

Before the meeting, the secretary is to find 6 volunteers:

- to lead the meditation
 - to read the Preamble
 - to read the Four Noble Truths
 - to read the Eightfold Path
 - to read the dedication of merit
 - to read a short selection from the Refuge Recovery book and then share with the group on the reading.
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Secretary: please remind the meditation leader

1.) that the instructions are to be read slowly to the group, pausing between instruction to allow each participant to absorb and implement these practices.

2.) that is necessary to speak loud enough for all in attendance to hear the meditation.

Secretary: Do not allow cross-talk at the meeting. Cross talk is the commenting on or offering of advice to others in the meeting. Mindful listening is our practice.

Secretary: Please purchase and use a Square reader to offer your group the ability to contribute non-cash Dana. This can be done as people enter and leave the meeting.

Refuge Recovery Meeting Format

Welcome to the...(insert day of meeting/location of meeting).....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. While we are inspired by the Buddha's teachings, this is not a religious program. 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 one of the group secretaries. My role is non-authoritative. I am not an empowered Buddhist meditation teacher. I am here to facilitate the group and lead our discussion. Please turn off your electronic devices.

I have asked _____ to read, “What is Refuge Recovery?”

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 _____.

I have asked _____ to read how to practice the Four Truths and Actions.

I have asked _____ to read how to practice the Eightfold Path.

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.

I have asked _____ to read a selection from Refuge Recovery and share on the reading. The meeting is tag/pass. Please choose someone to share when you have finished. If you would like to pass please say your name and pass to someone else. In order to give everyone an opportunity to share we have a timer. Please limit your sharing to 3 to 5 minutes. Out of respect for the group, when the bell rings end your share. Tonight I have asked _____ to be our timer. Please keep your sharing on the topic or the relationship of recovery, addiction and Buddhist principals. We will end the sharing 10 minutes before the meeting ends. Now I will turn the meeting over to _____.

Closing

10 minutes before the meeting ends

We have come to the end of the sharing portion of our meeting. We leave you with this reading from Refuge Recovery... *“Recovery is possible. The good news is that we can fully recover from addictions. We can end all the unnecessary suffering our addictions have caused. We can heal and forgive. All living beings have the ability to live life along these lines. No one lacks the ability, only the willingness to take on such a radical path of transformation. We believe in the human capacity for change. We understand it from direct experience. If we can, you can.*

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 what you see here and what you hear here remain confidential.

Mentorship

Anyone who is currently working their inventory with a mentor...please raise your hand.

Anyone with questions about inventory or mentorship, please talk to these people after the meeting.

Announcements

1. All of our meetings can be found on:
refugerecovery.org.
2. Upcoming sangha events

Dana and Dedication of Merit

I've asked _____ to tell us about Dana.

I have asked _____ to read our dedication.

How to Practice the Four Truths and 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.

How to Practice The Eightfold Path

1. **Understanding.** We come to know that everything is ruled by cause and effect. In this step, we gain insight into the impermanent, unsatisfactory, and impersonal nature of life.
2. **Intention.** We renounce greed, hatred, and delusion. We train our minds to meet pain with compassion and pleasure with non-attached appreciation. We cultivate generous, kind, and compassionate wishes for all living beings. We commit to practicing honesty and humility.
3. **Communication/Community.** We take refuge in the community as a place to practice wise communication and to support others on their paths. We practice openness, honesty, and humility about the difficulty and successes we experience.

4. **Action/Engagement.** We commit to letting go of the behaviors that cause harm. We renounce violence, dishonesty and intoxication.

5. **Livelihood/Service.** We try to be of service to others whenever possible, using our time, energy, and resources to help create positive change. We work toward securing a source of income/livelihood that causes no harm.

6. **Effort/Energy.** We commit to the daily disciplined practices of meditation, yoga, exercise, and wise action. Through effort and energy we develop the skillful means of knowing how to apply the appropriate meditation or action to the given circumstance.

7. **Mindfulness/Meditations.** We develop wisdom through practicing formal mindfulness meditation. This leads to seeing clearly and healing the root causes and conditions that lead to the suffering of addiction.

8. **Concentration/ Meditations.** We develop the capacity to focus the mind on a single object, such as the breath or a phrase, training the mind to focus on the positive qualities we wish to uncover. We utilize concentration at times of temptation or craving in order to abstain from acting unwisely.

Dedication

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.

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.”

What is Dana?

In Refuge Recovery we practice the principal of Dana or generosity. Each group is responsible for its own finances, relying solely on the generosity of its members. Refuge Recovery is freely offered. We have no dues or fees. Donations to Refuge Recovery are used to pay for rent, literature, and the shared costs that support our Refuge Recovery program at the local, state and world level. We have a \$5 suggested donation. If you have less, give less. If you have more, give more. We appreciate your generosity. Help support your Refuge Recovery and those still suffering.