

## Instructions for Chairperson of Self-Help Group Meeting (60 min)

### 1. Introduce yourself (1 min).

- Hi. My name is \_\_\_\_\_ and I'm an addict.
- Welcome to the NA Meeting here at \_\_\_\_\_.

### 2. Have all the members introduce themselves (2 min).

- Hi. My name is \_\_\_\_\_ and I'm an addict.

### 3. Read the Serenity Prayer (1 min).

- Can we please have a moment of silence followed by the Serenity Prayer?  
*God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.*

### 4. Ask members to read aloud the following sheets in the Meeting Kit in turn (5 min).

- Who is an Addict? (Sino ang Adik?)
- What is NA? (Ano ang Programa ng N.A.?)
- Why are we here? (Bakit tayo Naririto?)
- How it Works (Paano Ito Magagawa)
- 12 Traditions (Ang Labingdalawang Tradisyon ng N.A.)

### 5. Explain principles and rules of the meeting (2 min).

- Before we begin there are a few things that we ask:
  - Give the speaker the same respect you would want if and when you get the opportunity to speak at a meeting.
  - Identify with (his/her) feelings and not compare (his/her) story with yours. (He/She) may not have used like you did but the feelings are the same.
  - Keep an "atmosphere of recovery." After the speaker shares, we will open the floor for you to have the opportunity to share freely.

### 6. Read one of the 12 Steps selected as today's topic (1 min).

### 7. Allow members to share their stories and thoughts related to today's topic (45 min).

### 8. When time is up, ask members to read aloud the following sheets in the Meeting Kit in turn (2 min).

- We do Recover (Tayo ay Gumagaling)
- Just for Today (Para sa araw na ito)

### 9. Close the meeting with the Serenity Prayer (1 min).

- Can we please have a moment of silence followed by the Serenity Prayer?  
*God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.*