

Welcome everyone to our nightly meeting, "It Starts With Us Nar-Anon Family Group. I am _____, tonight's format reader.

Let's begin with a moment of silence and join together to recite the Serenity Prayer.

[Moment of silence, then format reader leads the Serenity Prayer.]

Please mute your mic unless you are speaking. In the spirit of anonymity, we suggest you change your name ID to your first name, and last initial only. Some choose to add their location and/or phone number.

This meeting WILL NOT be recorded. In keeping with our traditions, we ask you to refrain from taking photos, screenshots, or making personal recordings during the meeting. Help us to keep this meeting a safe place.

If this is your first, second or third Nar-Anon meeting, or if you are new to this particular meeting, please unmute and introduce yourself by first name and location so we may welcome you.

[If there are newcomers] Welcome newcomers! Can a volunteer please read the Newcomer's Welcome on page 3 of the blue booklet?

[If there are no newcomers] Can a volunteer please read the Preamble on page 2 of the blue booklet?

Can a volunteer please read our Twelve Steps on Page 7?

Can a volunteer please read our Twelve Traditions on Pages 8-9?

Can a volunteer please read...? **[choose one]**

- **Mission + Vision Statement, Page 2**
- **The Family, Page 4**
- **Changing Ourselves, Page 5**
- **About Addiction, Page 6**
- **Keeping Our Meetings Healthy, Page 12**
- **Helping, Page 13**
- **Just for Today, Page 15**
- **We've Been There**

Are there any Nar-Anon related announcements? **[Announcements will be read]**

The principles of Nar-Anon are found in our Twelve Steps and Twelve Traditions. If you hear something you cannot accept, please remember we are sharing our own thoughts and experiences. We are not speaking FOR Nar-Anon. Keep an open mind, take what you like, leave the rest, and keep coming back.

In Nar-Anon meetings, personal progress depends on unity. Therefore, we take turns sharing our experience, strength and hope *without* giving advice, offering solutions, or rescuing one another. By patiently listening, we show mutual respect and concern for the common welfare of the group. We do not interrupt each other, put the spotlight on one member, ask questions or comment on what others say, as this would be considered crosstalk. The emphasis is on us and our recovery, not on our addicted loved ones.

Tonight's topic leader is _____. **[Topic leader shares]**

Thank you, _____ **[topic leader]**

We are now at the sharing portion of our meeting. Only conference approved Nar-Anon literature is to be used. Please speak only as a member of this Nar-Anon Twelve Step program and refrain from mentioning careers, institutions, therapies, religions, or other Twelve Step programs. Due to the size of our group, shares are limited to three minutes. Thirty seconds prior to that, you'll receive a reminder on the screen. If you would like to, please unmute your mic, introduce yourself, and share. Who would like to start us off?

[Open the meeting for sharing]

[CLOSE OF THE MEETING – 3 minutes before end of the hour]

Thank you, all. We are near the end of our meeting. This room, which is open 24/7/365, can be directly accessed from NarAnonRM.org. We can find loving support outside this hour by attending our After Meeting, reaching out to other members, and engaging in service. We encourage you to post your contact information in the chat if you are willing to take calls, get a newcomer started, sponsor, or if you are in need of support yourself.

Our Seventh Tradition reads, "Every group ought to be fully self-supporting, declining outside contributions." In lieu of passing a basket, contributions to this meeting can be made via Venmo @ItStartsWithUsNFG. If you have questions about sending a contribution, please email ItStartsWithUs365@gmail.com.

[On Thursday] Can we please have our weekly treasurer report?

We ask all who are present to honor Nar-Anon's principle of anonymity. WHAT you hear here, WHO you see here, WHEN you leave here, let it stay here. Shares are told so that we might better understand this program and ourselves, to give hope to new members, and to remind us we are not alone.

[After a moment of silence, close the meeting in any manner consistent with our traditions and the principles of Nar-Anon - see suggestions below].

Now let us observe a moment of silence, for those affected by the disease of addiction inside and outside of these rooms, and then together recite **[choose one of the two prayers to read together as a group]**

1. "WE" version of the Serenity Prayer
2. Third Step Prayer (page 6 new blue booklet)

[OR]

In closing, can a volunteer please read...? **[choose one of the two readings for volunteer to read, to be read by volunteer only]**

3. Prayer For the Growth of Our Fellowship (SESH Page iv or Page 15 new blue booklet)
4. The Twenty-Four Hour Program (page 1 blue booklet)