

## **After Meeting Greeting**

The IT Host will read the After Meeting Greeting at the end of the regular meeting and at the top of each hour, if none are on, it can be read by any Home Group member.

Welcome to the After Meeting.

The chat is now open. We encourage you to exchange phone numbers so you can reach out to other members. This is how we find friends in the program. Twenty-three hours can be a long time between meetings.

While we still honor the principles of Nar-Anon and respect each other, this is a more relaxed format, so we can ask questions, and continue sharing our experience, strength and hope without giving advice.

Although this is the After Meeting, it is still Nar-Anon. Therefore let's continue to keep our meetings healthy and refrain from mentioning careers, institutions, therapies, religions, or other 12-Step programs. As a reminder, only Conference Approved Literature CAL may be read in the After Meeting. If you wish to reference something that is not conference approved literature in the After Meeting, feel free to ONLY reference what you have read, how you felt when you read it or how it helped you in your recovery.

Though this is a large group, shares are not timed. Please keep this in mind so others can share too.

It Starts With Us. This is a WE program and we are not alone. Listen to learn, share to heal.