Sample Format for Beginner Meetings

(All readings are from the *Nar-Anon Blue Booklet*)

[Before the meeting, check this week's agenda from the Six-Week Series of Beginner Meetings listed in *The NFG Guide to Local Services (GLS)* on page 3-8]

Leader/Chair - Hello, my name is _____. Welcome to our Nar-Anon Family Group beginner's meeting. Let's open the meeting with a moment of silence followed by the Serenity Prayer on page 1.

Please silence all electronic/digital devices.

Leader/Chair reads the Preamble on page 2.

Leader/Chair reads the Newcomer's Welcome on page 3.

If there are Narateen meetings in the area, Leader/Chair - We also have Narateen meetings that are a part of the Nar-Anon fellowship for teenagers who are affected by someone else's addiction. Locations and times can be found on our meeting list.

Leader/Chair - In the spirit of anonymity, please introduce yourselves using first names only.

Leader/Chair - Ask members to read the following:

Page 7 Twelve Steps
Page 8 Twelve Traditions

Leader/Chair - As newcomers, we may believe we are here for the addicts, and by attending these meetings we will find out how to stop them from using. In fact, we are here because our lives are affected by our loved ones' addiction. Therefore, we can identify with Nar-Anon's First Step which states, "*We admitted we were powerless over the addict – that our lives had become unmanageable."* We discover the disease of addiction affects our loved ones' actions and behaviors. We soon learn we did not cause the addicts to use, we cannot control their actions, nor can we cure their addiction. We find we are here for ourselves.

Leader/Chair - We suggest attending the entire series of six beginner meetings in order to understand how Nar-Anon can help. In this meeting we encourage you to ask questions about our program and how our meetings work. However, when attending regular Nar-Anon meetings, we take turns sharing our experiences. We do not ask questions or comment on what others say, as this would be considered crosstalk. During this meeting, please feel free to share if you are comfortable, or you may pass and just listen. Keep an open mind when listening to others share. Take what you like and leave the rest. Remember, everything shared in this meeting is confidential. We will protect your anonymity and ask that you protect ours.

Leader/Chair - We have found help in the Nar-Anon Twelve Step Program where we learn about the disease of addiction. One of the ways we do this is by reading conference approved literature, also known as CAL. At meetings, we share and listen to members' experience, strength, and hope. Help can be found by communicating with members before and after meetings, through phone calls, emails, or texting. We can also develop a relationship with a sponsor.

Leader/Chair follows the week's agenda as defined in the *GLS* by reading the suggested CAL, encouraging an open discussion, and answering questions.

At the close of the meeting, Leader/Chair - As this is an anonymous program, we ask all members and visitors to respect our anonymity. The stories you heard were told in confidence and should not be repeated outside. They are told so that we might better understand this program and ourselves, and to give encouragement and help to the new members.

After a moment of silence, close the meeting in any manner consistent with our traditions and the principles of Nar-Anon.

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SUGGESTED SIX-WEEK AGENDA

Meeting Number	Resources for Background Material	Suggested Nar-Anon Literature for Newcomers
First Meeting Explain the disease of addiction and its impact upon the family. Briefly discuss Step One, stressing that we are not responsible for the addict's behavior.	*Nar-Anon Twelve Step Program* - Step One and *SESH*	*Open Letter to My Family*, *Nar-Anon Blue Booklet* - About Addiction (pg 6) & Helping (pg 13), and *Let's Talk - Do you Need Nar-Anon?*
Second Meeting Continue discussion of Step One and living One Day at a Time.	*Nar-Anon Twelve Step Program* - Step One and *SESH*	*A Guide for the Family of the User, Just for Today, Do's & Don'ts, and It's Not About Yesterday But Today*
Third Meeting Review of Step One Discussion of the Slogans.	*Nar-Anon Twelve Step Program* - Step One and *SESH*	*Detachment – The Key to Survival, Personal Stories*, and *Slogans bookmark*
Fourth Meeting Discussion of Step Two. Discuss Serenity Prayer.	*A Guide for the Family of the User, Nar-Anon Twelve Step Program* - Step Two and *SESH*	*Nar-Anon Blue Booklet* - The Family (pg 4), *Passport to Freedom* and Serenity Prayer
Fifth Meeting Discussion of Step Three. Understanding myself, letting go of my fears, resentments and self-pity.	*Nar-Anon Twelve Step Program* - Step Three and *SESH*	*Nar-Anon Blue Booklet* - Changing Ourselves (pg 5) & Just for Today (pg 15)
Sixth Meeting Member's role in the group. Selecting a sponsor. Discuss the importance of selecting a home group and attending as many meetings as possible.	*Let's Talk About Anonymity* and *SESH*	*Finding a Sponsor, Questions About Sponsorship in Nar-Anon*