Weekly Meetings

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Meeting</th>
<th>Location</th>
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<tbody>
<tr>
<td>Sunday, 10.30am</td>
<td>Queer Paths LGBTQ</td>
<td>4115 N. Mississippi Ave.</td>
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<tr>
<td>Sunday, 6.30pm</td>
<td>3 Jewels Yoga</td>
<td>3014 NE Killingsworth St.</td>
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<tr>
<td>Monday, 7.00pm</td>
<td>Dharma Rain Zen Center</td>
<td>8500 Siskiyou St.</td>
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<tr>
<td>Monday, 7.00pm</td>
<td>Heart of Wisdom Zen Temple</td>
<td>6401 NE 10th Ave.</td>
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<tr>
<td>Tuesday, 7.00pm</td>
<td>Alano Club (Womxn’s)</td>
<td>909 NW 24th Ave.</td>
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<tr>
<td>Tuesday, 8.00pm</td>
<td>Burning Spirits Yoga (Men’s)</td>
<td>2025 NE MLK Blvd.</td>
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<tr>
<td>Thursday, 7.00am</td>
<td>Friends of the Dhamma (Book Study)</td>
<td>1404 SE 25th Ave.</td>
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<tr>
<td>Thursday, noon</td>
<td>Alano Club</td>
<td>909 NW 24th Ave.</td>
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<tr>
<td>Thursday, 7.00pm</td>
<td>Clark County Recovery Café</td>
<td>3312 E. Fourth Plain Blvd. (Vancouver)</td>
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<tr>
<td>Saturday, 9.30am</td>
<td>4th Dimension</td>
<td>3801 NE MLK Blvd.</td>
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https://www.recoverydharmapdx.org/

@recoverydharmapdx

WHAT IS RECOVERY DHARMA?

Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that recovery means empowerment, and we support each other as partners walking the path of recovery together. Our program uses the Buddhist practices and principles of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. Recovery Dharma welcomes anyone who is looking to heal from addiction and addictive behavior, whether it’s caused by substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering.
The Four Noble Truths
As people who have struggled with addiction, we are already intimately familiar with the truth of suffering. Even if we have never heard of the Buddha, at some level we already know the foundation of his teachings, which we call the Dharma: that in this life, there is suffering.

The Buddha also taught the way to free ourselves from this suffering. The heart of these teachings is the Four Noble Truths and the corresponding commitments, which are the foundation of our program.

1. There is suffering. We commit to understanding the truth of suffering.
2. There is a cause of suffering. We commit to understanding that craving leads to suffering.
3. There is an end to suffering. We commit to understanding and experiencing that less craving leads to less suffering.
4. There is a path that leads to the end of suffering. We commit to cultivating the path.

The Eightfold Path
The Buddha taught that by living ethically, practicing meditation, and developing wisdom and compassion, we can end the suffering that is created by resisting, running from, and misunderstanding reality. We have found that these practices and principles can end the suffering of addiction. The Eightfold Path helps us find our way in recovery and consists of the following:

1. Wise Understanding
2. Wise Intention
3. Wise Speech
4. Wise Action
5. Wise Livelihood
6. Wise Effort
7. Wise Mindfulness
8. Wise Concentration

The Practice
Renunciation: We commit to the intention of abstinence from alcohol and other addictive substances and behaviors.
Meditation: We commit to the intention of developing a daily meditation practice.
Meetings: We attend recovery meetings and commit to becoming an active part of the community, offering our own experiences and service wherever possible.
The Path: We commit to deepening our understanding of the Four Noble Truths and to practicing the Eightfold Path in our daily lives.
Inquiry and Investigation: We explore the Four Noble Truths as they relate to our addictive behavior through writing and sharing in-depth, detailed Inquiries.
Sangha, Wise Friends, Mentors: We cultivate relationships within a recovery community, to both support our own recovery and support the recovery of others.
Growth: We continue our study of these Buddhist principles and undertake a lifelong journey of growth and awakening.