

The Buddha said craving is the cause of suffering. Twelve Step programs work with the deepest forms of craving. How can these two traditions come together to deepen our spiritual life?

Through a combination of traditional and contemporary Buddhist meditation practices, interactive exercises, lecture, and discussion, the weekend will explore the ways that Buddhism and the Steps complement each other.

The retreat is open to all those interested. You need not be in a Twelve Step program, nor have a background in Buddhist meditation. Introductory meditation instructions will be offered.