I would like to welcome everyone to the …….. online meeting of Narcotics Anonymous. My name is…..., and I am an addict. Can we start the meeting in the usual manner with a moments silence to remember the still suffering addict, both inside and outside the rooms.

It is the conscience of the group that participants remain muted until there is a need for them to speak, as to not disrupt the meeting. **If you wish to speak please raise your hand icon.**

**Is there anyone here at their first NA meeting***? (Welcome and suggestions; do as many meetings as possible, RELAX & LISTEN etc.)*

**Are there any NA related announcements?**

**For anyone requiring access to our Literature, please visit glasgowna.com , where you will find both our Literature and online meeting information.**

**We now have some readings taken from our literature please**

**raise your hand icon if you wish to read a card**

Who is an Addict?

What is the NA Programme?

Why are We Here?

How it Works

12 Traditions of NA

We do Recover

**We celebrate lengths of clean time to show by the power of example that NA works. Once again please raise your hand icon if you require to speak. Is there anyone celebrating:**

**Multiple** years clean?

**18** months?

**One** year?

**9** months?

**6** months?

**90** days?

**60** days?

**30** days?

Is anyone celebrating their **first day** clean?

**We will not be collecting our 7th Tradition at this meeting but would encourage anyone who wishes to donate to please visit ukna.org/7**

The format of this meeting is that ………... has kindly agreed to share their experience, strength and hope for approx. …. mins, we will then open for general share until ……. With that I ask you to sit back and listen and to tune into the similarities and not the differences as I hand it over to……..

Thanks. I will now open up for the second half of the meeting. If you wish to share, please click on the raise hand icon. The meeting may be busy, so we please ask that you be mindful with you time.

Just for Today. (CARD ON SCREEN)

Anonymity Card (CARD ON SCREEN)

& Serenity Prayer (CARD ON SCREEN)