

BEFORE THE MEETING

Please find volunteers to read the following: *The Practice*, *Four Noble Truths and Eightfold Path*, *Dedication of Merit*.

OPENING —  Invite one ring of the bell

Welcome to this open Recovery Dharma meeting. We are gathered to explore a Buddhist-inspired approach to recovery from addiction of all kinds. We are peer-led and do not follow any one leader or teacher. My name is _____, and I am the facilitator for this meeting. I am not a Buddhist teacher, and hold no particular authority here; I am just a volunteer from this sangha.

Our program is one of empowerment and doesn't ask us to believe in anything other than our own potential to change and heal. We have found a guide for our recovery in the Buddhist teachings of the Four Noble Truths and the Eightfold Path, and we invite you to investigate these practices as tools for your own path of liberation from the suffering of addiction. We understand that this is not the only path toward recovery, and many may choose to combine these practices with other recovery programs.

I have asked someone to read *The Practice*.

INTRODUCTIONS

We start each meeting by introducing ourselves. Just your name is enough, and your pronouns too, if you'd like to share them.

<Go around the group - doing introductions>

In order to respect each other's privacy and to create a safe environment for all who attend, please keep everything that was said in this meeting and who was here confidential.

Another reader will now read *The Four Noble Truths and Eightfold Path*.

PRECEPTS

At this meeting, we welcome everyone and dedicate our practice to fostering collective healing and liberation for all. Together we take up the five precepts, which serve as a framework for wise interaction:

We refrain from causing harm to ourselves or others— whether by word or action.

We refrain from taking that which is not given, making wise use of our shared time together.

We honor the safety of our healing space by not using it to pursue romantic relationships.

We speak from our own authentic lived experience, avoiding false speech.

We avoid heedlessness, whether by substance or behavior, which keeps us in confusion and ignorance.

MEDITATION

We will now sit together for a 20 minute silent meditation. I will keep time, and sound the bell at the start and close of our practice. Please refrain from chanting or vocalization. Meditation is a personal practice, and we encourage you to explore with a spirit of openness and curiosity.

Part of what we are doing is learning to sit with discomfort, but practice can bring up powerful emotions. If you find you need to "tap the brakes" there are many ways: open your eyes; take a few slow, deep breaths; place a hand over your heart or belly; rest your attention on a soothing object; picture a positive place, activity, or memory; or quietly shift your position.

Throughout, be gentle with yourself. If you need to get up, please do so as quietly as you can, and hold any comments or questions until after the closing bell.  Sound the bell to begin/end the meditation.

FORMAT INTRODUCTION

This meeting takes on a different format depending on the week. Most weeks are topic/reading and discussion. The second week of each month hosts a speaker to share.

TOPIC / DISCUSSION

We will now take turns reading from _____ starting on page _____, and then open the meeting for sharing.

SPEAKER / DISCUSSION

Introduce the speaker, who will speak for 10-15 minutes on their experiences with addiction, recovery and Buddhism.

GROUP SHARING

The meeting is now open for sharing. Don't be troubled by the silence between shares — there's no obligation to speak, and silence is as much a part of this as the words. If you do share, please keep it to 3 to 5 minutes so everyone who'd like to gets an opportunity. We ask that cross-talk be kept gentle and limited; we don't offer opinions or advice. When you share, speak from your own experience, and keep to addiction, recovery, Buddhist principles and practice, or tonight's topic.

CLOSING (5-7 minutes before the end of the meeting)

That's all the time we have for sharing. Thank you for being with us tonight. Please remember to respect the confidentiality of those who were here and what was shared. We encourage you to continue your meditation practice, deepen your study of the Buddhist teachings, and reach out to others to build community. We also have a WhatsApp group for venue changes and sangha news.

DANA

We now pass the basket. Giving — dāna — is itself part of the practice, the first of the pāramīs and a small loosening of the grip of holding-on. The meeting is freely offered and asks nothing; the basket is here for anyone moved to give, and please don't if it would be a strain.

ANNOUNCEMENTS

Are there any announcements from the group?

DEDICATION OF MERIT

After a time of silence, we'll close the meeting with the *Dedication of Merit*, read by someone in the group.



Close with the bell..