

Meeting



**Bhakti Recovery Group**

Script

# Welcome

[NOTE TO MODERATOR:] Feel free to print this script or view it in digital format through the Google Slides App on a phone or tablet, or as found in your gmail account toolbox. The slide show is activated by clicking the Play button at the top right of the screen.

[SCRIPT:]

Hello everyone, my name is [FIRST NAME]. I am a grateful recovering addict and an aspiring devotee [OR HOWEVER YOU WISH TO IDENTIFY].

Welcome to the Bhakti Recovery Group [MEETING NAME] meeting, I will be your trusted servant today.



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# Housekeeping

Please keep your microphone on mute until it is your turn to speak.

If you have used within the last 24 hours, we are glad you are here! We ask you however to please refrain from sharing as we want to hear from you, and not the drugs or alcohol.

The duration of this meeting is 60 minutes.



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# [Newcomers]

Do we have any newcomers this evening?

Hare Krishna, can you please tell us your name so that we can welcome you?

Moderator: [Hare Krishna ... NAME]

Please know that you are our priority for today.

You are welcome to engage in the readings and sharing process as you are comfortable. Feel free to participate as much, or as little as you'd like.

[NOTE TO MODERATOR]: If a newcomer arrives late, please pause the meeting in order to welcome them.



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# [Newcomer] Introduction

The Bhakti Recovery Group is an all-inclusive 12-Step/Bhakti-oriented fellowship that brings together people who share their experience, strength and hope, as it relates to finding freedom from various addictions and associated behaviors. The only requirement for membership is the desire for recovery. Our primary purpose is to stay in the process of recovery through the 12 steps and the practice of Bhakti yoga, carrying this message in loving service to others who are struggling with their addictions and afflictions.

This particular BRG meeting focuses on \_\_\_\_\_. In addition to the BRG, we recommend you attend traditional 12 step meetings. We encourage you to do the work of the 12 Steps with the help of a sponsor. Sponsors are individuals who have been sober and abstinent from their addictive substances and behaviors and have also worked the steps with a sponsor. Our program is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA, we make use of its literature, along with those of SA, NA, and Bhakti literature by His Divine Grace A.C Bhaktivedanta Swami Prabhupada.



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# Anonymity

A note on anonymity:

Anonymity and confidentiality are foundational to all 12 step programs. At the personal level, anonymity provides protection for all members from identification as addicts, a safeguard often of special importance to newcomers. A firm assurance of confidentiality is imperative if we are to succeed in helping others and each other to achieve sobriety.

Remember, what you hear here, who you see here, let it stay here!



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# Meditation

Let's begin with some deep breaths and a moment of silence for those who are still suffering from addiction within and outside these walls [3 deep breaths]

We will now recite the the serenity prayer followed by 3 maha mantras:

*Krishna,  
grant us the serenity to accept the things we cannot change,  
the courage to change the things we can,  
and the wisdom to know the difference!*

*Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare*



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# Check-in & Milestones

Let's take a moment to check-in.

Please introduce yourself by first name only and share one thing you are grateful for today. You may also share what specific addiction(s) you identify with, what step you are working on, and your sobriety date.

[Newcomers: Please feel free to share how you heard about the BRG, and if you have any prior experience with a 12 step program.]

[NOTE TO MODERATOR]: If a member arrives late, please acknowledge their presence and welcome them.

We will now recognize those who may be celebrating sobriety milestones (Optional):

Do we have any sobriety dates to celebrate? [BRG coins may be used]

1 Week?  
2 Weeks?  
3 Weeks?

1 Month?  
2 Months?  
Multiple Mths?

1 Year?  
18 Months?  
2 Years?

Multiple  
Years?



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# How it works

May I have a volunteer timekeeper for today?

Would someone please read the BRG “How it Works”?

[For Newcomer]

Since we have a newcomer with us, may I have 1 volunteer to share about their recovery journey? Please keep your share to your history and experience with addiction, and your strength and hope in recovery.

