

Sample Meeting Format

This sample meeting format is just that—a sample. It's designed so that, if your group chooses, you can use it exactly as it is. However, you're encouraged to change it and rearrange it according to the needs of your group.

Select people before the meeting to read one or more of the following short pieces. Who is An Addict, What is the Narcotics Anonymous program, How it Works, Twelve Traditions and Just For Today Daily Meditation. These readings can be attained at the monthly Area Service Committee meeting or downloaded and printed by going to can be found in our White Booklet, the Basic Text, IP No. 1, or the group reading cards. a) Who Is an Addict? b) What Is the NA Program? c) Why Are We Here? d) How it Works e) The Twelve Traditions f) Just for Today g) We Do Recover²⁶ The Group Booklet Leader:

Leader: Welcome members to the meeting and introduce yourself. Hello, my name is_____, and I am an addict. Welcome to this meeting of the_____ Group of Narcotics Anonymous. I'd like to open this meeting with a moment of silence (15 to 20 seconds) for the addict who still suffers, followed by the Serenity Prayer.

We would like to extend a special welcome to newcomers. If anyone is here for their first NA meeting, please introduce yourself. We ask this not to embarrass you, but to get to know you better. • Is anyone here in their first thirty days of recovery? Introductions. • Do we have any out-of-town visitors? Introductions. • Is there anyone attending this meeting for the first time? Introductions. **If this is a closed meeting:** This is a "closed" Narcotics Anonymous meeting. Closed NA meetings are only for addicts or those who think they might have a drug problem. If there are any nonaddicts visiting, we'd like to thank you for your interest in Narcotics Anonymous. Our local NA meeting list on the literature table will direct you to an NA meeting in our community that is OPEN to non-addicts.

If this is an open meeting: This is an "open" Narcotics Anonymous meeting. We'd like to welcome any nonaddict visitors and thank you for your interest in Narcotics Anonymous. We ask that you respect the primary purpose of this meeting, which is to provide a place where addicts can share their recovery with one another. For the protection of our group as well as the meeting facility, we ask that you have no drugs or paraphernalia on your person at the meeting. If you have any now, please leave, dispose of them, and return as quickly as possible. Announce the type of meeting (participation, topic discussion, step study, speaker, etc.). Ask for topic or step and open the meeting for discussion, or introduce the speaker. Leader: About ten minutes before the meeting is scheduled to close, announce: That's all the time we have. I'd like to thank you for attending. Leader: Begin passing the basket around, announcing: The basket being passed around is one way of practicing our Seventh Tradition, which says, "Every NA group ought to be fully self-supporting, declining outside contributions." The money we collect pays for rent, literature, and refreshments. Through contributions from this group to various NA service commiees, it also helps carry the NA message of recovery in our area and around the world. If this is an "open" meeting: I'd like once again to thank our nonaddict guests for the interest they've shown in Narcotics Anonymous. Because of NA's tradition of selfsupport, this group asks that you not contribute any money when the basket passes your way. Leader: Do we have any NA-related announcements? (The GSR will make announcements of upcoming group activities and NA events in the area.) Leader: After the basket has come back around: Again, thanks for coming tonight. Would all those who care to, join in a circle to close? Various groups close in different ways: with prayers, brief recitations from NA literature, etc.The Group Booklet 27 When closing their meetings, some groups ask those attending to respect the anonymity of others they've seen and heard there. Keep coming back. It works!Sample NA Meeting Format

This sample meeting format is just that—a sample. It's designed so that, if your group chooses, you can use it exactly as it is. However, you're encouraged to change it and rearrange it according to the needs of your group. Leader: Welcome members to the meeting and introduce yourself.

Hello, my name is _____, and I am an addict. Welcome to this meeting of the _____ Group of Narcotics Anonymous. I'd like to open this meeting with a moment of silence (15 to 20 seconds) for the addict who still suffers, followed by the Serenity Prayer. We like to extend a special welcome to newcomers. If anyone here is attending their first NA meeting, would you care to introduce yourself? We ask this not to embarrass you, but to get to know you better. • Is anyone here in their first thirty days of recovery? Introductions. • Do we have any out-of-town visitors? Introductions. • Is there anyone attending this meeting for the first time? Introductions. If this is a closed meeting: This is a "closed" Narcotics Anonymous meeting. Closed NA meetings are only for addicts or those who think they might have a drug problem. If there are any nonaddicts visiting, we'd like to thank you for your interest in Narcotics Anonymous. Our local NA meeting list on the literature table will direct you to an NA meeting in our community that is open to nonaddicts. □ If this is an open meeting: This is an "open" Narcotics Anonymous meeting. We'd like to welcome any nonaddict visitors and thank you for your interest in Narcotics Anonymous. We ask that you respect the primary purpose of this meeting, which is to provide a place where addicts can share their recovery with one another. Leader: For the protection of our group as well as the meeting facility, we ask that you have no drugs or paraphernalia on your person at the meeting. If you have any now, please leave, dispose of them, and return as quickly as possible. Leader: Recognize those with various periods of clean time—thirty, sixty, ninety days, six months, nine months, one year, eighteen months, and multiple years. Keytags, chips, or medallions may be given out. Leader: Select people before the meeting to read one or more of the following short pieces. These readings can be found in our White Booklet, the Basic Text, IP No. 1, or the group reading cards. a) Who Is an Addict? b) What Is the NA Program? c) Why Are We Here? d) How it Works e) The Twelve Traditions f) Just for Today g) We Do Recover Leader: Announce the type of meeting (participation, topic discussion, step study, speaker, etc.). Ask for topic or step and open the meeting for discussion, or introduce the speaker. Leader: About ten minutes before the meeting is scheduled to close, announce: That's all the time we have. I'd like to thank you for attending. Leader: Begin passing the basket around, announcing: The basket being passed around is one way of practicing our Seventh Tradition, which says, "Every NA group ought to be fully selfsupporting, declining outside contributions." The money we collect pays for rent, literature, and refreshments. Through contributions from this group to various NA service committees, it also helps carry the NA message of recovery in our area and around the world. If this is an "open" meeting: I'd like once again to thank our nonaddict guests for the interest they've shown in Narcotics Anonymous. Because of NA's tradition of self-support, this group asks that you not contribute any money

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