

Recovery Meetings - UK

Newbury, Berks

- Venue:** Quaker Friends Meeting House
- Day:** Weekly on Monday or Wednesday (see website for details)
- Time:** 8.00pm - 9.30pm
- Type:** 5th Precept Meditation and Recovery Group. The meetings will include Buddhist meditation practices, dharma talks and discussion. The meetings will initially be facilitated by Vince Cullen.
- Address:** 1 Highfield Avenue, Newbury, Berkshire RG14 5DS
- Other info:** The intention of this group is simply to support our own and each other's ongoing recovery from addictions using various Buddhist meditation techniques and discussion. Group membership is aimed at anyone in recovery regardless of previous meditation experience.
You do not have to be a Buddhist to meditate with us, however a commitment to all Five Buddhist Precepts will help to ensure a common understanding of acceptable group behaviour.
- Contact:** Phone 07909-545380
Email info@5th-precept.org Website www.5th-precept.org