

Recovery

Registration is open for Richard Rohr's Breathing Under Water webinar

This spiritual study of the Twelve Steps is an invitation to let go of egoic attachments and step into freedom and wholeness. Based on Richard Rohr's best-selling book, this online course combines contemplative practice and spiritual wisdom to rewire our unhealthy patterns of thinking. As Fr. Richard often says, "We do not think ourselves into new ways of being; we live ourselves into new ways of thinking."

Click [here](#) to learn more about this 8-week online course.



James Finley reflects on **"Wisdom in Times of Crisis"** and offers a practice to help us experience the love of God even in the midst of chaos. Living out of that love transforms both ourselves and the world.

From Richard Rohr's July 6, 2020 Daily Meditation

Click on the link below to watch:

<https://www.youtube.com/watch?v=-A16N4hKou0>

Developing Wisdom Can Be An Antidote To Today's Trauma

by Dr. Cynthia Baum-Baicker

University of Chicago

Center For Practical Wisdom

Here is what it means to be wise and what's required to begin.

<https://wisdomcenter.uchicago.edu/news/wisdom-news/developing-wisdom-can-be-antidote-todays-trauma>

12 Step Based Recovery Programs

Alcoholics Anonymous	624 4183	aatucson.org
Narcotics Anonymous	881-8381	natucson.org
Cocaine Anonymous	326-2211	caarizona.org
Sex and Love Addicts Anonymous	261-7522	tucsonslaa.org
Overeaters Anonymous	733-0880	oasouthernaz.org
Gamblers Anonymous	578-0304	azccg.org
Debtors Anonymous	602-234-6566	arizonada.org
Al-Anon (family support)	323-2229	al-anon-southernaz.org
Adult Children of Alcoholics		aca-arizona.org
Nar-Anon	800-477-6291	nar-anon.org
Crystal Meth Anonymous	602-235-0955	cmaaz.org

Local Rehab / Detox Centers

Cottonwood Tucson (top recommendation with insurance)	800-877-4520	
Community Bridges (Detox - no insurance)	327-9836	
Sierra Tucson	394-8386	
St. Joseph's O'Reilly Care Center	873-3000	
Sabino Recovery	877-868-4076	
Hendrick House (men)	795-3334	
The Haven (women)	623-4590	
Freedom House	940-0703	
Desert Star Addiction Recovery	638-6000	
Military Veterans (national)	800-273-8255	confidentialchat@veteranscrisisline.net