

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

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."