

Refuge Recovery Online and In-Person Meetings Program Summary

Resource number: 67543544

A program of: Self-Help Support Groups Other Alternative Support Groups

Description

A Buddhist Path to Recovering from Addiction

Refuge Recovery is a Buddhist-oriented, non-theistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. In fact, no previous experience or knowledge of Buddhism is required. Recovery is possible, and this program provides a systematic approach to treating and recovering from all forms of addiction. When sincerely practiced, the program can ensure a full recovery from addiction and a life-long sense of well-being and happiness.

Addiction

Addiction is the repetitive process of habitually satisfying cravings to avoid, change, or control the seemingly unbearable conditions of the present moment. This process of craving and indulgence provides short-term relief but causes long-term harm. It is almost always a source of suffering for both the addict and those who care about the addict.

Recovery

Recovery is a process of healing the underlying conditions that lead to addiction. It is establishing and maintaining the practice of abstaining from satisfying the cravings for the substances and behaviors that we have become addicted to. Recovery is also the ability to inhabit the conditions of the present reality, whether pleasant or unpleasant.

Refuge

Refuge is a safe place, a place of protection, a place that we go to in times of need, a shelter. We are always taking refuge in something. Drugs, alcohol, food, sex, money, or relationships with people have been a refuge for many of us. Before addiction, such refuges provide temporary feelings of comfort and safety. But at some point we crossed the line into addiction. And the substances or behaviors that were once a refuge inevitably became a dark and lonely repetitive cycle of searching for comfort as we wandered through an empty life.

Active addiction is a kind of hell. It is like being a hungry ghost, wandering through life in constant craving and suffering.

Refuge Recovery, the Buddhist-inspired approach to treating addiction, offers a plan to end the suffering of addiction.

Traditionally, Buddhists commit to the path of awakening by taking refuge in three things: awakening (Buddha), truth (Dharma), and community (Sangha). If the teachings and practices offered here resonate with you as true and useful, we invite you to take refuge in this process of awakening, truth, and community. Practicing these principles and developing these skills will lead to a safe place, a true and reliable refuge, a place that is free from addiction, to a full recovery.

Refuge Recovery Meetings

Refuge Recovery meetings offer recovery from all forms of addiction, including substances, food, sex, technology, gambling, relationships, spending, and more.

All are welcome. The only criteria for membership is a desire to be free from addiction.

Resources from The Florida Council on Compulsive Gambling, Inc

Refuge Recovery members practice a daily recovery program that includes meetings, meditation and personal inventory, mentorship, retreat and service as integral components.

The group atmosphere provides help from peers and offers an ongoing support network for all who wish to pursue and maintain an addiction free life.

In-person meetings are available in Sarasota (Mondays, Tuesdays, and Wednesdays) and Orlando (Saturdays), and online meetings are available throughout the week via Zoom.

Find a Meeting: <https://refugerecoverymeetings.org/meetings>

Refuge Recovery Book

The book that serves our recovery program includes detailed guidance on how to recover using the Buddhist practice of The Four Truths and Eightfold Path of Refuge Recovery, written investigations that explore the causes and conditions of our addictions, daily meditation practices, personal stories of recovery, advice and inspiration for finding or creating community, and a format for Refuge Recovery meetings. The book was written by the founder of Refuge Recovery, Noah Levine. In 2020, Noah donated the copyrights, trademarks and proceeds to our non-profit service organization, Refuge Recovery World Services.

Order the Refuge Recovery Book: <https://www.refugerecovery.org/store?category=Books>

FIRST THURSDAY TALK And Q&A

Join founder Noah Levine for the First Thursday of the Month Refuge Recovery Talks LIVE talk, guided meditation and Q&A.

All are welcome.

Talks are available afterwards on RRWSs YouTube and podcast.

Register for the First Thursday Talk: <https://www.refugerecovery.org/monthly-dharma-talk>

REFUGE RECOVERY PODCAST

Meditation is the cornerstone of our path. Listen to guided meditations on our website or on Spotify, Apple Podcasts, or iHeart.

-Listen on the Refuge Recovery Website: <https://www.refugerecovery.org/refuge-recovery-podcast>

-Listen on Spotify: <https://open.spotify.com/show/4GrK8Bqg8yAfcMWmGHkx8J>

-Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/refuge-recovery/id1561047040>

-Listen on iHeart Radio: <https://www.iheart.com/podcast/256-refuge-recovery-31126712/>

Phone Numbers

Resources from The Florida Council on Compulsive Gambling, Inc

Website refugerecovery.org/

Site Information

Location	2516 Lincoln Blvd Venice, CA 90291	Mailing Address	2516 Lincoln Blvd Venice, CA 90291
Hours	Visit https://refugerecoverymeetings.org/ meetings for specific meeting times.		

Program Information

Eligibility

Languages Offered English, English

Payment Options

Fees Free

Application Process

Documents Required

Normal Wait Time

Capacity

Volunteer Opportunities No

Coverage Areas

United States - Nationwide

Nationwide