Recovery Meetings - United States

Sacramento - CA

Type: Buddhist 12 Step Sangha - Sacramento

Venue: Online

Days: Monday

Time: 6:30pm - 8:00pm

Address: -, Sacramento, CA 95826

Other info: Sacramento Insight Mediation is offering a Buddhist 12 Step Recovery Sangha that uses the Four Noble Truths and the Noble Eight Fold Path as a guide to recovery. Our meeting is open to any level of Practice as well as being open to any addiction/craving/behavior. We offer a 20 minute silent or guided meditation, reading from Buddhist 12 Step Recovery book, sharing period with a closing Dedication of Merit.

Contact: Website - https://sactoinsight.org/events/category/buddhist-recovery-group/list/