

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

IN-PERSON MEETING SCRIPT

Establish who will be time keeper for shares.

Show up 5-10 minutes early and get Volunteers:

- WHAT IS REFUGE RECOVERY (“Preamble” @ bottom of page 229)
What is Refuge Recovery? Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness, and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. The path of practice that we follow is called the Four Truths and Actions of Refuge Recovery. This path has proven successful with addicts, alcoholics and those suffering from process addictions. The Four Truths practice requires commitment to meditation, generosity, kindness, and renunciation. This is an approach to recovery that understands “All beings have the power and potential to free themselves from suffering.”
- GUIDING PRINCIPLES (print page) <https://refugerecovery.org/wp-content/uploads/2020/06/RRWS-guiding-principles-6.3.20-final.pdf>
- FOUR TRUTHS AND ACTIONS (PAGE XI) (print page)
<https://refugerecovery.org/wp-content/uploads/2020/09/RRWS-meeting-reading-Four-Truths-and-Actions.pdf>
- Meditation (bell and timer?)
- Reading (inform group of page number)
- Dedication of Merit
- Treasurer to read Dana announcement

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Welcome to the _____ meeting of Refuge Recovery. All are welcome here. Our primary purpose is to offer a Buddhist inspired approach to recovery from addiction of all kinds. Our group recognizes and respects that there are multiple perspectives and multiple approaches to recovery; we are gathered in the spirit of investigation of a Buddhist approach. We do not claim to be the only authority, but we know from direct experience that the path outlined in the Four Truths and Actions leads to the end of the suffering that addiction causes. We invite you to investigate and practice these truths and find out for yourself if they are valuable to your process of recovery. This group is meant to be a support for your recovery, not a substitute for your dedicated practice; spiritual growth and recovery require individual effort. My name is _____, and I am the current group secretary.

We will be reading from the Refuge Recovery book.

I have asked _____ to read “What is Refuge Recovery?” from the Preamble on page 229 of our text.

I have asked _____ to read the Guiding Principles. <https://refugerecovery.org/wp-content/uploads/2020/06/RRWS-guiding-principles-6.3.20-final.pdf>

I have asked _____ to read the Four Truths and Actions from page XI.

<https://refugerecovery.org/wp-content/uploads/2020/09/RRWS-meeting-reading-Four-Truths-and-Actions.pdf>

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Meditation practice is an important part of our program. We participate in a 20 minute guided group meditation. I have asked _____ to lead the meditation. One bell will indicate the beginning and three will indicate the end.

In an effort to get to know each other we start by introducing ourselves. There is no need to identify yourself by anything other than your name. My name is _____. Welcome everyone.

I have asked _____ to read a short selection from the Refuge Recovery book and share for up to five minutes on the reading.

(Each meeting can choose their sharing format) The meeting sharing format is tag/pass. Please choose someone to share when you have finished. If you would like to pass on sharing please choose someone else to share. If you feel you need to speak at any point during the sharing portion of the meeting please let the group know.

In order to give everyone an opportunity to share we have a timer. Please limit your sharing to ___ minutes. Out of respect for the group, when you hear a bell please end your share. Please keep your sharing on the topic or the relationship of recovery, addiction and Buddhist principals. We discourage crosstalk. Cross talk is the commenting on or offering of advice to others in the meeting. Mindful listening is part of our practice. There will be an opportunity for informal conversation after the meeting. We will end the sharing 5 minutes before the meeting ends. I will now turn the meeting over to _____.

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We have come to the end of the sharing portion of our meeting. I would like to thank our volunteers _____ and our newcomers_____.

DANA

In Refuge Recovery we practice dana, the Buddhist principle of generosity and community support. We have a \$5 suggested donation. If you have less, give less. If you have more, give more. Refuge Recovery is freely offered. We have no dues or fees. Each group is responsible for its own finances, relying solely on the generosity of its members. Your donations are used at the local level to pay for group rent and literature. Donations collected that exceed these local expenses are used to cover the shared costs each Refuge Recovery group incurs at the world level and are sent monthly to our non-profit, Refuge Recovery World Services. These costs include running the main website and social media, developing new literature, supporting the creation of new meetings and holding an annual conference. Thank you for supporting Refuge Recovery's mission to provide our path to all those seeking freedom from addiction.

In order for this to be a group where we feel safe to share about our recovery and create an atmosphere of openness, we ask that who you see here and what you hear here remain confidential.

MENTORSHIP

If you are working with a mentor, please raise your hand. If you are available to mentor, please raise your hand. For those seeking a mentor, please stick around after the meeting. (Speak with phone/mentorship person)

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ANNOUNCEMENTS

All of our meetings can be found on: refugerecovery.org

This group's business meeting is held:

Are there any other Refuge Recovery announcements from the floor?

Dedication of Merit

I have asked _____ to read our dedication of merit.

“May each of us do what needs to be done to free ourselves from the suffering of addiction and may our recovery benefit this world.”

OR

“May any goodness that comes from our meeting be shared with all of the suffering addicts in this world. May each of us do what needs to be done to free ourselves from the suffering of addiction and craving and may our recovery be an offering to all beings everywhere.”