

Recovery Meetings - United States

Hyannis - MA

Venue: The Foster Building

Days: Tuesdays

Time: 7:00pm - 8:30pm

Type: Mindful Recovery 12 Step Group

Address: 76 W. Main St., Hyannis, MA 02601 - Suite 302 (Please note that there is no elevator.)

Other info: This weekly meditation & 12 step group integrates the wisdom of Buddhism and the 12 Steps to help us end the suffering of our addictions (alcohol, other drugs, food, gambling). You don't have to be a Buddhist or experienced with meditation to participate.

The format is:

- Introductions.
- Reading from Buddhist (Vipassana, Zen, Tibetan), nonsectarian mindfulness, or 12 Step literature.
- Sitting meditation for 20 minutes.
- Open or topical discussion.
- 10 minute period of sitting meditation.
- Closing.

Please note: meeting starts May 16, 2017

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