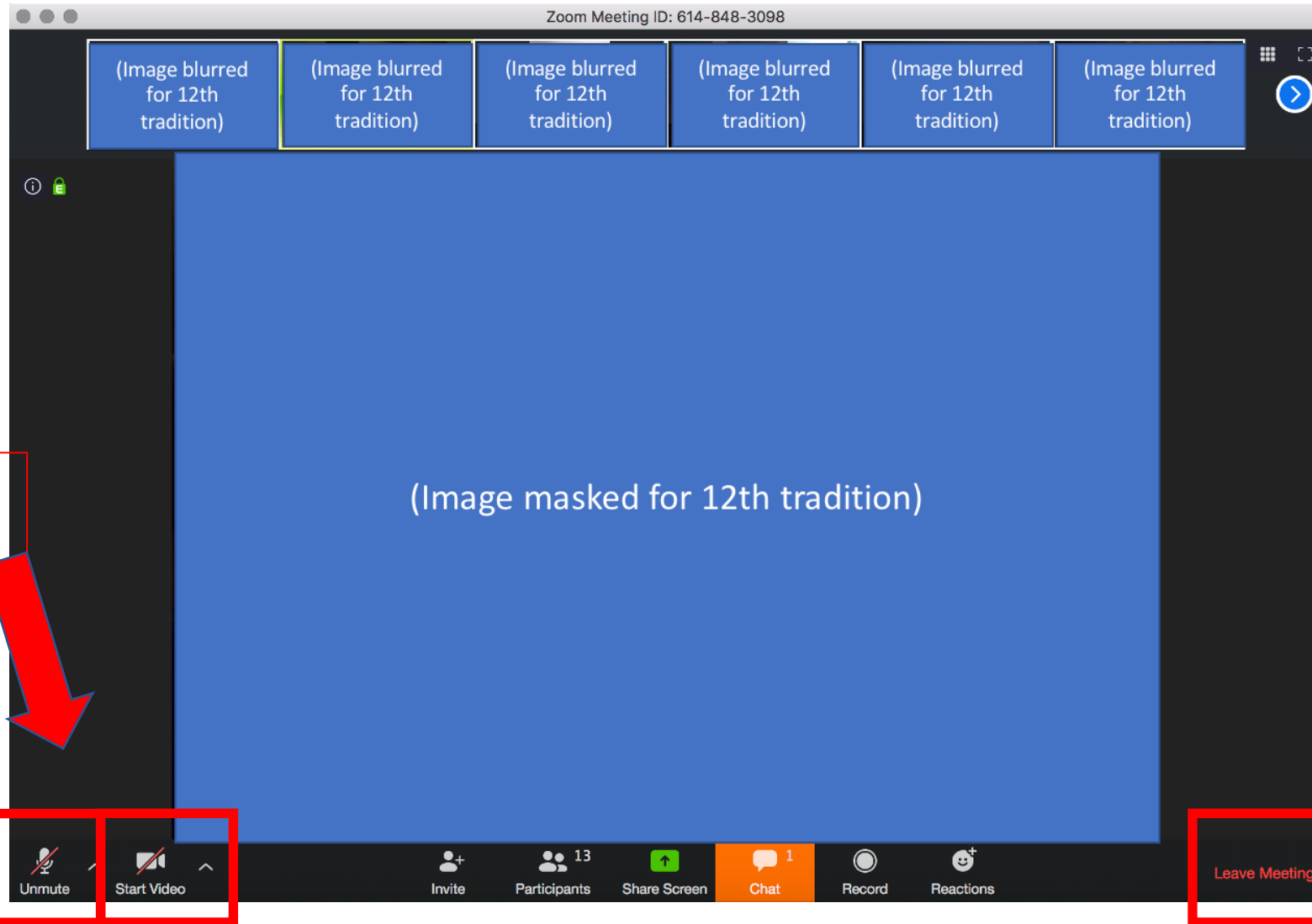


# How to join an online meeting (Using a Computer / Laptop)

1. Go to this URL: <https://zoom.us/download>
2. Download the “Zoom Client for Meetings”
3. Click the downloaded program to start the installation
4. Once the program is installed, best is to click the [NA Online Meeting URL](#) to reach the meeting
  - Your internet browser may request permission to open the Zoom software
  - You may need to enter a name for yourself, if this is the first time you join this meeting
5. Click “Join With Computer Audio” to join the meeting
  - You may need to turn on your speakers volume in case you do not hear anything.
  - You may need to mute your microphone when joining the meeting (Your microphone is **on** by default when joining Zoom meetings)

