

Recovery Meetings - United States

Minneapolis - MN

- Venue:** Minneapolis
- Days:** Day and time depends on locations available; usually meets once a month; sometimes twice per month.
- Time:** 7:00pm - 8:15pm
- Type:** Twin Cities Insight
- Address:** South Minneapolis, Minneapolis, MN - Locations change depending on available spaces
- Other info:** The group begins with a 15 minute silent sit which may be guided, depending on what people want. If you arrive late, just come in and join in the sit. After the sit, there is a brief introduction by each member. After the brief introductions, there is a request for donations so that the group can be self supporting. Then, a short presentation on a topic by the leader, and then a round robin or open discussion on the topic. There may also be time to ask questions and/or share how things are going with your practice. Constance, the organizer, is open to suggestions for future topics at the end. If there is not a scheduled meeting, it is because a suitable location and date that is low cost has not been found; or Constance is on retreat. If you are coming please rsvp on the Twin Cities Insight Meetup page. Please sign up there to receive notices on upcoming meetings. The group is organized by Constance Casey, MDiv, who has been given permission to teach from Spirit Rock in the Theravada Buddhist Tradition as well as from Naropa University. Her background also includes 34 years in 12-step recovery and 10 years in Soto Zen practice as well.
- Contact:** For exact times and location: Website - www.meetup.com/TwinCitiesInsight or www.constancecasey.com