

The HOW Stepping Up Ceremony

Leader: PART ONE

“Before you, image you see five candles:

TRUTH, REALITY, SURRENDER, ACCEPTANCE, and KNOWLEDGE.

OA offers each of us a wonderful opportunity to develop and hasten an attitude of change known as ego reduction. The use of the disciplines of weighing and measuring, telephone calls, reporting to sponsors, and attending meetings, all combine to reinforce our growth. In OA, action is the magic word. Until we so humble ourselves through these acts, there is no evidence of our ego reduction or our surrender to anyone or anything outside of ourselves.

Each candle signifies a step toward arresting the progression of our disease. The first two represent Truth and Reality. Without these two qualities, we would not be recovering compulsive eaters.”

Leader: Candle holders read and each moves to the end of the line.

Leader: After the reading of Candle #5, read Part 2

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Leader: PART TWO (After Candle #5, Leader reads the following and then say – we can get you a cactus after Social Distancing ends)

Even the newest of newcomers finds undreamed rewards as he/she tries to help his brother/sister addict, the one who is even blinder than he. This is indeed the kind of giving that actually demands nothing. He does not expect his brother/sister sufferer to pay him, or even to love him. And then he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother/sister has yet received anything. His own character may still be gravely defective, but he somehow knows that God has enabled him to make a mighty beginning, and he senses that he stands at the edge of new mysteries, joys, and experiences of which he had never even dreamed.

Practically every OA member declares that no satisfaction has been deeper and no joy greater than in a Twelve Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light; to see their lives quickly fill with new purpose and meaning; to see whole families reassembled; to see the compulsive eater outcast received back into his community in full citizenship; and above all to watch these people awoken to the presence of a loving God in their lives – these things are the substance of what we receive as we carry OA's message to the next compulsive eater. (from Step 12 in the 12x12, par. 8 and 9)

On behalf of the Tuesday Morning OA/HOW Meeting, I would like to digitally present you with this cactus to remind you of the tough love of the Program:

- Remember the tough love of the Program!
- Stick with the stickers!
- Drink your water!
- Don't water down the program!

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CANDLE 1

(Please address the new Sponsor using his/her name)

The candle of Truth is the keynote of all who strive to stop the advancement of compulsive eating.

It is the unrelenting force that permits no double standard. Its attainment brings the satisfaction of inward peace. We must fearlessly face the truth to avoid the ever-present pitfall of self-deception.

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CANDLE 2

(Please address the new Sponsor using his/her name)

This is the candle of Reality and it is a new light. It opens the door to a new life. It holds a promise of new understanding. It offers a chance for personal renewal. It makes a statement that goes beyond fantasy and it holds the dream of a better tomorrow. Without the light of reality, we are destined to remain in that sick, shadowy world of past mistakes and unrealistic dreams of false tomorrows.

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CANDLE 3

(Please address the new Sponsor using his/her name)

This is the candle of Surrender. In OA surrender is the first and most important act necessary to launching you into the other steps. Without the surrender of your food, your ego, and your will, all else is hopeless. When you surrender, you suspend such negative emotions as disbelief and grandiosity and you open yourself up to the process of learning who you are and where you fit into the scheme of things.

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CANDLE 4

(Please address the new Sponsor using his/her name)

This is the candle of Acceptance; without acceptance you could not have progressed this far. Acceptance is seeing things as they really are. Acceptance is understanding that we have spent our lives denouncing everything and now we must open our hearts, as well as our minds and accept. We must accept the will of God and accept that only He can restore us to sanity.

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CANDLE 5

(Please address the new Sponsor using his/her name)

This is the candle of Knowledge and it opens the door wide. We now know that God is on our side. We can see and hear his pronouncements in our lives. We recognize what it is that we may do and what only He can do. We acknowledge that the greatest gift He has given us is knowing ourselves.

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Excerpt from Step 12, pages 111-112, Twelve Steps and Twelve Traditions

Leader reads the following and then presents the Anniversary Roses to person:

Now comes the biggest question yet. What about the practice of these principles in ALL our affairs? Can we love the whole pattern of living as eagerly as we do the small segment of it we discover when we try to help other compulsive eaters achieve sobriety? Can we bring the same spirit of love and tolerance into our sometimes-deranged family lives that we bring to our OA group? Can we have the same kind of confidence and faith in these people who have been infected and sometimes crippled by our own illness that we have in our sponsors? Can we actually carry the OA spirit into our daily work? Can we meet our newly recognized responsibilities to the world at large? And can we bring new purpose and devotion to the religion of our choice? Can we find a new joy of living in trying to do something about all these things?

Furthermore, how shall we come to terms with seeming failure or success? Can we now accept and adjust to either without despair or pride? Can we accept poverty, sickness, loneliness, and bereavement with courage and serenity? Can we steadfastly content ourselves with the humbler, yet sometimes more durable, satisfactions when the brighter, more glittering achievements are denied us? The OA answer to these questions about living is "Yes, all of these things are possible." We know this because we see monotony, pain, and even calamity turned to good use by those who keep on trying to practice OA's Twelve Steps. And if these are facts of life for the many compulsive eaters who have recovered in OA, they can become the facts of life for many more.

On behalf of the Saturday Morning OA/HOW Meeting, I would like to present you these ___ lovely roses to commemorate your _____ year(s) of abstinence.