

## Wednesday Wakeup via Zoom

Welcome to the Wednesday Wakeup 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.** 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 and mute yourself while others are sharing or reading. Please maintain an atmosphere of recovery at all times.

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)*

If you have any Narcotics Anonymous Announcements, please post them in the group chat. Remember, we do not endorse any outside organizations. Only NA Announcements are permitted. Keep in mind you can copy/paste into the chat but you can't copy and paste out of the chat, so either screenshot the information or write it down right away.

Our 7<sup>th</sup> Tradition states that "our groups are fully self-supporting, declining outside contributions." Money Collected by this group go to cover the costs of Zoom and down the service chain to further carry the message here and around the world. Throughout the pandemic, we are teaming up our 7<sup>th</sup> tradition basket with Monday Morning Hope Dealers. While the Monday Morning Hope Dealers meeting will continue on Zoom after the pandemic, Wednesday Wakeup will be a live meeting in Easton, PA and funds will be used for rent, literature, refreshments and to further carry the message here and around the world. You may donate to both homegroups via Venmo using the tag @TRMorningMeetings (paste this in the chat)

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 or just coming back who would like to be recognized?**

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?

**Now we'd like to open up the floor for anyone who would like to recognize their cleantime:**

## Wednesday Wakeup via Zoom

We would like to welcome everyone to the Wednesday Wakeup 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 Wednesday before area service after the meeting. Area is the third Saturday of the month in Bethlehem, PA and all are welcome.

The format of this meeting is as follows:

- ⊙ **Week 1 is a Speaker Sharing on his/her Experience Strength & Hope.**
- ⊙ **Weeks 2, 3 and 4 are a Round Robin Meeting from the Basic Text**
- ⊙ **Week 5 is Chair's Choice**

(Week 1): *This morning, we have asked \_\_\_\_\_ to share their experience strength and hope. Please help us welcome \_\_\_\_\_.*

(Weeks 2,3,4): *This is a round robin discussion from the Basic Text. I have been writing down the names of people as they enter the room. The first person written down on my little sheet of paper will begin reading on page\_\_ paragraph\_\_. They then have the option of sharing on that ONE paragraph, anything that is affecting their recovery, or passing to the next person to read the next ONE paragraph. We will continue going around the room in this fashion for as long as time allows.*

**(NOTE THE PAGE AND PARAGRAPH LEFT OFF ON FOR THE NEXT MEETING)**

WEEKS 1 (and 5 maybe) only: 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.

ROUND ROBIN: 8:00pm We save the next few 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?

NON ROUND ROBIN 8:10pm: We save the last few 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?

We've reached the end of the meeting. If anyone would like phone numbers, please raise your digital hand at this time. Men with 90 days or more clean, please send your phone number to any men with their hand raised, and Women with 90 days or more clean, please send your phone number to and women with their hand raised.

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

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

(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!

Quisiera que tenido un teclado en espa