Refuge Recovery Meeting Format

Welcome to the…(meeting name)……meeting of Refuge Recovery. All are welcome here.

Our primary purpose is to offer the Refuge Recovery 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.

My name is ___________, and I am the current group secretary. This meeting lasts for ________ minutes. We begin with readings that explain our purpose. We meditate together for twenty minutes. Then we have time to share our
Refuge Recovery experience. There will be time for announcements at the end of the meeting. Please turn off your electronic devices.

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

I have asked __________ to read the Guiding Principals of 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.
Meditation

Meditation practice is an important part of our program. We participate in a 20 minute guided Refuge Recovery 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 short 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. I have asked_________ to be our timer. Please limit your sharing to 3 to 5 minutes. Out of respect for the group, when the bell rings end your share. Please keep your sharing on the topic or the relationship of recovery, addiction and Refuge Recovery principles. We will end the sharing ten minutes before the meeting ends.
Now I will turn the meeting over to________.

**Closing (ten 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 who 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. This groups business meeting is held on the ______
   of each month
3. Upcoming Refuge Recovery events

Dana

I’ve asked ____________ to tell us about Dana.

Dedication of merit

I have asked___________ to read our dedication.
How to Practice the Four Truths and Actions

In Refuge Recovery, our individual recovery program follows the traditional Buddhist system of the Four Noble Truths, which consists of four 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.

The eightfold path consists of these eight factors:


These eight factors, or folds, are to be developed and experienced. This is not a linear path. It does not have to be taken in order. In fact, all the factors need to be developed and applied simultaneously. To truly break free from addiction, the eight folds must be continuously maintained.
The Guiding Principles of Refuge Recovery

Inspired by 2600 years of Buddhist community organization and over 80 years of recovery group traditions, these guiding principles are our humble attempt at creating guidelines to maintain group unity powerful enough to guide us through any conditions. These necessary principles provide each Refuge Recovery group a basis to resolve conflicts and to keep our focus firmly on helping each other find freedom from addiction.

1. The group is of utmost importance. Our individual recovery depends upon Refuge Recovery unity.

2. For our groups to be successful, there must be a rotating leadership and democratic decision-making process. Group leaders do not act in the capacity of Buddhist teachers. Elected volunteers serve the group for a designated period of time.

3. All are welcome. The only criteria for membership is a desire to be free from addiction.

4. Refuge Recovery is an abstinence-based program. Elected volunteers are expected to maintain abstinence from all recreational drugs, alcohol and adhere to process addiction bottom lines.

5. Each group operates independently, except in matters affecting other groups or Refuge Recovery as a whole.
6. The core purpose of each group is to make the Refuge Recovery program available to all those still suffering from addiction.

7. There are no dues or fees for Refuge Recovery membership. Each group is responsible for its own finances, relying solely on the generosity of its members.

8. Refuge Recovery groups have no opinion on other recovery programs, buddhist traditions, religions, spiritual philosophies, political causes, organizations or institutions.

9. Refuge Recovery groups are entirely volunteer-led. RR World Services is the non-profit service organization that serves and supports our groups, employing only the people necessary for those purposes.

10. Although we are not an anonymous program, individual RR members are responsible for offering privacy to all who desire it. The practice of humility is at the heart of our program. Members should never use the RR name for personal prestige or financial gain.

11. The Refuge Recovery program depends on our remaining mindful that these guiding principles are more important than individual preferences, desires, views, opinions or personalities.
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.
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.”

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

In Refuge Recovery we practice the principal of dana or generosity and support. 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.

Your donations are used at the local level to pay for group rent and literature. Donations collected that exceed these local expenses are used to cover the shared costs each Refuge Recovery group incurs at the world level and are sent monthly to our non-profit, Refuge Recovery World Services. These costs include protecting the integrity of the Refuge Recovery name and program, running the main website and social media, developing new literature, supporting the creation of new meetings and holding an annual conference.

We have a $5 suggested donation. If you have less, give less. If you have more, give more. I will be available to take credit card and donations after the meeting. Our group PayPal/Venmo address is__________________________

Support your Refuge Recovery and our mission to provide this path to all those seeking freedom from addiction.