**Type:** Refuge Recovery 'Silent 40' - Online - 4pm PT- 6pm CT- 7pm ET

**Venue:** Online

**Days:** Wednesday

**Time:** 4:00pm - 5:30pm

**Other info:** Meeting type:
- English
- Open

In this meeting, we practice a 40 min silent meditation. This format is meant for those who are wanting to deepen their understanding of Refuge Recovery meditation through a silent 40min meditation practice. There will be no instructions and you'll hear a bell at the end of the sit to let you know the meditation has ended. Join Zoom Meeting [https://refugerecovery-org.zoom.us/j/81585425626](https://refugerecovery-org.zoom.us/j/81585425626) Meeting ID: 815 8542 5626 One tap mobile +16694449171,,81585425626# US +16699009128,,81585425626# US (San Jose) Dial by your location +1 669 444 9171 US +1 669 900 9128 US (San Jose) +1 719 359 4580 US +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 312 626 6799 US (Chicago) +1 386 347 5053 US +1 564 217 2000 US +1 646 558 8656 US (New York) +1 646 931 3860 US +1 301 715 8592 US (Washington DC) +1 309 205 3325 US Meeting ID: 815 8542 5626 Find your local number: [https://refugerecovery-org.zoom.us/u/kso9giKlp](https://refugerecovery-org.zoom.us/u/kso9giKlp)

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