

REFUGE RECOVERY

A BUDDHIST PATH TO RECOVERING FROM ADDICTION

Mondays from
12 PM to 1 PM
Wednesday evenings
from 6:30 to 8:00.



225 W. Washington St.
2nd Floor
Chicago, IL 60606

All are welcome! We will explore recovery via meditation and a Buddhist approach. Feel free to attend if you are in recovery or are contemplating recovery, regardless of whether you're part of a recovery group or if you're on your own.

Refuge Recovery follows the traditional Buddhist model of the Four Noble Truths:

1. Addiction creates suffering

"We take stock of all the suffering we have experienced and caused as addicts."

2. The cause of addiction is repetitive craving

"We investigate the causes and conditions that lead to addiction and begin the process of letting go."

3. Recovery is possible

"We come to understand that recovery is possible and take refuge in the path that leads to the end of addiction."

4. The path to recovery is available

"We engage in the process of the Eightfold Path that leads to recovery."

Meeting format:

- **20-minute guided meditation.**

Meditation instructions will be provided. Beginners are welcome!

- **Selected readings from the book *Refuge Recovery* by Noah Levine.**

Loaner copies and/or handouts will be passed out for group readings, but please bring your book if you have a copy.

- **Open sharing is anonymous/confidential.**

For questions or more information, please contact Joanna Wyka at joanna.wyka@frnmail.com or 312-980-2255.