

# Recovery Meetings - United States

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## Maplewood - NJ

**Type:** Noble Steps - Sunday Evenings

**Venue:** Hybrid (In-Person & Online) - Shakti Yoga and Living Arts

**Days:** Sundays

**Time:** 5:00pm - 6:30pm

**Address:** 1861 Springfield Avenue, Maplewood, NJ 07040

**Other info:** Welcome to the Noble Steps. The purpose of this group is to support those who want to integrate Buddhist teachings and practices into their recovery from any addiction. We are open to people of all backgrounds and recovery paths, including, but not limited to all 12 Step programs.

We encourage the use of mindfulness and meditation and are grounded in Buddhist principles including the Four Noble Truths, the Eightfold Path, non-harming, compassion, and interdependence. While not affiliated with any 12-Step group, we do follow the 12-Step traditions of confidentiality and no cross talk between participants.

This Group is peer led. We ask all who attend to respect and study Buddhist teachings, recovery techniques and be willing to share their experience, strength and hope with the group.

Currently reading *Recovering Joy* by Kevin Griffin

Meeting format (90 minutes):

- Opening introductions
- 20-30 minute meditation
- 10-15 minute group reading from a book on Buddhism and recovery. The group rotates books throughout the year.
- 20-30 minute discussion on the reading
- Closing announcements/ritual

Our Meeting Password For All NJ Meetings? is 306678

**Contact:** Lori Email - [thenoblesteps@gmail.com](mailto:thenoblesteps@gmail.com)

Website -

<https://us04web.zoom.us/j/7306779973?pwd=NnlvR2Q1dzJ4TFBXOE9WQ1FkdIcvQT09> or [www.thenoblesteps.com](http://www.thenoblesteps.com)