

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

MINDFULNESS MEETING SCRIPT (ONLINE)

Welcome to the _____ meeting of Refuge Recovery. All are welcome here. We are a Buddhist-oriented, nontheistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. No previous experience or knowledge of Buddhism is required. This program provides a systematic approach to recovering from all forms of addictions. When sincerely practiced, it will ensure a full recovery from addiction and a lifelong sense of well-being and ease. Our understanding is that recovery is a process of healing the underlying conditions that lead to addiction. It is also establishing and maintaining abstinence from the substances and behaviors that we have become addicted to. In Refuge Recovery we are developing the ability to inhabit the conditions of our present reality, whether pleasant or unpleasant.

My name is _____, and I am the current group secretary. I am here as an elected volunteer to facilitate the meeting.

I have asked _____ to read the Preamble from page 229.

I have asked _____ to read the Guiding Principles.

I have asked _____ to read the Process from page xi.

INTRODUCTIONS

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 _____ and I am from _____.

Welcome everyone.

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In this meeting, we do a progressive review of the Four Foundations of Mindfulness in order. Each week we practice one of the mindfulness meditations from the book, then read and discuss the correlating section.

MEDITATION

I have asked _____ to lead the meditation.

I have asked _____ to read and then start our discussion on the mindfulness topic of _____.

SHARING

The meeting is now open for sharing. In order to give more people an opportunity to share we have a timer. Please limit your sharing to ___ minutes. Try to keep your sharing focused on the topic, or on the relationship of recovery, addiction and Buddhist principles. **Please refrain from crosstalk. Crosstalk is the commenting on or offering of advice to others in the meeting.** This meeting sharing format is tag/pass. Please choose someone to share when you have finished. We will end the sharing 5 minutes before the meeting ends. I will now turn the meeting over to_____.

We have come to the end of the sharing portion of our meeting.

DANA

At this time we take a few minutes to offer dana. Dana is our practice of generosity and support. Refuge Recovery is freely offered. We have no dues or fees. Donations are used to cover the shared costs each local group incurs at the world level. We have a five dollar suggested donation but any amount is welcome.

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Please use the link in the chat window to offer dana. We appreciate your generosity.

CONFIDENTIALITY

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

Those who are seeking a mentor or willing to mentor please stick around after the meeting or leave your information in the chat window. Please refer to the Mentorship Pamphlet if you have any questions.

ANNOUNCEMENTS

Those who are willing to offer their contact information to others please post your information in the chat window **OR** our Contact Person _____ has an announcement.

All of our meetings can be found on refugerecovery.org

This group's business meeting is held on _____.

Are there any other Refuge Recovery announcements from the floor?

DEDICATION OF MERIT

I have asked _____ to read the dedication of merit.