



## Catholic in Recovery Leader Format

Welcome to our weekly Catholic in Recovery meeting at <Insert Parish Name>! My name is \_\_\_\_\_.

This group meets every \_\_\_\_\_ morning/night at \_\_:\_\_ AM/PM. The aim of these Catholic in Recovery meetings is to bring freedom to those struggling with addiction or unhealthy attachment. In addition, we are here to supplement one's personal recovery with a sacramental understanding of God's mercy using the traditions of the Catholic Church. We rely on our faithful understanding of Jesus Christ as our Savior and Higher Power, who, aided by the Holy Spirit, is accessible to us here and now. We hope you can find a personal relationship with Christ as you grow in this journey, regardless of where you are today.

To begin the meeting, we will unite in prayer. Please refer to your prayer sheet and join me in reciting the Serenity Prayer:

*God,  
Grant me the serenity  
to accept the things I cannot change  
the courage to change the things I can  
and the wisdom to know the difference.*

*Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as the pathway to peace.  
Taking, as He did, this sinful world as it is,  
not as I would have it.  
Trusting that He will make all things right if I surrender to His will.  
That I may be reasonably happy in this life  
and supremely happy with Him forever in the next.  
Amen.*

The spiritual principles of these meetings are based on twelve-step recovery. I have asked \_\_\_\_\_ to read the Twelve Steps.

Next, please join me in reciting the Lord's Prayer:

*Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespass,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil  
For Thine is the kingdom, the power, and the glory forever.  
Amen.*

I have asked \_\_\_\_\_ to read our meeting guidelines.

Please introduce yourselves in a way you are comfortable, starting on my left. If you are here for the first time, please let us know.

I will now turn the meeting over to our group secretary for any announcements or special occasions.

Three pillars that are crucial to recovery and HOW it's done are honesty, openness, and willingness. While sharing your experience, strength, and hope with each other, please keep this in mind. Although it is often necessary to paint a picture of our situations, we are more concerned with the merciful solution offered by God's love. Thus, these meetings are not so much dedicated to dwelling on the past, but toward developing the appropriate attitudes and behavior for living this particular day successfully.

Using the materials in front of us, we will read through this week's meeting reflection. These tie together liturgical themes, scripture from Sunday's Mass readings, and recovery principles. Each person can read a paragraph or two before passing to the next person, or feel free to pass altogether. When finished, I will begin sharing then choose a direction to start our open discussion.

After the meeting:

We will now send the meeting back to our secretary for some closing remarks and prayer...

