

WELCOME to Narcotics Anonymous

The secretaries lines have been highlighted in blue

Welcome to the Thursday 4pm meeting of Narcotics Anonymous. My name is _____ and I am an addict. Are there any other addicts here? Welcome you are in the right place. Can we open this meeting with a moment of silence for the addict who still suffers, followed by the Serenity Prayer?

God Grant me the Serenity to accept the things I cannot change,

The courage to change the things I can

And the wisdom to know the difference.

Could someone please read:

- Who is an addict?

Who is an Addict?

Most of us do not have to think twice about this question. WE KNOW! Our whole life and thinking was centered in drugs in one form or another-the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

Could someone please read:

- What is the NA Program?

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an

open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Could someone please read:

- [Why are we here?](#)

Why Are We Here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or

continued to progress until desperation we sought help from each other in Narcotics Anonymous.

After coming to NA, we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible.

Could someone please read:

- [How it works](#)

How it Works

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

We came to believe that a Power greater than ourselves could restore us to sanity.

We made a decision to turn our will and our lives over to the care to God *as we understood Him*.

We made a searching and fearless moral inventory of ourselves.

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

We were entirely ready to have God remove all these defects of character.

We humbly asked Him to remove our shortcomings.

We made a list of all persons we had harmed and became willing to make amends to them all.

We made direct amends to such people wherever possible, except when to do so would injure them or others.

We continued to take personal inventory and when we were wrong promptly admitted it.

We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember-*easy does it*.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand is never enough. We put great emphasis on this for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

Thank you for reading.

Not to embarrass you but to get to know you better, Let us introduce ourselves. Let us go around the room. I am _____and I am an addict.

It is a custom in Narcotics Anonymous to celebrate various lengths of clean time. Is there anyone here is their first 29 days of recovery who would like to shout out? 30 Days! 60 Days! 90 Days! 6 Months! 9 Months! 18 Months!

Do we have any NA Birthdays to celebrate tonight? (Congratulation)

Birthday individual(s) speak(s) for 15 to 20 minutes.

Then, introduce Speakers, each will speak for 15 to 20 minutes.

(Approximately 4:50pm)

We will now take a 10-minute break. Please come back for sharing and participation.

Re-open meeting format: Serenity Prayer

God Grant me the Serenity to accept the things I cannot change,

The courage to change the things I can

And the wisdom to know the difference.

It is now time to open the meeting up to participation. Please keep your sharing down to 3-5 minutes. In addition, what is said here should remain here.

(5:20pm) That is all the time that we have for sharing – Thank you

We will now observe the 7th Tradition:

Our seventh tradition states that every NA group should be fully self-supporting, declining outside contributions the money collected goes to pay rent and literature. The rest is passed on through the NA service structure to help further carry the message of recovery.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Could someone please read:

- [The Twelve Traditions of NA](#)

The Twelve Traditions of NA

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our traditions.

As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group had but one primary purpose—to carry the message to the addict who still suffers.
6. A NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.

8. Narcotics Anonymous should remain forever nonprofessional but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous had no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Understanding these traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our fellowship alive and free.

By following these guidelines in our dealings with others and society at large we avoid many problems. That is not to say that our traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the fellowship. However, when we apply these principles, we avoid some of the pitfalls.

Many of our problems are like those that our predecessors had to face. Their hard-won experience gave birth to the traditions and our own experience has shown that these principles are just as valid today

as they were when these traditions were formulated. Our traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

Can we have the secretary's report please?

For those who care to, please join us in the addicts circle for JUST FOR TODAY

Just for Today

Tell yourself:

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TOADY, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY, I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way a life. So long as I follow that way, I have nothing to fear.

After a moment of silence for the addict who still out there and is still suffering

followed by the WE version of the SERENITY Prayer and the THIRD STEP PRAYER.

After a moment of silence for the addict who still out there and is still suffering, please join me in a closing prayer - the Serenity Prayer:

***God Grant me the Serenity to accept the things I cannot
change,***

The courage to change the things I can

And the wisdom to know the difference.