

Recovery & Beyond

#1 Opening

Welcome to Recovery & Beyond! My name is _____ and I have volunteered to guide tonight's meeting.

We welcome you to a safe, all-inclusive space that believes in self-empowerment- this is no more my meeting than it is yours. We are all equal regardless of our backgrounds.

Recovery & Beyond recognizes and encourages all different approaches to sobriety. We know that every single individual is unique and support every person in finding their own journey to recovery. We are a non-professional group that strives to help one another find what works best for them. No one approach is favored over the next.

We ask that you please silence any devices out of respect for everyone at the meeting and that you please refrain from any cross-talk until everyone has had the opportunity to speak.

Could someone please read our mission statement? (*allow #2 mission statement to be read*)

Thank you. Let's begin by going around the circle to my right and introduce ourselves. Again, my name is _____ (*Allow Introductions*)

We welcome you to discuss the topic presented, or to comment on anything related to addiction, or even how your day or week has been. To ensure that everyone has an equal opportunity to share, we ask that you be mindful of the time and group size, and keep your shares to a reasonable length. I will now present the topic. My topic for tonight is : _____

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2 Mission Statement.

We believe each of us carry the strength within to achieve and maintain sobriety and we are here to help one another find that strength.

We aim to foster an environment of positivity and personal growth.

We acknowledge that there is a life outside of recovery and support one another regardless of outside beliefs.

We believe we are all equal regardless of length of sobriety or meetings you have attended. This is everyone's meeting.

We acknowledge recovery can be difficult to manage alongside daily pressures. Because of this, we are an open meeting. We welcome any supports or family including children within these walls. We just request they respect the anonymity of the group.

We encourage cross talk and will allow for it after everyone has had the opportunity to speak.

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#3 CLOSING

Thank you everyone for participating in this meeting.

We will now pass the hat around for donations. This money is used to facilitate these meetings. Donating is not required. **(Pass the donation box around)**

Is there anyone here willing to volunteer to guide next week's meeting? If you are contemplating guiding a meeting and feel uncomfortable feel free to partner up with someone or ask for help. Reading is unnecessary and you are welcome to only choose the topic if you wish.

Various lengths of sobriety can be celebrated if you wish. Is there anyone wanting to accept a 1 month chip? 3 month? 6 month? 9 month? 1 year? Multiple years?

Congratulations to everyone in the room on your progress in your recovery.

Let's close by giving ourselves a hand. **(Clap, meeting over)**