# Zoom Computer/Laptop Interface



Enable/Disable Video

Mute/Unmute your microphone

To exit the meeting  
Click here, or close the window

Unmute

Start Video

Invite

Participants 13

Share Screen

Chat 1

Record

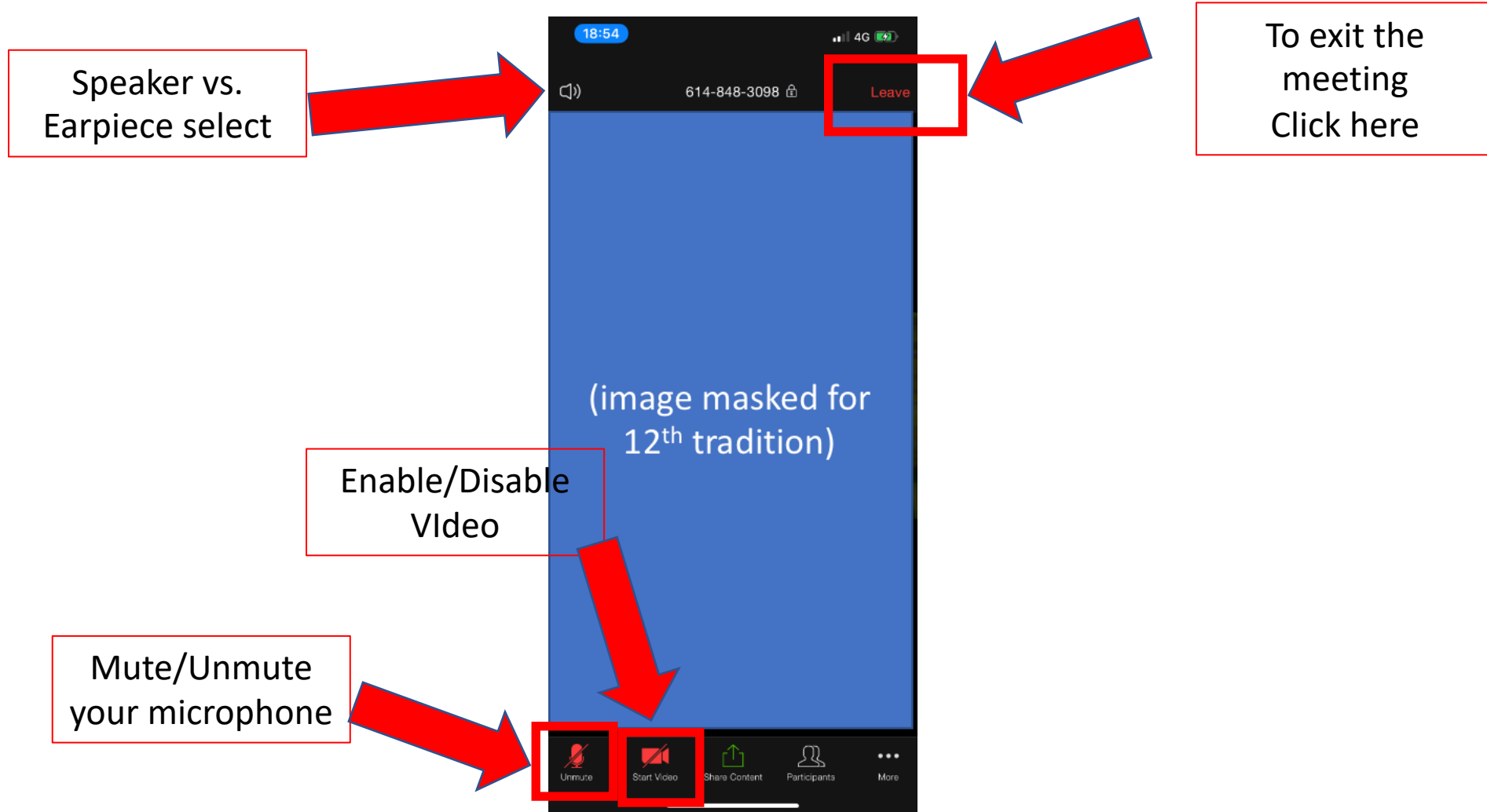
Reactions

Leave Meeting

# How to join an online meeting (Using a Smartphone)

1. Install “Zoom Cloud Meetings” from the Appstore ([iOS](#) , [Google Play](#))
2. Once the app is installed, click the [NA Online Meeting URL](#) to reach the meeting
  - You may need to enter a name for yourself, if this is the first time you join this meeting
3. Click “Join with Video” to join the meeting
4. Click “Call using Internet Audio”
  - You may need to click the middle of the screen after joining the meeting to see a menu allowing you to mute/unmute your microphone
  - You may need to click the middle of the screen after joining the meeting to see the speaker icon (top left) to switch from your phone earpiece to your phone Speaker if available

# Zoom Smartphone Interface



# Joining the Zoom meeting via Telephone

From Germany Dial:

