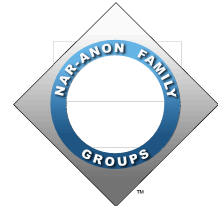




Midwest Region of Nar-Anon Family Groups



Growth - Healthy Meetings - Recovery

Study: Guide to Local Service

Pages 3-2 to 3-9

Nar-Anon Midwest Region

Nar-Anon Family Groups

2024 - 2025

Service Literature – Nar-Anon Family Groups

Page 3-2 to 3-3 Sample Format for Nar-Anon Meetings

1. How can changing/choosing various readings from the "Little Blue" (Nar-Anon Blue Booklet) help the meeting for all members? (pages: 2, 4, 5, 6, 12, 13, 15)
2. Why do we read aloud about using CAL (Conference Approved Literature) only?
3. How does reading the paragraph discouraging cross-talk and not giving advice help our meetings stay healthy?
4. How is limiting sharing time helpful?
5. How is reading the comments on anonymity essential for member safety?

Page 3-4 Meeting Ideas

6. How does your FHG select a meeting leader? Is it the same person or do members take turns? Pros & Cons
7. What are some ideas to vary the meetings? Does your FHG change things up or do they use the same format every meeting? Pros & Cons

Page 3-5 to 3-8 Suggested Formats for Beginner Meetings

8. Were you aware of guidelines for Beginner Meetings or Six-week series?
9. What is different for the Beginner Format meeting vrs regular Nar-Anon meeting?

Page 3-9 Meeting Types

10. What is the difference between an Open & Closed meeting?
11. We guard the anonymity of others & ourselves in Nar-Anon. How can Speaker Meetings record a meeting & keep this practice top of mind?