Woodinville - WA

Type: Buddhist 12 Step Recovery

Venue: Sit Happens - Woodinville Unitarian Universalist Church

Days: Mondays (weekly)

Time: 7:30pm - 9:00pm

Address: 19020 Woodinville Duvall Road, Woodinville, WA 98072 - “We meet in portable classroom #2 behind the church.”

Other info: 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 and dedication of our practice.

This group is supported by Northwest Buddhist Recovery www.nwbuddhistrecovery.org.

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