

H & I Meeting Format

H & I Subcommittee

North City Area of Narcotics Anonymous

Before the meeting, pass out readings of “Who is an Addict”, “What is the NA Program”, “Why are we Here”, “How it Works,” “Just for Today” (“We Do Recover” optional).

*My name is _____ and I am an addict. I would like to welcome you to this informational meeting of Narcotics Anonymous. This meeting is supported by the North City Area of N.A. to carry a message of recovery to the newcomer. This is not a regular N.A. Meeting. Attendance at this meeting is restricted to inpatients only and possibly a staff member. This restriction is made to protect your anonymity, comply with state law and this facility’s rules. Regular N.A. meetings are open to anyone with the desire to stop using. You **do not** have to call yourself an addict or be drug free to attend regular meetings. It is also important to acknowledge that this is a spiritual **not** religious program.*

May we open this meeting with a moment of silence for the addicts who are suffering both in and out of these rooms. Thank you.

Will someone please introduce themselves by first name only and read:

“Who Is an Addict”

“What Is the NA Program”

“Why Are We Here”

“How it Works”

“We Do Recover” (optional)

We have literature to give away. This literature is all written by recovering addicts for other addicts. We also have directories of N.A. Meetings in the Chicago-land Region. Everything is free, but if you take it, please do yourself a favor and read it.

The Narcotics Anonymous Message simply stated is that an addict, ANY addict, can stop using drugs, lose the desire to use, and find a new way to live. Our speaker for this meeting is _____ who will share their Experience, Strength, and Hope. Afterwards we’ll have some time for comments and questions. Please help me welcome _____.

Thank you, _____. This portion of the meeting is for your comments. You can comment on something _____ had to say, your own experience, or how you feel today. Please do not crosstalk, one person speaks at a time, everyone who wants should have a chance to comment. If you have any questions for us, we’ll try to answer them for you.

Thank you for letting us join you. If you have any other questions about N.A., we suggest that you attend meetings, read the N.A. literature, or call the N.A. Help Line. The Help Line number is on the front of the meeting directories.

Ask someone to please read “Just for Today” group reading.

We have a nice way of closing this meeting with an extended moment of silence followed by “The Serenity Prayer.”