

Zen and Interfaith Meditation Group
invites you to attend

Zen Meditation in 12 Step Recovery



Saturday, 18 February
1:00 - 5:00 pm

Unitarian Universalist Church of Fresno 2672 East Alluvial Clovis, CA

This half-day workshop is for those interested in exploring the connection between Zen Buddhist practice and teachings, and twelve step work.

The event will be led by Abbess Myoan Grace Schireson, Zen teacher, psychologist, and founder of Central Valley Zen. Grace has guided and advised Tom Hawkins in establishing the Central Valley's first Zen and Recovery group in Modesto in 2010.

We will begin with zazen (zen meditation) instruction, followed by sessions of meditation, short lectures, and group discussions. Our focus will be to learn and share about incorporating Zen practice into our sober lives.

Participants in all recovery / 12 step programs are welcome.

Anonymity will be respected.

Beginners to practice and/or recovery are welcome.

**\$20 donation suggested; no one turned away
for inability to pay.**

For more information, contact Tom at 209.480.7748. or tomehawk@ix.netcom.com

www.emptynestzendo.org