

Suggested Speaker Guidelines

NCDA Intergroup

Speaking at an Intergroup event is a great way to do service, and a great way to grow and accelerate one's recovery. The audience will be grateful and inspired almost no matter what you say or do!

Requirements to be a Speaker at Intergroup Events

1. Abstinence: at least 1 year (not necessarily solvent)
2. Attending DA for at least 1 year
3. Currently attending meetings on a regular basis
4. Have had at least 4 PRGs for themselves in the last year
5. Currently have a sponsor

Guidelines for Speaking at Intergroup Events

1. Refrain from mentioning membership or experiences in other 12-step programs
2. Refrain from promoting themselves or others
3. Refrain from mentioning /promoting outside literature, movies, etc.
4. Refrain from discussing politics, specific religions or other outside issues
5. Refrain from mentioning/promoting other methods of recovery
6. Observe and stay within time allotted to speak
7. Speak loudly and into microphone and be certain everyone can hear
8. Attempt to address the theme of the event and/or describe
 - a. What your life was like before the program,
 - b. What your recovery process was like in program,
 - c. What your life is like now

Other General Suggestions for Program Moderator (MC)

- Make an announcement to ask people to either turn off their cell phones or set them to vibrate.
- At the start of the open sharing, make an announcement summarizing the suggested "Guidelines" 1-5 above, as well as asking people to stay within the 3-minute time limit.