

# Recovery Meetings - Telephone - Online

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## English

**Type:** Sit-and-Share

**Venue:** Online

**Days:** Monday

**Time:** 7:45pm - 9:15pm

**Other info:** *Sit-and-Share* meetings are open to anyone wishing to live their life mindfully in harmony with the Five Universal Precepts.

*Sit-and-Share* peer-led meetings are an opportunity for individuals to come together to practice and cultivate calmness of mind and body and to develop and practice wise communication skills within a safe and supportive environment.

<https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXIVNGIzTGJUYWtHR1IxZz09>

**Contact:** Email - [info@5th-precept.org](mailto:info@5th-precept.org)

Website - <https://5th-precept.org/fifth-precept-sit-and-share-meetings/>