings is required. Reliance on this meeting alone is not healthy.

ANONYMITY:

Anonymity is very important. We may discuss among ourselves only, what goes on in our AWOL meetings. For us to be free and open with one another, we must trust one another.

MISCELLANEOUS:

We may mention food by name, but not fantasies or details. To keep the message of recovery universal, please avoid the use of religious terms when sharing.

COMPUTER, SMART PHONE OR TABLET USE FOR ZOOM AWOL MEETING:

The AWOL ZOOM meeting is to be treated as seriously as an in-person FA meeting. Each participant is required to be fully dressed and sit in a chair in a quiet room alone (without pets) where you will not be disturbed. Multi-tasking, such as doing dishes, using a computer, texting, taking notes or doing any other activity is not permitted. Background noise disrupts the meeting for everyone and anything less than your full participation will impede your recovery.