

# Recovery Meetings - USA

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## New York City - NY

- Venue:** New York Insight Meditation Center
- Days:** Monday (first Monday of each month)
- Time:** 7:00pm - 9:00pm
- Type:** Addiction and Recovery. The Buddha and Bill W. The meetings will include Buddhist meditation practices, interactive exercises, dharma talks and discussion. Meeting facilitated by Sandra Weinberg.
- Address:** 28 West 27th Street, New York City, NY 10001 - 10th floor
- Other info:** 2500 years ago the Buddha said craving and attachment is the cause of suffering. In the 1930's Bill Wilson started the first Twelve Step program that worked with a deep form of craving and suffering: addictions. In these monthly meetings, we will explore the ways that Buddhism and the Steps support and complement each other and can deepen our spiritual lives. The meetings will include Buddhist meditation practices, interactive exercises, dharma talks and discussion. The evenings are open to all who are interested. You need not be in a Twelve Step program nor have a background in Buddhism. The fee is by donation.
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