

Recovery Meetings - United States

Honolulu - HI

Type: Refuge Recovery (Waikiki)

Venue: **Waikiki Community Center**

Days: Thursdays

Time: 7:00pm - 8:00pm

Address: 310 Paoakalani Ave, Honolulu, HI 96815 - Room 201E (Enter from sidewalk on Paoakalani, upstairs, above pre-school)

Other info: Refuge Recovery is a Buddhist-oriented path to freedom from addiction. This is an approach to recovery that understands: "All individuals have the power and potential to free themselves from the suffering that is caused by addiction." We feel confident in the power of the Dharma, if applied, to relieve suffering of all kinds, including the suffering of addiction. This is a process that cultivates a path of awakening, the path of recovering from the addictions and delusions that have created so much suffering in our lives and in this world.

Refuge Recovery is a systematic approach to training our hearts and minds to see clearly and respond to our lives with understanding and non-harming. You are entering a way of life that may be familiar to some and foreign to others. In the beginning some of it may seem confusing or counter-instinctual, and some of it is. But you will find that with time, familiarity and experience, it will all make perfect sense and will gradually become a more and more natural way of being.

Format: 20 minute guided meditation, reading from the [Refuge Recovery](#) book, and open discussion/sharing.

Always free, but donations welcomed.

We welcome all who seek refuge from any type of addiction or process addiction.

Contact: Freddy P Email - [\(401\)-648-5055](mailto:(401)-648-5055) Website - refugerecovery.org