



Weekly Meetings

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

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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.

<https://www.recoverydharmapdx.org/>



@recoverydharmapdx



RECOVERY DHARMA

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.