

Recovery Meetings - United States

Fort Collins - CO

Type: Heart of Recovery In Person Meeting

Venue: **United Way Building**

Days: Sundays

Time: 6:00pm - 7:30pm

Address: 525 W. Oak St., Fort Collins, CO 80521

Other info: See also the [Thursday online meeting](#)

Heart of Recovery is a weekly meeting that joins Buddhist meditation, and 12-step work in order to connect to and engage in a commitment to recovery from addiction, addictive behaviors and patterns in our lives. We provide basic meditation instruction, group meditation, and work with a twelve-step, Buddhist/spiritual understanding of recovery. Everyone is invited to participate regardless of any affiliation or non-affiliation with any religious view or 12- step program.

This gathering is not associated with any 12-step program, and is not intended to replace a 12-step program. We strongly suggest that, if you believe that you have a problem with alcohol or any other addiction, you attend 12-Step meetings, and use this meeting as a supplement to deepen your recovery and enhance your spiritual connection.

Our format begins with introductions; a brief instruction on meditation, followed by a 20-minute sitting. The group leader will then share a brief reading. The floor will be open for sharing and discussion for around 45 minutes. We will end with a brief period of meditation and a closing dedication.

We recognize that the anonymity and confidentiality, of who is present here and what is said here, are essential principals to respect.

We ask that you make every effort to be on time or a bit early, so as not to interrupt the meditation session. Thank you!

Recovery - "Sobriety is finding a new way of living that involves engagement where there was withdrawal; generosity where there was self-centeredness; community where there was isolation; joy where there was bitterness; trust where there was cynicism."

Kevin Griffin, [One Breath at a Time: Buddhism and the Twelve Steps](#)

Contact: For more information email the group's coordinator at

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Website - fcheartofrecovery.com

or fortcollins.shambhala.org/ongoing-offerings/heart-recovery/