



# **Albuquerque Recovery Sangha**

## **The wisdom of 12 steps and Buddhism**

### **SANGHA ZOOM MEETING FORMAT**

*Everything the leader says is in italics.*

#### **1) OPENING STATEMENT:**

*Welcome to 12 Step Sangha, meditation for recovering people. Our meeting is open to people with any addiction from any recovery program. Our meeting is intended to be supplemental to and not a substitute for your regular recovery program. Our purpose is to integrate 12 step principles with Buddhist practices to end the suffering of ourselves and all sentient beings.*

*For the privacy of our members, we announce ourselves by first name only, without disclosing our addiction. Please join me in reading the Anonymity Statement.*

#### **EVERYONE READ:**

**Anonymity is of immense spiritual significance and is a sacred trust basic to our fellowship and its survival. So please respect everyone's need for confidence and privacy. Who you see here and what you hear here, let it stay here when you leave here.**

***My name is \_\_\_\_\_***

*Step 11 says, "We sought through prayer and meditation to improve our conscious contact with a Higher Power as we understood it, praying only for knowledge of our Higher Power's will for us and the power to carry that out."*

*The format of this meeting is to read the step of the month from "A Buddhist's Insight Into the 12 Steps of Recovery," by Dug C followed by 5 minutes of breathing meditation.*

*After the 5-minute meditation we will have a short reading from the literature for today's topic (except on the first meeting of the month where we will read the step of the month in its entirety as the topic).*

*Then we will meditate for 15 minutes to contemplate the topic. I'll ring the bell at the beginning and end of the meditation periods. After the meditation, people will share briefly on the topic as it relates to their recovery. The sangha leader may choose to share last.*

*During the meditation period, we ask that everyone be quiet and still out of respect for the practice. If you need to leave, please do so silently. If you have questions, there is often an informal discussion after the meeting.*

*We will now read meditation for recovering people.*

## 2) INSTRUCTIONS FOR BREATHING MEDITATION:

*Please join me for 5 minutes of Shamatha or “Calm Abiding” meditation to focus the mind. For those who are new to meditation, here are a few guidelines: sit with your back straight, neck and shoulders relaxed, feet on the floor, eyes either open or closed. Breathe naturally, notice where the air enters your body and put your attention there. Count your breaths up to four and backwards down to one. When your mind wanders, or you lose your place, gently bring your attention back to the breath and begin again at one.*

## 3) READING OF TOPIC

*I've asked a volunteer to read from the Buddhist literature.*

*(On the first meeting of the month, this will be the step of the month from A Buddhist's Insight Into the 12 Steps of Recovery,” by Dug C.)*

*Now we'll meditate silently on the topic for 15 minutes. Begin with Shamatha or “Calm Abiding” meditation. Then from a place of non-judgmental calmness, reflect on the topic.*

**Bell begins 15-minute meditation.... bell ends 15-minute meditation.**

*The meeting is now open for people to share about their experience with the meditation on the topic as it pertains to their recovery. Here are some guidelines for sharing:*

- 🕒 If you share, please keep it down to three minutes or less.*
- 🕒 Please refrain from offering advice or criticism on what other people share.*
- 🕒 Please give everyone a chance to share before sharing a second time.*
- 🕒 Please refrain from a focus on “outside issues”— politics, personal conflicts, or self-promotion.*

**Sangha Leader may share last 5 minutes:**

**(After reflecting on everyone's input, the sangha leader may share Buddhist principles related to the reading.)**

*Are there any announcements?*

*Please join me for the Serenity Prayer and the Closing Dedication.*

**May I realize the serenity to accept the things I cannot change; the courage to change the things that I can; and the wisdom to know the difference. We dedicate the merits of this practice to all suffering addicts. May everyone be free of suffering, and the causes of suffering. May everyone enjoy happiness, and the causes of happiness. . . Keep coming back, it works.**



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[www.recoverysangha.com](http://www.recoverysangha.com)