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**The Fifth Precept Sangha and ‘Sit-and-Share’ recovery meetings**

Immediately following the inaugural **Buddhist Recovery Network** conference held in Los Angeles in October 2009, Vince extended his support individuals looking for a Buddhist-oriented approach to recovery. The **Fifth Precept Sangha** meditates together and shares the challenges and successes they experience living without intoxicants in **‘Sit-and-Share’** meditation recovery groups. These groups areopen to anyone in recovery from alcohol or other drug addictions with any or no Buddhist practice or meditation training. Similar to other Buddhist Recovery groups now found around the world, the **Fifth Precept** Sangha supports its’ practitioners in living a more wholesome and ethical life through meditation practice and the application of basicBuddhist teachings described as “the Foundations of a Buddhist Path of Recovery”. Instructions for starting a Buddhist recovery meeting using the **Fifth Precept** Sangha **‘Sit-and-Share’** format can be found on the website, with all of the information and study materials needed to facilitate your own **‘Sit-and-Share’** Sangha. Access to the “virtual” **Fifth Precept** Sangha **‘Sit-and-Share’** meeting, which is held on Tuesdays at 7:45pm (UK time) can also be found on the website [www.5th-precept.org](http://www.5th-precept.org),. Go the home page and click on the **‘Sit-and-Share’** tab to find instructions for the virtual meeting.

**Hungry Ghost Recovery Retreats**

In 2011, Vince furthered his commitment to developing and promoting a wholly Buddhist-oriented path of recovery when he offered the inaugural ‘**From Hungry Ghost to Being Human’** recovery retreat at **The Barn Buddhist Retreat Centre** in Devon, England.

These 5-day workshops are an opportunity to explore some of the principles and practices of the Fifth Precept Sangha’s approach to addiction recovery, harm reduction and relapse prevention within a formal retreat setting. Vince has now taught these retreats in England, Scotland, Ireland and Thailand. For more details see – [www.HungryGhostRetreats.org](http://www.HungryGhostRetreats.org) , The handout for these retreats can be downloaded from [www.5th-precept.org/html/downloads.html](http://www.5th-precept.org/html/downloads.html) These retreats are open to all, including those who wouldn’t necessarily consider themselves to be addicts. As Vince says, “Everyone is in recovery; recovery from greed, hatred and delusion; recovery from craving, aversion and confusion. Learning to cultivate a little self-kindness and self-forgiveness can go a very, very long way in the healing process.”

**ABOUT VINCE**

Vince Cullen considers himself a “recovered alcoholic” who has been associated with the Wat Thamkrabok temple in Thailand and Buddhist-oriented drug and alcohol recovery since 1998. Vince facilitates the [Fifth Precept Sangha](http://www.5th-precept.org) meditation-for-recovery group in West Berkshire (UK) and is a charter member of the [Buddhist Recovery Network](http://www.buddhistrecovery.org/).  In 2012, Vince completed the Committed Dhamma Practitioners Programme (CDPP) run by [Gaia House](http://www.gaiahouse.co.uk) in Devon, England.  He is the part-time Buddhist Chaplain at H.M. Prison Coldingley (Men) and visiting Buddhist Chaplain at H.M. Prison Send (Women); through the auspices of Angulimala, the [Buddhist Prison Chaplaincy](http://www.angulimala.org.uk/). Both prisons are located in Surrey, England.

Vince offers Hungry Ghost Retreats worldwide.

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