

# A RECOVERY DHARMA ONLINE MEETING SCRIPT

Link to this document: <http://bit.ly/rdo-default-meeting-script>

Recovery Dharma Online: <https://recoverydharma.online>

## Meeting Logistics

*Before the meeting, the facilitator finds volunteers:*

- To lead the Meditation,
- To read the The Practice
- To read the Four Noble Truths
- To read the Eightfold path
- To read the Book Passage (Book Study meetings)
- Timekeeper
- To read the Dedication of Merit.

*As we get started, I'll just go over some technicalities:*

- 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 facilitator 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!
- *Optional:* Please be mindful of others and refrain from eating, smoking, vaping 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. [P]  
[SEP]
- If you are reading along with the book, you can go here to find, download and if you like print off copies of the book, Recovery Dharma: <http://recoverydharma.org/book>

# OPENING

*To begin the meeting, Chairperson rings bell once and reads:*

Welcome to this meeting of \_\_\_\_\_.

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, instead putting our trust in the three jewels of Buddhism:

- We take refuge in the Buddha - The potential for our own awakening
- We take refuge in the Dharma - The path to freedom, as shared in the teachings
- We take refuge in the Sangha - The 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 a particular authority in this meeting. I am a member of this community and have volunteered to help lead our meeting and discussion today.

# INTRODUCTIONS

*Optional if there's too many people to individually introduce themselves:*

It's great to see so many people here tonight. I would like to take this time to welcome all of you to this meeting. We are glad you are here.

[L]  
[SEP]

[L]  
[SEP] If there anyone is new to recovery dharma or attending this meeting for the first time and you are comfortable introducing yourself, please feel free to unmute and share your name, where you are calling from and if you have gender pronouns you'd like to be used for you. [L]  
[SEP]

### *Otherwise everyone introduces themselves*

In an effort to build community and to get to know each other, we start each week by introducing ourselves. There is no need to identify yourself by anything other than your first name.

If you'd like to, you can also share where you're calling from, whether this is your first time and if you have gender pronouns you'd like to be used for you, please mention those too!

My name is \_\_\_\_\_, I'm calling from \_\_\_\_\_ and my pronouns are \_\_\_\_\_.

Please take turns unmuting yourself and saying hi!

# OPENING READINGS

*Thank you everyone! We'll now move on to a few readings about the practice.*

\_\_\_\_\_ *has offered to read The Practice*

## The Practice (Short Version)

Renunciation: We commit to the intention of abstinence from alcohol and other addictive substances and behaviors.

Meditation: We commit to the intention of developing a daily meditation practice.

Meetings: We attend recovery meetings and commit to becoming an active part of the community, offering our own experiences and service wherever possible.

The Path: We commit to deepening our understanding of the Four Noble Truths and to practicing the Eightfold Path in our daily lives.

Inquiry and Investigation: We explore the Four Noble Truths as they relate to our addictive behavior through writing and sharing in-depth, detailed Inquiries.

Sangha, Wise Friends, Mentors: We cultivate relationships within a recovery community, to both support our own recovery and support the recovery of others.

Growth: We continue our study of these Buddhist principles and undertake a lifelong journey of growth and awakening.

## Four Noble Truths

\_\_\_\_\_ *has offered to read **The Four Noble Truths***

As people who have struggled with addiction, we are already intimately familiar with the truth of suffering. Even if we have never heard of the Buddha, at some level we already know the foundation of his teachings, which we call the Dharma: in this life, there is suffering.

The Buddha also taught the way to free ourselves from this suffering. The heart of these teachings are the Four Noble Truths and the corresponding commitments, which are the foundation of our program.

1. **There is suffering.** We commit to understanding the truth of suffering.
2. **There is a cause of suffering.** We commit to understanding that craving leads to suffering.
3. **There is an end to suffering.** We commit to understanding and experiencing that less craving leads to less suffering.
4. **There is a path that leads to the end of suffering.** We commit to cultivating the path.

# The Eightfold Path

\_\_\_\_\_ *has offered to read The Eightfold Path*

The Buddha taught that by living ethically, practicing meditation, and developing wisdom and compassion, we can end the suffering that is created by resisting, running from, and misunderstanding reality. We have found that these practices and principles can end the suffering of addiction. The Eightfold Path helps us find our way in recovery and consists of the following:

- 1. Wise Understanding**
- 2. Wise Intention**
- 3. Wise Speech**
- 4. Wise Action**
- 5. Wise Livelihood**
- 6. Wise Effort**
- 7. Wise Mindfulness**
- 8. Wise Concentration**

# MEDITATION INSTRUCTIONS

We will now do a guided meditation on \_\_\_\_\_.

