RECOVERY DHARMA MEETING FORMAT

Before the meeting, the facilitator may find volunteers to read the following:

- *The Practice*
- *The Four Noble Truths and Eightfold Path*
- *The Dedication of Merit*

OPENING

Welcome to this meeting of Recovery Dharma Pacifica. 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, but trust in the wisdom of the Buddha (the potential for our own awakening), the Dharma (the truth, or the teachings), and the Sangha (our community of wise friends on this path). This is a program 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 to recovery and many may choose to combine these practices with other recovery programs.

My name is _____ and I am the facilitator of this meeting. I am not a Buddhist teacher, nor do I have any particular authority in this meeting. I am a member of this community and have volunteered to help lead our meeting and discussion today.

A few things to keep in mind during a Zoom meeting

- To keep the line clear, it's best if we use our mute and unmute buttons to silence our mics whenever we're not talking.
- On computer or the apps, you can use the microphone icon, if you're calling-in by phone you can dial *6 to mute and unmute
- As the secretary I might mute you if your line make is making noise when you're not talking, but feel free to unmute when it's time for you to say something
- Please be mindful of others and refrain from eating or moving about while on video. If you're going to do these things, please use the **Stop Video** button to turn off your video.

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. Again, my name is ____.

THE PRACTICE

I have asked _____ to read The Practice:

THE FOUR NOBLE TRUTHS AND EIGHTFOLD PATH

I have asked _____ to read the Four Noble Truths and Eightfold Path:

MEDITATION

(The facilitator leads a Buddhist meditation of their choice.)

We will now do a guided meditation on _____. Your eyes may be closed or gently open. 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, and 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 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 during the meditation, please do so as quietly as possible, and please hold your comments and questions until after meditation.

~~DANA AND ANNOUNCEMENTS~~

~~We 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. Dana goes to pay rent, purchase literature and donate to the Recovery Dharma nonprofit. *(Announcements about clean up, phone/email list, books for sale, free handouts, upcoming retreats, or other news pertaining to the group.)*~~

LITERATURE DISCUSSION MEETING

We will now take turns reading from the book *The Dharma of Recovery* (or another Buddhist book), and then open the meeting for discussion.

GROUP SHARING

The meeting is now open for sharing. Please limit your share to 3 to 5 minutes to ensure that everyone who wants to has a chance to speak. We ask that there is no cross-talk, meaning we do not comment on another person's share or offer opinions or advice. We commit to making this space as safe and welcoming as possible for all members of our community. Please be wise in your speech by trying to use "I" statements and focusing your share on your own experience of addiction, recovery, Buddhist principles and practice, or the topic we read about.

CLOSING

That is all the time we have for sharing. Thank you for being with us today. 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. We encourage you to continue your meditation practice, your study of Buddhist principles, and to reach out to others in order to build community. ***(If there are newcomers)*** Would anyone who is willing to talk with newcomers after the meeting please raise their hand?

THE DEDICATION OF MERIT

I have asked _____ to read The Dedication of Merit: