

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