## Meditation preamble

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 the closing bell rings.

***I will start the meditation with three rings of the bell and close with three rings of the bell.***

## TOPIC INTRODUCTION

***Chairperson reads:***

Thank you all for your practice.

**Is there anyone who joined us recently and didn't get an opportunity to introduce themselves earlier? If so please unmute yourself and say hi.**

***Book Study Meeting:***

We will now be reading from the Recovery Dharma book starting on page \_\_\_\_.

***Speaker Meeting:***

We'll now move on to our speaker for this week, who will share about their experiences in addiction and recovery, \_\_\_\_ (name) \_\_\_\_\_. Welcome to our group and please go ahead \_\_\_\_ (name) \_\_\_\_\_!

## GROUP SHARING

***Chairperson reads:***

Please limit your share to [two to three -- whatever there's time for] minutes to ensure that everyone who wants to has a chance to speak.

The timekeeper will let you know when you've got one minute left, at which point you can say thank you, to acknowledge you heard them, then you have one minute left to finish up your share.

We commit to making this space as safe and welcoming as possible for all members of our community.

We ask that there is no cross-talk, meaning we do not comment on another person's share or offer opinions or advice. This includes avoiding any use of the chat feature that might be distracting to the person sharing, or those listening.

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 tonight's topic.

If you are on a Zoom app, you can click the **Raise Hand** button to



mark yourself as wanting to speak. It can be found by opening the **Participants** menu and looking for the **Raise Hand** button at the bottom. If you are a dial-in caller, you can use \*9 to raise your hand.

## CLOSING ANNOUNCEMENTS

*That is all the time we have for sharing. Thank you for being with us tonight.*

### Virtual Parking Lot

If you didn't get a chance to share and feel that you need to, please remain after the close of the meeting.

### Anonymity and Confidentiality

In order to respect each others' 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.

### Continuing Practice

We encourage you to continue your meditation practice, your study of Buddhist principles, and to reach out to others in order to build community.

Would anyone who is willing to talk with newcomers after the meeting please raise their hand?

### Dana

There are no fees for Recovery Dharma membership. Each group is responsible for its own finances, relying on the generosity of its members.

If you would like to contribute, you may do so by going to

recoverydharma.online and following the menu prompts donate.

## Volunteering

Also, everyone in the meeting is encouraged to volunteer. This may include volunteering to read, facilitate a meeting or taking on a service position.

## Other announcements

*Copy/paste into the chat as desired.*

- COVID-19 and RD Information: <https://recoverydharma.org/covid-19-information>
- More Online Meetings: <http://recoverydharma.online>
- More Resources: <https://recoverydharma.org/resources>
- Learn more about RD: <https://recoverydharma.org>
- RDO Google Calendar Instructions and full DST info: <https://recoverydharma.online/timezones-dst/>
- COVID-19 and temporary online meeting info: <https://recoverydharma.org/covid-19-information>
- RD Friends Act: <https://sites.google.com/view/rdfriendsact/home>
- RDO Facebook Group: <http://bit.ly/rdo-fb-group>
- [Upcoming Recovery Dharma related events]
- Are there any other announcements?

# DEDICATION OF MERIT

*We close each meeting with a “dedication of merit”, where we gather up all the good karma we’ve accumulated through our mutual support, and send it out to all those suffering in the world.*

## Recovery of Dharma DoM

Refuge does not arise in a particular place, but in the space within the goodness of our hearts.

When this space is imbued with wisdom, respect, and love, we call it sangha.

We hope that the pain of addiction, trauma, and feeling “apart” actually leads us back toward the heart and that we might understand compassion, wisdom, and change ever more deeply.

As we have learned from practice, great pain does not erase goodness, but in fact informs it.

May we make the best use of our practice, and whatever freedom arises from our efforts here today.

May this be a cause and condition for less suffering and more safety in our world.

*Ring closing bell.*

## Classic DoM

We dedicate the merits of this Recovery Dharma Meeting to all suffering addicts.

May all who cling with fear accept the freedom of letting go.

May all minds & hearts awaken to the possibility of recovery, compassion and peace.

May all learn to embrace change and uncertainty as part of life's fullness.

May we give freely and wisely all that we have been given.

May our recovery be an offering to all beings everywhere.

***Ring closing bell.***