**Recovery Meetings - Telephone - Online**

**English**

**Type:** Dhamma Recovery - Meditate~Receive~Share

**Venue:** Online

**Days:** 1st and 3rd Fridays

**Time:** 5:00 pm

**Other info:**
- Leader: Constance C (40+ years recovery & in Theravada Lineage since 2008)
- Format: Brief guided meditation, Dhamma-Recovery talk, discussion, closing with metta
- All recovery lineages welcome
- Established March, 2023

1st and 3rd Fridays of each month at 5pm CST via zoom, send an email for a fresh zoom link.

For more info & to sign up: constance@constancecasey.com