

THE THREE “R’S” OF OXFORD HOUSE LIVING

PRESENTED TO _____

WELCOME TO OXFORD HOUSE – _____

You have been voted into our house by at least 80% of our members. We would like to welcome you!

The first Tradition of Oxford House states “that Oxford House has as its primary goal the provision of housing and rehabilitative support for the alcoholic and addict that wants to stop using or drinking.”

Oxford House combines **Recovery, Responsibility, and Replication** to enable each of our members to live free of the disasters of drug and/or alcohol addiction. How you use it will make a difference in your own recovery and the stability of the house.

The simple key factors of the Oxford concepts and charter requirements that can ensure your success are:

1. Pay your share of expenses on time.
2. Do not use drugs or alcohol in or out of the house.
3. Share in the democratic procedures of the house

Each house is guided by the simple guidelines of our manual and traditions and the individual house set of rules, guidelines or house expectations. You are expected to read these and familiarize yourself with them. If you have any questions a house member will explain them.

RECOVERY

Each member is responsible for his or her own plan of recovery. This should include completing your treatment plan (if applicable), participating in a 12-Step program or related recovery program, and using an outside sponsor or your housemates to help you. Healthy recovery is about change. This means making an effort to change your old behaviors.

You may be asked to write out a plan for your recovery when you move into the house. Many of the houses may require that you attend a certain number of meetings weekly. Many years of research has shown that our successful members attend four to five AA or NA meetings weekly. All of our guidelines have been designed to support you in your recovery and to ensure a healthy home.

RESPONSIBILITY

Each house holds weekly business meetings. As a member you will participate in these meetings, have full voting rights and may even be elected by the other members to hold an office. House Officers are elected every six months. Your house will help you learn the procedure of their Oxford House meetings. We encourage you to learn the duties of each House Officer, learn the Oxford House Traditions, and to read the Oxford House Manual.

You will be expected to pay your share of expenses on time, to complete your assigned chores, to follow your plan of recovery and to abide by the house rules. You may be asked to fill out some forms. Please do so as soon as possible. As you grow in your recovery and comfort level in the house you can help other new members. Your growth will be enhanced by your willingness to participate.

REPLICATION

As you grow in your Oxford House experience, you may be asked to share your experience at treatment centers and other agencies. You may have the opportunity to assist in the opening of a new house. This has many aspects to it, such as recruiting new members, sending out fliers, finding household donations and teaching the new house how Oxford House functions.

We are happy you have been chosen to be a member of our house and share in all of our recoveries. You will be joining a family of more than 10,000 people around the world that currently live by the Oxford House Traditions, Principles, and System of Operations.

Oxford House is a time-tested model, with 36 years of helping hundreds of thousands of successful recovering alcoholic and addicts. Oxford House allows you to stay as long as you like, as long as you do not go back to using drugs and alcohol, and abide by the guidelines.

Your success depends on your own honesty, open mindedness, and willingness to change, and share your recovery.

GOLDEN RULES FOR LIVING AND WORKING TOGETHER

Do what you say, say what you mean

If you open it, close it

If you turn it on, turn it off

If you unlock it, lock it

If you break it, admit it

If you can't fix it, call in someone who can

If you borrow it, return it

If you value it, take care of it

If you make a mess, clean it up

If you move it, put it back

If it belongs to someone else and you want to use it, get permission

If you don't know how to operate it, leave it alone

If it is none of your business, don't ask questions

If it is not broken, don't try to fix it

If it will brighten someone's day, say it

If it will tarnish someone's reputation, keep it to yourself