

## **90 Meetings in 90 Days: An Introduction to AA and NA Meetings**

*If you're planning to go to an NA or AA "12-Step" meeting for the first time,  
it might be nice to know what to expect.*

If you show up early, stay late, and ask lots of questions before and after the meeting, you'll probably get the most out of every meeting you attend.

If you are not an addict/alcoholic, look for an open meeting, which welcomes observers, friends, family members, students, care providers and others.

Closed meetings are reserved for those who consider themselves to be alcoholics/addicts, or who are investigating that possibility for themselves. Newcomers are always welcome at closed meetings regardless of whether they have made up their minds about themselves.

If you're an alcoholic or addict, or think you might have a problem, we suggest a meeting every day for at least ninety days to get to know members and our program.

We are not concerned with types or amounts of drugs used; we focus on the ways addiction and recovery affect our lives.

Meetings are not classes or group therapy sessions. We do not teach lessons or provide counseling. We simply share our personal experiences with addiction and recovery.

Meetings are often held in churches, treatment centers, or other facilities, because these places tend to be affordable, available, or convenient. NA and AA are not a part of or connected to any other group, organization, or institution.

To respect the anonymity of all of our members, we ask that people who attend our meetings not talk about who our members are or what they share in meetings.

NA/AA has no membership fees or dues.

Our program of recovery begins with abstinence from all drugs, including alcohol. Sometimes people come to meetings while still using, drinking, detoxing, or while on drug replacement therapy. Regardless of what you may be taking when you first come to NA, you are welcome.

Members often have questions about prescribed medications. We encourage you to read NA literature, which will explain NA's approach to recovery, and to talk to NA members who have faced similar situations about what worked for them. We are not professionals and cannot offer expert opinions in medical matters; we can only share our personal experiences with one another.

Meetings are usually either discussion or speaker meetings.

Discussion meetings allow members to take turns sharing.

Speaker meetings allow one or more members to share for an extended period of time.

Visitors and newcomers are usually asked to introduce themselves by their first name.

In most places, it is customary for members to gather in a circle to end the meeting with a short prayer or reading. Though you may hear prayers in meetings, ours is a spiritual, not religious program.

***The important thing is to "keep coming back" and to have as open a mind as possible.***