

# What to Expect at a Meeting:

Meetings are generally 60 minutes in duration.

- The meeting opens with the 'Serenity Prayer'.
- Introductions – everyone will introduce themselves by first name only.
- Any announcements concerning the group as a whole will be made.
- Twelve Steps/Twelve Traditions and/or other readings from the Blue Book will be read.
- Some groups have everyone share in the reading but if anyone wishes not to do so they can simply pass.
- A general topic will be decided and members will share their experiences, strength and hope.
- A donations basket is passed for a small contribution towards coffee, facility fees, or literature. First time attendees are not expected to contribute.
- Meeting closes with the 'Serenity Prayer'.

First time attendees often share what led them to the group. If you are not comfortable with sharing, you are welcome to simply listen.

If you have questions, you should wait until after the meeting to discuss with one or more of the members. Crosstalk during the meeting is discouraged.

Meetings are focused on us, not the addict.

We will respect your anonymity and request the same from all who attend.