

FORMAT FOR HR Hopefuls NAR-ANON MEETINGS

Omit yellow highlighted areas when all “**regulars**” are present. (Yellow highlighted areas are read to newcomers).

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're comfortable doing so. However, it's OK if you just want to listen. We'll 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 (please limit to relationship, age and status (active, sober/recovery, passed)).
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 experience, strength, and hope. We try to limit our sharing, so everyone has an equal opportunity to share. We ask that all shares begin with, “Hi, I’m name” and conclude with “Thanks, I’m name” so all members can identify the beginning and end of a share.

We do not engage in crosstalk- which is defined as speaking directly to another person, giving advice, interrupting another member, putting the spotlight on one person, having side-conversations, or trying to rescue one another. We do not mention other programs, literature, institutions, religions, or therapies. Loving interchange can occur after the meeting, by phone, 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. 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 participants respect our anonymity. The stories you hear are told in confidence and should not be repeated outside. They're told so that we might better understand this program and ourselves, work on our recovery, and to give support 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 will 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. **"If you can read, you can lead"** Leading only requires choosing 2-3 readings from the SESH book and sharing your experience of them (hosting, computer set-up etc., is not a part of leading). Rotation of leaders provides support for every individual's recovery and is essential to the health of our group.

To lead, send us an email, sign up on our calendar here, or on our online sign-up sheet linked to our meeting email. You can use the suggested topic or go with your choice of topic.

12. If you are new to Nar-Anon, we encourage you to keep coming back and to contact Nar-Anon 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!"