

MEDICATION-ASSISTED RECOVERY ANONYMOUS®

MEETING FORMAT GUIDE

Leader tips:

1. *A couple of things to prepare ahead of time would be to decide what type of group meeting you plan to hold (discussion, topic based, step based) and what the meeting focus will be for that day.*
2. *At the beginning, give your introductions and start with a time of silence.*
3. *Share the reading of the Preamble and then explain what the group is about.*
4. *Feel free to read directly from this script.*

Hi, my name is _____. I'd like to welcome you to this MARA meeting. Let's start our meeting with a time of silence.

(Read the MARA Preamble out loud.)

MARA meetings are solution focused. We emphasize no judgement of others nor harsh judgement of ourselves. We ask that you not say anything which may interfere with the progress of another human being or one's own progress.

On that note, many people have been harmed, shamed, or felt judged at traditional meetings. Please be aware of repeating traditional jargon so as not to interfere with their progress. We do not want anyone to change their past, but we do not want to negatively alter someone's future.

Additionally, if you talk about a particular drug or alcohol, consciously be aware of details so as not to be a trigger for other members. We wish to maintain a safe lifestyle and help others to learn how to live this way.

This is a: (Discussion meeting), (Topic Meeting), (Step Meeting). At this time please silence any electronic devices you may be carrying. If you have any papers you would like to get signed, pass them to me now. You can pick them up at the end of the meeting.

This group is autonomous, independent and may vary from other MARA groups.

If you are new to MARA or from out-of-town and would like to introduce yourself to the group, please do so now: _____.

At MARA we recognize each day we strive to live a safe lifestyle. We do not offer tokens for multiple lengths of time because we understand that everyone does not have the same definition of recovery. Many of us have seen that quantity doesn't equal quality. Nobody here is more important than anyone else. If you have a Desire chip, please hold it up for a couple of seconds so others know they're not alone. Thank you!

(Optional, if someone wants to read their chip, allow them to do so: “A desire to live a safe lifestyle – TODAY”) If you don't have one and would like one, please come up and grab one now or after the meeting. Thanks!

I want to remind everyone that we do not give medical advice or directions to others. Any medical direction needs to be done by an outside physician. We must stress this because giving medical advice can be dangerous and could lead to death. We want to enjoy life, yet not forget that addiction can be a matter of life or death.

Whether or not you are utilizing medication-assisted recovery, you are welcome here. We welcome all people seeking recovery from an unsafe lifestyle.

MARA has no requirements. No referrals are needed. We have no initiation fees, no contracts to sign. Nothing is required of you and you are free to come and go as you like. We will not chase you down nor attempt to make you seek recovery. You are a member of this fellowship when you say you are. We welcome all who attend our meetings with open arms.

Would someone please read the Twelve Steps of MARA? (A member reads)

Being that today's meeting is a (Topic) (General Discussion) (Step) meeting, we are going to focus on (Name to Topic or the Step). - Or - As a general discussion meeting, let's try to focus on staying in the solution while we share.

**If the group is crowded you can ask that they limit their sharing to 5 minutes to allow others to have the opportunity to speak.

**Half-way through the meeting the chairperson can announce that MARA is still a small organization and that we would like to grow. If you are able to donate, there is a basket being passed. If you are unable to donate regardless of the reason, please do not feel badly in any way. We just want you to feel comfortable here and come back. Once again, non-judgement is our code.

MARA Meeting Closing:

Long version -

“Today, we share a common desire. We desire to live safely. Regardless of where we are in our journey, we encourage each other to continue. Many of us have seen the reward of trust reappearing in our lives. We value the trust of others. Each day we keep in mind the importance of not interfering with the progress of another person. Additionally, let's not interfere with our own progress.”

Short version –

“Today, we desire to live safely and help others do the same. We believe in the power of non-judgement. With these in mind, we strive to make progress each day.”