

SUGGESTED PARTICIPATION MEETING FORMAT

Welcome to the (_____) meeting of Pills Anonymous. My name is (_____) and I am a Pill Addict. Are there any other pill addicts present? Welcome! Not to embarrass you, but so that we could get to know you better, will those of you in your first 30 days of clean time please let us know who you are? Would you please stand and state your name and your disease?

Pills Anonymous is a fellowship of men and women who share their experience strength and hope with each other that they may solve their common problem and help others to recover from pill addiction. The only requirement for membership is a desire to stop using pills. There are no dues or fees for PA membership; we are self supporting through our own contributions. PA is not affiliated with any religious group, politics, organization or institution. We do not wish to engage in any controversy and neither endorse nor oppose any cause. This is a program which works by regularly attending meetings and working the 12 Steps of Recovery with other pill addicts. Our primary purpose is to carry the message to the addict who still suffers. We work together to stay clean and help others achieve the same freedom.

It is a custom in Pills Anonymous to read "In the Solution." I've asked (_____) to read for us.

The Twelve Traditions are to the group what the Twelve Steps are to the individual. I've asked (_____) to read for us.

We are fully self-supporting through our own contributions. At this time we will observe the 7th Tradition. Newcomers need not feel obligated to contribute. Please remain quietly seated while the baskets are being passed. (AFTER BASKETS ARE COLLECTED)

(OPTIONAL) We give chips at this meeting for 30, 60 and 90 days, 6 and 9 months, 1 year, 18 months, and 2 or more years of continuous clean time – free from all mind-altering substances. Please keep your sharing brief so that we may have time for participation afterward. Is there anyone here in their first 30 days of clean time who wishes to take a newcomer chip? 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? 2 or more years? We give a cake for every 365 days of continuous clean time. We have (_____) birthdays.

(OPTIONAL: LEADER QUALIFIES FOR 5-10 MINUTES) This is a 1 hour participation meeting. We encourage newcomers to ask any questions they may have regarding the program and recovery. Please do not share if you have had any drugs or alcohol in the last 24 hours. There is no cross-talk at this meeting, and all questions should be directed at the speaker. Please limit your sharing to 3-5 minutes. Who would like to start?

(TEN MINUTES BEFORE THE MEETING ENDS) Our time is up. If you have any questions that went unanswered, or if you feel the need to share, please introduce yourself to someone after the meeting and exchange phone numbers. We are all here to help. Are there any secretary's announcements?

(AFTER SECRETARY'S ANNOUNCEMENTS) After a moment of silent meditation for the addict who still suffers, would (_____) lead us in the prayer of his/her choice?