

## RD Belmont - Meeting Script

### 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. All are welcome here. 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. My role is not that of a Buddhist teacher; I am simply 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 and principles as tools for your own path of liberation from the suffering of addiction. We understand that this is not the only path towards recovery, and many may choose to combine these practices with other recovery programs.

I have asked \_\_\_\_\_ to read *The Practice*.

### INTRODUCTIONS

In an effort to build community and to get to know each other, we start each meeting by introducing ourselves. There is no need to identify yourself by anything other than your name, and if you choose, you can also let us know your preferred pronoun(s). [*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.

I have asked \_\_\_\_\_ to read *The Four Noble Truths and Eightfold Path*.

### PRECEPTS

At this meeting, we honor and welcome all individuals and dedicate our practice to fostering collective healing and liberation for all. To help with this, we commit to the shared practice of the five precepts, which serve as a framework for wise interaction:

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

We refrain from taking that which is not given— taking care to make 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— to avoid confusion and ignorance.

### MEDITATION

We will now sit together for a 20 minute silent meditation. I will keep time, inviting 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 meditation can bring up powerful emotions for some of us. If you find that you need to "tap the brakes" during practice, you can do so in the following ways: by opening the eyes; taking a few deep slow breaths; placing a hand over your

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heart or belly; focusing attention on a soothing object; imagining a positive place, activity, or memory; or quietly shifting your position.

Remember to be kind and gentle with yourself. It's always okay to take care of yourself during meditation. If you need to get up, please do so as quietly as possible, and please hold your comments and questions until after closing bell.

 *Invite one ring of 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 15-20 minutes on a topic related to recovery and Buddhism, or their experience in addiction and recovery).*

### GROUP SHARING

*The meeting is now open for group sharing.* Do not be troubled by the silence between shares; there is no obligation to speak, and silence is as important a part of the discussion as the words. If you do share, please limit yourself to 3 to 5 minutes to ensure that everyone who wants to has a chance to speak. We ask that cross-talk be limited, and supportive. We do not offer opinions or advice. Please be wise in your speech by trying to use "I" statements and focusing your share on your personal experience of addiction, recovery, Buddhist principles and practice, or tonight's topic.

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

That is 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 discussed. We encourage you to continue your meditation practice, your study of Buddhist principles, and to reach out to others in order to build community. We also have a WhatsApp group that we use to announce venue changes and possibly sangha events and happenings.

### ANNOUNCEMENTS

We will now pass the basket for *dana*, which is a Buddhist term for the practice of generosity. Please give what you can to support the meeting. Are there any recovery dharma related announcements from the group?

After a time of silence, \_\_\_\_ will close the meeting with the *Dedication of Merit*.

 *Invite 3 rings of the bell.*