

The Maine Area **HOSPITALS & INSTITUTIONS** Subcommittee of **NARCOTICS ANONYMOUS**
INVITES YOU TO BE OF SERVICE AND GET INVOLVED!!

WHAT: The H&I Subcommittee exists to carry the Narcotics Anonymous message of recovery into facilities where addicts are temporarily unable to attend regularly scheduled NA meetings. These facilities may include treatment centers, jails, or hospitals. H&I commitments are intended to simply introduce those attending to some of the basics of the NA program.

WHO: Any member of Narcotics Anonymous may become a member of the H&I Subcommittee and are *encouraged to do so!* However, members must have at least 90 consecutive days of clean time to vote on issues and at least 6 months of consecutive clean time to speak at a facility. **If you don't have the clean time, attend the subcommittee meetings anyway!!** You'll be *involved* and *ready* the minute you pick up that key tag!

WHEN: H&I Subcommittee meetings are held every month. The date and time will be announced at NA meetings and will be posted on the NA website. Commitments in facilities are scheduled by the Subcommittee.

WHY: Come on. You know why.

HOW: There are a number of ways to participate in H&I. THE LEVEL OF INVOLVEMENT IS UP TO YOU!! Don't think you have enough time? If you have enough time to go to a meeting, you have enough time to speak at a commitment.

Wanna share your experience, strength and hope in a facility? NO PROBLEM! Here's what you gotta do:

- Come to one of the monthly Subcommittee meetings and ask to be included on the SPEAKER LIST.
- Answer a few straightforward questions to determine eligibility, including clean time.
- Meet once with the H&I Subcommittee Orientation Coordinator.
- Some facilities require that you meet certain criteria before entering their facility. This will be coordinated through the Subcommittee.
- Wait for a panel leader to call you up and ask you to speak, then: CARRY THE MESSAGE!

It's that simple!

Wanna run a facility commitment on a regular basis? This position is called a Panel Leader.

The Panel Leader is the primary link between the resident addict and Narcotics Anonymous as a whole. Panel Leaders take an active role in strengthening the ties that bind us together and in carrying the NA message of recovery to the addict who still suffers. **This is the most important position in H&I,**

and here's where you start:

- First, get on the Speaker List.
- Attend two consecutive H&I subcommittee meetings and become a voting member. After this, you've gotta keep attending the committee meetings regularly. But this is fun, so it shouldn't be a problem!
- Meet the requirements outlined in our Guidelines, including 1 year of clean time.
- Some facilities require that you meet certain criteria before entering their facility. Like the Speaker List, this will be coordinated through the Subcommittee.
- The Subcommittee will let you know what commitments are available, and then step up to the plate! Some Panel Leader positions require a weekly commitment at a facility, others will be biweekly or monthly.

The H&I subcommittee also has positions for other trusted servants, like vice-Chair, Literature Coordinator and Orientation Coordinator. These elections are held annually. Once you're involved, the opportunities for service are endless!

The lie is dead, man. Get the message out. Get involved!

“What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way of life. Our message is hope and the promise is freedom.”

(Basic Text pg. 65/ Tradition 5)