I. Opening- intro and acknowledgements

II. A. Abstinence Date

   B. A Sponsor

   C. Home Meeting

III. Upon first meeting.

   Food Plan, “Forever Abstinent” gray booklet, AA Big Book, 12X12, Notebook & pen,

   Sponsor’s phone# & a call time, a phone list, a meeting, measuring spoons & cups, scale.

Instructions: Read the Food Plan 3 times, write your food down according to the template.

   Write any questions you may have.

IV. Literature- Reading & Writing

V. Phone Calls
VI. Meetings

VII. Anonymity

VIII. Service

IX. Prayer & Meditation