

WRITING TO FREEDOM

Meeting Format

Hi, my name is _____ and I'm an addict. Please help me open the meeting with a moment of silence, followed by the Serenity Prayer.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Welcome to the Writing To Freedom meeting of Narcotics Anonymous. There will be 30 minutes of writing on whatever step you're working on, followed by a short break, followed by an open discussion of NA related topics.

Would someone please read What is the Narcotics Anonymous Program?

Would someone please read How It Works?

Would someone please read Just For Today?

(after readings)

We have pens, paper, and Step Working Guides if you need anything. We will now have 30 minutes to write on what ever step you're working on.

(start timer for 30 minutes –write – after writing)

We will now take a short break until 7:30.

(after break)

Hi, my name is _____ and I'm an addict. Let's have a moment of silence, followed by the Serenity Prayer.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Would someone please read We Do Recover?

Would someone please read Why Are We Here?

Would someone please read The 12 Traditions?

The meeting is now open for discussion. Please limit your sharing to allow time for everyone to speak.

(during discussion, pass the basket. End discussion at 8:10 PM)

We're out of time. If you didn't get a chance to share and need to talk, please get with someone after the meeting. The basket was passed in observance of NA's 7th tradition, which states that "Every NA group ought to be fully self supporting." The money raised pays for rent, keytags, literature and supplies.

May we please have a treasurer's report?

Would someone please hand out keytags?

Are there any NA-related announcements?

Let's circle up and close the meeting.