

## Flash Group Meeting Format

**Room Setup:** Tables to seat 8-10 people each, with copies of the literature excerpt on the tables.

Post greeters at each door who will ask attendees to sit at tables with others they may not know yet. As the tables fill, go from table to table, asking for a volunteer to chair the table's meeting. Ask these volunteers to use a round-robin format giving each person at the table up to five minutes to share.

**Meeting Chair:** Welcome to the flash group meeting. My name is \_\_\_\_\_ and I'm an addict.

Let's open the meeting with a moment of silence followed by The Serenity Prayer.

Someone has been asked to read "Who Is an Addict."

Someone has been asked to read "Why Are We Here?"

**Chair:** Today's meeting format is intended to provide members the opportunity to hear and share experience, strength, and hope with and from others. We will have a reading from *Living Clean*, and then each table will have their own meeting, based on the reading. We will use what we call a round-robin format. (Describe format) This format only works if members are mindful of the time; we ask that each member share no more than five minutes so that everyone has an opportunity to participate.

Chair (or another member) reads excerpt from *Living Clean*.

**Chair:** Now it's time for each table to have your own meeting. Don't forget to share the time. Have fun!

*With five minutes left in the meeting:*

**Chair:** Unfortunately we are out of time. If you didn't get a chance to share, please talk with someone after the meeting.

Someone has been asked to read "We Do Recover."

Close the meeting with a prayer of the group's choice.

This meeting format is adapted from a format introduced at the 35<sup>th</sup> World Convention of NA.

## Flash Group Meeting Literature Excerpt

### Connection to Others

We never know what will make someone feel a connection with us. When we sense a connection based on our shared disease and shared recovery, the ways in which we differ from one another become enriching rather than limiting. As we meet more people, attend conventions and events out of town, and connect with other members in service or online, our circle in NA grows, and we find people who share our experience. But more surprisingly, we find people who share our feelings—and even our sense of connection and disconnection—where we might never have thought to look for them. When we share our experience honestly, we give others the opportunity to relate to us and connect with us in spite of any surface differences.

When we do the work of helping people get clean, something changes inside us. We discover the magic, the gift, when we see the light come on in someone's eyes. We learn to get out of our self-obsession. So many of our solutions are in service. We reap the rewards of our efforts as long as we keep coming back. The addict we reach out to in a moment of need may well be the person who saves our life later.

There's a lot to be said for old-fashioned Twelfth-Step work. We can get confused, and limit our outreach to members we know who have relapsed. We can be fearful of new people we don't know. Perhaps there is reason to be cautious: We're dangerous when we're using. We alibi out of caring by saying that we are making amends to ourselves: "I don't need all that drama in my life." But when we "protect ourselves" from the newcomer, we don't defend our lives from drama; we deprive ourselves of the opportunity to witness the miracle. Sometimes what a new person needs most is just not to be alone. Simply allowing someone to be with us as we go about our lives can be priceless.

We teach one another how to reach out. Just because someone did it for us doesn't mean that we automatically know how to reach out to someone new. Bringing a sponsee along on a Twelfth-Step call gives them an opportunity to learn, and keeps us from trying to do that alone. We learn to be in the presence of great pain without taking it in or taking it on.

*Living Clean: The Journey Continues*, Chapter Two, "The Ties that Bind"

## Flash Group Meeting Literature Excerpt

### Awakenings

A spiritual awakening is just that—an awakening. We still have to get out of bed. Some people awaken for just a moment and then doze off again. If we want to stay awake and alive, if we want the miracle of recovery to continue to unfold in our lives, we find ways to put this awakening into action. If we are not carrying the message, we go to sleep again.

We seem to awaken in stages, not all at once. We may not know it right away, but the first time we find hope is a spiritual awakening. Each of us experiences new awakenings as we examine our beliefs and practice living by them. Honesty, open-mindedness, and willingness are often the first spiritual principles we experiment with. We learn more principles as we go, and some become more important to us than others. Over time, we gain more experience with using them to guide our actions. Spirituality is progressive, dynamic, and creative. The foundation of our recovery is that we have to get out of ourselves in order to live.

In early recovery, many of us move back and forth between genuine excitement at our new possibilities and sorrow for what we have lost. Some of us describe early recovery as a “pink cloud,” and others tell about a long season of grief. We experience many new feelings, sometimes very quickly. We grow and change, build and lose relationships, go to meetings, and we learn. Throughout our recovery we experience new awakenings, new surrenders, and new freedoms. The simple principles we learn when we are beginning our recovery take on deeper meaning as we practice them in our lives. Just when we think we know all that recovery has to offer, more is revealed—if we are willing to accept the gift.

