**Preamble for NA Western Online Meeting (Ireland)**

Welcome to the NA Western Online Meeting of Narcotics Anonymous. My name is \_\_\_\_\_\_\_\_\_\_\_\_ and I’m an addict and serving as your meeting secretary or online moderator.

The group’s conscience has asked that all member’s microphone is muted unless it’s your turn to share; Background noises such as pets, televisions, and even eating can all take from the atmosphere of the meeting.

Crosstalk and disruptive behavior are not welcome in this room. This is a safe space for members to share their recovery. If you have used today you are requested not to share during the meeting, but please speak to a member afterwards and keep coming back.

Mutual respect is welcome here.

Please be conscious this is a closed meeting of NA for addicts only, and that family members or house mates, etc cannot hear or see what is being shared in the meeting. Please respect other people’s anonymity. The choice to show your video is yours.

We will have “co-hosts” in service on this meeting and they will help with muting microphones, timer, posting the readings, running the meeting, and turning off video if necessary. Thanks to \_\_\_\_\_\_\_ & \_\_\_\_\_\_ for being our co-hosts.

This is a *Secretaries’ Choice* meeting and tonight the format chosen by the secretary is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e.g. A reading from Living Clean, Just For Today Speaker Meeting Other

I am going to call on people to do a reading, and it can be read from…

the chat function below, your own book at home, or on screen share.

Could \_\_\_\_\_\_ please read ***Who is an Addict?***

and \_\_\_\_\_\_\_\_\_\_\_ please read ***What is the NA Program?***

and \_\_\_\_\_\_\_\_\_\_\_ please read ***Why are we Here?***

and \_\_\_\_\_\_\_\_\_\_\_ please read ***How it Works***

and \_\_\_\_\_\_\_\_\_\_\_ please read “***The Clarity Statement***”.... to be agreed.

This is a closed meeting of Narcotics Anonymous, drugs and associated paraphernalia are not permitted in the meeting room such as showing it on screen.

If you are here for the first time you are very welcome. In order to benefit most from this meeting we ask that you try to identify with what you hear rather than looking for differences. The newcomer is the most important person at any meeting as we can only keep what we have by giving it away. We identify as addicts who help each other stay clean from all drugs and recover from the disease of addiction by following a simple 12 step program.

Tonight’s format chosen is \_\_\_\_\_\_\_\_\_\_\_ e.g A reading from Living Clean/ Speaker

I will now ask \_\_\_\_\_\_\_ to… read from the book/ share their Exp/Str/Hope Other

Thanks \_\_\_\_\_\_\_\_\_ for your reading/ chair/ other

This next bit only works with up to about 30 people in the room or it gets unmanageable:

We will now unmute everyone and just go around the room and introduce ourselves one at a time **with just our** first name and where we’re from. Please try not to talk over anyone.

I’ll start, My name is \_\_\_\_\_\_\_\_\_ I’m and an Addict and I’m in \_\_\_\_\_\_\_\_ *Galway/Mayo/etc. Watch the screen or participants list to see if everyone has shared.*

Okay, thanks everyone. This is a 90 minute meeting ending at 9:30pm

We’ll try and get round to everyone, but after the meeting the room will stay open for anyone who wants to ‘chat’ in the “meeting after the meeting” like at our home groups.

It's our group conscience decision that in this meeting we’ll use a timer, of 4 minutes.

The secretary will let you know when you’ve 1 minute left to wrap up your message,

and the chime will go off at 4 minutes.

We’ll have a 7 Tradition at the end of the meeting.

“The meeting is now open”

After a couple of shares (be patient & loving), just make a secretary prompt to address any issues arising, e.g. to keep microphones on mute during a share unless it’s their turn,

addressing if there’s misuse of the chat (such as non-NA material) or other issues.

At roughly 9:15. We’ve time for some more quick shares…

At 9:20pm, Thanks everyone so much everyone for being here, we’ve come to the end of the sharing portion of the meeting but the meeting is not over. After the Serenity Prayer the room will stay open for anyone who wants to stay on chatting

In a second we’ll have our readings.

In accordance with our 7th tradition “Each group is fully self-supporting declining outside contributions”. We can take up a collection to pay for our online expenses, and any surplus is used at Area, Region & NA World Service.

We encourage all members to continue to contribute during this time to help carry our message of recovery to the addict who still suffers.

We are setting up a group PayPal account, and for now we have the Western Area bank account details we’ll post in the chat

Copy and paste into the chat….

Account Number : 54349038

IBAN: IE62AIBK92709654349038

Sort Code: 93-70-96

BIC: AIBKIE2D

we also have the Irish Region account we’ll put in the chat..

Irish Region Account details –

Sort Code **93-10-47**

Account number **80336317**

BIC **AIBKIE2D**

IBAN **IE25AIBK93104780336317**

Irish Region PayPal email - [**regppregion@gmail.com**](mailto:regppregion@gmail.com)

(To contribute with PayPal select ‘**family & friends’** as the recipient then no fees will be deducted from your contribution by **PayPal**)

Will \_\_\_\_\_\_\_\_\_\_\_ please read ***The 12 Traditions of NA***.

Will \_\_\_\_\_\_\_\_\_\_\_ please read ***We do Recover***

And can \_\_\_\_\_\_\_\_\_\_\_\_ please read ***Just for Today***.

Is there anyone celebrating clean time? Applause & cheers

Sponsorship is an essential part of our 12 step program, “we only keep what we have by giving it away”. We would ask that anyone who is practicing the NA Twelve Steps with a sponsor and is willing to become a sponsor to please “raise your hand” using the raise hand tool to let the newcomer know you are willing to sponsor.

Are there any NA related announcements?

-)“Check [www.na-ireland.org](http://www.na-ireland.org) Covid-19 link for updates to Irish Meetings and details of other Irish online meetings”

-) Online meetings around the world can be found at [www.virtual-na.org](http://www.virtual-na.org)

-) This meeting’s group conscience is hosted by the Western Area Service Committee and we'll also hold them on here.

We will now close with the Serenity Prayer (decide to “unmute all” or allow people unmute themselves - but be prepared for disruptive background sound if you unmute all)

Keep Coming Back / Keep Logging On!

After the meeting people can cross-talk/chat, just encourage being able to hear one another.

Is someone who hasn’t shared is still there, maybe reach out and say Hi \_\_\_\_ do you want to introduce yourself? etc.

The Meeting Room is set to stay open after a host leaves, but like in a normal meeting, group members should look out for newcomers and vulnerable members, etc.

A host or co-host can end a meeting if it’s deemed suitable.