Introduction Workshop Narrative and Notes

Welcome and thank you for making time to be with us and participate in the Carolina Nar-Anon Fall Assembly workshop – Treasures of Healthy Meetings!

*Opened Workshop with Serenity Prayer*

If you are here today, it probably means that your group has made it through the very difficult months of the pandemic. You may be meeting in-person or virtually or both - you and the members of your group have continued to show up every week because you remember how grateful you were the first time you attended a meeting and were greeted by members who shared their stories, their experience, strength and hope. You have done the most important part by keeping the Nar-Anon meeting going in your community. We hope your time with us today will help you continue to build on that important service.

*Read the October 8th SESH reading*

The “Treasurers of Healthy Meetings” workshop focuses on three areas that can foster group health – 1. growing personal recovery 2. growing meetings and 3. retaining newcomers. We will ask you to think about and share what you are doing in your groups or what you would like to do in your groups to grow these *treasures.* We hope the process will identify ideas and tools to support the work you are already doing to keep meetings healthy and fulfill our primary purpose of carrying Nar-Anon’s message of hope.

Workshop Presentations—

1. Tina…Growing Personal Recovery
2. Jean & Phil…Growing Meetings
3. Carol…Retaining Newcomers