*Timekeeper, please notify when the speaker has 1 min remaining.*



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# Readings

We have come to the reading portion of our meeting. We will read from one Bhakti Text and one Recovery text.

When reading from any 12-step literature, we replace the words Higher Power and God with “KRISHNA”. We ask for volunteers to read a page and then pass.

[NOTE TO MODERATOR:]

Readings should end half way through the meeting in order to give enough time for shares and the closing.



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# Bhakti Reading

Today we are reading from \_\_\_\_ in the Bhakti literature.

Let's recite the invocation together 3 times: "Om Namo Bhagavate Vasudevaya"

May I have a volunteer to begin reading on page \_\_\_\_\_. Please recite the Sanskrit verse [if applicable], and the group can repeat one time.



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# Recovery Reading

For our recovery reading, we will read from \_\_\_\_\_.

May I have a volunteer to read an opening reading on page \_\_\_\_ (optional).

Now let's turn to page \_\_\_\_\_ for our main reading. Who would like to read?



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# Sharing Time

We now come to general sharing, where we invite those present to share their experience, strength, and hope as it relates to their journey in recovery and Krishna Consciousness.

We avoid topics that can lead to dissension or distraction from our primary purpose. Our emphasis is on Honesty, Recovery, and Healing, how to apply the 12 steps in our daily lives and deepen our Bhakti, devotion to Krishna.

We also avoid explicit descriptions and abusive language that could be triggering to others.

Appreciation and identifying with another's share is acceptable, however, NO cross talk please. We do not comment or give advice on someone else's personal story or situation. When it is our turn to share, we speak in the "I," not the "we" or "you." The moderator will redirect members if cross talk occurs.

We have discovered that sobriety is only the beginning of the Program. The Solution to living a happy and joyous life, free from our addictions, is to achieve both individual and group recovery. These rooms are where miracles do happen, as we learn to trust and be honest.

Time keeper, please time the shares for 3 min. remaining, and again when time is up.



Please silently raise your hand when there is 1 min

[NOTE TO MODERATOR:] Stop shares 7 to 10 minutes prior to meeting end.

# Closing Reading

Thank you very much for all your shares.

Before we close, are there any burning desires (Meaning that if you don't speak now you may pick up your addiction on the way out) or would any of the newcomers like to speak?

Remember that this is an anonymous program. Please keep the names, addresses, and phone numbers of anyone you meet or hear about in the BRG to yourself.

**What we say here, who we see here, let it stay here.**

Would someone read one of the closing readings?

- The Promises
- A Vision For You
- Selected reading
- [Newcomer] To the Newcomer, A Caution



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# Contributions (7th Tradition)

BRG has no dues or fees, but we are self-supporting through our own contributions. Your contributions pay for our Meeting locations, BRG retreats, materials and website. They help us improve the availability and quality of services BRG provides.

You may contribute with the donation tab on the BRG website.



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# Thank you / Obeisances

Thank you for participating in the Bhakti Recovery Group.

Thank you to those who helped with the readings, to our timekeeper, and for your honest shares which are in line with the devotional process of “revealing one’s mind in confidence” [Nectar of Instruction Verse 4]

Remember that other than the men’s and women’s meetings, all BRG meetings are open meetings and available to you on Zoom at [www.bhaktirecoverygroup.com](http://www.bhaktirecoverygroup.com)

We now offer our respectful obeisances unto the Vaishnava devotees of the Lord who can fulfill the desires of everyone, just like desire trees, and are full of compassion for the fallen souls.

*Vancha-kalpatarubhyas ca  
kripa-sindhubhya eva ca  
patitanam pavanebhyo  
vaishnavebhyo namo namah*



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# Business

The meeting is now closed.

[NOTE TO MODERATOR:] If the meeting ends early or if no other meetings await the the Zoom Room you may offer the following:

The “Parking Lot” is now open for those who would like to stick around for further exchanges or to discuss any business items.



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Thank you for moderating!



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Hare Krishna