

Exploring Spirituality in Recovery:

Meetings:

FREE: A spiritual community breaking the silence of addiction while creating space for healing, recovery, & spiritual connection. FREE is Christian-based.

Meeting Place: 7939 E. Arapahoe Road, #160 Greenwood Village, CO 80112

Contact: Pastor Ryan Canady

Meeting Time: Saturdays 7pm MST

<https://freespiritualcommunity.com/>

Celebrate Recovery: Started in 1991, CR is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is offered in over 35,000, as well as recovery houses, rescue missions, Universities and prisons around the world.

<https://www.celebraterecovery.com/>

Recovery Dharma: Using Buddhist Practices and Principles to Heal the Suffering of Addiction. Recovery Dharma is now offering a variety of Denver Metro virtual and in-person meetings. For information on meeting, the program and Sangha socials, please visit:

<https://www.recoverydharmadenver.org/>

Shambhala (Heart of Recovery): Using 12-step literature along with corresponding Buddhist writings as the basis for discussion. Anyone working on their recovery from any addiction is welcome. The first 30 minutes of the meeting is reserved for a silent meditation. Discussion then unfolds between 7pm-8pm.

Meeting Time Denver: Mondays and Wednesdays 6:30pm-8pm MST

Meeting Time Boulder: Tuesdays 5:30pm-7:30pm MST

Denver: <https://denver.shambhala.org/heartofrecovery/>

Boulder: <https://boulder.shambhala.org/program-details/?id=472509>

Meditation-Focused AA:

AWOL 12-step Clubhouse – All Walks Of Life

Sunday Reprieve

Meeting Time: Sundays 2pm

Meeting Place: 1865 South Pearl Street Denver, CO 80210

<https://sites.google.com/a/awol-denver.com/www/>

AA in a different way:

<https://www.freethinkersinaa.org/>

<https://reasonandrecovery.org/> (secular)

Apps:

Calm: Calm is an app for meditation and mindfulness. Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better. Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.

Insight Timer: An online community for meditation. This app features guided meditations, music, courses and talks posted by contributing experts. This app offers 45,000+ free meditations.

Simple Habit: This easy-to-use app is designed to help you meditate throughout the day. If you have a busy lifestyle, this is a great tool to help you meditate on-the-go, and the app has meditations designed specifically to help you with sleep, anxiety and stress reduction.

Podcasts:

Sober for Life: A Christian Addiction Recovery Podcast.

<https://www.stitcher.com/podcast/sober-for-life-podcast/sober-for-life>

Celebrate Recovery: Weekly messages and testimonies from CR.

<https://player.fm/series/celebrate-recovery-podcast>

Dharma Punx NYC: Guided meditations and talks.

<http://dharmapunxnyc.podbean.com/>

Buddhist Recovery Network: The Buddhist Recovery Network Podcast is a new medium through which the BRN is sharing recovery wisdom and Dharma.

<https://www.buddhistrecovery.org/podcast.htm>

Books:

- One Breath at a Time: Buddhism and the Twelve Steps by Kevin Griffin
- Waiting: A nonbeliever's Higher Power by Marya Hornbacher
- Purpose Driven Life by Rick Warren
- The Tao of Sobriety by David Gregson and Jay S. Efrain, Ph.D.
- Recovery, The Sacred Art: The 12-steps as Spiritual Practice by Rami Shapiro
- Recovery Dharma: Buddhist Practices and Principles to Heal the Suffering of Addiction
- Coming Clean, A Story of Faith by Seth Haines
- Breathing Under Water Companion Journal: Spirituality and the Twelve Steps by Richard Rohr
- Staying Sober Without God: The Practical 12 Steps to Long-Term Recovery by Jeffrey Munn

Spirituality, like recovery, is very personal and very expansive. There is a myriad of pathways to approach and experience spirituality. We encourage you to be open to exploration and discovery.

What's important, above all else, is you uncover a way to connect to yourself, to supportive communities and to a deeper purpose. This helps to fortify and enrich not only your recovery, but your life, leading to sustainability and joy. Happy Seeking—You're right where you need to be.