

Sample meeting preamble and guidelines

Welcome to_____. We come together to practice mindfulness meditation skills and study the words of the Buddha in order to ease the dis-ease of our recovery from addictive behaviors. We welcome those from any or no recovery program to join us in meditation and discussion. We are not Dharma teachers, but peers on the Buddhist path and path to recovery. We are not a recovery program, but can provide resources to local AA and alternative programs if needed. We are here to support you in fellowship and trust.

While participating in our Sangha, we ask that you observe the following in order to promote the trust and confidentiality of the group:

1. Please arrive in a substance free state, open to the Dharma and fully able to participate.
2. Do not cross talk or interrupt unless requested by the speaker, to allow all to be complete with their share.
3. Be aware of the size of the group when sharing, to allow all who wish to speak a turn.
4. Maintain confidentiality at all times, what you hear in this group remains in our fellowship and trust.
5. Give each speaker your full attention, practicing mindful listening with an open heart.

The meeting format will be as follows:

7:00 ~ 8:00pm Introductions and meditation practice/reading *open to all
8:00 ~ 8:15pm Social break for tea and questions
8:15 ~ 9:00pm Closed recovery sangha and discussion *for recovery support only