

## Opening

Hello everyone. Welcome to this Online All-Recovery meeting. My name is \_\_\_\_\_. An All-Recovery meeting welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle. An All-Recovery meeting is “non-denominational”, meaning all pathways of recovery are embraced here. Today, I will choose a universal recovery topic and then we will discuss it. Specifically, an All-Recovery meeting is not affiliated with any “Anonymous” program although we are likely to hear comments associated with 12-Step fellowships.

Coming from a place of mutual respect and understanding, let’s observe some basic meeting agreements.

1. Please no cross talking; only one person speaks at a time.
2. Please mute yourself unless you are sharing.
3. If you're video is on, please be dressed appropriately for a meeting.
4. Please refrain from the overuse of profanity in order not to offend others.
5. Please use the "raise your hand" function or wait to be called on.

Are there any announcements?

Let’s begin by introducing ourselves to one another, how you introduce yourself is completely up to you. Again, my name is \_\_\_\_\_ and I am \_\_\_\_\_.

*{You might consider saying, “I am a person in long-term recovery and for me that means...”}*

Let’s have a moment of silence to remember why we are here... Thank you.

This is a topic discussion meeting and the topic I have chosen is \_\_\_\_\_. You may share on this topic (or not) or on something else that relates to recovery. Please be mindful of the amount of people in attendance and our time frame when sharing.

*{Start the sharing with some thoughts on the meeting topic. When finished say something like, “That’s it for me, who’d like to share?” As best you can, refrain from commenting on other people’s sharing, the less you say as facilitator, the better.}*

## Closing

In closing, I would like to thank you all for coming today. We close an All-Recovery meeting with a positive affirmation about ourselves followed by a moment of silence to remember why we are here.

*{Start this by giving a positive affirmation like “I’m proud of my recovery today”, “Life is good today”. After everyone has shared, offer a moment of silence then, close by saying “Thank you”.}*