

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

ESSENTIAL ELEMENTS OF AN RR MEETING

In service of Guiding Principle number six which states: “The core purpose of each group is to make the Refuge Recovery program available to all those still suffering from addiction,” experience has shown that certain elements are essential to each meeting in order to create unity and consistency for RR as a whole.

For a meeting to be recognized as Refuge Recovery, the following must be included:

- 1. A Group Secretary, and within the first six months, an elected Group Representative. These service positions are responsible to ensure that the group is run according to the RR guiding principles.**
- 2. Reading of “The Preamble” at page 229 of the Refuge Recovery book, “The Process XI”, and the “Refuge Recovery Guiding Principles” by rotating volunteers each week.**
- 3. Selected meditations from the Refuge Recovery book or website only. Meditations are to be led by rotating volunteers each week.**
- 4. Reading from the RR literature or an RR speaker. Readings must be taken from the Refuge Recovery book or the RR pamphlets. The reader(s)/speaker(s) should rotate every week.**
- 5. The avoidance of crosstalk, this includes offering advice, teachings or commentary on others shares by anyone including the secretary.**
- 6. Reading of the approved Refuge Recovery Dana announcement.**

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7. Announcements about RR information only, including an announcement listing the monthly group business meeting. We offer no announcements for any individuals, groups or organizations other than Refuge Recovery.
8. Adherence to RR policy regarding regular group business meetings and rotating leadership.