

# Our Freedom, Our Responsibility Session Outline

Refer to Fellowship Discussion Sessions sheet for facilitation instructions

Length of Session: 90 minutes

*Additional Preparations/Materials:* Issue Discussion Topic handout, Our Freedom Our Responsibility note sheets.

<b>Set up and Large Group Discussion</b>	<b>35 minutes</b>
<b>Small Group Set Up and Discussion</b>	<b>20 minutes</b>
<b>Small Group Reports and Wrap Up</b>	<b>35 minutes</b>

## **Introductions and Focus of Session** **5 minutes**

- ◆ Before we came to NA, we had very little freedom. Recovery offers a world of possibilities.
- ◆ As we explore these possibilities, we learn that we must take care of what we value.
- ◆ We take care of NA by giving back – the message and the chance to hear it.
- ◆ NA services help groups reach further. Service allows us to help others find NA.

## **Large Group Discussion** **30 minutes**

### **Intro to Large Group:** **5 minutes**

- ◆ Responsibility for fulfilling our primary purpose lies with us.
- ◆ When our services suffer from a lack of active participation, our groups are limited in their ability to reach the still-suffering addict.
- ◆ Service helps free us from self-obsession by shifting our focus from ourselves to others.
- ◆ Other members serving made our recovery possible; now we can make it possible for others.

### **Large Group Questions – Finding Freedom and Finding Responsibility** **20 minutes**

Take turns allowing members to answer the following questions. Capture good ideas on post-its.  
Ask members to give specific examples in their answers

- ◆ We each have our stories about finding recovery, and also about getting started in service.
- ◆ Just as we are examples of recovery, we can be examples of service.

**1. How did someone else's efforts help you find freedom in NA?**

**2. How do you exercise your sense of responsibility for NA?**

### **Large Group Wrap-Up:** **5 minutes**

Summarize idea that we help inspire each other in recovery and in service. Remind members to take these ideas into consideration in their small-group exercise.

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<b>Small Group Discussion</b>	<b>50 minutes</b>
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<b>Intro to Small Group:</b>	<b>5 minutes</b>
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- ◆ As addicts, our freedom depends on what we do to maintain it. Service is vital to recovery.
- ◆ As sponsorship is crucial to personal recovery, so recruiting members into service is an important part of being an effective trusted servant.
- ◆ The NA groups allow us to collectively carry our message of recovery, and in service we can work collectively to inspire and encourage other members to serve.

<b>Small Group Question:</b>	<b>15 minutes</b>
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Have each table answer the question below reminding them to refer to the answers they have already given in the large group exercise.

**3. How can we inspire others to become willing to share responsibility for NA services?**

<b>Small Group Wrap-Up:</b>	<b>30 minutes</b>
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Allow each group to share answers for the question. The number of answers each group offers will depend on the size of the group. If necessary ask follow up questions to get more specific details. Push members to give ideas on what their solutions would actually look like and what action they would need to take to achieve them.

<b>Session Wrap-up</b>	<b>5 minutes</b>
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Review the main points of the session and the input gathered on the bullet points below.

- NA has a profound effect on us; service is our chance to have a profound effect on NA.
- As members, we live the Twelfth Step by sharing the message and by serving NA.
- As trusted servants, we can carry a message about service to members who aren't yet involved. We can be creative with our internal PR to help others see the value of service.