



Guidelines for Starting a New In-Person Rageaholics Anonymous (RA) Meeting

These guidelines offer practical and spiritual considerations for members who are thinking about starting a new in-person Rageaholics Anonymous (RA) meeting.

At all times, our shared aim is to support RA's primary purpose:

To carry the message of recovery to those who suffer from rage and uncontrolled anger.

Starting a new meeting is an act of service. It is not about ownership, recognition, or control. Meetings grow through willingness, humility, unity, and shared responsibility.

Inclusivity and the Traditions

RA is open to anyone who has a desire to recover from rage and uncontrolled anger. In keeping with the spirit of the Twelve Traditions, membership is based on desire rather than conformity, status, money, background, or identity. Any two or three people gathered together for recovery from rage may call themselves an RA group, provided the group has no outside affiliation. Each group is autonomous while remaining mindful of the welfare and unity of RA as a whole.

Groups are encouraged to remain welcoming and inclusive, remembering that many newcomers may arrive feeling ashamed, fearful, isolated, or uncertain whether they belong. Our shared experience teaches us that honesty, humility, compassion, and identification help create an atmosphere where recovery can begin.

Personal Readiness

Before starting a new meeting, members are encouraged to reflect honestly and prayerfully:

- Is my own recovery steady enough to support this responsibility?
- Am I able to undertake service without neglecting my recovery, family, work, or health?
- Do I have support from others in recovery?
- Am I willing to share responsibility rather than carry the meeting alone?

No member needs to be perfect to begin a meeting. RA is built on willingness rather than perfection. At the same time, experience suggests that strong meetings are



often supported by members who are grounded in recovery and connected to the fellowship.

Our recovery comes first. Service is intended to support recovery.

Why Start a New Meeting?

The primary purpose of any RA meeting is to carry the message to those who still suffer.

There may also be practical reasons for starting a meeting. Perhaps there are no local meetings nearby, the available times are difficult for people to attend, or an additional meeting is needed to support recovery in the area. Some meetings may focus more closely on Step study, literature, or speaker sharing while still remaining open and inclusive.

Groups are encouraged to avoid unnecessary division or exclusivity. Unity strengthens recovery.

What Type of Meeting Will It Be?

Before beginning, it is helpful for the founding members to discuss the structure and format of the meeting.

For example:

- Will the meeting take place weekly or more often?
- Will it be open, closed, or alternate between the two?
- Will the meeting focus on:
 - Sharing experience, strength, and hope
 - Step study
 - Tradition study
 - Literature study
 - Speaker meetings
 - Topic discussions

Meetings are encouraged to remain grounded in the Twelve Steps, Twelve Traditions, and the spiritual principles of recovery.

A group's name should avoid reference to particular individuals, outside organisations, treatment centres, religions, political groups, or venues. The meeting belongs to the group conscience and to RA as a whole, not to any one person.



What an RA Meeting Is and Isn't

An RA meeting is a fellowship of people seeking recovery from rage. It is a place where members share personal experience honestly and support one another through identification and shared understanding. Meetings are grounded in the practice of the Twelve Steps, the spiritual principles of recovery, and reliance upon a Higher Power as understood by each member. Through honesty, humility, responsibility, and hope, members learn new ways of living one day at a time.

An RA meeting is not therapy, counselling, anger management, or a place to diagnose or analyse others. It is also not a forum for intimidation, threats, personal attacks, or acting out rage.

Members are encouraged to speak from their own experience rather than give advice or criticism. In many cases, simply listening with honesty and compassion carries more power than trying to fix another person.

Choosing a Time and Location

When choosing a meeting time, it may help to consider local availability of other RA meetings, work patterns, transport links, parking, and venue accessibility. Where possible, groups may wish to avoid unnecessary clashes with nearby meetings. Consistency helps newcomers find recovery. Once a meeting is established, regularity and reliability become important parts of carrying the message.

Choosing a Venue

A suitable venue is ideally:

- Affordable and self-supporting
- Safe, welcoming, and reasonably accessible
- Consistently available
- Large enough for the group's needs
- Quiet enough to support sharing and confidentiality
- Accessible by public transport or safe parking where possible

Helpful facilities may include:

- Chairs and tables
- Toilets
- Refreshment facilities
- Storage space for literature and supplies



Clear and respectful arrangements with the venue are encouraged regarding:

- Rent or contributions
- Access arrangements
- Set-up, pack-down and cleaning responsibilities
- Key holding
- Safety and insurance arrangements
- Building rules and expectations

RA groups remain fully self-supporting and avoid outside endorsement or affiliation.

