

Recovery Meetings - Telephone - Online

English

Type: Refuge Recovery - Turning the Wheel

Other info: **Day/Time:** Saturday, 1:00pm PST / 4:00pm EST

Online Access: <https://zoom.us/j/5443375344>

Phone: 669 900 6833 US (San Jose) — 646 558 8656 US (New York)

Meeting ID: 544 337 5344

Find your local number: <https://zoom.us/u/abvS52576G>

For more information: refugerecoverylive@gmail.com — **Phone/text:** (323) 763-0357

Our intention is to support the efforts of those taking refuge in this online community. The meeting arose from shared willingness to:

- Engage more deeply with Refuge Recovery through core teachings of Buddhism.
- Develop individual practices of meditation
- Foster the sense of community beyond meetings

We study the 4 Truths of Refuge Recovery and the 8 Fold Path as the spokes of a turning wheel. We make weekly readings available in advance for individual reflection, discussion, and sharing at the meeting towards balanced turning of the wheel of recovery.

Virtual Parking Lot. We stay online after the meeting for casual fellowship, to exchange contact information and to answer questions.

After every turn of the wheel, we host a workshop where we extend our time to discuss the cycle past and the cycle to come. The series then begins again!

Commitment to the process is encouraged, but it is not required. Join us when you are ready (mid-cycle is okay, this is a turning wheel). All are welcome!

This meeting is not recorded