

Monday Miracles
Nar-Anon Online Meeting
2025

Reference Information:

RMR Virtual Meeting Link – www.naranonrmr.org

If joining by phone dial 646-558-8656. Meeting ID: 395 160 780 Password: 441052

Leader/Chair - Hello, my name is _____ welcome to our Monday Miracles meeting. Let's open the meeting with a moment of silence followed by the Serenity Prayer.

Newcomers:

Is anyone here today at their first, second, or third meeting, or their first time at this meeting? If so, please introduce yourself by first name only so we may warmly welcome you. **(Ask a volunteer to read - Newcomer's Welcome on page 3.) (If there are no new members, ask for a volunteer to read the Preamble on page 2.)**

Mute

Please mute your microphone when not speaking to avoid background noise or distractions around you.

Twelve Steps and A Tradition

Leader/Chair – Ask a member to read:

Page 7 Twelve Steps

Leader/Chair reads Tradition for the Month (Trad 6 in June, Trad 12 in Dec, etc...): Page 8 Twelve Traditions

Blue Book Readings

Leader/Chair – Reads or asks member(s) to read one (1) or two (2) the following: Please follow along in your Blue Book.

Page 12 Keeping Our Meetings Healthy

Page 2 Mission Statement; Vision Statement

Page 4 The Family

Page 5 Changing Ourselves

Page 6 About Addiction

Page 13 Helping

Page 15 Just for Today

Activities and Announcements

Leader/Chair – Please see the chat box for links to Nar-Anon sites where you can learn about upcoming events and activities. Are there any Nar-Anon announcements (pause and see if anyone has announcements to share)? If there are any other reports or announcements, please put those in the chat box at this time.

DO NOT READ; PUT INTO THE CHAT: Please visit www.naranonrmr.org or <https://www.nar-anon.org/events> to learn about upcoming Nar-Anon related events or activities. To contribute to the RMR visit <https://www.naranonrmr.org/fund-flow> or to contribute to Nar Anon WSO visit <https://nar-anon-webstore.myshopify.com/products/donate-to-nar-anon>

LITERATURE

This meeting reads from all conference-approved literature (CAL), including our daily reader, Sharing Experience, Strength and Hope, or SESH, the Blue Booklet, 31 Days in Nar-Anon, and the Nar-Anon 36 Step Workbook. Many newcomers start with the four items above - but you can purchase and read from anything that is on the Nar-Anon store site.

The *Serenity Connection* is a quarterly newsletter written for and by our members. You can [subscribe via email](#), view past digital editions, or subscribe to paper editions via the Webstore, and have it delivered right to your door. We will put links to all of this in the chat.

POST IN THE CHAT (DO NOT READ)

LITERATURE

Web store: <https://nar-anon-webstore.myshopify.com/collections/books-booklets>

Sharing Experience, Strength and Hope (SESH)

NarANon Store:

<https://nar-anon-webstore.myshopify.com/products/sesh-sharing-experience-strength-hope>

Or Amazon:

https://www.amazon.com/dp/161584841X/ref=cm_sw_em_r_mt_dp_FCTMPEYB

[MNS4FMHHZKEA](#)

Also available on Kindle:

https://www.amazon.com/dp/B00DON670W/ref=cm_sw_r_cp_api_V67VK77MH4CYS1DX1VYA

BLUE BOOKLET

NarANon Store:

<https://nar-anon-webstore.myshopify.com/products/blue-book-large>

Also available on Kindle:

https://www.amazon.com/dp/B00XWBPUNQ/ref=cm_sw_r_cp_api_VRVC87HRRH7BXK6SVY80

STEP WORKBOOK

<https://nar-anon-webstore.myshopify.com/products/nar-anon-36-steps-1-12-coming-soon>

SERENITY CONNECTION NEWSLETTER

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Monday Miracles NFG Google Drive

This is where you will find the meeting sign-up sheet to lead the meeting. Person sign-up picks the topic for that meeting. Can always use the SESH for that day as your topic. Don't have to be an expert or know the answer or any answer to lead a topic.

The Google drive also has the format (script) used for this meeting.

https://drive.google.com/drive/folders/1nwOiB7c0esbQ_Djr1JQwFuO1w6zofkXY?usp=sharing

Seventh (7) Tradition

Our Seventh Tradition says that every group ought to be fully self-supporting. We have no fees or dues for membership. Contributions are used to pay for our virtual meeting space, to support service areas beyond the group level, and any needs voted by our Group Conscience. Contributions may be made to the Rocky Mountain Region or the World Service Office. See the chat for more information on how to donate.

Crosstalk

Personal progress for the greatest number depends on unity; therefore, we take turns sharing our own experience, strength, and hope. We do not interrupt each other or

engage in dialogue; we do not put the spotlight on just one member; and we do not give advice, offer solutions, or try to rescue one another. By patiently listening, we show respect for each other and concern for the common welfare of the group. Loving interchange can occur outside the meeting time through one-on-one or group conversations, shared meals, e-mail, telephone, text, and sponsorship.

Leader/Chair - Present the topic and share. (Please only use conference-approved Nar-Anon literature.)

Leader/Chair - Open the sharing to the other members. We are at the sharing portion of our meeting. Just unmute your mic to share. Please keep your shares to 3 minutes or less to give as many people as possible the opportunity to share. You'll see a 30-second reminder on screen before your time is up.

Close of the Meeting

At the close of the meeting, Leader/Chair says - As this is an anonymous program, we ask all members and visitors to respect our anonymity. The stories you heard were told in confidence and should not be repeated outside. They are told so that we might better understand this program and ourselves, and to give encouragement and help to the new members.

Keep Coming Back

Leader/Chair - Anything you heard today is strictly our own opinion. The principles of Nar-Anon are found in our Twelve Steps and Twelve Traditions. If a member said something here that you cannot accept, remember they are speaking from their own experience, they are not speaking for Nar-Anon. When you leave our meeting, take home those thoughts that will be most helpful to you, set aside those you feel will not be helpful, and keep coming back.

Leader/Chair- After a moment of silence, we will close the meeting with

CHOOSE FROM THE FOLLOWING:

- * "We" version of the Serenity Prayer
- * "Me" Version of the Serenity Prayer
- * Third Step Prayer
- * On Friendship

After Meeting: Once the meeting has ended the Leader/Chair announces:
Welcome to the after meeting.

We can find loving support 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 need support yourself.

While we still honor the principles of Nar-Anon and respect each other, this is a more relaxed format. Newcomers, please feel free to use this time to ask questions and share contact information. We can also continue discussing today's topic or other recovery messages.

As a reminder, only conference-approved literature may be read in the After meeting. If you wish to share something that is not conference-approved literature, feel free to ONLY share how you felt, what you experienced, and how it helped you in your recovery.

This is a We Program, and we are not alone. Listen to Learn, Share to Heal.

NOTE: Meeting Host MUST leave Meeting for ALL to ensure the Meeting isn't locked for future Nar-Anon events, activities, and meetings.