



## FRIDAY MEETING FORMAT

(LEADER)

Hafa Adai and Welcome to our Never Alone Group **Friday, Open and Topic Discussion** meeting of Narcotics Anonymous. My name is (first name only), and I am an addict. I will be your leader for tonight's meeting.

I would like to make a few announcements before we start:

- 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, leave now, dispose of them, and return to the meeting.
- If you have any papers to be signed please place them in the 7<sup>th</sup> Tradition basket as it goes around and they will be signed and ready for you after the meeting.
- There are N.A. meeting schedules and pamphlets on the table free for the taking.
- If you wish to purchase any NA books please see me after the meeting.
- The restroom is (point and explain.)
- There is free coffee available, please help yourself.
- If you have brought your children, please keep them with you at all times.
- This is a non-smoking meeting, but if you wish to smoke, you can do so outside the building, away from the door. Please throw your butts in the trash.

### CLARITY STATEMENT:

At N.A. meetings, we introduce ourselves as addicts. When our members identify themselves as "addicts and alcoholics" or talk about living "clean and sober", the clarity of the N.A. message is blurred. To speak in this manner suggests that there are two diseases and that somehow one drug is separate from the rest, requiring special recognition. Our identification as ADDICTS is all-inclusive, referring to the

disease of addiction, allowing us to concentrate on our similarities not our differences.

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. Out of respect for those attending, please turn your cell phones off or place them on silent at this time. If you wish to speak to the person next to you, please take it outside. So that others can hear the message of recovery. Someone's life may depend on it.

After a moment of silence (wait 10-20 seconds), please join me 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. Amen.”***

Is there anyone here for their first time or in the first 29 days of clean time who would like to introduce themselves by their first name only, not to embarrass you but to get to know you better after the meeting? (Wait for 10-20 seconds, welcome all newcomers).

Are there any off-island visitors who would like to introduce themselves by their first name only at this time (Wait for 10-20 seconds)?

Welcome everyone and with that I have asked a friend to please read:

- Who is an addict?
- What is the N.A. Program?
  - Why are we here?
  - How it works?
- The 12 Traditions of N.A.
  - 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.

Before we get started could I have a friend read our meditation from the “Just for Today” book of Narcotics Anonymous?

The meeting is now open for sharing. Please keep your sharing from 3 to 5 minutes so others can have a chance to share. Thank you.

(At 7:30pm pass the basket and read the following.)

Our 7<sup>th</sup> Tradition states, “Every N.A. group ought to be fully self-supporting, declining outside contributions. We will pass the basket around for your donations. The money we collect pays for the rent, literature, tokens, and coffee supplies. Anything that is left over we will donate to our region.

It costs nothing to belong to N.A., you are a member when you say you are.

*(Re-open the floor for sharing.)*

(10 minutes before meeting ends)

I’m sorry but we are running out of time, but we always have time for a burning desire. Does anyone have a burning desire? If not, we have time for one more share.

In N.A., we celebrate various periods of clean time. Is anyone celebrating any clean time or is here for their first time? (if no one is celebrating clean time do not read bullet points.)

- **For our newcomers, Just for Today, White:** "Best white shit in town"
- **30 days, Orange:** "Orange you glad you found NA"
- **60 days, Green:** "For the money in your pocket and not the dopeman's"
- **90 days, Red:** "Better red then dead"
- **6 months, Blue:** "Color of our basic text. Shudda read it by now, it shudda blue you away"
- **9 months, Yellow:** "Caution Yellow, you might think you’re cured, but you’re not"
- **1 year:** "It glows in the dark, so we don’t have to, like you use to"
- **18 months, Grey:** "Duct tape grey, stick and stay"
- **Multiple years, Black:** "Black on gold, cause you did what you were told; gold on black, cause you kept coming back"

- Let's thank all who read and shared.
- Let's welcome all our newcomers.
- Let's welcome our first timers and visitors.
- Let's thank our coffee maker.

Are there any N.A. related announcements?

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

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

Just a reminder, a clean meeting room is a serene meeting room. I ask that you help in cleaning after the meeting. Smokers please throw your cigarette butts in the trash. Thank you.

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 3<sup>rd</sup> Step Prayer.)

### **3<sup>rd</sup> STEP PRAYER**

**Many of us have said,**

**"Take our will and our lives, guide us in our recovery  
and show us how to live. CLEAN."**

### **SERENITY PRAYER (WE VERSION)**

***"God grant us the serenity,  
To accept the things we cannot change,  
The courage to change the things we can,  
And the wisdom to know the difference. Amen."***