

# Recovery Meetings - USA

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## Oxnard - CA

**Venue:** Ocean Avenue, Oxnard

**Days:** Tuesday

**Time:** 7:00pm - 8:15/8:30pm

**Type:** Buddhism/12Step Recovery Meeting

**Address:** 500 Ocean Avenue, Oxnard, CA 93035

**Other info:** This meeting has been running for 1yr 4mo. Each meeting is led by a volunteer from the group. We do not have an established teacher for this group nor are we affiliated with any Buddhist Center although a few of us attend meetings/meditation at Against the Stream in Santa Monica or attend other meditation groups. We welcome people in all 12 Step programs. this is a small meeting, usually between 6-12 people. Format is based on a combination of Kevin Griffins' suggestions for format and uses Noah Levine's 4 Noble Truths of Recovery. Each month we cover one of the 12 Steps for the whole month. Every other week in that month is a concept or principle topic relating to Buddhism/meditation. Meetings start out with a 20 minute meditation. Choice of meditation is up to leader. Sometimes it is a silent meditation, or guided meditation if there is the need. There is a 5-7 minute break where we observe the silence but share in tea and sometimes snacks. After the break, the volunteer leader of the evening reads or we listen to a C.D recording of a dharma talk. Readings are usually from 12step recovery/Buddhism books and chosen by the leader of the evening. After reading there is a discussion. We end the meeting with a Lovingkindness Prayer and the Higher Power version of the Serenity Prayer.

**Contact:** For more information: Email - [Venturarecoverysangha@gmail.com](mailto:Venturarecoverysangha@gmail.com)