

Suggested Crib Sheet for use by Virtual meetings use in any order or your group conscience decides is right for them

MOMENTS SILENCE for the still suffering addict.

Meeting Reminders

Please remember to listen to the similarities and not the differences.

Please be mindful of others needing to share if the meeting is large and in order to allow a maximum of people to share, we ask that you share the time and keep your message under 3 minutes.

Please remember to mute your microphones when not sharing and please be mindful that it is the conscience of this group to not use video.

If you have used today or on a maintenance program, please listen to what is being said and talk to someone after the meeting.

We are happy for attendees to post in the text box. However, please refrain from cross sharing or chit/chatting and keep the messages positive keeping an atmosphere of recovery if you would not do it in a face to face meeting please do not do it here.

It is possible to call into our meetings via a mobile or landline from over 40 countries, please go to for individual meeting numbers and information about how to do this.

If you know anyone experiencing problems accessing our meetings please send an email to -----and we will endeavour to help, this email can also be used to request items of NA literature in digital format.

Alternative Opening

Meeting Reminders

Please remember to listen to the similarities and not the differences.

Please be mindful of others needing to share if the meeting is large and in order to allow a maximum of people to share, we ask that you do your best to share the time and keep your message under 5 minutes.

Please remember to mute your microphones when not sharing.

Everyone who identifies as an addict and who has the desire to stop using is welcome but if you have used today or on a maintenance program please listen to what is being said wait until the 10 minutes of newcomers time at the end of the meeting before sharing or talk to someone after the meeting.

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-----for individual meeting numbers and information about how to do this.**

If you know anyone experiencing problems accessing our meetings please send an email to ?.....and we will endeavour to help.

Then copy and paste the readings that your group conscience decides to use into the message board of your meeting as below and ask someone to read them for you or read yourself if no one steps up to do it .

Who is an addict, What is the NA programme, Why are we here, How it works

WHO IS AN ADDICT?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

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WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help.

The newcomer is the most important person at any meeting because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

WHY ARE WE HERE?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until, in desperation, we sought help from each other in Narcotics Anonymous.

After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

HOW IT WORKS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—easy does it. There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way. We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

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For use in times of illness meetings

12 Suggestions to Follow with Illness or Injury (NA In Times of Illness p 47)

1. Go to as many NA Meetings as possible & read NA Literature

2. Communicate honestly with your Sponsor to avoid self-will & get suggestions from someone who has your best interests at heart.

3. Reach out to other NA members

4. Practice the Twelve Steps & Twelve Traditions

5. Prayer , Meditation & Sharing can help us get outside ourselves to focus on something beyond our own discomfort.

6. Share your thoughts & feelings honestly & openly with your Sponsor & NA friends. They can help us find acceptance.

7. Identifying yourself as a recovering addict to healthcare professionals may be helpful.

8. Talk to your healthcare provider & Sponsor before taking prescription or non- prescription medication

9. Arrange for an NA member's support when facing surgery or other medical treatment involving medication.

10. Inventory your medical condition & explore alternatives to medication. Write about your feelings & motives.

11. When supporting a member living with illness, remember that they need our unconditional love, not pity or judgement.

12. Continue on your path of recovery in Narcotics Anonymous by applying the Spiritual Principles.

READ THE JFT, STEP OR LIVING CLEAN READING etc AS APPROPRIATE IF THAT IS YOUR MEETINGS FORMAT, THEN OPEN THE MEETING FOR SHARING

END WITH THE BELOW OR READ AS APPROPRIATE TO YOUR GROUP CONSCIENCE

THE TWELVE TRADITIONS OF NA

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centres may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our Traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free.

By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the Fellowship.

However, when we apply these principles, we avoid some of the pitfalls. Many of our problems are like those that our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

This is just an example of how we announce Tradition 7 in HIGNA meetings

Tradition 7 Passing the Virtual Pot

In keeping with Tradition 7, Every NA group ought to be fully self-supporting, declining outside contributions.

If you wish to make a contribution from the UK you may make deposits in the account shown below:

***TSB, Highlands & Islands Group of NA,
Sort Code: 87-34-52 Account No: 82013560***

Alternatively or if you are outside the UK and wish to make a contribution please go to the Tradition 7 buttons at the bottom of the Guidelines or About US pages of our website by going to either of the links below:

<http://www.higna.org.uk/guidelines/>

<http://www.higna.org.uk/about-us/>

All contributions made to those accounts and not used to support the group are used to help carry the message to the still suffering addict.

Group Business (if any)

CLEAN TIME COUNTDOWN:

As part of the format of this meeting we celebrate clean time with claps & *virtual* hugs.
So is anyone celebrating a clean time milestone today or this week for:

Multiple years? Eighteen months? One year? Nine months? Six months? 90 days? 60 days? 30 days? 1s at their first meeting, 24 hrs clean or less and wants a new way of life? Keep coming back.

WE DO RECOVER

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

(Full version)

WE DO RECOVER

Although "Politics makes strange bedfellows," as the old saying goes, addiction makes us one of a kind. Our personal stories may vary in individual pattern but in the end we all have the same thing in common. This common illness or disorder is addiction. We know well the two things that make up true addiction: obsession and compulsion. Obsession—that fixed idea that takes us back time and time again to our particular drug, or some substitute, to recapture the ease and comfort we once knew. Compulsion—once having started the process with one fix, one pill, or one drink we cannot stop through our own power of will. Because of our physical sensitivity to drugs, we are completely in the grip of a destructive power greater than

ourselves.

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JUST FOR TODAY

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

This is what we at HIGNA use to close out our meetings but end in any way your group conscience decides is right for your group.

Anonymity Statement:- Tradition 12; Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Tradition 12 tells us that anonymity is one of the core principles of our program and we would ask that when attending our meetings we all do our best to remember that gossip can be very damaging to our fellowship and individual members.

Other online meetings are available around the world please see www.virtual-na.org for links and details to many more.

ASK SOMEONE TO LEAD OUT WITH THE **SERENITY PRAYER** USING THE WORD GOD AS THEY

UNDERSTAND IT

or

Many of us have said.
God, Take my will and my life,
guide me in my recovery
and show me how to live.