*Living Clean: The Journey Continues*, Chapter Seven, “The Journey Continues”

## Flash Group Meeting Literature Excerpt

### The Gift of Hope

NA is boot camp for caring: We can learn more about empathy in our first year in NA than most people do in a lifetime. What we learn about living in NA is applicable outside as well, and we can be good friends to others whether they are in recovery or not. The tools and principles we learn here can serve others in and out of the fellowship. When we venture out, we get to discover how useful we can be.

We learn from each other's examples. Those who go before us clear the path we walk today; we walk in one another's footprints as we progress on our journey. We learn responsibility by watching others be responsible. Telling the truth about ourselves doesn't just set us free; our example frees others. Even in our most painful moments, we can still be a vision of what is possible. If we are willing to include the people we sponsor and draw them closer as we go through an ordeal, they can offer support and reassurance we dearly need. We also give them the chance to learn from our experiences—and our mistakes. We can be an example of strength and perseverance for others, and we can look to others for hope as well.

*Living Clean: The Journey Continues*, Chapter Six, "A New Way of Life"

## Daily 10th Step Meeting Format

*As members arrive, those who want to share during the meeting take a numbered raffle ticket from a roll.*

*Five minutes prior to the start of the meeting, announce:*

**Chair:** Tonight's meeting is an open podium meeting. Members who wish to share during the meeting must take a ticket from the roll at the front of the room prior to the start of the meeting. Once the meeting starts, tickets will no longer be available. (Hold up roll of tickets so members can see them.)

*Start of meeting:*

**Chair:** Welcome to the Daily 10th Step meeting. My name is \_\_\_\_\_ and I'm an addict. Let's open the meeting with a moment of silence followed by The Serenity Prayer.

Someone has been asked to read "Why Are We Here" (and continue with whatever readings your group typically reads).

Chair (or another member) reads a Tenth Step excerpt from *NA Step Working Guides, It Works: How and Why*, or the Basic Text.

**Chair:** This is an open podium meeting. We will draw numbers to identify who will share. If we call your number, please come to the front of the room so that you are ready when it is your turn. Tickets were only available prior to the start of the meeting.

Chair draws the first ticket and invites that member to the front of the room. Chair shares for up to five minutes, and then asks the second speaker to draw the next number. Second speaker announces the third speaker's number and the second speaker shares for up to five minutes. This continues until time runs out.

Chair or a timer may want to use a cell phone or other timer with a quiet alarm to help members be aware when they reach the five-minute maximum.

*With five minutes left in the meeting:*

**Chair:** Unfortunately we are out of time. If you didn't get a chance to share, please speak with someone after the meeting.

Someone has been asked to read "We Do Recover" (and/or whatever other closing readings your group typically reads).

Close the meeting with the group's prayer of choice.

This meeting format is adapted from a format introduced at the 35<sup>th</sup> World Convention of NA.

## Just for Today Meeting Format

*As members arrive, those who want to share during the meeting take a numbered raffle ticket from a roll. Five minutes prior to the start of the meeting, announce:*

**Chair:** Tonight's meeting is an open podium meeting. Members who wish to share during the meeting must take a ticket from the roll at the front of the room prior to the start of the meeting. Once the meeting starts, tickets will no longer be available.

*Start of meeting:*

**Chair:** Welcome to the Just for Today meeting. My name is \_\_\_\_\_ and I'm an addict. Let's open the meeting with a moment of silence followed by The Serenity Prayer.

Someone has been asked to read "Why Are We Here" (and continue with whatever readings your group typically reads).

Chair (or another member) reads the day's *Just for Today* reading.

**Chair:** This is an open podium meeting. We will draw numbers to identify who will share. If we call your number, please come to the front of the room so that you are ready when it is your turn. Tickets were only available prior to the start of the meeting.

Chair draws the first ticket and invites that member to the front of the room. Chair shares for up to five minutes on the reading, and then asks the second speaker to draw the next number. Second speaker announces the third speaker's number and the second speaker shares for up to five minutes. This continues until time runs out.

Chair or a timer may want to use a cell phone or other timer with a quiet alarm to help members be aware when they reach the five-minute maximum.

*With five minutes left in the meeting:*

**Chair:** Unfortunately we are out of time. If you didn't get a chance to share, please speak with someone after the meeting.

Someone has been asked to read "We Do Recover" (and/or whatever other closing readings your group typically reads).

Close the meeting with the group's prayer of choice.

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