

# Recovery Meetings - United States

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## Middletown - CT

**Type:** 12 Step Buddhist Recovery Group

**Venue:** Church of the Holy Trinity

**Days:** Mondays

**Time:** 7:00pm

**Address:** 381 Main St., Middletown, CT 06457

**Other info:** As a 12-Step Buddhist Group, we practice a complementary approach to recovery that blends Buddhist principles with the traditional Twelve Step method. We are not a replacement for traditional 12-Step Groups, but a supplement to them.

We are open to any who wish support in dealing with cravings and attachments. Membership in another 12 step program is not a requirement, nor is being a Buddhist or identifying any specific addiction.

Our meeting format includes reading of a slightly modified version of the 12 Steps, a reading of the 8 Fold Path, periods of meditation and a discussion based on a dharma reading selected by the chairperson of the meeting. We are sponsored by the Buddhist Faith Fellowship of Connecticut.

**Contact:** Email - [buddha12step@hotmail.com](mailto:buddha12step@hotmail.com) Website - [Buddhist Faith Fellowship of Connecticut](#)