



## Sample Format for Nar-Anon Meetings

(All readings are from the *Nar-Anon Blue Booklet*)

**Leader/Chair** - Hello, my name is \_\_\_\_\_. Let's open the meeting with a moment of silence followed by the Serenity Prayer on page 1.

Please silence all electronic/digital devices.

Is anyone here tonight at their first, second or third meeting? If so, will you please introduce yourself by first name only so we may welcome you?

*(If there are new members, read the Newcomer's Welcome on page 3.) (If there are no new members, read the Preamble on page 2.)*

**Leader/Chair - Ask members to introduce themselves, using first names only.**

**Leader/Chair - Ask members to read the following:**

Page 7      Twelve Steps  
Page 8      Twelve Traditions  
Page 12     Keeping Our Meetings Healthy

**Leader/Chair - Ask members to read one or more of the following:**

Page 2      Mission Statement; Vision Statement  
Page 4      The Family  
Page 5      Changing Ourselves  
Page 6      About Addiction  
Page 13     Helping  
Page 15     Just for Today

**Leader/Chair** - Once the meeting has opened, we only read from conference approved literature which can be found on the literature order form from WSO.

**Leader/Chair - Ask for Secretary's report and Nar-Anon announcements.**

**Leader/Chair** - Our Seventh Tradition says that every group ought to be fully self-supporting. We pass the basket around for contributions to be used for purchasing literature from WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level.

**Leader/Chair** - Anything you hear tonight is strictly our own opinion. The principles of Nar-Anon are found in our Twelve Steps and Twelve Traditions. If a member says something here that you cannot accept, remember he or she is speaking from their own experience; they are not speaking for Nar-Anon. When you leave our meeting, take home those thoughts that will be most helpful to you, forget those you feel will not be helpful, and keep coming back. We ask that you speak only as a member of Nar-Anon unless you were invited as a speaker from NA.

**Leader/Chair** - In Nar-Anon meetings, we do not engage in crosstalk. Personal progress for the greatest number depends on unity; therefore we take turns sharing our own experience, strength, and hope. We do not interrupt each other or engage in dialogue; we do not put the spotlight on just one member; and we do not give advice, offer solutions, or try to rescue one another. By patiently listening, we show respect for each other and concern for the common welfare of the group. Loving interchange can occur outside the meeting time through one-on-one or group conversations, shared meals, e-mail, telephone, and sponsorship.

**Leader/Chair - Present the topic and share.**

*(Use only conference approved Nar-Anon literature and limit sharing to between 3 and 5 minutes per person. The last 15 minutes of the meeting can be reserved for newcomers to share.)*

**Leader/Chair - Open the sharing to the other members.**

**At the close of the meeting, Leader/Chair says** - As this is an anonymous program, we ask all members and visitors to respect our anonymity. The stories you heard were told in confidence and should not be repeated outside. They are told so that we might better understand this program and ourselves, and to give encouragement and help to the new members.

After a moment of silence, close the meeting in any manner consistent with our traditions and the principles of Nar-Anon.

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## Meeting Ideas

### **Plan Programs in Advance**

The leader or chair will choose a topic found in our daily reader, *SESH*, or from other Nar-Anon literature. Members will usually share by going around the room, or popcorn style, where members choose to share when they wish to do so, keeping in mind that we do not engage in crosstalk or cross-conversation. We wait for each member to finish sharing before another member begins to share.

### **Personal Stories**

Two or three members are asked before the meeting to tell how Nar-Anon has helped them find a new way of life.

### **Beginner Meetings**

Newcomers find help more readily if their introduction to the program is kept simple. Beginner meetings give the fundamentals of the program and the Twelve Steps and Twelve Traditions, with less confusion than if the unfamiliar terms and ideas are encountered all at once.

### **Step Meetings**

Experience has shown it is valuable to emphasize study of the steps. The group can encourage this by once a month having as a topic the step that corresponds with the month. There are helpful readings in our Nar-Anon literature. Members, including newcomers, will have an opportunity to comment on the step and how it applies to their lives.

### **The Twelve Traditions and the Twelve Concepts**

The group studies one or more of the traditions or concepts and their value in maintaining group unity and growth, keeping in mind the goal of Nar-Anon worldwide unity. Currently, our fellowship and the World Service Literature Committee are working on books to cover these topics. Members who would like to write about the traditions and concepts may email the World Service Literature Committee at [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org) for information.

### **Slogans**

Refer to our daily reader, *SESH*. There are helpful meeting topics on the slogans: "One Day at a Time," "Just for Today," "Keep it Simple," "How Important Is It," etc.

### **Don't Rely Solely on Visiting Speakers**

At Nar-Anon meetings we learn by sharing our own experience; therefore, many interesting programs can be planned in which all members participate.