



## **A Taste of Peace: An 11<sup>th</sup> Step Afternoon**

**Saturday, September 28, 1-5pm**

Ithaca Community Recovery, 518 W. Seneca St  
Seeds of Change Room, upstairs

Come to some or all of these sessions where meditators in recovery will share their meditation experience, strength, and hope and then describe and lead a meditation.

If you're new to meditation or have said "I'm not a 'good meditator'," this afternoon is for you.

If you've tried meditation and didn't like it or are confused about it, this afternoon is for you.

If you're an experienced meditator and are curious about new meditation practices, this afternoon is for you.

1:00 Vicki B—Welcome and Practice in Insight Meditation

1:30 Gepe Z—Forgiveness Meditation

2:00 Sue K—Tonglen Meditation

2:30 Christine K—Loving kindness Meditation (Metta)

3:00 Ron K—Gatha Meditation

3:30 Tim L—One Pointed Meditation

4:00 Heather M—Vipassana

4:30--closing

You may enter and exit at the end of each session.

Join Zoom Meeting

<https://us02web.zoom.us/j/81352984729?pwd=7kIDi6rXyPfDo8VMHZZw6b6eHNHYVE.1>

Meeting ID: 813 5298 4729

Passcode: 505583