

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 day will explore the ways that Buddhism and the Steps complement each other.

The day is open to all those interested. You need not be in a Twelve Step program, nor have a background in Buddhist meditation. The day will include introductory meditation instructions. Beginners are welcome!