

ANNOUNCER: LINDA L - CHAIR OF ROCKY MOUNTAIN FORUM- COLORADO REGION
PLAYER # 1 DON T. - RDA FROM COLORADO REGION
PLAYER # 2 BRENDA E. - SECRETARY OF ROCKY MOUNTAIN FORUM - COLORADO REGION
PLAYER # 3 CHUCK C. - RD FROM COLORADO REGION
PLAYER # 4 THE D' -JOANN & BOB - ROCKY MOUNTAIN FORUM CO-TREASURERS
PLAYER # 5 STEVE H. - RD FROM UPPER ROCKY MOUNTAIN REGION - WYOMING
PLAYER # 6 TOMMY O. -RDA FROM UPPER ROCKY MOUNTAIN REGION -WYOMING
PLAYER # 7 MONTE H.- RD FROM UTAH REGION
PLAYER # 8 MICHAEL S. - RDA FROM UTAH REGION
PLAYER # 9 PRUDE G. - RD FROM MONTANA REGION
PLAYER # 10 ROSE Z. - RDA FROM MONTANA REGION

HOW TO AND HOW NOT TO START A MEETING

Why Start A Meeting?

(The players stand around talking amongst themselves like they have just left a meeting, some with their back to the audience, each player will turn and face the audience as they express their gripe)

Gosh – I just hate that meeting, I do not smoke and the cigarette smoke is so thick in there I cannot breathe

I need a chance to share about women's issues.

All they talk about is what and how much they used; I swear if I hear 'I spilled more than you ever used,' one more time I think I will just puke.

Isn't this supposed to be about recovery? I just cannot relate. I already know what the problem is – me. I need help with the solution.

And how is that new addict supposed to get her wheelchair up all those stairs, I know she is getting tired of asking for lifts.

I hate driving 20 miles over to Othertown just to hear how other addicts do this recovery gig.

I just do not feel safe driving over this part of town after dark.

And how am I supposed to learn about how to work the NA Steps and Traditions without a NA meeting of some sort.

I know – Let's start our own meeting – I have a basic text!

All of these reasons are valid for starting a meeting, thanks for giving the members of the Rocky Mountain Forum some time this afternoon to present this workshop. Allow me to introduce the members of the Rocky Mountain Forum that have joined us here today. I am an addict named Linda – Chair of the Rocky Mountain Forum – then do the introductions of the players.

(Each of the players sits down on a chair after being introduced.)

How Not To Start A Meeting:

**As A Vendetta
Purely As A Grudge
Where There Are No Addicts
Without Planning And Investigating (More Later)
In An Addicts Home If At All Possible
Without Enough Get-Out-The-Word Time
Without The Local Area (More Later)
Without Contacting World (More Later)
Without One Other Addict To Help And Be There
Without God**

How To Actually Start A New Meeting:

**Talk To Addicts In The Area - Is There Enough Addicts For A New Meeting?
Talk With Other Addicts Who Have Started New Meetings
Contact World And Get A New Meeting Starter Kit - Use It & Register This Meeting W/World
Once It Has Been Established For A While - How Long? You Will Know!!
Contact Local Area To Identify The New Meeting And Spread Info About It
Get On The Local Area's Meeting List & Phone Line!!
Be Patient - Time Takes Time...**

Find A Location:

**Does It Have Enough Parking?
Is It Accessible By Public Transportation?
Is It Accessible By The Handicapped Addict?**

**Is The Rent Ok? It Is Doable Especially If The Meeting Is Small?
And If There Is No Rent Being Asked What Are You Going To Do For The 7th Tradition?
Is The Neighborhood Ok - Especially If It Is A Night Meeting?
Is It Big Enough? Small Enough? Heated In Winter /Cool In Summer?**

**Does It Have Bathroom Facilities?
Have You Told The Local Cabbies In A Large Town Or The Local Police In A Small Town?**

**Does It Have Enough Chairs?
Be Patient Time Takes Time...**

Things To Do After All That And Before The First Meeting:

