

Recovery Meetings - United States

Omaha - NE

Venue: First Unitarian Church

Days: Thursdays

Time: 6:00pm - 7:30pm

Type: Dharma Chautauqua Recovery

Address: 3114 Harney St., Omaha, NE 68131 - (enter through side door)

Other info: This group reflects a free and open-minded exploration of ideas and practices found within Buddhism, mindfulness, psychological, spiritual, and recovery literature. There is no specific belief system here. Our intention is to help each other access wisdom tools and embark upon the journey we find for ourselves to be most beneficial. Dharma presentations from other wisdom traditions/psychological wellness strategies and/or recovery program philosophies are also acceptable here. This group practices keeping an open mind with an attitude of "If we find it to be true and helpful, use it."

The meeting is broken down into three segments: 1) Introduction, Meditation Reading, and Meditation, 2) Dharma Presentation (about 30 minutes), 3) Group Sharing.

Any group member can present and determine the content of the Dharma presentation (with some advance notice, i.e. at the next meeting). We will also be inviting people from the spiritual community to speak at the meeting about how their contemplative practice has improved their quality of life.

People are also invited to attend our Insight Meditation group immediately preceding the recovery meeting, from 5:00-5:50PM at the same location.

Buddhist Center/established teacher/supervision:

We are not officially under supervision by any established teacher, however some of our members (myself included) are involved with the Honeylocust Sangha (<http://honeylocustsangha.weebly.com>), and we operate with their knowledge and support.

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