




Narcotics Anonymous meeting In Virtual Reality / VRChat

A Narcotics Anonymous meeting meets weekly in Virtual Reality, in the VRChat universe, on Saturdays at 4 pm Pacific time.

In the beginning of the fellowship, there were only in-person meetings. Then phone meetings were started for those who couldn't get to a meeting. During the pandemic, Zoom meetings became popular. Virtual reality provides yet another venue for meetings.

To those who are unfamiliar with VRChat, it is a free 'game' available on the SteamVR and Meta Quest platforms consisting of thousands of user created worlds and over 7 million users. Players are full bodied avatars and can interact freely with all other users in the same instance of a world, in a fully three-dimensional experience.

Accessing VRChat requires either a gaming PC (one with a GPU) or a Meta Quest standalone headset. The best experience is using a virtual reality headset, either a Meta Quest or a VR headset connected to a gaming PC. It can also be accessed on a flatscreen monitor (which still requires a gaming PC).

Before attending the meeting, you must first (one time) join the NAMEET (Real Recovery in VR) group in VRChat. This is to help prevent 'bombers' from disrupting the meetings. Once you're logged into VRChat, open the settings and look for the  groups icon: Click this and then search for: **nameet.6112** and join the group. Once joined you will be able to receive messages sent to the group and be able to join the instance of the **Narcotics Anonymous Meeting Room**, which will have been started in the group prior to the meeting time, to join the meeting.

There is a Discord server for this meeting at: <https://discord.gg/9XgDZZ5j7u>; and a YouTube video at: https://www.youtube.com/watch?v=TI_42oQg3Rw&t=5s

Another group in VRChat "Transitioning Into Recovery" has also started an NA meeting on Mondays at 5:30 pm Pacific time. To find their group, search on: **TRECVR.6584**.