

Step Discussion Format

Welcome to the _____ meeting of Heroin Anonymous. My name is _____ and I am a heroin addict. Before we begin, please silence all cell phones. Please help me open this meeting with a moment of silent meditation followed by the Serenity Prayer.

Heroin Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from heroin addiction. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for membership; we are self-supporting through our own contributions. H.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts to achieve sobriety.

This is an open meeting of Heroin Anonymous. Everyone is welcome. In keeping with our primary purpose, we ask that all who participate confine their discussion to their problems with heroin.

Is there anyone here that has less than 30 days of sobriety? If so, will you please let us know who you are so we may become better acquainted after the meeting?

Are there any out of town visitors who would care to tell us where you are from?

I have asked _____ to read "A Way Out".

The 7th Tradition reminds us we are fully self-supporting through our own contributions. I have asked _____ to read the 12 Traditions while we observe the 7th.

If you do not have a home group and would like to join the _____ *Group*, please see me or any of our home group members after the meeting. Would all home group members please raise their hands?

Are there any secretary announcements?

Today I have asked _____ to hand out key chains to recognize various lengths of sobriety.

I have asked _____ to share for 15 minutes their experience strength and hope on Step _____.

After speaker shares – This is a discussion meeting. Please limit your sharing to your *experience only* with the topic of discussion. We ask that you do not use this meeting for resolving problems outside of your sobriety. We encourage you to discuss such matters with your sponsor or others after the meeting. If you begin sharing outside of the topic of discussion or sharing your opinion rather than experience, the chairperson may ask you to stop so others may speak. Please limit your sharing to 3 to 5 minutes so others have a chance to speak.

We will now open the meeting for discussion.

5 minutes before end of meeting – We would like to thank everyone for participating this evening.

Is there anyone who has a desire to use?

If anyone raises his or her hand - "Someone will speak to you after the meeting."

Is there anyone who does not have a sponsor?

If anyone raises his or her hand - "Someone will speak to you after the meeting."

Before closing we will have _____ read No More Suffering.

We will now close with a moment of silent meditation and ask that _____ lead us in a prayer of his or her choice.