

# Recovery Meetings - United States

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## Scottsdale - AZ

**Type:** Buddhist Alcohol Study Group

**Venue:** The Shambhala Meditation Center of Phoenix

**Days:** Tuesdays

**Time:** 7:00pm - 8:30pm

**Address:** 7024 E. Osborn Road Suite A, Scottsdale, AZ 85251 - Suite G

**Other info:** Sarpashana (pronounced Sar-pa-sha-na) is the Buddhist Alcohol Study Group, which began in the mid-1980s in Boulder for members dealing with alcoholism or alcohol-related problems. This is a study group for all those interested in relating their path of meditation and dharma studies to their alcohol or other addictions and recovery. We explore the challenges, as well as the opportunities, that our addictions and attachments provide us in this context. Sarpashana is not viewed as a substitute for other recovery systems, but as an additional support for other means of recovery. The meetings combine meditation, study, and discussion. We begin with approximately 20 minutes of meditation, followed by a reading chosen by the facilitator or a volunteer. After all present have had an opportunity to share without cross-talk, we close with 5 minutes of meditation and a Dedication of Merit. Voluntary donations are welcome and appreciated but not required.

**Contact:** For more information, email Steve Koper or Frank Sebil

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