



BUDDHIST RECOVERY NETWORK

This is the first in what we hope will be a regular newsletter from BRN. We want to keep you up to speed with news, interviews and with what's hot in the recovery world. Please do write to us if you have suggestions. Thank you!

In this Issue:

- BRN Academy - Presenting Monthly Teachings by Leading Teachers!
- Message from our New President and Safety in Our Sanghas
- BRN Summit 2017 Recap
- Why the Buddhist Recovery Network Was Founded and How Its Role Has Evolved
- And More!

Buddhist Recovery Academy



We are pleased to present the Buddhist Recovery Network Academy, formerly known as the Healing and Insight Teaching Faculty. The Academy brings together some of the leading teachers in the field of Buddhist recovery. On the first Sunday of every month for half an hour each teacher will explore the sharp edges of suffering through the lens of the Buddhist Teachings. The teachings happen at 1pm Pacific / 4pm Eastern / 9:00pm UK (GMT) time. Themes like addiction, alcoholism, depression, stinking thinking and compulsive behaviours will be explored through a 5 minute meditation/reflection, a 15 minute talk and ten minutes for questions.

The academy brings together teachers from different Buddhist lineages and approaches, here are the upcoming dates.

- May 6th 2018 — Ralph Steele
- June 3rd 2018 — Kevin Griffin
- July 1st 2018 — Angyu Devin Ashwood
- August 5th 2018 — Steven Tierney, Ed.D.

BRN Summit 2017



The Buddhist Recovery Summit 2017, organized by the Northwest Dharma Association, in conjunction with

the Buddhist Recovery Network, was held at Gwinwood Retreat Center in Lacey, Washington on the weekend of October 20-22, 2017

We gathered as peers to discuss the current climate of Buddhist Recovery and its future and to share our experience, strength, and hope.



Some of the questions we explored include:

- What are the defining characteristics of Buddhist recovery?
- How does Buddhist recovery intersect with the Twelve-Step model?
- What are the pros and cons of facilitated and peer-led recovery groups?
- How do we strengthen national and international networks (BRN)?
- What does sponsorship or mentorship look like in the movement?

These teachings need your support, please attend one of our upcoming teachers and support them and the Academy with [your generous dana](#).

[Read more and register](#)

[Support our Work!](#)

Making Buddhist recovery spaces safer and accessible

On March 9, BRN received a letter from a Zen teacher that one of her students had filed a police report alleging sexual misconduct by a former BRN board member and a key figure in the Buddhist recovery movement. In the letter, she asked: “(does) the BRN ha(ve) a code of ethics, or any process for dealing with ethical transgressions by teachers in your network.

BRN has an explicit and comprehensive [anti-harassment policy](#)

Our President also composed her own letter in response. The board fully supports her in doing so. Here is an excerpt from the letter. You can see the entire text of the letter [here](#).

A personal message from the new President of the Buddhist Recovery Network Dr Valerie (Vimalasara) Mason-John M.A (hon.doc)

Introduction: Who I am, how I got here, and why I am the President of the Board.



As I settle into my role, President of BRN, I want to acknowledge how new and fragile the Buddhist Recovery movement is. We have a responsibility to cultivate a strong foundation for this transformative movement to stand upon. It's also

important we follow the messages and not the messengers. Heart of Recovery, Refuge Recovery, 8 Step Recovery, 5th Precept, 11th Step, Sit and Share and other Buddhist recovery are some of the pillars of our community with a strong message of how to live a life imbued with abstinence and sobriety of mind. The founders of these meetings are not the Gurus, they are just the channel to communicate the teachings that have been passed down in the buddhist tradition for 2,500 years.

It's with compassion I enter into the first few months of being in office as the President of BRN. My heart cracked open when I read about the allegations of sexual misconduct against a well loved teacher. My heart's release is one of empathy for the alleged victims and their families, also for the alleged perpetrator and his family. Whether these allegations are true or false, everyone who has been affected is



The Defining Characteristics of Buddhist Recovery

Chaired by Judith Gordon; Panelists Kevin Griffin, Vimalasara (Valerie) Mason-John, Noah Levine, and Vince Cullen.

[View panels and videos from the Summit](#)

We are actively looking for venues for a Fall 2019 Summit, email info@buddhistrecovery.org with your ideas.

Help beta test out our new [meeting finder!](#) Send us feedback to meetings@buddhistrecovery.org

Why the Buddhist Recovery Network Was Founded and How Its Role Has Evolved

The Buddhist Recovery Network was founded ten years ago. The founders, who ranged across diverse geographies, interests, approaches, and involvement felt that a cohesive and comprehensive organization was needed to help guide the burgeoning Buddhist recovery movement.

The mission statement the founding board developed and that has remained the same since is: “The Buddhist Recovery Network promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviors and is open to people of all backgrounds, and respectful of all recovery paths.”

[Read the full article](#)

Buddhist Recovery Network now has a [Facebook Group](#) and a [Page](#), Please join the discussion!

Committees Forming

In attempt to capture the amazing energy from the recent summit and do the work to promote buddhist recovery world-wide the BRN board has formed the following committees:

- **Regional BRN Affiliates** - This committee will help to identify and nurture Buddhist

suffering.

[Read the full letter](#)

See Also



[Vimalasara Mason-John on What are the Defining Characteristics of Buddhist Recovery?](#)

Upcoming Events

April 27th and 28th
What Buddhist Recovery has to Offer
the World

[Friday Talk](#) and [Eight-Step Retreat](#) with
Dr. Valerie Mason-John M.A

June 2nd - 9th

[Mindfulness and Compassion to
Awaken the Heart](#)

with Dave Smith and Cheryl Sleen

June 18th - 22nd

[Being Human – a Hungry Ghost Retreat](#)
5-day Residential Mindfulness Retreat with
Vince Cullen

July 5th - 8th

[Buddhist Recovery Retreat: Using the
Dharma to Overcome Addiction](#)
with Dr. Valerie Mason-John M.A and Kevin
Griffin

Recovery Regions globally. Regions can be geographic or by interest group (ie single parents, differently abled, POC, LGBTQ2 etc).

- **Communications** - The role of this working group is maintaining and improving the website and generally promoting Buddhist Recovery around the world. In the coming months you will see an appeal from BRN for fundraising to cover some of the costs of revamping the website.
- **Facilitator Training and Meeting Incubator** - this committee will assist in the spread and creation of Buddhist Recovery meetings worldwide. Providing resources, training, guidelines from a multitude of influences to Assist practitioners, teachers, clinics and anyone interested in starting a Buddhist Recovery meeting.
- **Buddhist Recovery Summit and Retreat Planning:** This committee will assist in all aspects of planning annual or semi annual Buddhist Recovery Summits and retreats.

Email info@buddhistrecovery.org to request more info or apply to join one of the committees.

We are excited to welcome Karen Foley to the BRN Board.

25 years sober, she has been a meeting facilitator since 2015 and also has a Master Degree and license in Social Work and Chemical Dependency.

She is passionate about Buddhist Recovery because she can observe her whack-a-mole brain and not have to throw the second dart.



Web: www.buddhistrecovery.org
Email: info@buddhistrecovery.org
Facebook: fb.me/BuddhistRecoveryNetwork/