
North Star Recovery Group

About this Community

North Star Recovery Group hosts peer-support meetings across North America, offering a safe and welcoming space for anyone seeking connection and support in recovery. This guide is designed to help both newcomers and long-time members understand how our meetings operate — respectfully, consistently, and confidentially — so that everyone can participate with ease and confidence.

Our goal is simple: keep the focus on recovery while ensuring that meetings are comfortable, inclusive, and well-organized. Whether you're walking into your very first meeting or have been attending for years, these shared principles help us maintain the trust, structure, and sense of community that make our groups effective.

In the pages ahead, you'll find guidelines covering:

Attendance and facilitation — how meetings start, flow, and wrap up.

Speaking guidelines — ensuring everyone has a...

Sample Rules / Principles

- **Sponsorship & Step Work**

How to approach a sponsor and basic expectations on availability and boundaries.

- **Digital Meetings & Etiquette**

Mute norms, camera choices, chat use, and how to handle disruptions.

- **Meeting Format & Readings**

Standard script, readings, chips, and how chairs adapt when attendance is large.

- **Sharing & Cross?Talk**

Suggested time limits, avoiding advice?giving, and pausing for newcomers.



Scan to join or learn more

<https://ruletogether.com/103-north-star-recovery-meeting-principles>