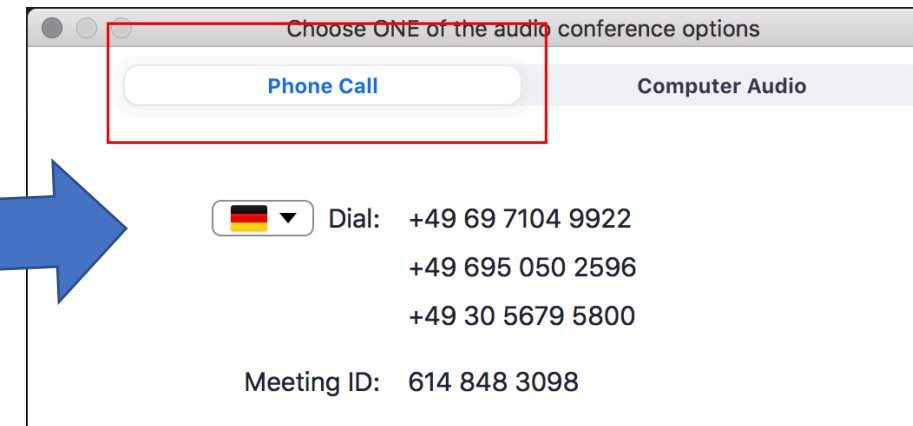
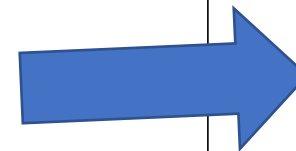
+49 (0)69 7104 9922 OR

+49 (0)695 050 2596 OR

+49 (0)30 5679 5800 OR

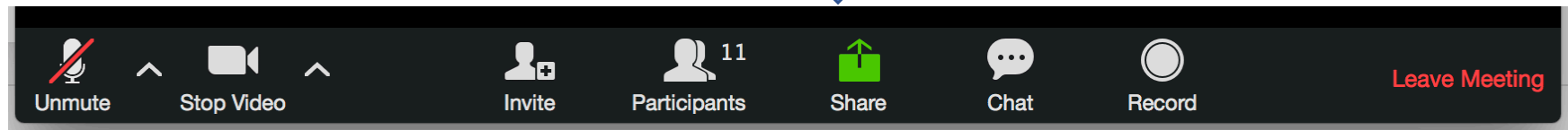
You will be prompt to enter the Meeting ID: 614 848 3098

You can also enter the Zoom meeting to see a list of LOCAL phone numbers for every country around the world to join the Berlin NA meetings by clicking “Phone call” and selecting the flag of the country where you’re at

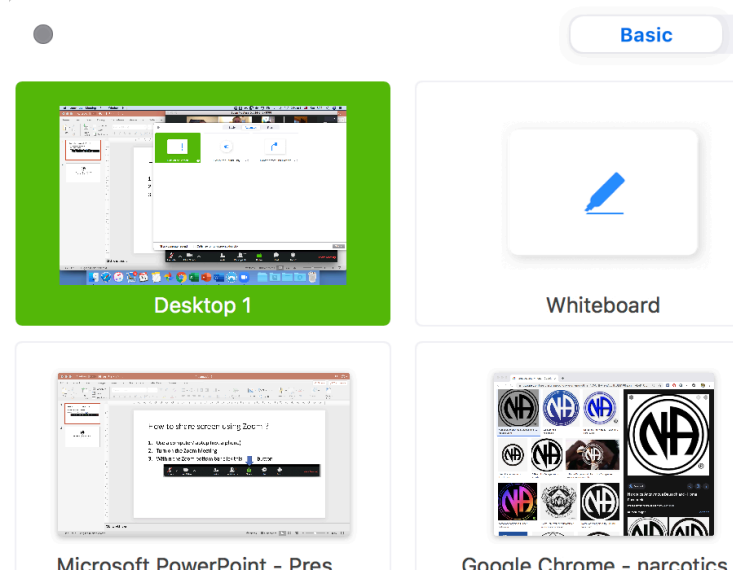


# For the meeting chair: How to share screen using Zoom ?

1. Use a computer/laptop **(not a phone)**
2. Turn on the Zoom Meeting using the meeting link
3. Within the Zoom bottom bar click the Share button



4. Select "Desktop" in the popup button
5. Go back to this deck 😊



# Meeting format

- Define if the meeting requires video or not
- Etc....



# Narcotics Anonymous

Berlin English Speaking Meeting



# Serenity Prayer

*God, grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
and wisdom to know the difference.*

# Who is An Addict

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

# What Is the Narcotics Anonymous Program? (1/2)

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

# What Is the Narcotics Anonymous Program? (2/2)

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

# How It Works (1/4)

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

## How It Works (2/4)

6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

## How It Works (3/4)

12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—easy does it.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way.

# How It Works (4/4)

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members

of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.



# The Twelve Traditions of NA (1/3)

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions.

As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.

# The Twelve Traditions of NA (2/3)

6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

# The Twelve Traditions of NA (3/3)

Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our Traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free.

By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the Fellowship. However, when we apply these principles, we avoid some of the pitfalls.

Many of our problems are like those that our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

# Meeting Format

- Open Meeting
- Topic Meeting
- Literature Reading
- Speaker Meeting

# Before We Open the Meeting for Sharing

- Keep your share time to \_\_\_ Minutes
- Please mute your microphone while others speak
- Avoid cross talking

# Just for Today

Tell yourself

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.