**UU PRINCIPLES RECOVERY MEETING**

**Suggested Format**

Chalice Lighting

*Have someone read from* This Day in Recovery *(Lane and Kandarian-Morris, 2021), UU worship materials such as the readings in* Singing the Living *Tradition or a UU or otherwise inclusive meditation book.*

Welcome

Hello, everyone, and welcome to this UU Principles Recovery meeting. We are here in mutual support of recovery from substance use and compulsive behavior disorders and their family effects. Recovery is self-defined by each individual and we support all recovery paths. We hope that all participants find that bringing the UU principles to their recovery journey enriches both their recovery and their UU faith. Please keep in mind that everything that’s shared here is confidential.

Introductions

Let’s go around to give each person a chance to give their name and any recovery identification they choose to share. You are welcome to add your pronouns and/or your home congregation.

Reading: The Principles of Our UU Faith

There are seven Principles which Unitarian Universalist congregations affirm and promote:

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

There is also the Eighth Principle Project that calls us to consider:

1. Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Lead: Options

* *One participant (arranged in advance or willing to step up at the meeting) shares briefly on their recovery history and then focuses on one of the principles, discussing how it informs and supports their recovery.*
* *The facilitator suggests that each participant chooses one principle and discuss how it relates to their recovery work past and/or present.*
* *The group takes a minute or more of quiet time, followed by participants sharing what arose for them around recovery and the principles.*
* *Note: Any group is welcome to reach consensus on other options that make space for recovery support through the principles.*

*Before sharing begins:* Please keep in mind the size of the group and try to leave time for all who wish to share. There is no pressure to speak here and you are welcome simply to listen if you prefer.

Closing

Thank you to everyone for what you brought to today’s meeting. Feel free to stay around after the closing for more conversation and connection. You are also welcome to share your contact information for support between meetings. *Give a closing reading and extinguish the chalice.*