

# Leader Notes for Noble Steps Bernardsville

## Before Meeting

**Set up** Altar in the middle of the room with fabric, Buddha statue, e-candles.

**Hand Out** What is Noble Steps

Twelve Steps/Noble Truths/Eightfold Path Reading

Guided Meditation Notes

Closing Ritual

The meeting leader can perform or delegate whatever roles he/she wishes including meditation leader, speaker and closing ritual.

## Begin the Meeting

Welcome to the Noble Steps Group. My name is \_\_\_\_\_

and I am the group's leader. I am not an empowered Buddhist meditation teacher, I am here to facilitate our group and lead our discussion

I have asked \_\_\_\_\_ to read "What Is Noble Steps"

I have asked \_\_\_\_\_ (2 people) to read the Noble Steps/Noble Truths

Please turn off your cell phones so that do not ring or buzz during the meeting.

## The Following is our Meeting Format

- We'll have a 20-25 minute silent meditation. Is anyone new to meditation? We will provide brief instructions at the beginning of meditation.
- Following the meditation, we will read a portion of our current recovery/Buddhism book. Currently we are reading \_\_\_\_\_ (book title) and we are on \_\_\_\_\_ (Chapter/Page). Books are available for loan during the meeting. Please don't take meeting books home. See me if you'd like to obtain a book for yourself.
- After the reading we will use the time for sharing

- At the end of the meeting we will ask for Dana. Dana means generosity. Contributions are requested to cover purchase of books and other expenses.

### **Introductions**

It is the custom of this group to go around the room, introduce yourself and say one sentence about what brings you here today OR what is present for you now. It is not necessary to identify your recovery path unless you choose to.

### **Lighting of Candles**

We have another ritual, the lighting of the candles. We have several candles on the altar and invite anyone to come forward and light a candle for a person, an ideal, a wish, or anything else you would like to acknowledge verbally or silently.

### **Meditation**

I have asked \_\_\_\_\_ to lead the meditation.

(Meditation for 20 minutes -includes instructions- should complete by 7:30)

### **Reading**

We will now read from our book for approximately 10 minutes.

### **Sharing**

We'll have a show of hands for the remainder of the meeting.

### **Conclusion** *(at approximately 7:55)*

- We've come to the end of session
- Please remember to leave Dana on the altar.
- Ask if anyone would like to be included on our email list
- Announcements (Leaders ensure there is someone to lead if you can not make it)
- I have asked \_\_\_\_\_ to lead the closing ritual

### **Before Leaving**

- Give Dana to Group Treasurer or place in Dana envelope in the binder.
- Write amount collected and date on Dana sheet in envelope.
- Check condition of facility (including bathroom). Leave it in better condition than when we found it.
- Make sure the door is locked.

### **Emergency Contact Info**

Ken Musgrove 973.876.3378 [kenmuz@yahoo.com](mailto:kenmuz@yahoo.com)

Andi Williams 908.616.9022 [awilliams@communityincrisis.org](mailto:awilliams@communityincrisis.org)

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# Meditation Suggestions

Choose the posture that is most comfortable to you, bench, cushion, or chair

(Ring Bell to Begin Session)

Script (Feel free to make this your own)

- We are practicing Vipassana or Insight meditation.
- We do not use a mantra or candle or inspirational writing for this form of meditation.
- We are simply opening to the present moment as it unfolds. Concentrating as best we can on the moment – by – moment flow of sensations.
- We suggest you sit up straight, alert yet relaxed.
- Scan your body from head to toe, looking for any areas of tightness, clenching, pain or other sensation. Try to relax and soften any area of tightness.
- Use your breath as an anchor. Take a moment to concentrate on your breathing...in...out...in...out. If you find yourself lost in thought, come back to the breath.
- There is nothing wrong with thinking, just try not to get lost in thoughts... planning... remembering, worrying, pretending. If you find yourself lost in thoughts, simple come back to the breath.
- Simply watch sounds, body sensations, thoughts and breaths as they come and go.
- There is no such thing as good or bad meditation. Just do your best, be open to whatever arises and passes away, try to stay in this very moment.

**Ring Bell 3 times at end of session.**

## The Noble Steps

- 1. We admitted we were powerless over our addiction – that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and lives over to the care of our Higher Power, *as we understood It*.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to our Higher Power, to ourselves and another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have our Higher Power remove these defects of character.**
- 7. Humbly asked our Higher Power to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with our Higher Power *as we understood It*, praying only for knowledge of Its will for us, and the power to carry it out.**
- 12. Having had a spiritual awakening as the result of these steps, tried to carry this message to others, and to practice these principles in all our affairs.**

## **The Noble Truths/Noble Eightfold Path**

**The First Noble Truth – Life is full of suffering (dukkha)**

**The Second Noble Truth – Suffering is caused by craving/addiction (tanha)**

**The Third Noble Truth – Suffering can be transformed by eliminating craving.**

**The Fourth Noble Truth – Craving can be eliminated by following the Noble Eightfold Path.**

**The Eightfold Path is as follows...**

- 1. Right View**
- 2. Right Intention**
- 3. Right Speech**
- 4. Right Action**
- 5. Right Livelihood**
- 6. Right Effort**
- 7. Right Mindfulness**
- 8. Right Concentration**

## **What is the Noble Steps?**

Welcome to the Noble Steps.

The purpose of this group is to support those who want to integrate Buddhist teachings and practices into their recovery from any addiction. We are open to people of all backgrounds and recovery paths, including, but not limited to all 12 Step programs.

We encourage the use of mindfulness and meditation and are grounded in the Buddhist principles including the 4 Noble Truths, the Eightfold Path, non-harming, compassion, and interdependence. While not affiliated with any 12 Step group, we do follow the 12 Step traditions of confidentiality and no cross talk between participants.

This group is peer led. We ask all who attend to respect and study Buddhist teachings, recovery techniques and be willing to share their experience, strength and hope with the group.

Partially excerpted from [Buddhism and the Twelve Steps Workbook](#), by Kevin Griffin.

## Closing Ritual

Group forms a circle holding hands. Reader reads each line and then the group repeats. Reader should feel free to substitute different groups to project loving kindness to

### **Metta (Lovingkindness) Prayer**

May I be Happy

May I be Peaceful

May I be filled with Lovingkindness

May everyone in this room be Happy

May----- be Peaceful

May----- be filled with Lovingkindness

May everyone we love be Happy

May----- be Peaceful

May----- be filled with Lovingkindness

May everyone we don't love be Happy

May----- be Peaceful

May----- be filled with Lovingkindness

May all beings everywhere and without exception be Happy

May----- be Peaceful

May----- be filled with Lovingkindness

**So May it Be!**



### **Alternative Closing Ritual**

May all beings receive the blessings of my life

May I receive the blessings of my life

May those I love receive the blessings of my life

May those I don't love receive the blessings of my life

May all beings receive the blessings of my life.

## Announcements

This group encourages announcements of information that will help the Sangha grow in wellness, recovery and enlightenment.

Although we are not affiliated with this facility, it is a communitycenter and offers many programs and events to those seeking multiple pathways to recovery.

A couple of events/groups that may be of interest...

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There are many others, please check for flyers.

Are there any other announcements for the good of the group?

Thank You