

FORMAT FOR NAR-ANON MEETINGS

Highlighted areas are only read when newcomers are present.

1. Hi, my name is _____. Welcome to the Highlands Ranch Nar-Anon Family Group Meeting. Nar-Anon is for family and friends of addicts and for our recovery.
2. We will open the meeting with the Serenity Prayer on page 1 of the small blue book.
3. A few words to our newcomers. You have taken a courageous step by attending your first meeting and you are very special to us. You are among people who understand your agony. You are safe here and will not be judged. We encourage you to share if you are comfortable doing so. However, it's OK if you just want to listen. We will leave time at the end for you to share as well. (READ NEWCOMER'S WELCOME, page 3)
4. INTRODUCTIONS: We will introduce ourselves and, if you wish to share, who your qualifier is.
5. READ THE 12 STEPS- page 7
6. READ THE TRADITION corresponding to the month (1-12), page 8-9
7. ASK THE LEADER WHAT READING THEY HAVE CHOSEN FROM THE SMALL BLUE BOOK. (Read aloud).
8. In Nar-Anon meetings, only one person speaks at a time. We take turns sharing our own experience, strength, and hope. We do not engage in crosstalk- which is defined as speaking directly to another person, giving advice, interrupting another member when they are sharing, putting the spotlight on one person, engaging in side-conversations, or trying to rescue one another. We do not mention other 12 step groups, specific programs, literature, institutions, religions, or therapies. Loving interchange can occur after the meeting or by phone, informal meetings, sponsorships etc.

Anything you hear in this room is strictly our own opinion. If a member says something here you cannot accept, remember, he or she is speaking from their own experience. When you leave our meeting, take home those thoughts that will be most helpful to you, forget those you feel will not be helpful, and keep coming back.

As this is an anonymous program, we ask that all members and visitors respect our anonymity. The stories you hear are told in confidence and should not be repeated outside. They are told so that we might better understand this program and ourselves, work on our recovery, and to give encouragement and help to the new member. Each of us has a unique story, but we have all faced similar problems in dealing with addiction. We cannot solve each other's problems, but we can support each other and share our experience, strength, and hope.

Our leader tonight is _____ and the topic is _____. We will have a few readings from the large SESH book. The leader will explain why they chose the reading and then we will have open sharing on the reading.

9. NEWCOMERS TIME OF SHARING

10. Thank you all for sharing and thank you _____ for leading. Many of us have found that leading meetings is a rewarding way to provide service to the group.

If you feel you are ready to lead, you can sign-up on our online sign-up sheet linked in our meeting email. You can use the suggested topic or choose a topic that is “top of mind” for you.

If you are new to Nar-Anon, we encourage you to keep coming back and to make contact with NarAnon members whenever you need to. You can choose to go through this alone, but we hope you don't.

if Hybrid, read:

We will pass the list of members contact information. Feel free to take a current list and/or add your name to the master copy. For newcomers online, to be added to the list and/or to request a copy of the list, type your email address and phone number in the chat or reply to the meeting email. (HRHopeful22@gmail.com)

Since we are self-supporting, relying only on member contributions, we will pass the basket. For those online, you may contribute to the region by going to the Rocky Mountain Region donation link on the meeting email. The link allows you to name our group, Highlands Ranch Hopefuls as your “family group”. We ask newcomers **not** to contribute at your first meeting as a sign of our welcome and as a reminder that the only requirement for membership is addition in a relative or friend.

OR

If zoom only, read :

We maintain a list of members contact information. To be added to the list and/or to request a copy of the list type your email address and phone number in the chat or reply to the meeting email.

Since we are self-supporting, relying only on member contributions you can make a contribution to the region by going to the RMR donation link on the meeting email. The link allows you to name our group, Highlands Ranch Hopefuls as your “family group”. We ask newcomers **not** to contribute at your first meeting as a sign of our welcome and as a reminder that the only requirement for membership is addition in a relative or friend.

Hybrid and Zoom

11. ANNOUNCEMENTS AND OPEN CONVERSATION.

12. Let's take a moment of silence for those who could not be here and for those who need to be here.

13. Let's **stand and** close the meeting with the Serenity Prayer.

“Keep coming back! It works if you work it and your worth it! Hugs not drugs!”