



What to Expect During a Recovery International Telephone Meeting

- A friendly welcome.
- People who are willing to help themselves lead more peace-filled lives
- Meetings start and end on time. (We encourage you to remain on the call the entire meeting.)
- Meetings last approximately 60 to 90 minutes.
- All meeting times are listed as Eastern Time. Please adjust call times to fit your time zone.
- Phone meetings are toll calls and expenses are your responsibility. You may access the call using a calling card, cell phone or long-distance carrier's plan of your choice.
- Open meeting phone numbers and access codes may be shared.
- You'll be asked to identify yourself with your name and location if you wish to participate in the actual meeting. For a variety of reasons, you may wish to just listen, but sharing your name and location and saying you are only on the call to listen in is appreciated.
- If you enter the meeting late or need to leave the meeting early please do not interrupt the meeting but arrive and leave quietly so as not to disturb the meeting process.
- Please turn off any other communication devices, including speaker phone.
- To mute yourself on the call, press *6 on your phone. You will hear an operator's voice say "You are now muted." This will mute you and any background noises from your calling place to the callers.
- To un-mute your phone, please press *6 again. You will get a notification from the operator's voice to let you know you are no longer muted.
- Meetings are facilitated by volunteer leaders trained to demonstrate the Recovery Method. Leaders are people who practice the Recovery International self-help techniques.
- A Recovery International meeting is a safe place to share. All personal information disclosed during meetings is held in strict confidence, but we are not an anonymous organization.
- All phone meetings follow a standard, structured format.
- We listen quietly and respectfully when others are reading and speaking.
- We do not use offensive language.
- We don't offer advice, criticize, judge, analyze or make negative comments.
- We keep comments and spotting tools brief in order to have time for all to participate. Sharing one spotting or tool at a time is preferred. Until you are ready to participate, simply say "I pass."
- You will have an opportunity to ask questions or make comments.
- We don't discuss medication, politics, sex, religion, or legal issues in our meetings.
- We will pass a "virtual basket" at our meetings for voluntary offerings; you can make your contribution after the meeting online or by calling 866-221-0302 during regular business hours. Memberships are also available. Please check with the telephone group leader for specifics.

If you have questions, comments or concerns contact Joan Nobiling, Phone Meeting Coordinator, joan@lowselfhelpsystems.org; 607-432-2565.