

Join Our WhatsApp Community



For more information, please contact us by joining our
WhatsApp Community:
<https://chat.whatsapp.com/CJu3RiwY2jLG3z6CRZIOnP>

Weekly Meetings

Meetings for the InQueery Sangha are weekly, 11am-12pm at
Switchboard 801.
801 Shelby St, Indianapolis, IN 46203



InQueery Recovery Dharma Sangha

A Safe Space for LGBTQIA+ Journeys
in Recovery

Frequently Asked Questions

WHO IS THIS MEETING FOR?

This meeting is specifically designed for individuals within the LGBTQIA+ community who are on a journey of recovery from addiction. It focuses on the unique experiences and challenges faced by Queer and Trans individuals in relation to their sexual and gender identities during their recovery process.

CAN ALLIES ATTEND THE MEETINGS?

Yes, allies are welcome to attend the meetings to offer their support and learn more about the queer community's specific challenges in recovery. However, we kindly ask allies to refrain from sharing during the discussion to ensure that space is held for those directly experiencing these challenges.

HOW CAN I CONTRIBUTE IF I'M ATTENDING AS AN ALLY?

Allies can offer invaluable support by listening, learning, and being present. Outside of meetings, allies are encouraged to engage in conversations, educate themselves further on LGBTQIA+ issues, and support queer community members in their recovery journey and beyond.

WHAT TYPES OF ADDICTIONS ARE DISCUSSED IN THE MEETINGS?

Our meetings are inclusive of all types of addictions, recognizing that addiction can manifest in various forms, including but not limited to substance use, gambling, sex, food, and technology. We understand that the path to recovery is personal and diverse, and we welcome discussions on all forms of addiction.

DO I HAVE TO CONVERT TO BUDDHISM?

No, you do not have to convert to Buddhism to participate in Recovery Dharma meetings or to apply its practices to your recovery journey. Recovery Dharma is inclusive and welcomes individuals from all backgrounds, beliefs, and walks of life.

ARE THERE ANY RESOURCES AVAILABLE FOR FURTHER SUPPORT?

Yes, we provide a variety of resources, including literature from Recovery Dharma and other materials relevant to queer experiences in recovery. We also encourage members to form Wise Friendships within the sangha for additional support and connection. The following are some preliminary options if there is immediate need for support

Recovery Dharma Indiana Website

www.recoverydharmaindiana.com

Gender Nexus

Provides services for the trans* and non-binary community, including counseling, community resource referrals, community education, support groups, and support.

(317) 650-5988

www.gendernexus.org

Be Well Crisis Helpline

A mental health and crisis helpline staffed by trained crisis counselors, available 24/7 to Indiana residents. A program of the Indiana Division of Mental Health and Addiction.

211, enter your zip code and then select option 3

www.bewellindiana.com