**Get The Word Out / Call Addicts / Make & Post Flyers / Emails
Get A Copy Of A Guide To Local Services - Read It, Especially The First 48 Pages - Refer
To It - Use It!!
Find A Coffee Pot, Sugar, Creamer - You Know All That Stuff
Do A Temporary Meeting Format...
Get Or Beg Some Reading Cards And Key Tags (At Least One Of Each), Beg Or Buy A Basic
Test - A New One.
Write On Inside Cover Date Of 1st Meeting And Who Attended For Historical Purposes**

Get Or Beg At Least On Of Each Of The IPs -

Other Meeting In Town Can Usually Cough Up One Of Each...

Candy Is Nice - Just Like Beginning NA Meetings For Those Who Are Jonesing

Plan For A Business Meeting After The 3rd Time The Meeting Meets But Announce This Business Meeting Right From The First Meeting

Show Up Early For The First Meeting - There Is Coffee To Make, Etc

Say The Serenity Prayer, Turn The Meeting Over To God And Open The Doors....

Be Patient Time Takes Time...

How To Do A Meeting:

Remember The Primary Purpose Of Any NA Recovery Meeting Is To Carry The NA Message!

And The Second Primary Purpose Of An NA Meeting Is To Help Members Understand The Traditions And Concepts Of NA (See Your Copy Of A Guide To Local Services - Pg 38 Or 39)

Remember All The Traditions

- 1. Especially Unity**
- 2. God**
- 3. Help The Addict**
- 4. Autonomy ...And So On**

Remember An NA Group Is A Bunch Of Addicts Who Meet To Stay Clean

- 1. Who Are Self-Supporting**
- 2. Who Want Recovery**
- 3. Who Uphold The Principles, Steps, Traditions And Concepts Of NA**
- 4. Who Has No Affiliation Outside Of NA And Who Express No Outside Opinions**
- 5. And Who Base Their Meeting And Recovery On Attraction Rather Than Promotion**

Decide Meeting Type:

- 1. Group Or Meeting**
- 2. Open Or Closed**
- 3. Permanent Date, Time, Location**
- 4. When Will The Group Hold Its Business Meeting**

Decide Meeting Format:

- 1. Discussion***
- 2. Speaker**
- 3. Rotating**
- 4. Step, Tradition, Concept Or Book/Lit Study**
- 5. Newcomer***
- 6. Question & Answer**
- 7. Specific Topic Or Sayings Of NA***

*** Decide How Addicts Can Speak: Round Robin Or Chair Of Meeting Calls On Or Open/Raise Hands**

Elect Trusted Servants: Secretary/Treasurer/GSR's

**As The Group Matures - It May Need Or Want A Checking Account / Po Box
Larger Group Have Even Developed Their Own Web Site**

Start A Group Notebook Which Includes The Group's History, The Treasurer's Reports, Announcements, Holds The Reading Cards - Keep This Notebook Current

Prepare The Meeting Space For An NA Meeting, Starting About 1/2 Hour Before The Meeting Is To Begin - Do This Before Every Meeting (More Later)

Be Patient Time Takes Time...

How Not To Do A Meeting:

Do Not Use Outside Literature: Newspapers, Poems, Other Recovery Agencies Like AA, And So Forth

Do Not Allow Newcomers To Be Hit On - Women Protect Female Newcomers As You All Know Who Is Going To Go After Newcomers And Men From The Meeting You Need To Sit On Other Men From The Meeting Who Go After The Newcomer... All Members From Any Meeting Or At Any Meeting Need To Protect The Newcomer - It

Is Your Right And Moral Responsibility To Carry The Message Not An Addict Off To Bed...

Do Not Allow Grandstanding Or Filibustering

Do Not Allow The Group To Include Outside Issues Such As Another Fellowship, Topics Such As Aids Or Whose Doing Whatever To Whom

Do Not Allow Surveillance Of Your Group Or Let Your Group Be Affiliated Or Listed With Agencies Like United Way, Community Health, Glibt, Or A Church

Do Not Use Or Allow Literature From AA To lie On Table Or Be Hung - This Also Goes If Your Meeting Is In A Church. If Wall Hangings Are Not Able To Be Covered - Face The Group Away From Them And In No Way Ever Include Such Things In The Content Of The NA Meeting!!!!

