



Recovery in the Lifestyle Sample Meeting Format

Secretary or Meeting Chair: Welcome to this meeting of lifestyle people who are seeking recovery and our friends who support us. Our fellowship has been formed to bring people in the lifestyle together to share in their recovery. We ask everyone to turn cell phone's to vibrate or silent mode.

Ahead of time, the secretary asks for volunteers for readings.

1. Open with the Serenity Prayer followed by our Preamble. *Other readings may be included:*

- a) Serenity Prayer
- b) Preamble (always read)

Recovery in the Lifestyle is a fellowship of people who share their experience, strength and hope with each other, that they may solve their common problems and help others recover in the lifestyle. The only requirement for membership is a desire to be in recovery. There are no dues or fees for membership; we are self-supporting through our own contributions. Recovery in the Lifestyle 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 in recovery and help others in the lifestyle to achieve it.

- c) 12 Steps (frequently read)
- d) 12 Traditions (on occasion)

2. Next we go around the room so attendees who care to can introduce themselves, indicating both their primary recovery program and their lifestyle affiliation.

3. The secretary then introduces the leader (speaker), who identifies as he or she begins, and shares for about 15 - 20 minutes. After the leader opens the floor for sharing, and calls on people. *NOTE: Usually people raise their hands and are recognized, but members can also be called on.*

4. Late in the meeting we hold the 7th tradition: The secretary says, "We are self supporting though our own contributions so at this time we will pass the basket." *NOTE: Often the sharing will continue as the basket is passed.*

5. At the end of meeting time, the leader asks the secretary if there are any announcements. *NOTE: In addition to the secretary we allow members to make related announcements, too.*

6. To close our members stand, hold hands and say the Serenity Prayer (or the Our Father).