

Heart t' Heart Meeting Format

(Approx. 1 1/2 hours)

Meeting Leader: This format has been provided to assist you in leading a Heart t' Heart meeting. Portions in regular type should be read aloud to the entire group. The italicized parts are for your information only.

1. Welcome to the (day of week) evening/morning meeting of Heart t' Heart. My name is _____, and I am a _____ (compulsive person, addict, person who deals with addictive behaviors, etc). I will be the leader for our meeting this week.
2. We would like to open this meeting with prayer. Would someone like to volunteer to offer the prayer?
(Meeting Leader: If no one volunteers, offer the prayer yourself rather than ask someone you don't know well.)
3. The (day of week) evening/morning meeting is a friendly place. We want to get to know each other better and offer each other a sincere welcome. Can we go around the room and introduce ourselves by our first name only? If, when you state your first name, you would also be willing to identify the challenge, addiction or compulsion that brought you to Heart t' Heart, the length of time you've attended Heart t' Heart or other Twelve Step groups, and your length of abstinence, you are welcome to do so. *(Meeting Leader: After each introduction, the group greets the person with "Hi (their name) , welcome.")*
4. Heart t' Heart is a twelve step support group patterned after the anonymous meetings which originated with Alcoholics Anonymous in the 1930s. It is dedicated to helping Latter-day Saint people overcome the bondage of compulsive/addictive behaviors through a practical proven application of the principles of the gospel of Jesus Christ as they correlate with the Twelve Steps. While Heart t' Heart is not affiliated directly with the Church, we are a Latter-day Saint community resource that sustains and supports all of the Church's doctrines and teachings.
5. The Heart t' Heart Twelve Steps and Twelve Traditions were adapted with permission of Alcoholics Anonymous from A.A.'s original steps and traditions. We would like to now read the Twelve Steps of Heart t' Heart. We will read the (italicized/bolded) version. *(Meeting Leader: There are three options for reading the steps: 1) bold only; 2) italicized "scriptural" version only; or both. The decision of which option to use is up to you as the leader for that meeting. You can ask one person to read all the steps, ask a different person to read each step, or invite the group to read in unison. The steps are found in the pamphlet "The Twelve Steps of Heart t' Heart," and in the workbook, He Did Deliver Me From Bondage.)*
6. We would now like to read the Twelve Traditions of Heart t' Heart. *(Meeting Leader: Read in the same fashion as the steps. The traditions are found in the "The Twelve Traditions of Heart t' Heart," "An Introduction to Heart t' Heart—Questions and Answers," and later editions of He Did Deliver Me From Bondage.)*
7. In accordance with our Seventh Tradition, anyone who wishes to donate to Heart t' Heart in order to help offset the cost of printed materials and other expenses may do so. *(Meeting Leader: If the group is meeting in a building that requires rent this should be mentioned as one of the uses for the seventh tradition donation. Pass a basket or envelope.)*
8. We have nine tools in Heart t' Heart that assist us in our recovery. These activities help us internalize the principles of the program. We encourage you to use at least one tool each day. The tools are: abstinence, anonymity, literature and music, meetings, prayer and meditation, service, sponsoring, telephoning, and writing. Would someone like to share about a positive experience using one of the tools, or about a tool you would like to use more in your program? *(Meeting Leader: If some in the group tend to share for extended periods of time, consider announcing that after three minutes, you will give each speaker a one-minute warning. This can*

be done simply by holding up one finger. Usually the person sharing will respect your signal and finish their remarks. Doing this is challenging, but it encourages us to be courteous and give others a chance to participate.)

9. We pass around a “We Care” list in meetings so members can exchange phone numbers for support phone calls. If you are willing to receive a phone call from another member, please list your first name and phone number. E-mail addresses may also be listed. *(Meeting Leader: After the tools have been read, please be sure to pass the “We Care” List. Encourage group members to list their first names only. Also remind them to pass the list a second time for the purpose of adding names and phone numbers to their personal phone list.)*
10. Are there any announcements or business to conduct at this time? *(Meeting Leader: Take care of the business, but keep this part of the meeting as short as possible. An optional 5 minute break may be taken at this point to give people a chance to visit and to buy literature.)*
11. Heart t’ Heart meetings are based on book study and/or personal writing, followed by open sharing. This is a (book study and/or writing group). *(Meeting Leader: The following guidelines are provided for each type of activities. If newcomers are present, read aloud the instruction for your activity. If only experienced members are present, this step may be omitted or condensed.)*

Book Study: Our group is currently studying from (title of literature). Let’s go around the circle, taking turns reading aloud a paragraph or two. You may pass if you do not wish to read. We will read until approximately (insert time). *(Meeting Leader: Acceptable materials include the workbook, He Did Deliver Me From Bondage, or other Heart t’ Heart approved literature, including tapes from Heart t’ Heart’s annual conference, literature from A.A. or other mainstream Twelve Step organizations, or The Church of Jesus Christ of Latter-day Saint scriptures. Refer to the Heart t’ Heart website (www.heart-t-heart.org) for details on approved literature.)*

Personal Writing: We would now like to take approximately _____ minutes for personal writing. Writing may relate to the reading or anything else you feel led to write about. *(Meeting Leader: Invite participants who have writing materials to share with any newcomer who might not have brought paper or pen.)*

12. We would like to use the rest of the meeting for sharing. *(If this is a writing meeting, invite members to share about their writing, if they wish.)* Sharing should be your own personal thoughts and not involve cross-talk or comments made directly about another member’s sharing. Please remember that in Heart t’ Heart we emphasize the solution rather than the problem, and principles over personalities. Please keep your sharing to approximately 5 minutes to allow all who wish to share a chance to participate. We invite everyone to give their first name when they share. This helps us to get to know each other more quickly. Who would like to begin? *(Meeting Leader: Watch the time and be brave enough to give a one-minute signal, so the speaker can be aware of their time. Be “gently firm” in this guideline. If time remains, additional sharing may be invited. Sharing should end 5 minutes before the close of the meeting so there will be time for the closing format and prayer.)*
13. Thank you for letting me be your leader for this meeting. Please let me remind all of us of two important points. First, the principle of anonymity as captured in this thought:
“Who you see here, what you hear here, when you leave here let it stay here.”
Second, the opinions expressed here are those of the individual who expressed them and don’t necessarily represent Heart t’ Heart as a whole.
14. Thank you for your participation. Could we please have someone volunteer to offer the closing prayer. *(Meeting Leader: Most Twelve Step meetings end with the group repeating together after the prayer, “Keep coming back. It works!”)*