

Recovery Meetings - United States

Cincinnati - OH

Type: B12: Buddhism and 12 Step Book Study Group

Venue: Online - Buddhist Dharma Center of Cincinnati

Suburb: Northside

Days: Saturday

Time: 7:00pm - 8:30pm

Address: 15 Moline Court, Northside, Cincinnati, OH 45223 - (Off Hamilton Ave.)

Other info:

The B12 will now be available via Zoom, an online meeting application. In order to participate in any Zoom meeting one needs to download the Zoom app (on phone or computer) and go to the link specific for that meeting (see below). If you don't already have the Zoom app installed, when you click on the meeting link, it will prompt you to install it at that time. A Password should not be required as it is embedded in the link.

B12:

<https://zoom.us/j/689857379?pwd=ckR4MlVFc2J1TlZSalZqbStjZVJoQT09>

The current book pages are posted on the zoom screen during shared reading, so purchasing a book is not necessary!"

The Buddhist 12 Step Book Study Group (B12) explores how Buddhism and 12 Step recovery programs can benefit and nurture each other. Both practices begin with the acknowledgement of suffering, the realization that suffering arises from craving, and that there is a solution. The path of the 12 Steps and the Noble Eightfold Path travel through remarkably similar territory and have much to offer each other.

No meditation experience or particular faith or spiritual practice is required. Neither is membership in a 12 Step Program. We are simply people exploring the

path out of the suffering brought about by craving and clinging... in whatever form that arises. You don't have to believe anything! The Buddha encouraged his students to "come and see" for yourself, and to learn by your own direct experience.

We have been meeting regularly since March 2015, and currently meet every Saturday from 7:00 to 8:30 PM. Attendees are often from the following fellowships: NA, AA, OA, Alanon, ACA, and CoDa. Following a brief welcoming and introduction period, there is a 20 minute guided mindfulness meditation, followed by shared reading of a Buddhist Recovery themed book, and discussion on how the dharma teachings impact our addiction recovery. We end with Loving Kindness (Metta) practice, followed by Dedication of Merit.

All are welcome, please zoom with us!

Contact: Email - buddhism12steps@gmail.com