

STEP UP CEREMONY

Instructions

You will need the 7 Step Up cards, 6 candles or lights

1. When a sponsee has completed their first 90 days in HOW, it is traditional to celebrate their journey and their becoming a first-time HOW sponsor with a “step up” ceremony.
2. The sponsee who is “stepping up” picks six abstaining HOW sponsors to each read one of the 6 step-up cards. The sponsee’s own sponsor reads the 7th card.
3. The sponsee and all 7 sponsors gather in the center of the room and stand in a circle (in order of the number on top of their card).
4. With the lights on, Card 1 is read.
5. After the first card is read, the sponsor lights the first light and someone turns out the lights in the room.
6. Each subsequent light is lit by the previous light, one light carrying the energy to the next.

Sponsor Reads This Card

Addressing the person being Stepped-Up:

(Name of Person) Before you, you see five lights:

Truth, Reality, Surrender, Acceptance, Knowledge.

OA offers each of us a wonderful opportunity to develop and hasten an attitude change known as Ego Reduction. The use of the disciplines of weighing and measuring, phone calls, reporting to sponsors and attending meetings, all combine to reinforce our growth. In OA, "Action" is a 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 ourselves.

Each light signifies a step forward, arresting the progression of our disease. The first two lights represent Truth and Reality. Without these two qualities, we would not be recovering Food Addicts.

Please Light the first light, and The Light One Sponsor May Read Card 2

Light One



Light One, the Light of Truth, is the keynote of all our endeavors. It is the guiding light of all who strive to stop the advancement of our food addiction. 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.



Light Two



Light Two — this is the Light of Reality, and it is a new light. It opens the door to a new life. It holds a promise of a 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 stay in the unhappy world of past mistakes and unrealistic dreams of false tomorrows.



Light Three



Light Three — this is the Light of Surrender. In OA, surrender is the first and most important act necessary to launching you into the other steps. Without the surrender of food, your ego and will, all else is hopeless. When you surrender, you stop 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.



Light Four



Light Four. This is the Light of Knowledge and it opens the door wide. We know 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 it is we can do. We acknowledge that the greatest gift God has given us is knowing ourselves.



Light Five



Light Five. This is the light of Acceptance. Acceptance, as written on page 449 of the Big Book:

“When I stopped living in the problem and began living in the solution, the problem went away. From that moment on, the compulsion to eat was lifted.”

Unless I accept life on life’s terms, I cannot be happy. I must concentrate on what needs to be changed in me and in my attitude, and not in the world. When I complain about you or me, I am complaining about God’s handiwork.



Sponsor Reads This Card

To the Group:

Will those who wish, please join us in meditation. ... Share your joy... your love... your happiness with... (--name of person—).

Sponsor addresses person being stepped up:

(--name of person--), give all the love you can with a free heart. Do all you can for others and back will come countless blessings. Sharing draws others to you. Take all who come as sent by God and give them a royal welcome! You may never see the results of your sharing today, but tomorrow may bring results of the sharing you did today. Pray that you make each visitor desire to return. Pray that you may never make anyone feel repulsed or unwanted. God Bless You.