



## H&I Meeting Format

Welcome to the \_\_\_\_\_ H&I meeting of Heroin Anonymous. My name is \_\_\_\_\_ and I am a Heroin Addict. Before we begin, let's open this meeting with a moment of silence 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 with 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 relating to their recovery.

We will now go around the room and introduce ourselves, starting at my left.

I have asked \_\_\_\_\_ to read "A Way Out".

Lead - Announce any H.A. related announcements or events.

We will now follow the format agreed upon in our group's conscience. (Big Book lead, speaker meeting, 12 step study, panel, or discussion meeting). If you are sharing problems outside your sobriety, the chairperson will ask you to stop so that others can share.

We will now close with a prayer of our choice.