

# Buddhism and Recovery



Kevin Griffin

Sunday, August 26, 2018

7 – 9 pm

Buddhist practices and teachings have become essential elements of many people's recovery programs. Kevin Griffin has been teaching on this intersection for over 15 years. On this evening he will explore themes relevant to people dealing with any form of addiction, whether substance or process-oriented, making connections with core Buddhist teachings on mindfulness, compassion, and ethics.

Kevin is an internationally respected Buddhist teacher and author known for his innovative work connecting dharma and recovery, especially through his 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*. He has been a Buddhist practitioner for over thirty-five years and a teacher for two decades. He reaches a broad range of audiences in dharma centers, wellness centers, and secular mindfulness settings. His latest book is *Living Kindness: Buddhist Teachings for a Troubled World*. For more information about Kevin go to [www.kevingriffin.net](http://www.kevingriffin.net).

**Date:** Sunday, August 26

**Time:** 7 – 9 pm

**Location:** Park Road Baptist Church, Milford Chapel, 3900 Park Road, Charlotte, NC 28209

**Cost:** Free. *Dana (donations) encouraged for the speaker*

Saturday, August 25, at Park Road Baptist Church, Kevin will be conducting a daylong retreat on **Living Kindness: Buddhist Teachings for a Troubled World**. **Registration with a registration fee of \$35 is required for the Saturday event.** For additional information, visit [imccharlotte.org](http://imccharlotte.org).

To register, email Bob Bushorn: [IMCCnregistrar@gmail.com](mailto:IMCCnregistrar@gmail.com)

