Recovery Meetings - United States

San Diego - CA

Type: Dharma Bum Temple - Recovery Sangha
Venue: In-Person and via Zoom
Days: Sunday
Time: 10:00am - 11:30am
Address: 4144 Campus Ave., San Diego, CA 92103
Other info: Please join us in person at the Dharma Bum Temple for the Recovery Sangha. RSVP IS NOT REQUIRED

A separate meeting will also be held live via Zoom
https://us02web.zoom.us/j/6422099529?pwd=bldQS2RmSmFUemU2R2pyUUXVM3MrZz09

Take a journey of growth, healing and self-discovery: Through the 12 Steps as interpreted in Buddhism.
The Buddhist Recovery Group is open to all people who suffer from any addiction or compulsive behavior and are looking for a comprehensive, transformative path to end their suffering. People who are dealing with alcoholism, drug addiction, sex addiction, eating disorders, gambling, and other compulsive or harmful behaviors are all members of this group.

This group will serve the needs of two distinct groups: (1) those people wishing to participate in a year-long step study, and (2) those people wishing to join in periodically throughout the year.

We will teach the traditional 12 Steps as outlined in "Alcoholics Anonymous" and with each step we will draw on Buddhism to highlight the similarities in each tradition to enhance the spiritual experience of the participant.

Suggested readings: Mindfulness and the 12 Steps: Living Recovery in the Present Moment by Thérèse Jacobs-Stewart, One Breath at a Time: Buddhism and the Twelve Steps by Kevin Griffin, as well as The Big Book and The 12 & 12.

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