

# MEDITATION AA MEETINGS IN MELBOURNE

Meditation can be rewarding and enjoyable as well as being a valuable aid in sobriety whether you are a beginner or have been in the fellowship for a while. It can of course be a great tool for living life too.

The Peace of Mind Group meets Tuesday evenings at 7.30 pm – St Joseph’s Hall, Fitzgerald Street, South Yarra (note there is no access to the church car park from the Chapel Street end of Fitzgerald Street).

The meeting begins with a 10-20 minute guided meditation followed by sharing on Step 11 or on recovery in general. It is a one hour meeting.

Please contact Patrick on 0419 390 227 if you would like any further information.

Meeting details are shown below for the Peace of Mind Group as well as two other meditation-themed AA meetings in the Melbourne metro area:

## Northcote - Monday 8:00pm

Oldis Gardens Community Room  
2 East Street  
Northcote VIC

Cnr Walker Street  
Meditation meeting  
*Northcote Oldis Gardens Meditation Group*

## South Yarra - Tuesday 7:30pm

St Joseph's Hall  
30 Fitzgerald Street  
South Yarra VIC

Meditation meeting  
*Peace of Mind Group*

## Kingsville - Tuesday 7:30pm

Kingsville Baptist Church Hall  
381 Geelong Road  
Kingsville VIC

Meditation meeting  
*Yarraville Step Eleven Meditation Group*