

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.

[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 Years

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 7th 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 Midday Meeting of Twin Rivers is a Chairperson's choice, and today we will be having an ask it basket. I will click the basket for a new topic for each member to share. We will go in round robin format based on the order people have entered the meeting. ____ can you start us off with ____ (topic generated)

12:50pm: 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"/> Avoid people places and things you used with and at. | <input type="checkbox"/> Get a homegroup |
| <input type="checkbox"/> Come early and stay late. | <input type="checkbox"/> Make 90 meetings in 90 days |
| <input type="checkbox"/> Go to meetings and don't use. | <input type="checkbox"/> Use the phone |
| <input type="checkbox"/> Get a sponsor | <input type="checkbox"/> Get involved in Service |
| | <input type="checkbox"/> Keep Coming Back, it works |

(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_