



RECOVERY DHARMA NEWSLETTER

Winter, 2020

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Recovery Dharma News

Board of Directors Elections

Make sure you are registered to vote for your next Recovery Dharma (RD) Board of Directors. Go to <https://mailchi.mp/recoverydharma/register> and submit your email to be added to the voter rolls. Please note this form is specific for voting and is separate from the regular mailing list. The deadline to register to vote is January 29.

More information about the candidates [is available on the RD website](#), including detailed statements from each candidate.

Voting will be online from January 15 through January 31, 2020. The new Recovery Dharma Board of Directors will be seated in mid-February.

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[Here is a handy flyer](#) created by a member that you can print and have available at meetings.

[These updates are on the web!](#)



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Upcoming Events

Wise Friendships

The Wise Friendship Circle has been working together over the past few months to investigate a Buddhist model for peer support in recovery, and developed a draft of "[Developing Wise Friendships in Recovery Dharma.](#)" A Zoom conference call was held to gather feedback, which the Circle is incorporating for the community.

Conference Update

The global Recovery Dharma sangha voted and the host of the First Annual RDCon will be...Salt Lake City, Utah! Thank you to the Salt Lake Sangha!

Dates and a specific venue for the conference are still being worked out , so stay tuned for more info. If you'd like to volunteer for the global planning committee, send an email to dwethington@recoverydharma.org.

[These updates are on the web!](#)



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Recovery Dharma Circle Updates

Each of the following Sangha Circles have updates to share! Follow the links or [click here](#) for the full post.

[Outreach Circle](#)

Circle Coordinator: Brent Tryon, stirfryit2002@yahoo.com

[Literature Circle](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Community Wisdom Circle](#)

Circle coordinator: Critter Spinneret, critter@recoverydharma.org

You can contact the Community Wisdom circle with any questions or ideas for future calls at rdcommunitywisdom@gmail.com

[Inclusion Circle](#)

Circle coordinator: Critter Spinneret, critter@recoverydharma.org

[Wise Friendship Circle](#)

Circle coordinator: Paul Acciavatti, paul@recoverydharma.org

[Core Intentions](#)

Circle coordinator: Gary Matulis, garymatulis@recoverydharma.org

[Structure Development](#)

Circle coordinator: Gary Matulis, garymatulis@recoverydharma.org

[Sangha Support](#)[Website Team](#)[Merchandise Circle](#)

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Keepin' it Local

Come for the Show, Stay for the Meeting: Recovery at 924 Gilman

Thank you to Critter S. for this Sangha profile.

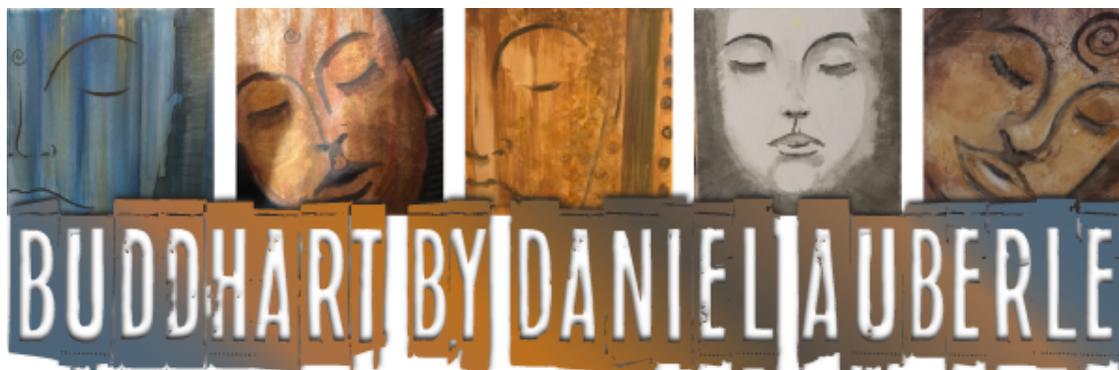
When you walk into 924 Gilman in Berkeley on a Sunday morning, you'll likely notice the stage, often strewn with drumsticks and set lists from the concert the night before. You'll notice the art on the walls, and the sculptures and odd objects hanging off the ceiling. 924 Gilman is primarily used as a punk music venue save for once a week on Sunday mornings when Recovery Dharma Gilman meets. It's grungy and funky and covered in spray paint with a punk feel. It's very Berkeley!

