

THANK YOU FOR VOLUNTEERING TO SPEAK AT THE GA-GAMANON SPEAKER MEETING

YOU ARE SCHEDULED TO SPEAK SATURDAY _____.

In order to keep the speaker meeting within necessary time and recovery boundaries we would like to suggest some basic guidelines:

- Please remember that this is an open meeting of both GA and Gamanon. We need to follow the guidelines spelled out in the 12 unity steps and be respectful of the diverse audience.
- We hope you will prepare to speak for approximately 30 minutes.
- As both fellowships are dedicated to personal recovery and change, we think those themes should be an important part of the talk you give. Obviously we all have travelled different paths in our times before GA and Gamanon. These "lives before" are an important part of your story but we hope the emphasis of your talk is recovery in GA or Gamanon.
- The decision to share your experience, strength and hope is a significant step forward in your recovery. Very few of us are comfortable speaking before large audiences and believe advance preparation is a helpful tool.
- Please let the speaker committee know if you have any special readings or readers you would like to include in the meeting.
- Traditionally the speakers talk is recorded. If you do not wish to be recorded please tell the speaker meeting committee.

Thanks again for your service!

Speaker meeting contacts:

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