

Voices Of Women

Hafa Adai and Welcome to our Voices Of Women (VOW) Narcotics Anonymous Meeting.

My name is _____ and I am an addict. I will be your trusted servant for today'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 7th 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 restrooms are just to the right of the door upon entering the facility (point and explain.)

Announcements from the Lighthouse Recovery Center:

- ❖ The LRC is under 24-hour video surveillance. In rare circumstances, video surveillance will be used in addressing behaviors that are of a concerning nature.
- ❖ No person is allowed on the sides of the LRC building.
- ❖ Only staff and clients are allowed past the 2nd door (point to the door near the wall with the TV).

- ❖ All persons in this building are asked to refrain from any intimate acts like kissing, making out, fondling, or sitting on another person's lap.
- ❖ All minors must be with the adult that they arrived with.
- ❖ No child is allowed to go to the restroom with anyone other than the adult that brought them.
- ❖ No child is to be left unattended at any area of the building, parking lot, foyer area, hallways, rooms, bathroom, etc.
- ❖ Directly after this meeting, please exit quietly allowing the LRC to resume shelter operations.
- ❖ Smoker's please throw your cigarette butts in the bucket provided and not on the ground.

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, Please join me in the Serenity Prayer:

(Pause for a few seconds in silence)

***“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?
- ❖ Atmosphere of Recovery

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?

(Pass the basket and read the following.)

Our 7th 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.

Today’s Meeting format is:

1st Saturday – OPEN DISUCSSION

2nd Saturday – Basic Text

3rd Saturday – Just For Today

4th Saturday – Speaker Meeting

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.

(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.)

Fob sheet next page.....

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 we 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 of our members who came today and who did service work.

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.

Announcement from the Facility:

- ❖ Thank you for keeping your children with the adult they came with.
- ❖ Reminder: Smokers, please throw your butts in the trash and not on the ground outside, bins are available.
- ❖ Thank you for understanding that directly after this meeting you exit quietly allowing us to resume LRC shelter operations.

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.

Choose one:

Option 1: Please join me by remaining in your seat as we close our meeting;

Option 2: Please join me in closing our meeting by forming a circle.

3rd 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.”**

Or

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.”***