

# Recovery Meetings - Telephone - Online

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## English

**Type:** The Noble Steps - Wednesday mornings

**Venue:** **Online**

**Days:** Wednesday

**Time:** 7:00pm - 8:00pm

**Other info:** Currently reading One Breath At A Time by Kevin Griffin

Also there is a following meeting at 8:30am

### **Buddha Then BreakFast**

Led by Ken, this 30 minute mindful exercise shows you how to be mindful while eating

Meeting Password For All Meetings?: 306678

**Contact:** Website - <http://www.thenoblesteps.com/online-meeting-schedule.html>