



Hello My name is _____, and welcome to the **Partners in Nar-Anon Family Group Meeting**

Let's begin with a moment of silence and then 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 so that 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 our Twelve Concepts on Page 10-11

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**

Are there any Nar-Anon related announcements? Sign up Genius has been created for this meeting where you can sign up to be of service; the link will be placed in the chat; please sign up; you are wanted, needed and loved. If you sign up to be a format reader please email PartnersInNaranon@gmail.com and we will email you the format or you can save the link that will be posted in the chat.

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. 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.

Today's topic leader is _____

Thank you, _____ [topic leader]

[Open the meeting for sharing.] 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. Although this is a large group, shares are not timed. Please keep this in mind and be mindful so others can share too. Immediately, following our meeting in this very same room, we will have an after meeting where we can continue sharing and ask questions. If you would like to, please unmute your mic, introduce yourself, and share. Who would like to start us off?

Closing the Meeting : 3 minutes before end of the hour]

Thank you, all. We are near the end of our meeting. We can find loving support outside this hour by, 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." Instead of passing a basket, We ask that you please visit the Rocky Mountain Region or Nar-Anon WSO Website and click the link to send a contribution through PAYPAL. If you prefer mailing in your contribution the address is also available online. If you have questions about sending a contribution, please email partnersinnaranon@gmail.com or ask a member in service.

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.

Let us take A moment of silence for the still sick and suffering in and outside of these rooms and for those who have not found the rooms of Nar-Anon, Narcotics Anonymous and for the children and animals that have no choice in the matter....followed by the

[choose one of the two prayers to read together as a group]

1. "WE" version of the Serenity Prayer
2. Third Step Prayer [OR]

In closing, can a volunteer please read...?

[choose one of the two readings 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)

Welcome to the After Meeting.

It can be a long time between meetings; as always, we encourage you to exchange phone numbers so you can reach out to other members. This is how we find friends in the program.

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 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.

This is a WE program, and we are not alone.

Listen to learn, share to heal.