

Atmosphere of Recovery in Service

Session materials: Atmosphere of Recovery in Service notes sheets, Atmosphere of Recovery in Service action cards, A Vision for NA Service, groundrules, facilitator's instructions, Traditions and Concepts summary sheet.

Introduction

10 minutes

(Slide 2) A Vision for NA Service looks ahead to the time when “Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service.” The spiritual growth and fulfillment referenced here can be one of the greatest gifts in our recovery, but in order to realize this part of our vision, an atmosphere of recovery in service is crucial. We need NA communities whose members invite and inspire each other to grow.

(Slide 3) Unity in service doesn't just happen. We have to approach service with an open mind and a grounding in the spiritual principles of our Traditions and Concepts—a working knowledge of group conscience, integrity, and anonymity, to name just a few. The friendships we develop in service also strengthen NA unity. Our Basic Text speaks of the necessity for an atmosphere of empathy and recovery in our groups. When we apply what we've learned in our recovery to our practices in our service bodies, we create a strong recovery atmosphere there, too.

(Slide 4) With this IDT, we would like hear about your experiences with “spiritual growth and fulfillment through service,” and how we can help others experience an atmosphere of recovery in service.

Large group brainstorm

20 minutes

(Slide 5) What does the phrase “spiritual growth and fulfillment” mean to you?

Small group discussion and feedback

40 minutes

(Slide 6) Break into small groups and have one half of the room discuss the A questions and the other half discuss the B questions. Have each group choose a facilitator and a recorder and remind them to review the groundrules and facilitator's instructions. Let everyone know that we will be collecting the notes from their discussions so ask them to write clearly.

A. Atmosphere of Recovery in Service

1. What does an atmosphere of recovery in service look like to you?
2. What can you and your service body do to nurture an atmosphere of recovery in service?

B. Inspiring Each Other

1. What specific actions can NA trusted servants take to make service more attractive?
2. Members enjoy what they are good at. How can we inspire all members to serve in ways that best match their skills and talents?

After 20 minutes have elapsed ask each group to share the results of their discussions.

Wrap-up discussion

20 minutes

Summarize what has been heard so far and ask everyone to take a few minutes to fill out the action cards on their tables by answering this question: (Slide 7)

What actions will you take to revitalize the service culture in your NA community?

Use the rest of the available time by asking as many attendees as possible to share what they have written. Remind them that can take pictures of their cards and email them to wb@na.org if they wish. Notes from future workshops can also be emailed to wb@na.org, or mailed to the WSO.