

Welcome to the Friday Night Reflections group 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.

Could someone please read:

- ⊗ **Who is an Addict?**
- ⊗ **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, mute yourself when others are sharing or reading, and maintain an atmosphere of recovery.

We would like to welcome everyone to the Friday Night Reflections Group of NA. If anyone is interested in joining this group, please see a homegroup member after the meeting. Could all homegroup members please raise your hands?

Our business meeting is held the Friday before area service which is not occurring in person due to COVID19, though we are staying in touch with the Area Service Committee throughout the duration of the pandemic. Lea

If you have any Narcotics Anonymous announcements, please post them in the group chat.

Is this anyone's first *ever* NA meeting? *(Can you please introduce yourself, first name only?)*

Is this anyone's first time at *this* meeting? *(Can you please introduce yourself, first name only?)*

If you would like to give your phone number to anyone requesting numbers, remember: Men with the men and women with the women. If you have 90 days clean or more, please send your phone number via a private message in the chat to anyone requesting numbers. Does anyone here want to receive phone numbers?

The newcomer is the most important person in any meeting. Is there anyone with 24 hours or less or just coming back from a relapse who would like to surrender?

We've asked _____ to do the key tags. (*Secretary's Choice*)

Our 7th Tradition states that "our groups are fully self-supporting, declining outside contributions." While donations are not necessary, if you would like to donate you can go to na.org and click on the basket that says "contribute" – or – you can save up your dollars until in person meetings resume.

The format of this meeting is as follows:

- ⊗ **Week 1 is a round robin beginner's meeting from the basic text.**
- ⊗ **Week 2 is a round robin from the Living Clean**
- ⊗ **Week 3 is a Round Robin from the it works how and why**
- ⊗ **Week 4 is a Speaker sharing his or her experience, strength and hope followed by open discussion**
- ⊗ **Week 5 is Chair's Choice**

(Week 1 only): Tonight is a round robin discussion from the Basic Text. The person on my left will begin reading on page__ paragraph__. They then have the option of sharing on that paragraph, anything that is affecting their recovery, or passing to the next person to read. We will continue going around the table in this fashion for as long as time allows.

(Weeks 2): Tonight, we have asked _____ to speak on the topic of the JFT Meditation. Please help us welcome _____.

(Weeks 3): Tonight is a tradition meeting with a speaker. We will first read the tradition from "It Works, How and Why". Will someone please start reading Tradition __ on page __. Thank you for reading. We have asked _____ to share on the Tradition. Please help us welcome _____.

(Weeks 4): Tonight is a speaker meeting. We have asked _____ to share their experience strength and hope. Would everyone help us welcome _____.

(Week 5) Tonight is.... (chairs choice)

(Don't Read on Week 1): 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.

8:55pm: 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:

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

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

→ Just for Today

We have reached the end of the meeting. Please be sure to clean up after yourselves! We have a nice way of closing....

Attention, Chairperson. Options for the Chair on Week 5 include:

- IP discussion or speaker
- Chapter Discussion or Speaker
- Topic/Quote/Spiritual Principle Discussion or Speaker
- Ask It Basket
- California Tag
- Just For Today Meditation discussion or speaker
- Any other NA approved literature discussion or speaker. Check with your home-group before doing anything not listed here, thanks!