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!

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