

# **REFUGE RECOVERY**

## **A Buddhist Path to Recovering from Addiction**

### **WHAT IS A REFUGE RECOVERY MEETING?**

Our program includes regular attendance at Refuge Recovery meetings. The group provides help from others in recovery and offers an ongoing support network for all who wish to pursue and maintain an addiction free life.

A Refuge Recovery meeting meets regularly at a specified place and time, and practices only the program of recovery and the meditations included in the book *Refuge Recovery: A Buddhist Path to Recovery from Addiction*.

The book *Refuge Recovery* is our only approved literature at this time. The general RR Meeting format is posted on the meeting resource page on [refugerecovery.org](http://refugerecovery.org).

Refuge Recovery meetings are held by Refuge Recovery groups. Individual RR groups who hold RR meetings are the foundation of our recovery society.

Each RR group is registered with Refuge Recovery World Services before being listed on our main website, [refugerecovery.org](http://refugerecovery.org). According to our guiding principles, RR groups have no outside affiliations and receive no outside financial support.