

# 12-Step Meditation

GROUP MEDITATION MEETING



**Sundays**  
**9:30—10:30am**

Meditate in a safe environment with other addicts who seek recovery from compulsive, repeated patterns of destructive behavior.

Come join us for silent sitting practice and sharing of how meditation helps our recovery. Short instruction gets us started. There is ample opportunity to explore ways to find peace and compassion from this simple, time-tested way of self-study.

12-step recovery is a spiritual, non-religious program, and mindful meditation promotes compassionate self-examination and anonymous fellowship to support our recovery.

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**Capital Hill Alano Club**  
(19th and E. Madison)  
***Room 301***

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