



REFUGE RECOVERY MEETINGS

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

WHAT IS A REFUGE RECOVERY MEETING?

Our program includes regular attendance at Refuge Recovery meetings. The group provides help from others in recovery and offers an ongoing support network for all who wish to pursue and maintain an addiction free life.

A Refuge Recovery meeting meets regularly at a specified place and time, and practices only the program of recovery and the meditations included in the book *Refuge Recovery: A Buddhist Path to Recovery from Addiction*.

The book *Refuge Recovery* is our only approved literature at this time. The general RR Meeting format is posted on the meeting resource page on refugerecovery.org.

Refuge Recovery meetings are held by Refuge Recovery groups. Individual RR groups who hold RR meetings are the foundation of our recovery society.

Each RR group is registered with Refuge Recovery World Services before being listed on our main website, refugerecovery.org. According to our guiding principles, RR groups have no outside affiliations and receive no outside financial support.

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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.

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IN-PERSON MEETING SCRIPT

Establish who will be timekeeper 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**
- **FOUR TRUTHS AND ACTIONS (PAGE XI)**
- **Meditation (bell and timer?)**
- **Reading (inform group of page number and chapter for eReaders)**
- **Dedication of Merit**
- **Treasurer to read Dana announcement**

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

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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.

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

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.

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(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_____.

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

DANA

At this time in Refuge Recovery online meetings we take a few minutes to offer dana.

<https://refugerecovery.org/donate> Dana is our practice of generosity and support. Refuge Recovery is freely offered. We have no dues or fees. Donations made to Refuge Recovery online are used to cover the shared costs each local group incurs at the world level. These costs include protecting the integrity of the Refuge Recovery name and program, running

the main website and social media, developing new literature, supporting the creation of new meetings and holding an annual conference. We have a \$5 suggested donation. Please

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use the link in the chat window to offer dana by credit card or PayPal. If you have less, give less. If you have more, give more. We appreciate your generosity.

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)

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.”

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ONLINE MEETING SCRIPT (SAMPLE)

Here are the sign in credentials for the RRWS Zoom account that hosts your meeting:

Username:

PW:

Meeting ID:

Click [HERE](#) to read a written set of instructions (attached below too).

And [click HERE](#) to watch the “how to video” video

If at any time you have questions, please email online@refugerecovery.org.

If you have an emergency, please contact: *RRWS AT 323-592-9502 EST.*

Door person role: Post links to readings, post meditation page number, post reading page number and chapter, post dana link, post dedication of merit if needed, and of course... let people in and kick people out/mute them if needed.

Establish if secretary or door person will be timekeeper for shares. The Reader gets 5 minutes to share AFTER they have read the selection. All others get __ minutes.

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

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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
- FOUR TRUTHS AND ACTIONS (PAGE XI)
- Meditation (bell and timer?)
- Reading (inform group of page number and chapter for eReaders)
- Dedication of Merit

Welcome to the _____ meeting of Refuge Recovery. Please mute yourself if you are not speaking. This meeting is _____ long. 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. _____ is our doorperson and my back up. If you have any issues during the meeting, please message either of us directly, not the whole group.

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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. The link is posted in the chat window.

I have asked _____ to read the Four Truths and Actions. The link is posted in the chat window.

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.

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. If you want to let us know where you are from and if you are new you may volunteer that information. My name is ____ and I am from _____. Please unmute yourself as I call on you.

Welcome everyone. Please mute yourself at this time.

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 may determine their own sharing format) This 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

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during the sharing portion of the meeting please let the group know by raising your Zoom hand. In order to give more people an opportunity to share we have a timer. Please limit your sharing to ___ minutes. Out of respect for the group, when you are notified in the chat window or hear a bell please end your share. Please keep your sharing on the topic or the relationship of recovery, addiction and Buddhist principles. Please refrain from crosstalk. Cross talk is the commenting on or offering of advice to others in the meeting.

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. I would like to thank our volunteers _____ and our newcomers_____.

