

Mindful Recovery meetings will  
be held at

**Gedatsu Church  
4016 Happy Lane  
Sacramento, CA**

On the 1st and 3rd  
Sundays of each Month  
1:00 to 2:30 pm

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**The main text we will  
use is:**

The 12-Step Buddhist  
by Darren Littlejohn

**Suggested Reading:**

- The 12 Steps and  
12 Traditions
- 12 steps on Buddha's Path  
Laura S
- One Breath at a time, by  
Kevin Griffin
- Alcoholics Anonymous 4th  
Edition

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Mail:

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Lion's Roar Dharma Center

Administrative Offices:  
1809 19th Street, Suite A  
Sacramento, CA 95811

Phone: 916-565-6314

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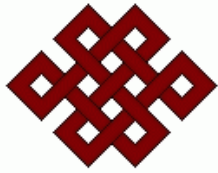
Lion's Roar  
Dharma  
Center

**Mindful  
Recovery**



**A Buddhist  
Recovery Program**

## Mindful Recovery



### The Recovery Program with a Buddhist Perspective

Are you looking for help with an addiction or substance abuse problem?

Would you like to enhance your recovery with your meditation practice?

Then Mindful Recovery invites you to discover your Higher Power:

- Be supported by other Buddhists
- Learn Dharma teachings to help
- Practice Meditation
- Mindfulness and
- Right Understanding
- Explore your understanding of God

## You Are Not Alone

The Mindful Recovery Group encourages people to connect with and become a part of a traditional recovery support system within their community. We offer support for an addiction of any nature not just from drugs and alcohol.

People with dual diagnoses are welcome in Mindful Recovery, although it is highly recommended that they be in treatment with a licensed practitioner.

Mindful Recovery will be working from a 12-step perspective and our goals as a group are to guide each other through Mindful recovery and to find an understanding how AA and Buddhism interconnect and meet harmoniously.

We are also here to help reach right understanding with the whole Higher Power issue.

## Open to All



The Mindful Recovery program is open to all people of all backgrounds and is respectful of all recovery paths.

## Program Contacts

Lama J  
916-224-2163

Eva C  
916-719-2986

We are available  
As Sponsors



**Mindful Recovery is not  
affiliated with  
Alcoholics Anonymous.**

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