

Recovery Meetings - United States

Boston - MA

Type: The Heart of Recovery

Venue: Online - Shambhala Meditation Center of Boston

Days: Monday

Time: 7:30pm

Address: 646 Brookline Avenue, Boston, MA 02445 - (one block off Route 9 and the Riverway)

Other info: The Heart of Recovery: A weekly meditation and sharing support group bringing together Buddhist meditation practice and the Twelve Steps.

The group is currently meeting online

<https://us02web.zoom.us/j/978107220?pwd=NC8vSGt6b0RVNW1IRGIYM2h1VXIvUT09>

The group will meet weekly to: welcome each other; practice Shamatha Viphasyana (peace of mind, awareness of mind) meditation; share our personal experience, strength and hope. We will use the principles of Council (a talking stick) practice and The Twelve Step traditions (no cross talk & anonymity) to: integrate the basic goodness of meditation with our commitment to abstinence. Open to all Buddhist practitioners from all traditions and Twelve Step practitioners from all programs.

Contact: Leader: John R.: Phone - (617) 699-8130

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