

## Carrying the NA Message and Making NA Attractive

### On Tables:

- Facilitators' instructions/Groundrules,
- Traditions & Concepts Sheets—1 per table
- Membership Survey—1 per table
- Session notes sheets/lit quotes
- Large post-it sheet for table responses and markers

### Session Goals

- Members are aware of what the NA message is and what a clear NA message is.
- Members discuss and understand the importance of the spiritual principles involved in Traditions 3 and 11 in carrying the message and making NA attractive
  - All are welcome and are attracted to an atmosphere of recovery in the group
  - In the outside community, NA is viewed as an effective and viable option for recovery
- Members are inspired to focus on carrying the message

### Introduction to session

5 minutes

#### Title Slide

Hello and welcome to the Issue Discussion Topic workshop on Carrying the NA Message and Making NA Attractive.

This is one of three Issue Discussion Topics for the cycle. The other two are Attracting Members to Service, and Drug Replacement Therapy (DRT) and Medication Assisted Treatment (MAT) as It Relates to NA.

#### CAR Survey Results Slide

This topic was the second most highly rated Issue Discussion Topic in the 2018 *Conference Agenda Report* survey. Today we're going to talk together about how we can individually and collectively better carry the message and how we can help our groups feel like home for the addicts who walk through the doors.

#### Lit Quote Slide

You have a number of handouts, one of which is a notes sheet with quotes on the other side. This quote on the screen is the last one listed on that sheet. It comes from *The Group* IP. This is really why we're here. [Read quote.]

We want to make the newcomer feel welcome. We can all remember how frightened and apprehensive we were when we first came to NA. We welcomed that initial smile and learned a simple loving hug could make all the difference in the world when we felt alone. We needed to find others like ourselves who had been through what we had and would understand our feelings and experiences. From the very start we found that any

addict could stay clean by following the example of others who were clean and living the NA program.

We can't control who gets clean and who does not, but we can do our part to make addicts feel welcome when they find the rooms of NA.

### Membership Survey Graph Slide

One of the other handouts on your table is the membership survey. There should be one at each table. As you may know, NA does a membership survey every three years.

One of the questions we always ask in the survey is **How important do you think your first NA meeting was in getting/staying clean?** You can see that more than half of the members who responded said it was very important, and another 12% said it was important.

So first impressions really count; we need to do our best to make that first meeting attractive. Sometimes we only get one chance to show an addict empathy and recovery.

### Large Group Discussion

10 minutes

Let's take a few minutes to share some of our personal experiences with first impressions in NA.

[Facilitator describe an experience from your personal recovery: one in which the new member was welcomed and felt attracted to NA and one in which s/he was not welcomed and perceived NA badly.]

What about you—let's hear from a few of you—what was your first positive experience in NA that made you want to stay? It might be something as simple as a smile or a hug at the door, or maybe someone asked you to help in some way.

### Large Group Question Slide

**QUESTION: What was your first positive experience in NA that attracted you and made you want to come back and stay?**

[Facilitators call on a few people to share their responses to this question.]

### Intro to Small Group Discussion

5 minutes

Thanks everyone. Now we will spend 40 minutes in small-group discussions.

### Small Group Questions Slide

Each table should have a single copy of: Facilitators' instructions/Groundrules, Traditions & Concepts Sheets, and a post-it note to record table notes.

Each small group chooses a facilitator, a recorder, and a reporter. The facilitator should make sure everyone gets a chance to share. Going around the table from person to person works best. You have about 15 minutes per question which includes the time to select one or two top ideas to share with the whole group at the end.

The recorder should be someone with neat handwriting who can capture/summarize your ideas on the post-it sheet on the table.

Once the small group discussion ends, the reporter will share on the top one or two ideas from your discussion with the full room. We may not have time to hear from all of the tables when we come back together as a full group, but we will collect all of the notes sheets from each table.

### **Small Group Discussion**

**45 minutes**

[Facilitator: give a warning at 15 minutes that the group should be switching to the next question. If they haven't chosen their top one or two priorities for the first question yet, they should. They can do that through a show of hands—voting on each idea—if they wish. Give another warning at 30 minutes that they should be moving to the third question.]

- 1. What is our message, and how does our group demonstrate a commitment to it?**
- 2. How does this commitment affect our members and our group, and what effect does it have in the greater community?**
- 3. How can I help ensure that newcomers are welcomed with an “attitude of helpfulness, acceptance, and unconditional love”? (*It Works: How and Why*, Third Tradition)**

### **Small Group Reports**

**20 minutes**

Spend 5–10 minutes calling on tables to report their top two ideas on question one. Then do the same thing for question two and then question three. Make sure to limit reporters to no more than 2 or 3 ideas so that you can hear from as many tables as possible in 20 minutes.

### **Conclusion**

**5 minutes**

#### **Thank You Slide**

Thank you all for your participation today. We hope you will continue these discussions in your home groups service bodies, and events.

You can find the materials for this and the other two IDT workshops at [www.na.org/idt](http://www.na.org/idt).

Facilitator: Collect the input from each table and send in the results of the discussion to [wb@na.org](mailto:wb@na.org). You can send pictures of the post-its or typed responses.