



Recovery in the Lifestyle Meeting Format

Meeting Chair: **Welcome to this meeting of lifestyle people who are seeking recovery and our friends who support us. Our fellowship has been formed to bring people in the lifestyle together to share in their recovery. We ask everyone to turn cell phone's to vibrate or silent mode.**

(Ahead of time, the secretary asks for volunteers for readings.)

- 1) Open with the Serenity Prayer
- 2) _____ has offered to read the Preamble
- 3) _____ has been asked to read the 12 Steps
- 4) The 12 Traditions will be read by _____

Next we go around the room so attendees who care to can introduce themselves, indicating both their primary recovery program and their lifestyle affiliation.

7th tradition: "We are self supporting though our own contributions so at this time we will pass the basket."

Does anyone have a topic or suggestion for discussion? (if not, read a meditation or bring up a topic of your own)

At the end of meeting time, the leader asks if there are any Recovery related announcements.

Close the meeting by thanking everyone for coming and ask them to join in saying the Serenity Prayer (or the Our Father).