

MEDICATION-ASSISTED RECOVERY ANONYMOUS®

MEETING FORMAT GUIDE

Leader tips:

1. *Start your online meeting 5 minutes early to make sure your Zoom account connects on time. Open in-person doors early, as well. Always have a back up host ready!*
2. *Decide what type of meeting you plan to hold (discussion, topic based, step based) and what the meeting focus will be for that day.*
3. *At the beginning, give your introductions and start with a time of silence.*
4. *Share the reading of the Preamble and then explain what the group is about.*
5. *Feel free to read directly from this script.*

*** This guide is for both in-person and online hosts. Please adjust the wording for your group. If you are an in-person/hybrid host group that has certain reporting requirements, please remind the group so online attendees can make the choice to attend a different meeting if they choose. ***

Hi, my name is _____. I'd like to welcome you to this MARA meeting. Let's start our meeting with a time of silence to let go of anything that would keep you from being present in our meeting today.

(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 share things which may interfere with the progress of another human being or one's own progress. Anything that is shared in this group should stay in this group to maintain the integrity of our meeting together.

Many people have been harmed, shamed, or felt judged at traditional meetings. Please be aware of repeating traditional jargon. We are not AA, NA, or another traditional type of group. We do not want anyone to change their past, but we do desire to move safely and positively into the future.

Additionally, if you talk about a particular drug, alcohol, or life situation, consciously be aware of sharing details that may 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. I will return them 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 this group 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 a Desire chip and would like one, please let me know and I can make sure to get you one. 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 remember 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. 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 well attended, you can ask that they limit their sharing to 5 minutes to allow others to have the opportunity to speak.

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."