

Modesto Zen Buddhist  
Recovery Group

# Meditation in Recovery

Saturday, April 17

9:30 - 11:30 am



The Church of the Brethren 2301 Woodland Avenue Modesto, CA

Guest Speaker

**Jeffrey Schneider**, San Francisco Zen Center

Jeffrey Schneider is a priest at the San Francisco Zen Center. He started the Buddhist recovery program there in 2000.

**We will begin with zazen (zen meditation) instruction, a short period of meditation, followed by a lecture, short group discussion, and a concluding period of zazen.**

**Participants in all recovery / 12 step programs are welcome.**

**Anonymity will be respected.**

**Beginners to practice and/or recovery are welcome.**

\$10 donation suggested; no one turned away  
for inability to pay.

For more information,  
contact Reverend Do'on Young 209-535-6750  
or Tom H. 209-480-7748  
[emptynestzendo.org](http://emptynestzendo.org)