

Welcome to Freethinkers Tús Nua



In Freethinkers Recovery you are free to have and express your own beliefs. We do not open or close with prayer nor emphasise any particular view.

Your recovery journey is whatever works for you. Our main purpose is to recover and help others who want recovery in their lives.

We are committed to creating a supportive and inclusive space where **harassment or discrimination of any kind will not be tolerated.**

Love and tolerance is our code.

How the Meeting Works

To avoid noise feedback, please stay on mute while not speaking. We will mute you if you forget, don't take it personally.

We don't use a timer but please be mindful of the length of your share so that everyone who wants to participate has a chance.

To minimise distractions, only the host and co-hosts will have access to the chat until the final part of the meeting.

The room will stay open after the meeting for fellowship and virtual coffee – everyone is welcome to stay and join us!

Before We Start

Do we have any recovery-related announcements today?

Is there anyone here for their very first recovery meeting of any kind?

Is there anyone joining **Tús Nua** for the first time who'd like to introduce themselves? We'd love to welcome you!

Are there any anniversaries we can celebrate with you today, whether it's years, months, or even days?

Cross-talk

“Cross-talk refers to interrupting, giving unsolicited advice, directly responding to someone's share, or commenting on it during the meeting”

While We don't have a hard and fast rule regarding cross-talk, be aware that some people don't appreciate it. **You're welcome to say if you'd rather not receive any comment or feedback after your share.**

Sharing your own story or feelings, even if inspired by someone else's share, **is not cross-talk**, as long as you keep the focus on yourself.

Lastly...

We're an All-Recovery group. You're welcome here whether you're seeking freedom from substances, behaviors, relationships, control, trauma, or all of the above.

Anonymity and confidentiality are essential for safe recovery. WHO you see here, **WHAT** you hear here, **WHEN** you leave here, **LET IT STAY HERE.**



You may come late or leave early, we're just glad you're here!

tusnua.eu