

Dharma of Recovery

Welcome to the Dharma of Recovery meeting of Alcoholics Anonymous. Our aim is to learn how to deal with thoughts, feelings and everyday events without relying on addictive behaviors, and to help each other in this process. We don't encourage the use of labels like alcoholic or addict because labels can be limiting and stereotypical. Most importantly, we believe that each person is largely responsible for their own behavior.

Let's go around the room and introduce ourselves

Will someone read the dharma handout?

Now we have 10 minutes of silent meditation

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This week's reading is chosen by _ _ _ _ _

("pass the basket" half way through discussion)

Before we close the meeting, is anyone celebrating years or months of sobriety?

Does anyone want a desire chip?

We close with 5 minutes of silent meditation . . . followed by a standing bow showing appreciation for the path we share today

(after the bow, ask for a volunteer to read next week)