



## 3.7 MEETING FORMAT

Håfa Adai and Welcome to our 3.7 meeting of Narcotics Anonymous. My name is *(first name only)*, and I am an addict. I will be your leader for tonight's meeting.

We ask that you respect the primary purpose of this meeting, which is to provide a safe place where addicts can share their recovery with one another. This group wishes to maintain an atmosphere of recovery during the meeting.

After a moment of silence (*wait 10-20 seconds*), we invite you to join us, in the Serenity Prayer:

***“God grant me the serenity,  
To accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.”***

Welcome everyone, let's go around the room and introduce ourselves, so that we can get to know each other better.

With that, I have asked a friend to please read:

1. Who is an addict?
2. What is the N.A. Program?
3. Why are we here?
4. How it works?
5. We do recover.

Narcotics Anonymous has but one primary purpose, to carry the message to the addict who still suffers. That message is that an addict, any addict, can stop using, lose the desire to use, and learn a new way of life.

The meeting is now open for our panel members to answer any questions, you may have, about the Program of Narcotics Anonymous.

If there are no more questions, could I have a friend read the daily meditation from our “Just for Today” book of Narcotics Anonymous?

The floor is now open for sharing. You can share anything that is recovery-related, or on any of the readings we have just read. Please keep your sharing from 3 to 5 minutes so others can have a chance to share. Thank you.

*(10 minutes before the meeting ends)*

I’m sorry but we are running out of time, but we have time for a burning desire. Does anyone have a burning desire?

If you didn’t get a chance to share, please talk with us after we close the meeting.

There are no Musts in Narcotics Anonymous. But there are a few suggestions:

1. When you leave this institution, go to a meeting.
2. Go to 90 meetings in 90 days.
3. Get a sponsor: someone with one or more years clean time, of the same sex, and a working knowledge of the 12 steps and the 12 traditions.
4. Stay away from old playgrounds, playmates, and playthings.
5. Get a higher power.

Now I have asked a friend to read “Just for Today”.

Many people think that recovery is a matter of not using drugs. Recovery, as experienced through the 12 Steps, is our goal, not just physical abstinence. Most importantly, I want to remind everyone of anonymity. Who you see here, what you heard here, when you leave here, let it stay here.

Please join me in a circle for the closing of our meeting.

*(Serenity Prayer (we version) or 3rd Step Prayer.)*