

Confessional Lutheran Recovery Meeting Format

Welcome to the Confessional Lutheran Recovery group meeting. Who you see here and what is shared here, let it stay here, so that this is maintained as a safe and trusted time for mutual conversation and consolation. We begin with the Lord's Prayer and the Apostles' Creed, which is on page two.

Will someone please read the CLR statement of purpose?

Let's introduce ourselves with our first names around the table starting from my left. (Write down the names of any newcomers.)

Welcome to our newcomers (name them). Is there anything you wish to share about yourself at this point, or would you like to just listen for now?

Does anyone else have something you feel a need to share?

Let's now read the Epistle and Gospel lessons for this week from the meeting bulletin, starting to my left, one or two sentences per person, and conclude by praying the Collect. See if these readings make you think of anything related to your experience in addiction or recovery.

We now open the meeting to sharing your thoughts. We'll continue going around the table where we left off. You may simply say "I pass" if you want to wait until others have spoken or if you just want to listen. (If time permits, the chair may choose paragraphs to read from Dr. Knippel's *Freedom From Hurtful Behaviors* or *When Addictions Threaten* and pause for any comments after each.)

After all have spoken: "Does anyone who passed wish to share now?"

It is now time to close our meeting. Please turn to the second page. Confession, Luther's Evening Prayer, and Benedicimus.