

Welcome to the Twin Rivers Area Midday Meeting of Narcotics Anonymous

My name is \_\_\_\_\_ and I am an addict.

Can you please help me open this meeting with a moment of silence followed by the serenity prayer?  
**Thank you.**

[chairperson share your screen and display the readings at <http://twinriversna.org/na-readings/>]

Could someone please read:

- Who is an Addict?**
- Why are We Here?**
- What is the NA Program?**
- How it Works**
- The 12 Traditions of NA**
- Could someone read the Just for Today Meditation? (someone reads)*

In NA, the only requirement for membership is the *desire* to stop using. In this meeting we ask that you be mindful of your environment, remain muted while others are sharing, and maintain an atmosphere of recovery.

**Are There Any Narcotics Anonymous Announcements from the Floor?** [chairperson: if yes, ask the to post the details in the chat window for everyone]

[chairperson share your screen and display the keytags at <http://twinriversna.org/keytags/> you can select a member to read the keytags or do it yourself]

Narcotics Anonymous and this group celebrate clean time which is the *complete* abstinence from all mood and mind altering substances, *including* alcohol, because alcohol is a drug.

Is anyone celebrating...

■ 30 Days ■ 60 Days ■ 90 Days ■ 6 months ■ 9 months ■ 1 year ■ 18 months ■ Multiple Yrs.

- Now for the most important person, is there anyone with **24 hours or less?**

Just to show the newcomer that this program works, would all those with a year or more clean please raise your hand?

Who has Just for Today?

Our 7<sup>th</sup> Tradition states that “our groups are fully self-supporting, declining outside contributions.” Donations are not necessary, but if you are an NA Member, you can donate to NA by visiting NA.ORG and clicking on the basket that says **CONTRIBUTE**, or you can save up your dollars until live meetings resume.

The Saturday Midday Meeting of Twin Rivers is a Round Robin ask-it-basket meeting. I am writing down everyone's names as they come in the room, and people will be called on one at a time to share on the topic that pops out of the basket.

12:45pm: [**opening the floor statement**] The next 15 minutes are reserved for anyone who wasn't called on who would like to share about anything affecting your recovery. The floor is now open.

12:55pm: We save the last 5 minutes for burning desires. A burning desire is if you need to share about something affecting your recovery that makes you want to get high, hurt yourself or someone else. Does anyone have a burning desire?

**Narcotics Anonymous and this group offer 9 suggestions:**

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Avoid people places and things you used with and at.</b> | <input type="checkbox"/> <b>Get a homegroup</b>             |
| <input type="checkbox"/> <b>Come early and stay late.</b>                            | <input type="checkbox"/> <b>Make 90 meetings in 90 days</b> |
| <input type="checkbox"/> <b>Go to meetings and don't use.</b>                        | <input type="checkbox"/> <b>Use the phone</b>               |
| <input type="checkbox"/> <b>Get a sponsor</b>  | <input type="checkbox"/> <b>Get involved in Service</b>     |
|  | <input type="checkbox"/> <b>Keep Coming Back, it works</b>  |

*(If there is a speaker thank them again.)* Can someone please read:

→ Just for Today

Could \_\_\_\_ please close the meeting with a moment of silence followed by  
\_serenity prayer/third step prayer\_