



Sample Format for Narateen Meetings

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

Leader/Chair - Hello, my name is _____. Let's open the meeting with a moment of silence followed by the Serenity Prayer.

- At this time we ask you to please silence your cell phones and avoid texting during the meeting.
- Is anyone here for their first, second, or third meeting? If so, please introduce yourself by your first name only so we may welcome you.

Leader/Chair - Read the Narateen Welcome.

Leader/Chair - Ask members to introduce themselves, using first names only.

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 members to read one or more of the following:

Page 2 Mission Statement; Vision Statement
Page 4 The Family
Page 5 Changing Ourselves
Page 6 About Addiction
Page 13 Helping
Page 15 Just for Today

Leader/Chair - Once the meeting has opened, we only read from conference approved literature which can be found on the literature order form from WSO. If you wish to purchase literature, please visit the literature table.

Leader/Chair - Ask for Secretary's report and Narateen related announcements.

Leader/Chair - Ask meeting sponsor(s) if he/she has any announcements.

Leader/Chair - Our Seventh Tradition says that every group ought to be fully self supporting. We pass the basket around for contributions to be used for purchasing literature from the WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level.

Leader/Chair - Anything you hear today is strictly the opinion of the person sharing. The principles of Narateen are found in our Twelve Traditions and Twelve Steps. If a member says something here you cannot accept, remember they are merely speaking from their own experience. They are not speaking for Narateen. When you leave the meeting take home those thoughts that will be most helpful to you, forget those you feel will not be helpful, and keep coming back.

Leader/Chair - During the meeting only one person speaks at a time; we do not engage in crosstalk. We speak only about our own experiences and feelings. We accept without comment what others say because it is true for them. We will be happy to discuss your questions after the closing prayer.

Leader/Chair – Introduce the speaker or announce and share on the topic.

The topic for this meeting is _____.

Leader/Chair – Open the sharing to the other members.

Please try to limit sharing to between three and five minutes per person. The last 15 minutes of the meeting can be reserved for newcomers to share.

At the close of the meeting, leader/chair says - Let's thank everyone for a great meeting.

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 we may better understand this program and ourselves and to give encouragement and help to the new members.

After a moment of silence, we will now end our meeting with the Serenity Prayer.

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Narateen Welcome

We welcome you to the _____ Narateen Group. We hope you will find the help and friendship we have come to appreciate.

When you come into the Narateen group you are no longer alone but among true friends who understand your problems as few others could. We discover no situation is hopeless. You can find serenity and happiness whether the addict is using or not.

Our program is based on the Twelve Steps of Nar-Anon which we try, one day at a time, to apply to our lives along with the slogans and the Serenity Prayer. Many of us have found help in dealing with addiction by working these steps. So much depends on our own attitudes as we learn to place our problems in their true perspective.

The loving interchange of experiences and daily reading of our literature make us ready to receive the gift of serenity. Keep an open mind and attend as many meetings as possible. You will soon make new friends and will feel very much a part of the group.

Everything said in a meeting is held in confidence. In this way we can feel free to say what is on our minds and in our hearts. This is how we help one another in Narateen.