Protecting Safety and Recovery

Because RA meetings involve people recovering from rage and uncontrolled anger, emotional and physical safety are important.

Meetings are intended to be places of recovery, honesty, humility, and reflection. Members are encouraged to speak from their own experience and avoid threatening, graphic, or aggressive language. Acting out rage during meetings is not acceptable, and interruptions, crosstalk, or personal attacks may need to be gently redirected.

Trusted servants may help guide the meeting in line with group conscience if difficulties arise. If someone becomes highly escalated, the priority is the safety and wellbeing of everyone present.

In rare situations, a meeting may need to pause or close early to protect the group and preserve a safe atmosphere for newcomers and members alike.

Loving and consistent boundaries help protect unity and recovery.

Anonymity and Confidentiality

Anonymity is a spiritual foundation of RA.

What is heard in the meeting should remain there. Members are encouraged not to repeat personal stories outside the room or discuss who attends meetings.

Photographs, recordings, or social media posts which identify members, meetings, or shares must not be taken or shared. Protecting anonymity is essential to creating safety, trust, and freedom for honest recovery.



Welcoming Newcomers

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

Groups are encouraged to consider how newcomers will be welcomed and supported. Helpful practices may include:

- Briefly explaining the meeting format
- Providing introductory literature
- Letting newcomers know they are not required to speak
- Making time for informal conversation after the meeting
- Offering contact details voluntarily where appropriate

A simple welcome, kindness, and identification can help someone feel they are no longer alone.

Attendance and Carrying the Message

Healthy meetings usually remain focused on carrying the message to those who still suffer.

While friendship and fellowship naturally grow within RA, groups are encouraged to remain mindful of the importance of remaining open and welcoming to newcomers.

To help people find the meeting, groups may choose to:

- List the meeting through appropriate RA service structures
- Inform local recovery communities where appropriate
- Use modest and respectful community notices consistent with the principle of attraction rather than promotion

Service Roles

As meetings grow, it is often helpful to share responsibilities through trusted service positions.

These may include:

- Chairperson or Secretary
- Treasurer
- Literature person
- Group Service Representative to the Fellowship Wide Service Committee
- Tea and coffee service



- Meeting set-up and closing

Trusted servants are not governors. They serve the group through willingness and accountability to the group conscience.

Members undertaking service are encouraged to have sufficient recovery stability and support.

Rotating service where possible can help prevent burnout and encourage wider participation.

Start-Up Costs and Self-Support

In keeping with Tradition Seven, RA groups are fully self-supporting through voluntary member contributions.

Initial expenses and helpful items may include:

- Venue hire
- Literature, including newcomer literature
- Tea, coffee, or refreshments
- Printing and supplies
- Meeting readings or format sheets
- A basket or container for contributions
- Pens, paper, and contact lists where appropriate

Members sometimes choose to cover early expenses temporarily, with repayment agreed later through group conscience if appropriate.

Simple and transparent handling of money helps build trust within the group.

Money and Group Finances

Groups are encouraged to manage finances openly and responsibly.

Group contributions may help cover:

- Rent
- Literature
- Refreshments
- Supplies
- Support for wider RA service work

It is generally helpful for groups to maintain a prudent reserve for ongoing expenses.



Where practical, a group bank account with two trusted signatories may help support accountability and continuity.

If a meeting struggles financially, the group conscience may review expenses, venue arrangements, or meeting frequency. Ultimately, if unsustainable, close with honesty and care. This should not be viewed as failure. Recovery fellowships grow and change over time.

Group Conscience

Regular group conscience meetings are strongly encouraged.

Group conscience helps meetings remain spiritually grounded rather than personality-driven. It offers members an opportunity to make decisions together, discuss concerns calmly, and seek guidance through humility, listening, patience, and unity.

The aim is not for individuals to win arguments, but for the group to seek what best serves recovery and RA as a whole.

Continuity and Shared Responsibility

Experience suggests that meetings are healthier when responsibility is shared.

Groups are encouraged to consider:

- How meetings continue if a trusted servant is absent?
- How service responsibilities are shared?
- What happens if the venue becomes unavailable?
- How newcomers will still be welcomed during difficult periods?

No member should feel they alone are responsible for carrying the meeting.

RA recovery is built together.

In Closing

Starting an RA meeting is an act of service.

No one person creates recovery for another. We simply offer a place where honesty, identification, humility, and hope can be shared freely.



Many who arrive at their first meeting may believe they are beyond help, beyond forgiveness, or beyond change. Yet recovery often begins when one suffering person hears another speak honestly.

Through unity, shared service, and the guidance of a Higher Power as understood by each member, a new RA meeting can become a steady place of recovery for many years to come.