Essential Elements of a Refuge Recovery Online Group.

Any two or three RR members who meet regularly to help each other gain freedom from addiction using the the RR Process and the RR Guiding Principles may call themselves a RR meeting. Any Refuge Recovery member or members may start a RR meeting. RR meetings are events at which we share with one another our experience in recovery and our practice of the Refuge Recovery program.

When RR meetings are held regularly, it soon becomes clear that. someone needs to be responsible for all the tasks needed to keep the meeting running, to get the word out to others about the meeting and to teach and encourage new RR members about how to support their meeting through group service. When the members see the need to delegate these responsibilities an RR group is formed.

Simply put, the RR group does the business of the weekly meeting. The group is responsible for ensuring that the meeting is held when scheduled. The group is responsible for holding group elections and teaching new members how to do service in Refuge Recovery. The group is also responsible for ensuring the meeting is run according to RRWS guidelines and communicates regularly with other Refuge Recovery groups and Refuge Recovery World Services.

RR Groups are the foundation of the Refuge Recovery service structure. To ensure the democratic decision making process and rotating leadership called for in our guiding principles all listed Refuge Recovery meetings are to be held by RR groups established in the first two months of each meetings formation.

To ensure a consistent democratic and trustworthy voice between all RR groups the following are established as common essential elements of all RR in-person groups:

1. The Refuge Recovery Online Group purpose is to make RR available to all who seek the RR program by holding meetings, by

encouraging all members to give back to RR through service and to train new members in how to form and operate RR groups.

2. RR Online meetings started by an individual have a 6 month initial formation period to form a RR Group.

3. RR Online Groups are run by an elected RR Group Representative. This representative must be a different person than the meeting Secretary.

4. RR Online Group volunteers consist of a Meeting Secretary, a Group Representative, a Door person and and Contact List person. Trusted Volunteers will be elected for a designated period of time with a minimum period of abstinence of at least :

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3 months — Meeting Secretary

6 Months — Group Representative

30 days — Door Person

60 days — Contact list

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5. RR Online groups announce and hold regular group business meetings at least quarterly.

6. All RR members are welcome to attend and observe RR Groups business meetings. Qualified RR members are encouraged to vote on group motions.

7. Individual RR Online Groups will establish voting qualifications for members of their group. In order to create a stable overall RR Service structure all RR Groups will offer at least the following minimum qualifications for voting in RR groups:

To have attended the RR meeting held by the group for at least three occasions with the intention of regular attendance.

To have a thirty day period of abstinence from all recreational drugs and alcohol and any process addiction bottom lines.

8. All RR Groups use the method of voting described in the "RR Groups-Voting" reading on refugerecovery.org .