

## Sample Format for Nar-Anon Hope After Loss Meetings

*Grey is added new/not in the Nar-Anon Guide to local services*

*Blue is Options/Optional Red is CAL*

**Leader/Chair** - Hello, my name is \_\_\_\_\_. Let's open the meeting with a moment of silence followed by the **Serenity Prayer on page 1.** **or other CAL**

If you haven't yet, please silence all electronic/digital devices that you aren't using for our virtual meeting.

Since we are a virtual meeting, let's please honor each other's presence fully, as if we were gathered together in the same room. If you aren't able to be fully present for everyone or all of the meeting, we welcome you to remain, but please take off your video and audio to keep distractions at a minimum.

Is anyone here today at their first, second or third Nar-Anon meeting? If so, please introduce yourself by first name only so we may welcome you?

***(If there are new members, read the following:*** We encourage you to attend at least six meetings before deciding if Nar-Anon is right for you. You will hear stories from our members that are similar to your own. You will find help in our literature that you can read between meetings. As you learn about our program, you will gain strength by realizing that you are not alone. There are many tools that can be used to help you during this difficult time. Not everything you hear or read will apply to your situation, so take what you like and leave the rest. May I ask a volunteer to read the **Newcomer's Welcome** on page 3.

***(If there are no new members, read the Preamble on page 2.)***

**Leader/Chair** – At this time we welcome everyone to give a brief introduction including your first name, the general area where you live, and if you wish, the name of your lost loved one, as we are all connected by the loss of an addict at this Nar-Anon meeting.

**Alternative:** At this time, we welcome everyone to introduce yourself with your first name and the general area where you live.

### **Leader/Chair - Ask members to read the following:**

- Page 7 **Twelve Steps**
- Page 8 **Twelve Traditions**
- Page 12 **Keeping Our Meetings Healthy**

### **Leader/Chair– Ask a volunteer to read one of the following:**

- Page 2 **Mission Statement; Vision Statement**
- Page 4 **The Family**
- Page 5 **Changing Ourselves**
- Page 6 **About Addiction**

### **Leader/Chair –Nar-Anon announcements:**

Our meetings are Saturdays and Wednesdays at 11am Pacific/2 pm Eastern/7pm UK, Mondays at 7am Eastern, & Thursdays 8:30 pm Eastern/5:30 Pacific. They are all 90 minutes long and use the same Zoom link.

Our website is <https://naranonhopeafterloss.org/>

**Thank you to all in service, let us know if you have any announcements or reports at this time:**

*Paste routine announcements (attached) into the Chat and ask members to also add their announcements to the chat.*

**Literature:** Information including links on how to obtain literature is available in the Chat area.

**Leader/Chair** - Our Seventh Tradition says that every group ought to be fully self-supporting. In-person meetings pass the basket around for contributions to be used for purchasing literature from WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level. Newcomers, please be our guest. Information on how to contribute is available in the Chat area. ( [redacted] -Treasurer)

**Leader/Chair** - Anything you hear today is strictly our own opinion. The principles of Nar-Anon are found in our Twelve Steps and Twelve Traditions. If a member says something here that you cannot accept, remember he or she is speaking from their own experience, they are not speaking for Nar-Anon. When you leave our meeting, take home those thoughts that will be most helpful to you, forget those you feel will not be helpful, and keep coming back. We ask that you speak only as a member of Nar-Anon unless you were invited as a speaker from NA.

**Leader/Chair** - In Nar-Anon meetings, we do not engage in crosstalk. Personal progress for the greatest number depends on unity; therefore, we take turns sharing our own experience, strength, and hope. We do not interrupt each other or engage in dialogue; we do not put the spotlight on just one member; and we do not give advice, offer solutions, or try to rescue one another. By patiently listening, we show respect for each other and concern for the common welfare of the group. Loving interchange can occur outside the meeting time through one- on-one or group conversations, e-mail, telephone, and sponsorship.

