

FORMAT FOR REFUGE RECOVERY MEETINGS

WELCOME

Secretary reads:

Welcome to the Refuge Recovery weekly group. All are welcome here. Our primary purpose is to offer a Buddhist- inspired path 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 leads to the end of the suffering that addiction causes. We invite you to investigate and practice these truths and to find out for yourself if they are valuable to your process of recovery.

It is the intention of this group to explore Buddhist perspectives on recovery. This group is meant to be a support for recovery, not as a substitute for your dedicated practice; spiritual growth and recovery require individual effort.

Please turn off your electronic devices.

CLARIFICATION OF FACILITATOR ROLE

Secretary / Facilitator reads:

My name is _____, and I am one of the group's secretaries. My role is non-authoritative. I am not an empowered Buddhist meditation teacher; I am here to facilitate the group and to lead our discussion.

Leader reads:

PREAMBLE

I have asked _____ to read the Refuge Recovery preamble.

Volunteer reads:

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 of Refuge Recovery.

The Four Truths of Refuge Recovery is a Buddhist- oriented path to recovery from addictions. It has proven successful with addicts and alcoholics who have committed to the Buddhist path of 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.”

We feel confident in the power of the Buddha’s teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction.

Leader reads:

In an effort to build community and to get to know each other, we start each week by introducing ourselves. There is no need to identify yourself by anything other than your name. My name is _____.

MEDITATION INSTRUCTION

Facilitator/Secretary/Speaker reads:

Please hold your comments and questions during guided meditation. Tonight I have asked _____ to lead the meditation.

Meditation (20 min.)

These instructions are to be read slowly to the group, pausing between instruction to allow each participant to absorb and implement these practices. (Remind the meditation leader to read instructions slowly.)

WEEKLY READING

Volunteer(s) reads: Four Truths and Eight-Fold Path of Refuge Recovery.

Or other chosen sections from the book, *Refuge Recovery*.

Facilitator/Secretary/Speaker shares on Step/Truth/Fold:

Speaker chooses a Recovery-based topic and shares their experience with this topic, or tells their story of addiction and how Buddhist principles have helped them in the recovery process.

GROUP SHARING

Leader reads:

The meeting is now open for sharing, please limit your comments to between 3 and 5 minutes. Try to keep your sharing focused on tonight's topic, or on the relationship of recovery, addiction and Buddhist principles. Sharing is tag-pass, please pick someone to share when you have finished. If you would like to pass, please tell us your name and pass to someone else.

(Leader picks first person to share)

CLOSING READING

Facilitator / Secretary reads (if applicable): Some leaders may choose a short passage from *Refuge Recovery* to end the meeting with.

IMPORTANCE OF ANONYMITY AND CONFIDENTIALITY

Leader reads:

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

ANNOUNCEMENTS

Facilitator/Secretary Dana (\$5 suggested donation), cleanup, thank set up person, phone/e-mail list, miscellaneous. Upcoming retreats or new groups.

DEDICATION OF MERIT

Leader reads:

We will close with a dedication of merit. Tonight I have asked _____ to lead us in our offering.

(Volunteer reads Dedication of Merit)