



Facilitating A Recovery Meeting



PURPOSE OF SESSION

Raising awareness of problems and help the chair to facilitate a recovery meeting.

Identify issues that may challenge a chairperson to keep an atmosphere of recovery at meetings.

Model the sort of discussion that could take place at area or business meeting to raise awareness among members and develop group conscience.

Session Outline:

Warm-up 10 min.

Big Group Discussion 20 min.

Small Group Discussion 30 min.

Feedback Small Groups 30 min.

OUR GROUPS HAVE PURPOSE AND CONSCIENCE, THEY ARE THE PRIMARY VEHICLE FOR OUR MESSAGE.

GROUP CONSCIENCE EXPRESS ITSELF AS UNITY AND GOODWILL.

NA UNITY IS OUR BOND WITH FELLOW ADDICTS ... OUR PRACTICE OF UNITY MAKES ROOM FOR ALL ADDICTS TO RECOVER IN NA.

UNITY IS NOT JUST A FEELING: IT'S A DECISION THAT SHAPES OUR ACTIONS AND OUR ATTITUDES.

CHAIRPERSON

FACILITATING

A RECOVERY MEETING

WHAT IS A CHAIRPERSON

- ▶ A chairperson of a Narcotics Anonymous recovery meeting is an addict who is primarily responsible for maintaining an “atmosphere of recovery” during the meeting.
- ▶ As members of NA, each of us is responsible. Not only for our own conduct at a meeting, but to help further our primary purpose.
- ▶ To make one person solely responsible for that task would set him/her apart from the group by making him/her an ultimate authority figure.

CHAIRPERSON

WHY DO WE NEED
A CHAIRPERSON?

WHO CAN BE A
CHAIRPERSON?

WHAT SHOULD A
CHAIRPERSON DO?

CHALLENGES DURING A MEETING

**HOW SHOULD THEY BE
HANDLED?**

SMALL GROUP DISCUSSION

1. Choose your table.
2. Take 2 min. of silence and concentrate on what you want to share with the others.
Feel free to use pen&paper to write down your own notes.
3. Choose a facilitator.
4. Start sharing your experience and solutions.
5. Compile all relevant notes of small group members to a flip chart.
6. Choose someone who present the flip chart.

MEMBERS ATTITUDES MIGHT IMPAIR OTHER MEMBERS TO SHARE FREELY

SIDETALK

Members carry on a conversation while someone else is trying to share.
Communicate on an electronic device can be seen as side talk as well.

CROSSTALK

A member shares his judgements on another members experience.

How can side talk be disruptive and how can crosstalk be disturbing?
What is the chairperson's role?

ENDORISING ENTITIES

„Like it says in Buddhism ...“ „I’m so grateful to _A ...“ „My counselor says addicts should ...“

CRITICISING ENTITIES

„I went to _A and they didn’t do a thing for me.“ „All treatment center are after is money.“
„Religious people are a bunch of hypocrites!“

What does our literature say about these things? What’s your experience?
What is the chairperson’s role?

TALKING ABOUT OTHER PEOPLE'S PROBLEMS/SUBJECTS RATHER THAN THEMSELVES

GOSSIP

Sharing in a judgmental manner about someone, someone else's problem, at the meeting.
Talking ill about the personal and private affairs of others outside the meeting.

ANYTHING UNDER THE SUN

Rambling on any number of subjects, none of which are the chosen topic or related to the group's purpose.

How do you feel about gossip?

What do you do to encourage members to consider the purpose or chosen topic of the meeting? What is the chairperson's role?

MEMBERS WHO ARE NOT CLEAN YET

MEMBERS STILL USING

If someone might be high while sharing at the meeting.

MEMBERS USING DRUG REPLACEMENTS

If someone using drug replacements is sharing at the meeting.

What is your group conscience on these issues?
What is the chairpersons role?

NEWCOMERS DON'T STAY AT THE MEETING

Often Newcomers have difficulties to get familiar with NA meetings. Whether they are irritated by listening of the readings, or they have difficulties with identification.

CELEBRATING RECOVERY

Meetings can get stale and Cleantime Countdown can become quite a formal ritual. Expressing the the Joy of being in recovery, as a member of NA, is crucial for the atmosphere at a meeting.

What is your experience with difficulties Newcomers have at meetings?

How do you celebrate recovery at your meeting?

What kind of different Cleantime Countdown formats do you use?

THESE ARE JUST A FEW EXAMPLES OF WHAT COULD COME UP DURING A MEETING.

WHEN FACED WITH ANY PROBLEM SITUATION AT A MEETING,
OUR EXPERIENCE HAS SHOWN THAT

**CONFRONTING
WITH LOVE AND CONCERN**

IS ALWAYS THE BETTER APPROACH.

THANK YOU



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