

The Highlands & Islands Group of Narcotics Anonymous

The Purpose of this group is to act as a focal point primarily for isolated addicts living in the Highlands & Islands Area of Scotland but of course is non exclusive and we welcome any addict from anywhere in the world who needs a meeting but is unable, through geography, disability or any other reason, to attend normal face to face meetings.

We are an open meeting of Narcotics Anonymous that is held Via a SKYPE connection, so in order to attend you will need to have access to a computer, and be online and at a bare minimum have the SKYPE software loaded on it with an active account. *It is of course individual choice but we would recommend that as this is an open meeting of NA that you may wish to set up a SKYPE account that does not show your full name, in order to protect your anonymity and in keeping with our Traditions.* You will need to have a microphone headset or speakers available in order to participate fully. However if you are unable to provide those things it is possible to share in text with us through the SKYPE text box.

Our SKYPE name is [highlandsandislands-na.group](#) So if you add that to your SKYPE contacts list by sending a contact request we will be able to add you to the list of Members.

The meeting takes place on Wednesdays at 1pm & Saturday evenings at 6pm UK local time.

SKYPE meeting Guidelines,

1. This meeting is an open meeting of Narcotics Anonymous which means that anyone can attend but we would ask that if you are a non addict that you refrain from sharing during the meeting, as sharing is reserved for members and addicts who believe they have a problem with drugs.
2. We ask that you might confine your shares to those matters relating to and affecting your recovery and the 12 Step Program of Narcotics Anonymous.
3. We also ask that you refrain from abusive language and obscenities, personal attacks or expressing opinions on outside issues in line with our Traditions.
4. All and any text, shares or messages entered into the SKYPE text box during the meeting will be deleted immediately after the meeting to ensure the confidentiality and anonymity of our members.

How our meetings work,

1. As with any Narcotics Anonymous meeting we have a Chair, who having been elected by the Group, is responsible for conducting the meeting according to our Guidelines and who's service it is to ensure that the meeting remains focused on recovery and carrying the message within our Fellowships 12 Steps and 12 Traditions.
2. In order for us to add you to the group call for a meeting your SKYPE account will need to be showing as online and please don't try to call us we will call you.

3. In order to maintain an atmosphere of respect please refrain from interrupting or making verbal comments whilst another member is sharing but please do welcome members and acknowledge shares, as you would in any normal Face 2 Face meeting.
4. If you wish to share then please wait until the person sharing has finished and the Chair indicates that the meeting is again open for sharing.
5. We would ask that you please remember to mute your microphone during the meeting unless or until you wish to share, thank those who have or indicate that you would like to share. This is to avoid any possible feedback and background noises.
6. In keeping with Tradition 7, *Every NA group ought to be fully self-supporting, declining outside contributions*. If you wish to make a donation you may make deposits in the account shown below: Lloyds TSB, Highlands & Islands Group of NA, Sort Code: 87-34-52 Account No: 82013560. All deposits made to that account and not used to support the group are forwarded to our local Area Service Committee to help support local and national NA services. Alternatively you may also make donations at www.na.org through their donations portal. **Please note** *We are unable to accept donation from non addicts in keeping with our tradition of self support and declining outside contributions*.
7. In order to protect anonymity we ask that you please delete your IM history and the group call records from your SKYPE contacts at the end of the meeting.

NB. These guidelines are transitory and subject to change as and when group conscience dictates.

Group Service Positions:

1. Chair
2. Greeter/Technical assistant
3. Treasurer
4. Group Service Representative

NB Clean time requirements and service roles and responsibilities to be defined by group conscience and in accordance with those as defined by the currently Fellowship Approved "Guide to Local Services" and "Group Booklet" which can be found here:

The Group Booklet

http://www.na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/Booklet/Group%20Booklet.pdf

Guide to Local Services

<http://www.na.org/admin/include/spaw2/uploads/pdf/GLS.pdf>

Group Treasurers Handbook:

http://www.na.org/admin/include/spaw2/uploads/pdf/handbooks/Group%20Treasurer%20Workbk_2003.pdf

*God grant us the serenity
to accept the things we cannot change;
courage to change the things we can;
and wisdom to know the difference.*

The Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The Twelve Traditions of Narcotics Anonymous

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Twelve Steps & Traditions reprinted for adaptation by permission of AA World Services, Inc.

The Twelve Concepts of NA Service

1. To fulfil our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.
2. The final responsibility and authority for NA services rests with the NA groups.
3. The NA groups delegate to the service structure the authority necessary to fulfil the responsibilities assigned to it.
4. Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.
7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.
8. Our service structure depends on the integrity and effectiveness of our communications.
9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. NA funds are to be used to further our primary purpose, and must be managed responsibly.
12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.

The Twelve Concepts for NA Service were modelled on AA's Twelve Concepts for World Service, published by Alcoholics Anonymous World Services, Inc., and have evolved specific to the needs of Narcotics Anonymous.

Useful Information:

What to Expect at Your 1st NA Meeting:

PDF Leaflet containing useful information on attending Narcotics Anonymous Meetings for the 1st time:

<http://www.ukna.org/rokdownloads/What%20to%20expect/what-with-new-tel-no.pdf>

UKNA Website www.ukna.org

With pages of Public Information for UKNA and links to UKNA's Meetings Lists & Service Material, NA Literature, NA Contact details both locally and worldwide, UKNA & Global NA Events Lists and also the UKNA Recovery Forums and Online Text Meetings. For more information please contact website@ukna.org

UKNA Helpline No. 0300 999 1212

