

## Carrying the NA Message Making NA Attractive-IDT

### Session materials:

- Facilitators' instructions/Groundrules
- Traditions & Concepts Sheets—1 per table
- Membership Survey—1 per table
- Session notes sheets/lit quotes
- Large post-it sheets for table responses and markers

### Session Goals

5 minutes

- Members are aware of what the NA message is and what a clear NA message is.
- Members discuss and understand the importance of the spiritual principles involved in
  - o Traditions 3 and 11 in carrying the message and making NA attractive
  - o All are welcome and are attracted to an atmosphere of recovery in the group
  - o In the outside community, NA is viewed as an effective and viable option for recovery
- Members are inspired to focus on carrying the message

### Introduction to the Session

5 Minutes

**(Slide 2)** Welcome to the Issue Discussion Topic workshop on Carrying the NA Message and Making NA Attractive.

**(Slide 3)** This topic was the second most highly rated Issue Discussion Topic in 2018. Today we're going to talk together about how we can individually and collectively better carry the message and how we can help our groups feel like home for the addicts who walk through the doors.

**(Slide 4)** You have a number of handouts, one of which is a notes sheet with quotes on the other side. This quote on the screen is the last one listed on that sheet. It comes from IP #2 The Group. This is really why we're here. [Read quote.]

We can't control who gets clean and who does not, but we can do our part to make addicts feel welcome when they find the rooms of NA.

**(Slide 5)** Membership Survey Graph. One of the other handouts on your table is the membership survey graph. As you may know, NA does a membership survey every three years. One of the questions we always ask in the survey is How important do you think your first NA meeting was in getting/staying clean? You can see that more than half of the members who responded said it was very important, and another 12% said it was important. So first impressions really count; we need to do our best to make that first meeting attractive. Sometimes we only get one chance to show an addict empathy and recovery.

### Large Group Discussion

10 Minutes

Let's take a few minutes to share some of our personal experiences with first impressions in NA.

*[Facilitator describe an experience from your personal recovery: one in which the new member was welcomed and felt attracted to NA and one in which s/he was not welcomed and perceived NA badly.]*

Let's hear from a few of you—what was your first positive experience in NA that made you want to stay? It might be something as simple as a smile or a hug at the door, or maybe someone asked you to help in some way.

**(Slide 6)** QUESTION: What was your first positive experience in NA that attracted you and made you want to come back and stay? [Facilitators call on a few people to share their responses to this question.]

#### Small Group Discussion

25 Minutes

**(Slide 7)** *[Facilitator: give a warning at 15 minutes that the group should be switching to the next question. If they haven't chosen their top one or two priorities for the first question yet, they should. They can do that through a show of hands—voting on each idea—if they wish. Give another warning at 30 minutes that they should be moving to the third question.]*

1. What is our message, and how does our group demonstrate a commitment to it?
2. How does this commitment affect our members and our group, and what effect does it have in the greater community?
3. How can I help ensure that newcomers are welcomed with an “attitude of helpfulness, acceptance, and unconditional love”? (It Works: How and Why, Third Tradition)

After 20 minutes have elapsed ask each group to share the results of their discussions.

#### Wrap-up Discussion

20 Minutes

**(Slide 8)** Spend 5–7 minutes calling on tables to report their top two ideas on question one. Then do the same thing for question two and then question three. Make sure to limit reporters to no more than 2 or 3 ideas so that you can hear from as many tables as possible in 10 minutes.