**Pittsburgh - PA**

**Type:** One Pine Zen Meditation Recovery Group  

**Venue:** First Unitarian Church of Pittsburgh  

**Days:** Second and fourth Tuesday of the month  

**Time:** 7:00pm  

**Address:** 605 Morewood Avenue, Pittsburgh, PA 15213  

**Other info:** We offer a Zen (or Ch’an) Buddhist meditation and discussion group for people in 12-step recovery programs. This group supports those who want to integrate Buddhist teachings and practices into their 12-step program. One Pine Zen Meditation Recovery Group offers teachings on basic Buddhist principles and will address such issues as how a “Higher Power” is understood in the context of Buddhist practice and how 12 step recovery programs fit within those principles. The group is not an 12 step (AA, NA, etc.) meeting, but is an open group for anyone who is interested in Zen Buddhism and recovery. The group is not meant to replace, but to augment, other recovery efforts. This group is led by Venerable Shih He-Laohu, a Ch’an monk with experience in recovery programs. The evening begins with a brief meditation instruction, a period of meditation, seated meditation, a Dharma talk, followed by an open discussion. Like 12-step meetings, a donation is appreciated.

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