

# NorthStar Online Format

Welcome to the NorthStar Online Group of Narcotics Anonymous.

This meeting typically meets on Thursday at 7PM EST, New York, but we have decided to extend to every night of the week, including our regularly scheduled meeting on Thursdays. All of these meetings are at the same time, with the same Zoom Meeting ID#

Because of the size of this meeting we will skip introductions, but please feel free to introduce yourself and let us know where you're from in the chat section.

Tonight's format will be \_\_\_\_\_

Once we open up the meeting for sharing please "raise your hand" to be added to the queue. To raise your hand simply go to "Participants", find your name, and click "Raise Hand". You can also "lower your hand" this way too. Please keep your hands raised to remain in the queue. Please lower your hand to be removed from the queue.

This meeting will be using a 3-minute timer. One of our co-hosts will let you know when your time is nearing its end. Please wrap up your share at that time. Part of sharing is sharing the time. This is a 90-minute meeting and will end at 8:30 EST, New York. However, we will leave the meeting open for a little while after for people to fellowship/chat.

Please note that your microphone should remain muted for the entirety of the meeting unless you are sharing. Please avoid unmuting your microphone to recognize members at the start and end of their share. Instead we suggest you acknowledge members using 'jazz hands' or via chat.

I will be managing the queue and keeping participants muted. I have asked \_\_\_\_\_ to manage the timer and chat.

I have asked \_\_\_\_\_ to read....

[Who is an Addict-](#)

[What is the NA Program-](#)

[Why are We Here-](#)

[How it Works-](#)

[Twelve Traditions-](#)

[We Do Recover-](#)

[JFT Card-](#)

JFT Daily Meditation-

And now we will read out of \_\_\_\_\_.

A reminder that our seventh tradition states that we ought to be fully self-supporting, declining outside contributions. You can donate via Venmo @northstaronlinegroup and the last four digits of the associated phone number are 1519.

A few reminders before we begin:

- Raise your hand to be added to the queue, lower your hand to be removed from the queue
- Part of sharing is sharing the time
- Use Jazz Hands or acknowledge members via chat instead of unmuting your mic

The meeting is now open

### **At 8:25pm**

Our seventh tradition states that we ought to be fully self-supporting, declining outside contributions. The money collected goes to pay for the meeting space, literature, and to carry the message worldwide. Visitors should not give, but donations from members are welcome. You can donate via Venmo @northstaronlinegroup and the last four digits of the associated phone number are 1519.

Are there any NA related announcements?

We will now unmute all participants to close with the serenity prayer

### Trusted Servant Schedule

Sunday

Chair/Queue/Mute:

Timer/Chat/Video:

Backup Support:

Monday

Chair/Queue/Mute:

Timer/Chat/Video:

Backup Support:

Tuesday

Chair/Queue/Mute:

Timer/Chat/Video:

Backup Support:

Wednesday

Chair/Queue/Mute:

Timer/Chat/Video:

Backup Support:

Thursday

Chair/Queue/Mute:

Timer/Chat/Video:

Backup Support:

Friday

Chair/Queue/Mute:

Timer/Chat/Video:

Backup Support:

Saturday  
Chair/Queue/Mute:  
Timer/Chat/Video:  
Backup Support: