

“ PLEASE KEEP YOUR VIDEO TURNED OFF “

KEEP YOUR MICROPHONE MUTED UNLESS YOU ARE CHOSEN TO SHARE

VIRTUAL NA MEETING

If you are at your very first NA meeting, or at this meeting for the first time, a very special WELCOME! We are glad that you are here. As a meeting reminder we ask that you please listen to the similarities, not the differences.

Virtual NA meetings are challenged with keeping an atmosphere of recovery and you can make a difference by what you do / don't do while attending. Some guideline to follow:

- This is a Narcotics Anonymous meeting not “social media.” Act in the same manner as if you were attending your home group.
- We are happy for attendees to post in the chat box, however, please refrain from cross-sharing, please keep the messages positive, respectful, and mindful of newcomers.

How and when to share:

- The chairperson randomly selects addicts to share. Please do not jump in.
- Please keep your share time to **5** minutes. Make sure there is no background noise while you are sharing (i.e. television, cell phone, other people in your house, etc.)
- After a person shares you may unmute your mic to say “*thank you*” then mute again.
- Remember that there are three parts to every meeting: before, during, and after. If you did not get a chance to share during the meeting, we will keep this portal open until everyone has had a chance to speak with another addict.