Quality of Life Traditions
(Passed down by Chuck Andreasen)

Quality of Life Etiquette:

1. Always wear a coat and tie or dress when giving a main talk, giving or taking a cake or when participating on panels. This is out of respect to Alcoholics Anonymous and in the spirit of attraction rather than promotion. Prisons may require other arrangements.
2. Never turn down an AA request. Prior commitments may be an exception. Check with your sponsor to be sure.

Phone List (Member List):

1. The Quality of Life phone list will determine its active members.
2. An active member is defined as attending all Quality of Life core meetings (currently Monday, Wednesday / Thursday and Saturday) with a confirmed commitment at each meeting.
3. Special consideration may be given for those unable to fulfill the normal requirement. These situations may be brought before the business meeting and voted upon accordingly.

Birthdays:

1. Birthday cards should be given to all active members. If you are unable to afford birthday cards, it is more than acceptable to make your own.
2. Happy birthday phone calls should be made to all active members.
3. Call your sponsor on your birthday and thank him or her for their sponsorship during the past year.
4. Take your sponsor out to dinner before the Saturday evening meeting. Saturday evening should be your first birthday cake.

Birthday Cakes:

1. Begin taking cakes at the Saturday evening meeting.
2. Always wear coat and tie or dress when taking or giving cake.

Birthday Parties:

1. Sponsor responsible for coordinating parties.
2. Attend all birthday parties unless prior commitment (sponsor approved).
3. Fifth step required before having party.
4. Gift and/or birthday card required.
5. Thank you cards for gifts.
6. Newcomers with less than one year clean up party.
7. Commitment sign-up mandatory.
8. Birthday party eligibility limited to active members. Phone list (member list) determines active member.
Birthday Watches:

1. AA brothers/sisters and/or friends (peers) responsible for coordinating watches.
2. Attend all watches unless prior commitment (sponsor approved).
3. Never show up to watch empty handed. Always bring soda, chips, etc.
4. Birthday cake and candles provided by person giving cake.
5. Six months minimum group membership required.

Commitments:

1. Always show up and do your commitment without fail and on time.
2. Covering commitments is mandatory and must be covered by responsible active QOL member. (Missed meetings always require prior approval from sponsor).
3. Covering commitments is limited to “un-like” type e.g. a member already on clean up can not cover another clean up commitment.
4. When covering a commitment, you are required to inform the head of commitments or commitment head.
5. Commitments are to be honored for the “entire term”. No bailing mid-stream.
6. Outgoing Secretary cleans the men’s/women’s bathroom upcoming year.
7. Three consecutive missed commitments (not covered) will result in loss of commitment.

Individual Protocol:

1. Attend all QOL core meetings exclusively (currently Monday, Wednesday / Thursday & Saturday). Exception with sponsor approval, i.e. PG, etc.
3. Commitments at every meeting attended.
4. When securing a commitment, it is customary to ask the Secretary to be assigned a job at the Secretary’s discretion. (What would you want me to do?).
5. Missed meeting must be approved in advance by sponsor.

Meeting Etiquette:

1. When leading meeting and/or if Secretary, participants to be limited to active QOL members only (alternating even mix between men & women).
2. Thank God, sponsor, QOL & A.A. after sharing from podium.
3. Chip takers only thank God, sponsor, QOL & A.A.
4. Secretary and cake person always to wear coat and tie/dress.
5. No blatant cross talk during meeting (hissing, wahs, oohs and whos acceptable).
6. Coffee before the meeting and at the coffee break. Rest room on emergency basis.
7. Obsrance of Seventh Tradition mandatory unless sponsor approved.
8. No disruptive babies and children during meeting.
9. No cursing from podium.
10. Personally thank all participants and speakers prior to doing your commitment.
11. Ninety-day sobriety requirement to be ten minute speaker on Saturday evening.
12. Friday evening meeting to host one-year sobriety talk. [Pending]
13. Outgoing Secretaries are main speaker at first meeting of new term.

**Moves:**

1. Attend all moves unless prior commitment (approved by sponsor).
2. Moves to take place Saturday mornings @ 8:00 sharp.
4. Person moving to provide donuts and coffee at minimum.

**Sponsorship Requirements:**

1. Ninety meetings in ninety days.
2. Read Big Book from cover to cover.
3. Commitments secured at every meeting.
4. Shake the hands of three newcomers you don't know at every meeting.
5. Call sponsor every day until advised otherwise.
6. Arrive at meeting hall one hour before meeting.
7. No relationships in first year.
8. No major decisions in first year.
9. Men stick with the men. Women stick with the women.
10. Twelve steps taken with sponsor according to protocol (read everyday for one week; then continue to read everyday during the second week while highlighting what is personally meaningful or questions. One day missed, start over.
11. Twelve Traditions read immediately following steps. Same “two week” process as steps. Sponsor involvement limited to questions only.
12. Sponsors provide “business cards” as gift for one-year babies.

*The Quality of Life “Traditions” have no connection with Alcoholics Anonymous, its Twelve steps, traditions or concepts. They are merely a set of voluntary “practices” that have been in place since the group’s inception and are not directly or indirectly associated with the Quality of Life meetings of Alcoholics Anonymous.*