

# Recovery Unlimited Meeting Format

Welcome to Recovery Unlimited. (or R.UN.)

R.UN. is a support group whose primary focus is non-judgmental recovery. We aim to provide a safe environment for our members where everyone feels welcomed and accepted.

We understand that everyone may experience judgmental thoughts. It's only natural. None of us are perfect. We all have a part of ourselves that will look for differences between us and others. These divisions often leave us feeling alienated and uncomfortable. It's important to recognize this. We all have our own unique experiences and backgrounds; but we join together here to support and inspire each other. True non-judgment allows for unconditional love and inner peace. We're able to accept each other - and ourselves - just as we are.

We'll take a moment for intros to start the meeting. (ex: I'm \_\_\_\_\_ from \_\_\_\_\_)

[share run steps slide]

Would somebody like to read our steps?

[member reads]

[share run beliefs slide]

Would somebody like to read our core beliefs?

[member reads]

\*If Topic Meeting:

Today we'll be doing a reading on \_\_\_\_\_

[Host can read any prepared material here by themselves or with the help of volunteers]

\*\*Optional: Before we open the meeting, we'd just like to remind everyone to remain courteous and mindful. Please try to remain muted when not speaking.

[member sharing/discussion]

[share run closing slide]

We like to conclude our meetings with a closing read in unison. If everyone would like to unmute now, we'll read together.

[read closing together]