

Recovery Meetings - United Kingdom

Dundee - Dundee

Venue: Nilipul Centre

Days: Dates to be advised, see website (below)

Time: 7:00pm - 9:00pm (please arrive from 6:30pm ready for a prompt start at 7:00pm)

Type: Sit-and-Share

Address: 51 Reform St, Dundee, Dundee DD1 1SL

Other info: Each “sit and share” meeting begins with 10-minutes of serenity meditation. This is a simple breathing meditation to calm the breath, relax the body and quiet the mind. This is followed by a further 10-minute active contemplation of a topic chosen by the group. This meditation involves the examination of the chosen topic in all areas of our life. Individuals are then invited to share on the topic as it relates to their recovery or abstinence. There is no expectation or obligation on any individual to ‘share’; they can simply &slquo;pass’ if they so wish. The last meditation of the evening may be a guided or a silent 30-minute &slquo;sit’.

No registration needed — just show up.
No fee — donations only.

Contact: For more information: Email - scotland@5th-precept.org

Website - www.5th-precept.org/dundee.html