

## ***What is a Refuge Recovery Meeting?***

Our program includes regular attendance at Refuge Recovery meetings. A Refuge Recovery meeting meets regularly at a specified place and time, and uses the program of recovery and the general meeting guidelines outlined in the book *Refuge Recovery: A Buddhist-Inspired Path to Recovery From Addiction*. The group provides help from peers in recovery and offers an ongoing support network for all who wish to pursue and maintain an addiction free life.

According to our guiding principles, RR meetings have no outside affiliations and receive no outside financial support. Each RR meeting is registered with Refuge Recovery World Services before being listed on our main website, [refugerecovery.org](http://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.