

What are the essential elements of a Refuge Recovery meeting?

1. In order to form the RR service group responsible for each meeting, new RR groups started by an individual are to hold a simple election for the Meeting Secretary and the RR Group Representative within the first six months of initial formation. All groups that have existed for six months that have not done so already are required to hold such an election. The Meeting Secretary is responsible for ensuring the meeting is run according to RR policy. Each RR Group is responsible for ensuring each group is run according to RR policy. Information on how to hold an election and create a group is available on the refugerecovery.org meeting resources.

2. The reading of The Preamble, the Four Truths and the Eightfold path from *The Process* (pages xi and xii) and the RR Guiding Principles prior to group meditation. Some groups choose to read *The Process* in its entirety. All groups are welcome to read additional material from the book *Refuge Recovery* in meetings.

3. Use of the meditations from the Refuge Recovery book only. RR Meditations are to be read by a different member every week.
4. Use of only Refuge Recovery literature from the book *Refuge Recovery: A Buddhist Path To Recovering From Addiction*, or posted on refugerecovery.org.
5. No crosstalk, offering advice, teachings or commentary on others shares by anyone including the secretary.
6. RR only announcements, as described in our media policy and including a group business meeting announcement.
7. An announcement regarding mentoring to help members get connected with mentors.
8. Use of the approved dana reading. This reading is published on refugerecovery.org and asks for support for both the local meeting and to cover the necessary shared costs each group incurs at the world level.

All RR groups are registered with Refuge Recovery World Services, listed on refugerecovery.org and

include all the elements described above in their RR meetings.

For more information, please read the meeting resource and service resource pages on refugerecovery.org. For further questions regarding material covered by this document please contact: refugerecoveryworldservices@refugerecovery.org