



## Buddhist Recovery Christchurch

### Preamble

#### ***Who we are***

Buddhist Recovery Christchurch is an outreach of Open Dhamma ([www.opendhamma.org.nz](http://www.opendhamma.org.nz)) and is in association with The Buddhist Recovery Network ([www.buddhistrecovery.org](http://www.buddhistrecovery.org)).

Open Dhamma seek to provide a space where people can explore what it means to live a meaningful and ethical life, in awareness and within a western context.

The Buddhist Recovery Network promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviours and is open to people of all backgrounds, and respectful of all recovery paths.

Contact email: [buddhistrecoverychristchurch@gmail.com](mailto:buddhistrecoverychristchurch@gmail.com)

#### ***The Meetings***

In these meetings we aim to provide a place where those in recovery from addictive substances or behaviours can explore and develop their recovery from the perspective of the dhamma as taught by the Buddha.

The meetings are open to members of any 12 step program, any professional working with addiction, and any Buddhist practitioner with an interest in the suffering caused by addiction.

We respect all paths to recovery and all Buddhist paths.

We acknowledge the value of Alcoholics Anonymous and other 12 step programs and recognise that we are not a replacement for them.

We follow the AA guideline of anonymity and confidentiality. Who you see here and what you hear here, let it stay here.

There are no fees or dues, but dana/koha will be gratefully accepted to cover any costs related to the running of the meeting.

Please turn off your cell phones for the duration of the meetings.