

# Recovery Meetings - United States

---

## Woodinville - WA

**Type:** Buddhist 12 Step Recovery

**Venue:** Sit Happens - Online

**Days:** Mondays (weekly)

**Time:** 7:30pm - 9:30pm

**Address:** We are meeting online at this time email for info., Woodinville, WA 98072

**Other info:** Buddhist 12-Step Study Group is a Buddhist addiction recovery meeting. According to facilitator Rebecca Andrew, we welcome people of all beliefs and addiction recoveries. We start our meeting with a quick check-in. Each person shares what has been going on with them lately. This gives us a chance to get to know each other better. Next, we take turns reading aloud from the current book selection on Buddhism and recovery. Then, we do a 20 minute silent meditation. After meditating, we have an open discussion about the material we read. We close with a 5 minute meditation.

**Contact:** Rebecca - Email - [rdandrew@hotmail.com](mailto:rdandrew@hotmail.com) Website - [www.wuuc.org](http://www.wuuc.org)  
or <https://wuuc.org/calendarevent/buddhist-12-step-study-group-p2/all/>