

What are the necessary elements of a Refuge Recovery meeting?

1. A group secretary, elected by the group for a designated period of time, generally 6 months. Please disregard any mention of facilitators in the Refuge Recovery book, RR has moved to elected secretaries for all meetings. No facilitator language will be included in the meeting format in the second edition of the RR book. If you are a brand new RR meeting, please hold an election within the first 3 months, by those RR members regularly attending, to create the first group business meeting, and to elect its officers and meeting secretary. Refuge Recovery meetings that do not form and maintain a RR group in accordance with these guidelines will be removed from the website listings and not be given permission to use the Refuge Recovery name. All meetings and all group business meetings have a common and consistent service structure. The group Secretary and group officers are responsible for ensuring that the group is operating in accordance with Refuge Recovery guidelines. Specific guidelines for how to create the business meeting, how to run the business meeting and how to elect officers can be found on the resource pages of [refuge-recovery.org](http://refuge-recovery.org).
2. The reading of the RR preamble, the 4 Truths and The Process, and the RR Guiding Principals.
3. Use of the meditations from the Refuge Recovery book. These meditations are designed specifically for people in

Refuge Recovery. No other meditations are approved for use. Meditations are led by a different member every week to ensure our meetings are operating on the guiding principle that trusted volunteers are not acting as buddhist teachers.

4. A reading from the Refuge Recovery book, the RR pamphlets, or the RR inventory also read by a different member every week. We use only approved Refuge Recovery literature and the program described in the book Refuge Recovery: A Buddhist Path To Recovering From Addiction in our meetings and as the basis of our program of recovery.

5. Sharing without crosstalk by anyone including the secretary.

6. RR only announcements, including an announcement listing the monthly group business meeting. We offer no announcements for any individuals, groups or organizations other than Refuge Recovery and Refuge Recovery World Services.

7. An announcement regarding inventory/mentoring to help people get connected with mentors.

8. Please read only the approved dana reading. This reading asks for support for the local meeting and to cover the necessary shared costs each group incurs at the world level.

Questions? Please read the meeting resource and service resource pages on [refugerecovery.org](http://refugerecovery.org). Downloads of the format, meditations and other material are available on those pages.

*These group instructions represent the combined wisdom of those who have been doing service to bring Refuge Recovery meetings to their communities since 2014. All RR groups registered with Refuge Recovery World Services and listed on [refugerecovery.org](http://refugerecovery.org) include all the elements described above in their RR meetings. These instructions describe the methods that have been found to be instrumental in creating inspiring and attractive RR meetings and cooperative and stable RR groups.*

*For questions regarding material covered by this document please contact:  
[refugerecoveryworldservices@refugerecovery.org](mailto:refugerecoveryworldservices@refugerecovery.org)*