[More...](#)

If you'd like to feature your sangha in the Recovery Dharma newsletter, contact us at newsletter@recoverydharma.org.

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RECOVERY DHARMA ARTIST FEATURE



[Click above to meet a Buddhartist.](#)



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My Path

Rick's Story of Recovery

Thank you to Rick Millman for this personal story of recovery.

From early on something didn't feel right about me. There was emotional and some physical abuse in the home. All of the relationships in my nuclear family were tarnished. I didn't fit in at school. I had social anxiety, didn't play sports, and got beat up a lot. When the cool kids started dating, I felt left out in the lurch. And so, I escaped my present moment experience through fantasy in its many guises. First movies, music, and daydreaming that I would be a big star of the stage and screen one day. Someday, one day.

[More...](#)

If you'd like to share your personal story with the Recovery Dharma community, contact us at newsletter@recoverydharma.org. Please see the recoverydharma.org website for guidelines.

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Dharma Toolbox

Meditation Tips for Daily Sits

Thank you to Jer Clarke for this article.

Meditation takes time and effort, but the benefits are enormous. Anyone who manages to maintain a daily sitting practice is likely to sing its praises, the hard part is making time and finding the motivation to keep at it day after day.

As someone about to hit 650 days in a row of meditation (find me on Insight Timer to check!), I think maybe I have some valuable advice to give, and figured I'd write up the tips I give to new people who ask me how they can get started.

So please forgive my hubris, and may all beings meditate at ease.

[More...](#)

[Licensed as Creative Commons BY-NC-SA.](#) Do you have a practice technique or approach that might be featured in Dharma Toolbox? Please send your submissions (about 500 words) to newsletter@recoverydharma.org.

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Between the Lines

The Recovery Dharma Newsletter Book Review

Thanks to Dave Slavik for this book review.

This is the 3rd book of David Michie's Dalai Lama's Cat series, yet each book stands on its own as a wonderful read of life from the perspective of HHC (His Holiness' Cat), his time in the presence of the Dalai Lama, and all the people of his small mountain monastery and town.

The Power of Meow follows the growth of HHC and the Dalai Lama's other, human students as they learn mindfulness and meditation. Each story is well thought out, believable, and focuses on a teachable moment. Teachings touch on topics as varied as anger at a partner, frustration with a relative, and feelings of low self worth. Each presents Buddhist principles to the reader, and further

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The Newsletter Team welcomes book review submissions. Reviews should be about 500-800 words and be about any Buddhist or recovery-related book. Please send all inquiries to newsletter@recoverydharma.org.

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SEEKING PEOPLE FROM RECOVERY DHARMA FOR A RESEARCH STUDY!

Who is using the Recovery Dharma program? What aspects of Recovery Dharma are most helpful? What other methods have people tried before Recovery Dharma?

Recovery Dharma is working with a research team to find the answers to these questions and would love your input!

The study consists of a 15-30 minute survey now and a brief, optional, 10-minute follow-up survey in 6 months. Upon completion of the first survey, you'll be given the opportunity to be entered into a draw to win one of two \$50 Amazon e-gift cards.

click link to participate

 **University of Windsor**

This research study has been reviewed and cleared by the University of Windsor Research Ethics Board

Questions? Contact the Primary Investigator, Dr. Onawa LaBelle by phone at (519) 253-3000, ext 2290 or email olabelle@uwindsor.ca

Click the image above or [here](#) to participate.



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Critter Spinneret. We welcome your feedback and submissions of all kinds! Questions, comments, and submissions can be sent to newsletter@recoverydharma.org.

Recovery Dharma newsletter in order to encourage inclusivity, accessibility, and diversity. To bring up any questions or comments related to inclusion, please contact rdinclusioncircle@gmail.com.

With metta, may all beings be at peace and free from suffering.

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