Linn Benton Area Online Format

Zoom Meeting ID# 256-524-167 (https://zoom.us/j/256524167)

Welcome to the Linn Benton Area Online Group of Narcotics Anonymous.

My name is ______ and I am an addict and your chairperson for this meeting. We meet daily at 12 and 7PM PST, please feel free to introduce yourself and let us know where you’re from in the chat section.

“ If you are an addict, you can find a new way of life through the NA Program. We have a disease, but we do recover.” Basic Text, pg. 8. We would like to welcome anyone new in recovery. You are the most important person in this meeting. At this time, please introduce yourself by your first name in the group chat. This is not to embarrass you but so we can get you know you better. Do we have any newcomers? We are glad you are here, keep coming back!

If you are interested in supporting the new members please private message them your contact info.

We celebrate clean time at this meeting. If you are celebrating a milestone, please post it in the chat so we can recognize you for it.

Tonight’s format will be _________________

Once we open up the meeting for sharing please “raise your hand” to be added to the queue. To raise your hand simply go to “Participants”, find your name, and click “Raise Hand”. You can also “lower your hand” this way too. Please keep your hands raised to remain in the queue. Please lower your hand to be removed from the queue.

Please be respectful of everyone’s time and limit your share to about 5 minutes. One of our cohosts will let you know when your time is nearing its end. Please wrap up your share at that time. Part of sharing is sharing the time. This is a 60-minute meeting and will end at 8:00 PST, However, we will have the room open 30 minutes before and after for people to fellowship/chat.

Please note that your microphone should remain muted for the entirety of the meeting unless you are sharing. Please avoid unmuting your microphone to recognize members at the start and end of their share. Instead we suggest you acknowledge members using ‘jazz hands’ or via chat.

I will be managing the queue and keeping participants muted. I have asked ______ to manage the timer and chat.
Are there any NA related announcements?

I have asked ______ to read....

**Who is an Addict-**
**What is the NA Program-**
**Why are We Here-**
**How it Works-**
**Twelve Traditions-**

And now we will read out of ________.

**JFT Daily Meditation-**
**Other NA Literature-**

A few reminders before we begin:

- Raise your hand to be added to the queue, lower your hand to be removed from the queue
- Part of sharing is sharing the time
- Use Jazz Hands or acknowledge members via chat instead of unmuting your mic

The meeting is now open

At 8:00pm
We are about out of time. Are there any burning desires? Remember, a day clean is a day won. Here are some suggested tools.
- Come to 90 meetings in 90 days!
- Get phone numbers!
- Get a sponsor
- Work the steps
- Get into service
- Most importantly, keep coming back, it works!

**Just for Today-**
**We Do Recover-**

We will now unmute all participants to close with the 3rd Step Prayer

3... 2... 1...