



www.nicotine-anonymous.org

SAMPLE 7: Phone meeting format

(Most phone meetings have different formats that follow a groups individual decision. There are different options to choose from depending on what telephone service you choose. Therefore, you would want to add the prompts that you will be using. Most phone meetings have different formats that follow a group conscience. So, you may want, for example, to add the type of meeting (topic, speaker, etc.), time share period, or perhaps how long the meeting will last to your format.)

Nicotine Anonymous Phone Meeting Sample Format:

Chairperson:

First, who is willing to do the readings today? We need ___ volunteers(s).

Let us open the meeting with a moment of silence for those who still suffer both on and off this phone call, followed by the Serenity Prayer.

You may unmute and join us. God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

[Mute the room.]

Welcome to the _____ Group of Nicotine Anonymous. My name is _____, I'm a nicotine addict (**if applicable,**) and along with _____ will be your hosts for this meeting.

Here is the Nicotine Anonymous Preamble –

Nicotine Anonymous is a fellowship of people helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is a desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self-supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution, does not engage in

any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

Are there any other Nicotine Anonymous Announcements?

Nicotine Anonymous program is a spiritual approach to first gain then maintain freedom from nicotine. The program consists of our Twelve Steps and Twelve Traditions, as well as the five Tools, which are meetings, sponsorship, literature, group contact list, and service.

We have found the Twelve Steps of Nicotine Anonymous can be a powerful process to guide us on our road to recovery. Today _____ will read the Twelve Steps. As the Twelve Steps describe a personal path to recovery, the Twelve Traditions provide form and unity to our entire fellowship. Will _____ please read our Twelve Traditions.

Today we will be reading from _____. Would _____ please read

(There are many different system features as far as what is typically called Q&A mode that meetings use for sharing. Explain to everyone how it works.)

(If applicable) I will now pass to my co-chair to lead us in our shares today. Thank you _____ .

Welcome everyone, my name is _____. Now it is time for sharing – All are welcomed and will be supported here. It does not matter if you are still using nicotine or not. Tradition Three states: The only requirement for Nicotine Anonymous membership is the desire to stop using nicotine.

(At the end of sharing you could pass back to your co-chair. Start the closing at the agreed time.)

Will _____ please read “Our Promises.”

According to our Seventh Tradition “there are no dues or fees, but we are self-supporting through our own contributions”. If you would like to help the fellowship that is helping you, go to our website nicotine-anonymous.org and click on any Donate button to make a contribution. While you are there look around and find many resources.

For the newcomer, please do not be discouraged. No matter how long you have been using nicotine or how many times you have tried to quit, you will find among us those who have similar stories.

Please stay after the meeting for fellowship, to talk to members, ask questions or to get a member's contact information to assist you in building your network of support. Please allow the chairperson time to first address any newcomers after we close.

In honor of both our willingness to be here together and our groups hope to be free of nicotine, let us join telephone handsets, because together we can do what we could not do alone, and close with the we version of the Serenity Prayer. (***Explain how to unmute***) .

God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference.

ASK FOR NEWCOMER QUESTIONS

ADD HERE ANY PERTINENT NUMBERS FOR REFERENCE. –

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