DANA

At this time in Refuge Recovery online meetings we take a few minutes to offer dana. <https://refugerecovery.org/donate> Dana is our practice of generosity and support. Refuge Recovery is freely offered. We have no dues or fees. Donations made to Refuge Recovery online are used to cover the shared costs each local group incurs at the world level. These costs include running the main website and social media, developing new literature, supporting the creation of new meetings and holding conferences. We have a \$5 suggested donation. Please use the link in the chat window to offer dana by credit card or PayPal. If you have less, give less. If you have more, give more. We appreciate your generosity.

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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

“Refuge Recovery mentors have either completed or are working on the two sets of RR inventories; they are working with a mentor themselves; and they are committed to following the Refuge Recovery program. They can help others with the program. If there is anyone here who is willing to mentor, please raise your hand. Those who are seeking a mentor or willing to mentor please stick around after the end of the meeting to connect.”

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?

Those who are willing to offer their contact information to others please post your information in the chat window.

DEDICATION OF MERIT

I have asked _____ to read the 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

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"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 may our recovery be an offering to all beings everywhere."

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WHAT IS REFUGE RECOVERY?

(“Preamble” Pg. 229)

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.”

(“Preamble” bottom of page 229)

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RR 'THE PROCESS' (PAGE XI)

For our individual recovery program, Refuge Recovery follows the traditional Buddhist system of the **Four Noble Truths**, which consists of **four actions**.

1. We take stock of all the suffering we have experienced and caused as addicts.
2. We investigate the causes and conditions that lead to addiction and begin the process of letting go.
3. We come to understand that recovery is possible and take refuge in the path that leads to the end of addiction.
4. We engage in the process of the eightfold path that leads to recovery.

The eightfold path consists of these eight factors:

1. Understanding
2. Intention
3. Communication and Community
4. Action and Engagement
5. Right Livelihood and Service
6. Effort and energy
7. Mindfulness meditation
8. Concentration meditation

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These eight factors, or folds, are to be developed, experienced and penetrated. This is not a linear path. It does not have to be taken in order. In fact, all the factors need to be developed and applied simultaneously and to truly break free from addiction, the eight folds must be continuously maintained.

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THE GUIDING PRINCIPLES OF REFUGE RECOVERY

Inspired by 2,600 years of Buddhist community organization and over 80 years of recovery group traditions, these guiding principles are our humble attempt at creating guidelines to maintain group unity powerful enough to guide us through any conditions. These necessary principles provide each Refuge Recovery group a basis to resolve conflicts and to keep our focus firmly on helping each other find freedom from addiction.

1. The group is of utmost importance. Our individual recovery depends upon Refuge Recovery unity.
2. For our groups to be successful, there must be a rotating leadership and democratic decision-making process. Group leaders do not act in the capacity of Buddhist teachers. Elected volunteers serve the group for a designated period of time.
3. All are welcome to participate in Refuge Recovery. The only criteria for membership is a desire to be free from addiction.
4. Refuge Recovery is an abstinence-based program. Elected volunteers are expected to maintain abstinence from all recreational drugs and alcohol, and to adhere to process addiction bottom lines.
5. Each group operates independently, except in matters affecting other groups or Refuge Recovery as a whole.
6. The core purpose of each group is to make the Refuge Recovery program available to all those still suffering from addiction.
7. There are no dues or fees for Refuge Recovery membership. Each group is responsible for its own finances, relying solely on the generosity of its members.
8. Refuge Recovery groups have no opinion on other recovery programs, Buddhist traditions, religions, spiritual philosophies, political causes, organizations or institutions.

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9. Refuge Recovery groups are entirely volunteer-led. RR World Services is the non-profit service organization that serves and supports our groups, employing only the people necessary for those purposes.
10. Although we are not an anonymous program, individual RR members are responsible for offering privacy to all who desire it. The practice of humility is at the heart of our program. Members should never use the RR name for personal prestige or financial gain.
11. The Refuge Recovery program depends on our remaining mindful that these guiding principles are more important than individual preferences, desires, views, opinions or personalities.

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DANA

In-person meeting format:

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.

Online meeting format:

At this time in Refuge Recovery online meetings, we take a few minutes to offer dana.

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DEDICATIONS 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 may our recovery be an offering to all beings everywhere.”