Reflections for the Newcomer

Welcome to O.A./H.O.W. We are all so glad that you have decided to become a part of our fellowship. You know that the H.O.W. concept is very disciplined. We believe that the discipline of weighing and measuring, of telephoning your sponsor at a particular time, of attending meetings and making phone calls all lead to a life based on the Universal Discipline, which is accord rather than discord with all those things going on around us. Therefore, if there is a breakdown in any of these areas, the concept is threatened (as is the individual's abstinence).

We have found that the discipline must remain as constant for the beginner as for the sponsor. If the newcomer shies away from this life's responsibility, the sponsor may give the newcomer's time slot to someone more committed to recovery. This is not a personal affront, but a matter of necessity. So many who think they should recover, in fact, are not ready. If the newcomer should show lack of commitment, the sponsor may then offer the newcomer assistance in finding a new sponsor. The rationale here is, if the newcomer insists on picking up the food before the phone, then there is a breakdown in the level of communication between the sponsor and the newcomer.

(SEE OVER)

“Frothy emotional appeal seldom suffices.” (“Doctor’s Opinion”, BB p. XXVI, para. 2)

If a sponsor slips, get a new one. The pitfalls of self-deception cannot be overstressed if you are to recover. Therefore, a sponsor, in all self-honestly, must release all the people they are sponsoring in order to work on their own recovery. Sponsors cannot qualify themselves as Sponsors at meetings or sponsor again until they have at least 30 days of back-to-back abstinence. Sponsors cannot give what they do not experience.

Finally, you must believe that we need each other. All problems that arise can be worked on via the phone or person-to-person contact. Only positive, upbeat recovery belongs at our meetings.

“A body badly burned by alcohol does not often recover overnight, nor do twisted thinking and depression vanish in a twinkling. We are convinced that a spiritual mode of living is a most powerful restorative.” (“The Family Afterward”, BB p. 133, para. 2)

Good luck. Everyone in the fellowship is praying that you find the release from the obsession so many of us have.

God bless. And no matter what, KEEP COMING BACK!! WE’LL ALWAYS BE HERE FOR YOU.

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