



REFUGE RECOVERY

Ongoing weekly meetings are open to anyone interested in Buddhism and Recovery

Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. The path of practice that we follow is called the

FOUR NOBLE TRUTHS OF REFUGE RECOVERY

This is an approach to recovery that understands;

“ALL BEINGS HAVE THE POWER AND POTENTIAL TO FREE THEMSELVES FROM SUFFERING.”

FOR MORE INFORMATION VISIT: REFUGERECOVERY.ORG

MEDITATION

GENEROSITY

KINDNESS

RENUNCIATION

We feel confident in the power of the Buddha's teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction. These meetings are appropriate for anyone in recovery, or interested in recovery.

NO MEDITATION EXPERIENCE IS NECESSARY

HOSTED BY: JEWEL HEART BUDDHIST CENTER*

4043 N. RAVENSWOOD, BUZZER #002, CHICAGO, IL 60613
SUNDAY 7:00PM - 8:30PM

**REFUGE RECOVERY AND JEWEL HEART BUDDHIST CENTER ARE NOT AFFILIATED*