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MEALS: Dinner meals are provided. Meal fees are due at the beginning of the month with the bed fee.

MEETINGS: All members of the house must attend a formal or informal AA meeting every day. See 'house required meetings' in House Book. When attending a meeting, you must be on time and only leave the meeting during breaks and upon conclusion. Do not be disruptive during the meeting. When asked to share in an AA meeting, identify yourself as an alcoholic only. When attending other 12 step groups identify yourself appropriately for that particular group.

PHONE: Phone will be answered professionally and courteously. At all times answer the phone identify "Foundation House". If you check the message box, take a written message for whom the message was being left.

PORNOGRAPHY: No pornography (Playboy, etc.) will be allowed in or on the house grounds.

PROFANITY: Your language is to be free from the use of swear words, cursing and crude expressions. We recognize the alcoholic is a very sick person and will need help.

PROGRAM ACTIVITIES: Attendance is mandatory for all meetings, round ups, and appointments assigned by the House Manager. Tardiness will not be tolerated. Responsibility and reliability are habits that lead to a sound mind and body.

QUIET TIME: After 9:00PM you are not allowed to disturb the peace and quiet of other house members. Please be as quiet as possible so other people will not be disturbed. No darts or pool allowed after 10:00PM.

RADIO: No radios can be used after 9:00PM. This does not include personal radios, tape players and CD players equipped with personal headphones.

RETURNING TO THE HOUSE: Anyone who leaves the house membership, either by self termination or staff termination, will not be considered for re-entry for 30 days after the date of such termination, unless otherwise agreed to by the House Manager.

SLEEPING: Sleep in your bed!

SPONSOR REQUIREMENTS: All members must have a sponsor and work the 12 steps of AA. You will have 2 weeks to pick a sponsor or the manager will pick one for you.

STEALING: Stealing will not be tolerated. *Borrowing without asking is stealing* under the meaning of these house rules. Stealing is grounds for immediate termination from the house.

TELEVISION: No television is allowed Monday through Saturday.

VEHICLES: Parking is always a concern. Please follow the rules the House Manager set down with you. See parking map. No cars are to be parked in the AZNORTH or Farmer's Market parking lot between 6:00AM and 7:00PM.

WEAPONS: *No weapons of any type are allowed in the house or on the house grounds at any time!* Violation of this rule will be ground for immediate dismissal from the house.

WORK ASSIGNMENTS: You will be required to work, do community service, or attend school while living at the house. You must work at least six hours per day. You will not work, do community service, or attend school between the hours of 6:00PM and 6:30AM.

Program participation is subject
to availability.

Call (928) 774-8845
for additional details.

The Foundation House is operated by For Fun & For Free, a non-profit corporation organized by anonymous members of AA.

Foundation House

Sober Living

**2410 E Route 66
Flagstaff, AZ 86004
(928) 774-8845**

Statement Of Purpose

- To provide an environment of sober and clean living by utilizing the spiritual principles of the twelve steps and twelve traditions of Alcoholics Anonymous & AA's experience.
- To encourage a manner of living that will promote a positive change in one's character.
- To learn to enjoy life.
- To become self supporting.
- To become an asset to the community.

Program Requirements:

These are the requirements we use to ensure order at the house. You are required to read each regulation, to ask for clarification of the meaning if it is unclear, and to sign, swearing to the fact that you have read and do understand these regulations. Some are more important than others. We have found it very important to be as detailed as possible in the explanation of what is required from each person living at the house.

ALCOHOL/DRUGS: Total abstinence is required while living at the house. Alcohol, drugs and/or drug paraphernalia in any form will not be allowed in your possession or on the property at any time. Violations of any of these prohibitions will result in immediate dismissal from the Foundation House.

BED AREA: Your bed and sleeping area are yours to keep clean and neat. You will be expected to have your bed made when you are not in it. You will be assigned a storage/closet area. All clothes must be hung up or put away, and the bedroom area kept tidy.

BOOK ROOM: Books are made available to you and others in need. All books sold will be sold at cost and monies collected need to go to the house manager. Please do not abuse this responsibility so that we may keep book storage open to all and continue to provide AA literature.

BORROWING: You may not borrow money, cigarettes or any other consumable items from another member of the house. You may borrow non-consumable objects which can be used and returned immediately with approval by the object's owner.

CHORES: You will be assigned chores. From time to time you will be assigned additional work that needs to be completed. It is mandatory that you do your tasks and assignments. Learn to do your chores with a cheerful heart. *See the calendar and work detail sheets in House Book.*

DISTURBING THE PEACE: Any disruption of the peace and harmony of the house or house members is considered a violation of these rules.

DRESS CODE: Clothing must be worn at all times. Dress must be clean, modest and appropriate. Shirts with sleeves (short or long) must be worn at all times. No advertisements, logos, or characterizations for alcohol, drugs, or similar lifestyles will be permitted on clothing, posters, pictures, or any possessions in the house or on the house grounds at any time.

DRUG AND ALCOHOL SCREENING: At any time, you are subject to give a urine sample for a substance test or to take an alcohol breath test. These tests may be required at your own personal expense. Refusal to take a demanded test, or undue delay in taking a demanded test is grounds for immediate dismissal from the house.

ENERGY CONSERVATION: Energy costs money! Please turn off all electrical appliances, lights, and so on when not in use by a house member.

FIGHTING: Fighting, and/or physical, mental, sexual or other abuses of persons living in the house are strictly forbidden. Violation of any of these prohibitions will be grounds for immediate dismissal from the house.

GAMBLING: There will be no gambling or wagering allowed at any time.

GUESTS: No overnight guests will be permitted. All visitors must be cleared at least one day in advance by the House Manager. All guests attending house functions must leave the house no later than 9:00PM. Family Day is every Sunday from 1:00PM to 6:00PM.

HYGIENE: You are expected to shower daily and to maintain a neat appearance at all times. It is your personal responsibility to maintain an adequate supply of personal hygiene products and towel for your own use at your expense and to keep these supplies in your storage closet after use.

INSPECTION OF PERSONAL PROPERTY: Your personal belongings are subject to search at any time by the House Manager. No other persons are allowed to inspect the personal belongings of house members.

INSUBORDINATION: Insubordination will not be tolerated. Violation of this rule will be grounds for immediate dismissal from the house.

KITCHEN: House members are assigned kitchen duties on a rotational basis. See kitchen chore lists for instruction. You may not use kitchen space to store personal food or any cold storage. Personal snack items must be kept in your assigned closets. A snack & soda machine are made available.

MAIL: The mail will be collected by the House Manager only and distributed to each house member.