

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 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 Midday Meeting of Twin Rivers is a Chairperson's choice, and today we will be reading out of the Living Clean, followed by open discussion. Can someone begin reading \_\_\_\_\_ on \_\_\_\_\_ page \_\_\_\_\_ topic \_\_\_\_\_

[Thank Readers]

[opening the floor statement] This is an open meeting of NA and all are welcome. However, sharing is limited to addicts only. If you have used today, please, sit back, listen, and get with someone after the meeting. We want to hear from you and not the drugs. (\*Chairperson\* if meeting is large please add that, "Part of sharing is sharing the time. Please keep your sharing to 5 minutes.) The floor is now open for discussion.

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"/> <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\_\_\_\_\_