

## Meditation on Reflections

Welcome to the \_\_\_\_\_ meeting of Heroin Anonymous. My name is \_\_\_\_\_ and I am a heroin addict. Before we begin, please silence all cell phones, this includes vibration mode. Please help me open this meeting with a moment of silent meditation followed by the Serenity Prayer.

Heroin Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from heroin addiction. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for membership; we are self-supporting through our own contributions. H.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts to achieve sobriety.

This is an open meeting of Heroin Anonymous. Everyone is welcome. In keeping with our primary purpose, we ask that all who participate confine their discussion to their problems with heroin.

Is there anyone here that has less than 30 days of sobriety? If so, will you please let us know who you are so we may become better acquainted after the meeting?

Are there any out of town visitors who would care to tell us where you are from?

I have asked \_\_\_\_\_ to read "A Way Out".

The 7th Tradition reminds us we are fully self-supporting through our own contributions. I have asked \_\_\_\_\_ to read the tradition of the month while we observe the 7th.

If you do not have a home group and would like to join the \_\_\_\_\_ Group, please see me or any of our home group members after the meeting. Would all home group members please raise their hands?

Are there any group announcements?

Today I have asked \_\_\_\_\_ to hand out key chains to recognize various lengths of sobriety.

This is not a meeting that promotes one form of meditation over another. If there is anyone here without experience with meditation, we encourage you to sit still to the best of your ability. I would like to ask everyone to show respect during meditation by observing silence and refraining from moving around the room. At the end of the following reading we will start a period of silent meditation lasting 10 minutes (make sure ONE person will time it). We will remain in silence for a few moments to give ourselves time to slowly come back to the room and adjust to our external senses.

I have asked \_\_\_\_\_ to read today's reflection.

### **MEDITATE FOR 10 MINUTES**

Ask \_\_\_\_\_ to read the reflection again.

Now is the time we share our thoughts on the Daily Reflection. Group conscious asks that you please limit your sharing to 3-5 minutes so others have a chance to speak. The meeting is now open and as always, that you for respecting group conscious.

5 minutes before end of meeting – We would like to thank everyone for participating this evening.

Is there anyone who has a desire to use? If anyone raises his or her hand - “Someone will speak to you after the meeting.”

Is there anyone who does not have a sponsor? If anyone raises his or her hand - “Someone will speak to you after the meeting.”

Before closing we will have \_\_\_\_\_ read A Vision For You.

We will now close with the lord’s prayer.