**Atmosphere of Recovery**

Session materials: Brainstorming Guidelines, Groundrules, Facilitators Instructions, 12 Traditions and 12 Concepts handout, note sheets, IP#29 An Introduction to NA Meetings.

Purpose of session:

* What is an Atmosphere of Recovery?
* Who needs it?
* Why do we need it?
* What can we do to help create it?

**Session Set-up 5 minutes**

Presenters share a little about their home group and their experience with creating an atmosphere of recovery there. Consider the following questions: What makes that group attractive? How is it a strong NA group?

Ask a few members to share about the atmosphere in their home groups and provide some answers to the above questions.

**Large Group Discussion 10 minutes**

Ask members to describe an atmosphere of recovery in 1 or 2 words, e.g. welcoming, inclusive, safe etc. Write these down at the front of the room for everyone to see.

Ask members: “Who needs an atmosphere of recovery?” Again, write these down at the front of the room. If no-one offers the thought, remind everyone that everyone needs it, whether they are newcomers, members coming back from a relapse, or those of us who have been here for a long time.

Offer this quote from Tradition 5 in IWHW:

“Many meetings are structured to carry the message to our newest members. These new members often need more encouragement to stay, more answers to their questions, more of our love and care. But the newest members are not the only addicts who need the message of recovery. The still-suffering addict with whom we share our hope may be any one of us, regardless of clean time. Tradition Five is not limited to helping newcomers. The message of recovery is for all of us.”

**Small Group Discussion 15 minutes**

Review the brainstorming guidelines, groundrules, and facilitators instructions so everyone understands the small group discussion process.

Ask each table to review the 12 Traditions handout and think of ways that some of Traditions relate to an atmosphere of recovery. Ask them to supply ideas for as many of the Traditions as they are able to.

**Small Group Feedback 15 minutes**

Hear one idea from each table at a time, moving through the Traditions. If time is available get more than one response for each Tradition.

**Large Group Discussion 15 minutes**

Now that we have a list of what an atmosphere of recovery is, who it is for, and how it relates to our traditions, we can talk together about how each of us can do our part to help create it.

Try to group similar ideas together, asking questions such as “What can we do as individuals?” and “What can we do as a group?”

Close the session by reviewing some of the ideas offered, especially those that members can take home with them and try in their groups.

(If it is available) remind everyone that IP#29, An Introduction to NA Meetings, is available on the tables. This simple resource answers many of the basic questions about NA and can help newer members to understand how we do things “the NA way.”