**H&I Format**

Welcome to the \_\_\_\_\_\_\_\_ H&I meeting of Heroin Anonymous. My name is \_\_\_\_\_\_\_\_\_ and I am a Heroin Addict. Before we begin, let’s open this meeting with a moment of silence 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 with 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 relating to their recovery. Can we go around the room and introduce ourselves?

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

**Follow the agreed on format for the facility**

(Big Book, Speaker, Step Study, Panel, or Discussion).

Please limit your sharing to 3 to 5 minutes so others have a chance to speak. If you are sharing problems outside your sobriety, the chairperson will ask you to stop so that others can share.

**5 minutes before closing**

We would like to thank everyone for participating this evening. We will now close with a moment of silent meditation followed by the Serenity Prayer.