

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. <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/>

Remade by HardBeauty: This is a support meeting addressing spiritual/religious harm. It is held on Wednesdays at 7pm on Zoom. Register here: www.hardbeauty.life/dyr

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 for the last hour.

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

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

Other Resources:

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

Secular AA: <https://reasonandrecovery.org/>

Spiritual Emergence Anonymous: <https://spiritualemergenceanonymous.org/>

Pagans in Recovery: <https://pagansinrecovery.org/>

Wellbriety: <https://wellbrietymovement.com/> (Indigenous-based)

Journey Free: <https://journeyfree.org/group-forum/> (recovery from religious harm)

Satanic Temple of Recovery: <https://thesatanictemple.com/pages/sober-faction> (humanist-based)

Denver-area Churches: many local Christian-based churches, such as Red Rocks and Flatirons, offer a tailored program for alcohol/drug use as well as other focused areas of self-improvement.

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.



CeDAR

A division of UHealth
Center for Dependency, Addiction and Rehabilitation
1693 N. Quentin St. • Aurora, CO 80045 • 720.848.3000

cedarcolorado.org

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

Of note: Spirituality, like recovery, is very personal. There are many 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. You're right where you need to be. Happy Seeking.