

Recovery Meetings - United States

St Paul - MN

Type: 12 Steps and Buddhism

Venue: Online - Clouds in Water Zen Center

Days: Mondays

Time: 7:00pm - 8:15pm

Address: 445 Farrington Street, St Paul, MN 55103

Other info: **Link:**
<https://zoom.us/j/96047130774?pwd=ekVCbUJhbFJqeSt3dVpSaERpeGhPdZ09>

Meeting ID: 960 4713 0774, **Password:** 682463

Open to all 12-step program participants. This open meeting explores some of the basic teachings of Buddhism and their reflection in the twelve steps. It is for those seeking spiritual development by practicing the principles of the Twelve Steps and the Buddha's teachings in everyday life. This program supplements recovery and is designed to reveal to us that consistent mindfulness and meditation practice is vital to spiritual progress. We begin each meeting with a period of meditation and follow with a brief presentation and/or discussion. This ongoing practice group is open to all who have an interest in mindfulness meditation and the Twelve Steps. Led by members of the group. Donations welcome.

Contact: Website - cloudsinwater.org