Do Not Allow Cross Talk Or "Follow-Up Comments"

Do Allow Addicts New To Your Meeting Or New To NA To Catch Up On Our Lingo (Addict Versus Addict/Alcoholic) - And Do Catch Them After The Meeting And Share About This Clarity For The NA Message

Do Not Allow A Meeting Format Where Only A Few Share - But They Are The Same Few At Every Meeting - Others Get Bored And Never Return `Cuz They Are Hurt That Once Again They Are An Outsider

Do Not Let NA Or Other Addicts Down. A Meeting Of NA Recovery Is A Part Of A Worldwide Fellowship That Needs Meetings To Find A Home, To Not Use And To Not Die . Be There. Be Honest/Open-Minded And Willing. You Need NA.

And Finally, To Share With You About The New And Revised Rocky Mountain Forum:

We Are 4 Regions: Colorado, Montana, Utah And Wyoming (Upper Rocky Mountain Region Who Are A Problem/Discussion/Solution(s) Clearinghouse For Our Regions And NA. We Meet For Two Days At Our Annual Meeting. On Fridays, We Meet For Our Business Meeting And To Actively Share In Each Of Our Member Regions' Needs. Then, On The Saturdays Of Our Annual Meeting We Will Hold Discussion Groups And Workshops To Which We Really Encourage All Addicts To Attend!!!

Note: The Saturday Meeting Of The Odd Year Second RMF Meeting Will Be Devoted To The CAR!!!

We Have A Web Site Don Explains

We Stay In Fairly Constant Connection Thru The Internet But We Do Meet Once Per Year In Even Year And Twice Per Year On Odd Years. The Second Meeting For An Odd Year Is About The Conference Agenda Report (CAR) From World

We Rotate Out Meetings Thru Each Of The Regions:

2004 - Colorado Region

2005 - Sept - Montana Region

Dec - Utah Region

2006 - Upper Rocky Mountain Region (Wyoming)

2007 - Colorado Region

Montana Region

And So Forth.....

We Get Most Of Our Financial Support Thru Each Region!!! But We Are Not Above Selling RMF Merchandise Or Holding An Event To Help RMF Or Any Of Our Member Region...

We Also Answer To The World Service Committee (WSC) And Are Allowed To Meeting And Present On The Floor Of The WSC

At The End Of Our Annual Meeting We Generate A Priority List / Action Item List Of Member Activities For The Coming Year.

We Invite The World Board To All Our Meeting And Especially Try To Have Them For The Car Meetings

We Offer The Following For Addicts, Groups, Areas And Regions Within The Rocky Mountain Forum Boundaries:

1. Suggestions For Solution(s) To NA Problems Given To This Body

2. Addicts For Outreach If At All Possible / If Needed

3. Information (Meeting Lists, World Registration Help, Literature, Computer Contacts, Resource Contacts And Computer Links)

4. Contacts With Interested, Experienced And Service-Oriented Addicts As Resource People

5. A Web Site (www.rmfn.org) Which Has Our Mission Statement, Contact Methods, Topics Posted For Discussion, An Activities List, An Archive Of Our Activities And The Traditions Of NA As They Affect The Rocky Mountain Forum

We Are Action-Based With Web And Postal Contacts. We Are Here To Serve The Addicts Within The Boundaries Of The Rocky Mountain Forum Through The Spiritual Principles Of Unity And Love.

Questions: All Of Us Respond.....

Thank You All From Attending

Thank You Wyoming Addicts For Being Here

And Thank You The Upper Rocky Mountain Region Convention Committee, Especially The Program Subcommittee For Having Us...

Let's Just Stay In Place, Join Arms - Everyone Connect - And Say The 3rd Step

Prayer By Beginning With **God - "Take My....."**