

FIRST STEP GROUP FORMAT

Meeting starts @ 10:00 (read Just for Today meditation @ 9:55 & if enough home group members are available, get a hugger for the front door).

Welcome to the First Step Group of Narcotics Anonymous! My name is _____ & I'm an addict. Let's open this meeting with a moment of silence, followed by the Serenity Prayer.

We ask at this time that you turn off your cell phone or put it on vibrate.

We would like to extend a special welcome to any newcomers or visitors. If you are attending your first NA meeting or are visiting our meeting for the first time & would like to be recognized, please state your first name. This isn't to embarrass you, but to get to know you.

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

In accordance with the Crossroads Building policy & for the protection of the group, as well as the meeting facility, we ask that you have no weapons, drugs or drug paraphernalia on your person. If so, please take & leave them outside, then return to the meeting. If not, you may be subject to **PERMANENT SUSPENSION** from this facility!!

This is a non-smoking meeting. The church has asked that we don't smoke in front of the building. Cigarette butt containers have been provided for your use out back, please use them!

The First Step Group has a Basic View of the Step Guide meeting on Monday; IP (Information pamphlet) meeting on Tuesday; Topic Discussion meeting on Wednesday; Question & Answer meeting on Thursday; Speaker meeting on Friday & a Round-Robin meeting on Saturday.

Group conscience has decided that we will no longer accept NA related announcements from the floor. Please pass all announcements to the secretary (or acting secretary).

Group conscience has decided that we will accept meetings sheets until 10:50 & they will not be signed until 11:10; NO EXCEPTIONS!!

Clarity statement: In Narcotics Anonymous we simply identify ourselves as "addicts" and speak of living "clean & serene".

(Go to next page)

We have asked a friend to read:

- **Who Is an Addict**
- **What Is the Narcotics Anonymous Program**
- **Why Are We Here**
- **How It Works**
- **The Twelve Traditions of NA**
- **We Do Recover**
- **Just For Today**

(Please pass all literature back to chairperson)

We have asked a friend to pass out the Key Tags.

(Pass the 7th Tradition Basket) Our 7th Tradition states: "Every NA group ought to be fully self-supporting, declining outside contributions." The money collected in the basket is used to pay for rent, literature, refreshments and to help carry the message in our Area & around the world (while the basket is going around ask the secretary (or acting secretary) to read the announcements).

(After the announcements are read, read the format for the day)

When the floor is opened, the Chairperson reads:

- **Sharing should be 3-5 minutes (2-3 minutes on Thursday).**
- **Alarm will sound to end your sharing time.**
- **Sharing portion of the meeting ends at 11:25.**
- **We do not give numbers, get in where you fit in!**

(When the sharing portion of the meeting ends)

Chairperson: 1st Step Group conscience is held the Friday before the West End Area meeting at 8:00 am. To join this group, please see the chairperson or a home group member after the meeting.

We have books on sale at cost. Please see the Chairperson after the meeting.

Let's close this meeting stating our 12th Tradition. (Ask someone in the circle to explain anonymity and close the meeting).

(Meeting ends at 11:30)

MONDAY

Basic View of the Step Guide Format

The Chairperson will read one or two paragraphs from the Step Working Guide (SWG), then ask someone else to read the next paragraph or two until the section is completed. The Chairperson will then open the floor for discussion (but is not allowed to share) on the sections that were read. We suggest that you share only on the sections that were read in order to bring clarity to the discussion & keep the process of going through the SWG moving. Our goal is to read one step per month. That will enable us to get through the SWG by the end of the year. This meeting is not meant to take the place of step work with your sponsor. We hope you hear something that will keep you coming back & going through the process of your recovery.

TUESDAY

IP (Information Pamphlet) Format

The Chairperson begins by reading the first paragraph of an IP of their or the group's choosing, then members of the group will each read a paragraph until the IP is completed. The Chairperson will then open the floor (but is not allowed to share) for discussion of the IP.

WEDNESDAY

Topic Discussion Meeting Format

Chairperson will come up with three recovery related topics for discussion or asks someone else to provide a topic. The Chairperson is not allowed to share.

THURSDAY

Question & Answer Format

Today is a Question & Answer meeting. We have written questions about NA and put them in a plastic bag (paper and pens are provided for your use). The Chairperson will select a question from the bag, read it & allow three people to share on it. The Chairperson is not allowed to share. Sharing means sharing time, please limit your sharing to 2-3 minutes. We suggest that you share on only three questions in order to give everyone a chance to participate. We also suggest that you share only on the question that was read in order to bring clarity to the discussion. What you hear is not to be interpreted as fact. Remember, we only share our experience, strength & hope. We hope you hear something that will keep you coming back & going through the process of your recovery.

FRIDAY

Speaker Meeting Format

Speaker will share for 20 minutes on his or her recovery story. Speaker shall not share behind anyone. The Chairperson is not allowed to share.

SATURDAY

Round-Robin Format

Chairperson opens meeting for members to share on any subject related to recovery. The Chairperson is not allowed to share.