

FORMAT FOR HR Hopefuls NAR-ANON MEETINGS

Yellow (AND Blue) highlighted areas are read when newcomers are present. (except #4 introductions, yellow only)

Read ONLY blue highlighted areas are when all participants are “regulars”.

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 of the meeting for you to share if you choose. (READ NEWCOMER'S WELCOME, page 3)

4. INTRODUCTIONS: We will introduce ourselves and, if you wish to share, who your qualifier is. OR We will share our own recovery update

5. READ THE 12 STEPS- page 7

6. READ THE TRADITION corresponding to the month (1-12), page 8-9

7. READING FROM THE SMALL BLUE BOOK. (Read aloud by leader if there is one).

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.

9. The topic tonight is _____ (name topic or Step, if a step meeting).

If step meeting: We will work from the Naranon 36 workbook and share, as we work through the step.

If leader led meeting: We will have a few readings from the large SESH book. The leader share their thoughts and then we will have open sharing on each reading.

If popcorn meeting: We will randomly select readings on the topic and share after each reading.

If Daily reading: We will read today's reading from the SESH book and see where it takes us.

If "Speaker" (recording/video) meeting: We will listen to today's recording, then share our own thoughts on the topic.

10. NEWCOMERS TIME OF SHARING

11. Thank you all for sharing and thank you _____ for leading. Leading only requires choosing 2-3 readings from the SESH book and sharing your experience of them. This can be rewarding and provides the group with a wide pool of support, thoughts and ideas to consider in our own recovery.

If you want to lead, send us an email or 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.

12. 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. We keep a list of members contact information. Feel free to take/or request a current list. If you would like to be added to the list, let us know at the meeting or send a message to our group's email (HRHopeful22@gmail.com)

13. Since we are self-supporting, relying only on member contributions, we will pass the basket. (For those online, you may contribute by clicking the Region's donation link on the meeting email. (you may 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 addiction in a relative or friend.

14. ANNOUNCEMENTS AND OPEN CONVERSATION.

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

16. 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!"