

FORMAT FOR H&I PRESENTATIONS

Welcome to the regular H&I panel presentation of the Serenity In The Mountains Area of Narcotics Anonymous.

I am an addict called (Introduce Panel Members). We would like to open this meeting with a moment of silence for the still suffering addict whether they are inside or outside these rooms, followed by the Serenity Prayer or silent prayer of your choice, for those who choose to join in.

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 their 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.

Would someone please read:

Who Is An Addict

What Is The NA Program

Why We Are Here

How It Works Part 1

How It Works Part 2

The anonymity of each and every person in this room is a prized possession over which they alone have control. Feel free to discuss any ideas or topics you may hear at this meeting, but we ask that you do not attach any names or personalities to it outside these rooms.

This presentation is sponsored by the Serenity In The Mountains Area of Narcotics Anonymous H&I subcommittee. Our committee is a group of recovering addicts who believe in the concept that no addict seeking recovery need ever die without having a chance to find a better way of life.

We at Narcotics Anonymous are not affiliated with this facility, nor do we have any opinion, either for or against, any of its policies or practices.

This meeting is for the benefit of the people in this facility. We encourage you to participate in the discussion and wish you to feel free to ask any questions you may have regarding recovery in NA. We are here to share our experience, strength and hope with you. We ask you to please refrain from any feedback or crosstalk with your fellow residents during this meeting and direct all questions, comments and concerns to the panel members only. Please reserve any feedback you may have for each other until after the meeting. Thank you.

Before we open this meeting for discussion we ask that when a person is speaking, everyone else be considerate enough not to distract them by whispering, laughing or otherwise disturbing their train of thought.

FOR REHABS AND DETOXES ONLY (DO NOT READ IN PRISONS)

- AT END OF MEETING -

Your primary purpose in this facility is to find recovery. Our primary purpose is to let you know that we find our recovery in Narcotics Anonymous.

Would someone please read "Just For Today"

Our gratitude speaks when we care and share with others the NA way.

Close meeting with Serenity Prayer or silent prayer of your choice for those who choose to join in.

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.

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Who Is an Addict?

Most of us do not have to think twice about this question. *We know!* Our whole life and thinking was centered 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 nonprofit 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.

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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.

(over)

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.

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