

## Chairperson Format – TUESDAY NIGHT HOPE

January 2017

Welcome to the Tuesday Night Hope group of Narcotics Anonymous (NA). We're an open meeting with a rotating format. Let's start the meeting with a moment of silence, followed by the Third Step prayer. Many of us have said, "Take my will and my life, guide me in my recovery, show me how to live."

We meet Tuesdays at 6:00 PM to help each other stay clean. Is there anyone here for the first time, visiting from out of town, or back from a relapse who wants to introduce themselves to the group? This is not to embarrass you but for us to get to know you. We can't help you if we don't know who you are.

A warm welcome to us all! The group has asked a friend to read:

- Who Is An Addict?
- What Is The Narcotics Anonymous Program?
- Why Are We Here?
- How It Works
- The 12 Traditions

The group would like to thank all of the readers. This group sits in a circle. The circle symbolizes the unity of our fellowship (1<sup>st</sup> tradition). The chair in the middle of the circle represents the addict who still suffers (12<sup>th</sup> step). NA is a program of suggestions:

- Make 90 meetings in 90 days. Get phone numbers at each meeting. Get a sponsor. A sponsor is another recovering addict who can help us work the 12 Steps. Please refer to IP #11 for more information. Get a running buddy. A running buddy is someone to make meetings with. NA has slogans like: Easy Does It; But Do It; This Too Shall Pass; Meeting Makers Make It; Avoid People Places and Things; and, If You Don't Pick It Up, You Can't Get High.

*This group follows a rotating format. Week One: Step meeting (We rotate 1-12 from It Works How and Why, Audio CD); Week Two: Personal anniversary, or Just for Today Meditation; Week Three: Tradition meeting (We rotate 1-12 from It Works How and Why, Audio CD); Week Four: Living Clean The Journey Continues (sub-section by sub-section); Week Five: IP study (speaker's choice). When we use literature, books are placed in the chair in the middle of the circle to be used and returned. Books are collected after reading the literature.*

If you want to celebrate with this group attend our business meeting for more information. Monthly business meetings are held the fourth Tuesday. Personal anniversaries are held the second Tuesday of each month, except in June, when only the Group Anniversary will be held.

To protect the atmosphere of recovery, be mindful of your children at all times. Speakers will share their experience, strength and hope for 20-25 minutes, followed by the Secretary's Report, and a Burning Desire. ***In this group, a Burning Desire is if you want to use drugs.*** Speakers pick a direction in the circle for sharing until 7:30 PM. Sharing is limited to four minutes. The Secretary will ring the bell after three minutes.

If you haven't worked the step or tradition with an NA sponsor, we *respectfully* ask you to pass until 7:30 PM, when we go to a show of hands. At 7:30 PM we go around the room to a show of hands. The last 30 minutes are for open sharing. To share their experience, strength and hope on (***announce topic***) the group welcomes\_\_\_\_\_.