

H & I Meeting Format

Before you begin ask one of the panel members to read the daily Just For Today as a way of selecting a topic.

Hello, my name is _____ and I am an addict. Let's open this meeting with a moment of silence followed by the Serenity Prayer.

Welcome to this Hospitals and Institutions Panel Discussion Meeting of Narcotics Anonymous. We represent your local Area of Narcotics Anonymous as a sub-committee that is guided by direction from local groups. The purpose of this sub-committee is to bring meetings to addicts whose access to our regular meetings is limited.

It is customary to read portions of our literature from our Basic Text. I have asked an addict to read:

“Who is an Addict?”

“What is the NA Program?”

“Why Are We Here?”

“How It Works”

We like to go around the room and introduce ourselves, so we can get to know you better. Again, my name is _____ and I am an addict.

As I mentioned, this is a Panel Discussion Meeting. Each member of the panel is going to share their experience, strength and hope related to a recovery related topic. We will allow time near the end of the meeting for you to share or get answers to questions you may have. We ask that you respect the person who is sharing by not interrupting. We also ask that if you share, you keep your sharing and questions focused on the solution of recovery. Your help with staying away from discussions about the problem are appreciated. I have asked _____ to read the Just For Today daily meditation.

7:40 or 7:45pm The floor is now open for sharing or recovery related questions.

7:58pm Announce that the NA literature rack is located [xxxxxxx] and it is free and there are Information Pamphlets (IPs) that can offer a solution.

7:59pm I've asked an addict to read “We Do Recover” from Chapter 8 of our Basic Text.

8:00pm Please help me close this meeting with a moment of silence for the addict who still suffers, followed by the “NA Third Step Prayer”

Zoom ID: 490 162 9321 Passcode: freedom