

Twelve Steps and Buddhism

Twin Cities
Sangha

Saint Paul, Monday

7:00—8:15 PM

MindRoads Center for Spirituality

2046 St. Clair Avenue

St. Paul, MN 55105

(Corner of St. Clair and Cleveland Avenue)

www.mindroads.com

651.208.0749

Uptown, Thursday

7:00—8:15 PM

Minnesota Zen Meditation Center

3343 East Calhoun Parkway

Minneapolis, MN 55408

(on Lake Calhoun)

www.mnzencenter.org

612.822.5313

Seward, Friday

7:00—8:15 PM

Common Ground Meditation Center

3400 E. 26th Street

Minneapolis, MN 55406

(Corner of 34th Avenue and 26th Street))

www.commongroundmeditation.org

612.722.8260

The group explores some of the basic teachings of Buddhism and their reflection in the twelve steps.

We will begin each session with a period of meditation and follow with a brief presentation and discussion.

Anyone who wants to support a 12-step program with a deepened understanding of meditation and Buddhism is welcome.