**Leader/Chair** –At this time we will read from *Continuing Our Journey After Loss – We Still Belong*  
OR discuss a topic [redacted] OR introduce our speaker [redacted]  
OR introduce our panel, speaking about \_\_\_\_\_ OR discuss Step \_\_ OR Tradition \_\_

**Leader/Chair** –Thank you. As we open up the meeting to sharing, please limit your sharing to 3-5 minutes so everyone will have a chance to share. We will end our shares 15 minutes before the end of the meeting, so newcomers can share at that time, although they can share at any time. ([redacted] will you be our timekeeper?) The sharing is now open to the other members on this topic or anything on your mind.

**At the close of the meeting, Leader/Chair says** - 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.

To end our meeting, we will take turns reading *Just for Today* on page 15 and new extras from the Serenity Connection or your own *Just for Today* (*or select another Nar-Anon Prayer or other appropriate Conference Approved Literature*)

## **CHAT CONTENT:**

NEWCOMERS: Hope After Loss will host a newcomer's meeting BEFORE the first Saturday meeting of each month, 30 minutes before the Saturday meeting, (at 1:30pm EST). Same Zoom link. We always keep our meetings open after the "official" Nar-Anon meeting is over also for newcomers or anyone to stay and ask questions or talk when crosstalk is allowed, but this monthly Newcomer's meeting will provide a little more overview especially for newcomers, before the meeting starts.

Our meetings are Saturdays and Wednesdays at 2 pm Eastern, Mondays at 7am Eastern, & Thursdays 8:30 pm Eastern. (Check for your time zone) They are all 90 minutes long and use the same Zoom link.

GETTING OUR EMAILS? To be added to our EMAIL distribution list and PHONE/EMAIL roster, please submit your name & contact information at <https://tinyurl.com/HopeAfterLoss> We encourage you to use the phone list between meetings.

"7th Tradition": When you are able to make a donation to Nar-Anon via our group, please send the donation via PayPal, using either our email address ([treasurer@naranonhopeafterloss.org](mailto:treasurer@naranonhopeafterloss.org)) or our PayPal username ([paypal.me/naranonHAL](https://www.paypal.me/naranonHAL)). We use the donations for literature, donations to the WSO and Region, and the website. If you'd like to mail a check, please message Emily our treasurer at [treasurer@naranonhopeafterloss.org](mailto:treasurer@naranonhopeafterloss.org). "Thank you all for your support!" - Newcomers, please be our guest.

Nar-Anon Literature: If you have your blue NarAnon Family Groups Blue Booklet, and the Continuing Our Journey After Loss booklet, please have them handy at the meeting, as most of our readings will come from them. Need a copy of these booklets? Please email or text our Literature Chair Susan ([literature@naranonhopeafterloss.org](mailto:literature@naranonhopeafterloss.org)) with your mailing address (no charge/this is one use of our donations). If you prefer, you can buy these items at the Nar-Anon.org store (approx. \$9), <https://nar-anon-webstore.myshopify.com/collections/books-booklets?page=2> The Blue Book is also available as a download for \$0.99 at Amazon and most online bookstores

Join our What'sApp group, where members of our group can share throughout the week - download the app and go to <https://chat.whatsapp.com/LkNyPeVzr7t3frFzd8u0nY> to join, or email your WhatsApp# to Cathy at [catm5549@gmail.com](mailto:catm5549@gmail.com), or scan the QR code on the email "attachment" with your phone, to take you to our new WhatsApp group, or send your phone number or email to us to be added to the group.

Much of this information is on our website, [naranonhopeafterloss.org](http://naranonhopeafterloss.org)

Hope After Loss is a member of the Global Online Region, and we have a new website [naranonglobalonline.org](http://naranonglobalonline.org) with the Zoom meeting links to our Region's other NarAnon Family Group meetings (note: not Hope After Loss)

To download this chat to your PC, hit the three dots in the chat. (This is not an option on cell phones.)