

ALL RECOVERY MEETING

OPENING

I would like to welcome everyone to the Manchester All-Recovery Meeting. We welcome all people who struggle with addiction, are affected by someone else's addiction and/or support the recovery lifestyle. An All Recovery Meeting is not part of any 12 Step, AA, NA or any other "Anonymous" group, though you may hear many comments commonly associated with those fellowships. Now, let's have a moment of silence to remember why we are here... Thank you.

Coming from a place of **mutual respect and understanding**, let's observe some basic meeting agreements:

1. Please respect the opinions and remarks of others.
2. Please let's have only one person speak at a time.
3. Please turn your cell phones off or place them on vibrate.
4. Please refrain from the overuse of profanity in order not to offend others.
5. Please refrain from cross-talk

Are there any announcements?

Let's begin by introducing ourselves to one another, and **how you introduce yourself is completely up to you**. My name is _____ and I am _____. (*You might consider saying, "My name is ____ and I am a person in recovery."*)

This is a topic discussion meeting, and as we choose a stick, please feel free to share on the topic or anything that you feel will enhance your recovery. Please be mindful of the amount of people in the room and the amount of time you share.

*(Start the sharing with some thoughts on the meeting topic. When finished say something like, "That's it for me, who'd like to share?" **It is best to refrain from commenting on other people's sharing; the less you say as facilitator, the better.**)*

CLOSING

In closing, I would like to thank everyone for coming today. Let's close this meeting with a positive affirmation about ourselves or about our recovery followed by a moment of silence.

(Start this by giving a positive affirmation like "I'm proud of my recovery today", "Life is good today"... After everyone has shared, say "Thank you".)