

Welcome to this Recovery Dharma Meeting

We are gathered to explore a Buddhist-inspired approach to recovery from addiction of all kinds. This is a program of empowerment that doesn't ask us to believe in anything other than our own potential to change and heal.

We do not follow any one leader or teacher, but trust in the wisdom of the Buddha (the potential of our own awakening), the Dharma (the truth, or the teachings), and the Sangha (the community of wise friends who share this path).

We understand that this is not the only path to recovery and many may choose to combine this practice 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 over this meeting. I am simply a member who has volunteered to lead this meeting.

Please take a moment to turn off your electronic devices.

The Practice (a volunteer to start reading The Practice)

_____ has volunteered to read the **Four Noble Truths** and start us on **The Eightfold Path**

Thank everyone for reading.

Meditation: We will now share a guided meditation. Meditation is a personal practice, and you are encouraged to explore it with a spirit of openness and curiosity. Remember to be kind and gentle with yourself, meeting any discomfort with compassion.

_____ has volunteered to lead our meditation today.

Reading: We will now take turns reading from Recovery Dharma/ _____

In an effort to build community and get to know one another, let's introduce ourselves. There is no need to introduce yourself by anything other than your name.

My name is _____

Group Sharing: The meeting is now open for sharing. Please be mindful of your time to ensure that everyone who wants to speak has a chance to contribute. However, please do not directly comment on another person's share or offer opinions or advice. We commit to making this space as open and welcoming as possible for all members. Please practice wise speech; using "I" statements, focusing your share on your own experience of addiction, recovery, Buddhist principles, Dharma practice, or the topics of this meeting.

Tag Pass or Voluntary

Ask for volunteer to begin sharing

There is time for 1 or 2 more shares.

The Importance of Confidentiality

We are here to make sure everyone feels safe and welcome. Personal recovery depends on connection with a healthy and secure Sangha. It is important that everyone here in this meeting and everything that was shared be kept confidential.

Growing a Strong Sangha and Mentorship: We encourage everyone to continue developing a meditation practice and to reach out to others to build a strong recovery community. Find ways to be of service, to be generous, and to be kind.

Please consider becoming a mentor to new members. If you are interested in becoming a mentor, please know we have guidelines for mentorship. Mentorship will enrich your own recovery and sustain Recovery Dharma Detroit.

Will all who are mentors or are willing to stay after to answer questions or offer support please raise your hands.....

Announcements: In the practice of Dana (pronounced Donna) (virtue of generosity/charity), there is a donation bowl by the front door which will help us pay rent, provide books, and support the growth of Recovery Dharma Detroit.

Please help with clean up (mats and cushions go against the wall; chairs go upstairs on the back wall)

Are there any Anniversaries, Events or other Announcements?

Dedication of Merit:

_____ has volunteered to lead and will close the meeting.