

Talks on Recovery and Spirituality



Whether your goal is to start or maintain a recovery program, or to just make more time for yourself, we can help you stay on track throughout the year.

New Albums in the Language of AA NA By Tom Weston SJ

Recovery Is An Inside Job

Gratitude – A Surprising Gift of Recovery

Experience Strength and Hope with Fr. Tom W. and Fr. Terry R.

Experience Strength and Hope with Fr. Tom W. and Fr. Jim H.

I Should Be So Much Better By Now

Becoming Useful Members of the Community Through The Steps and Traditions

New Albums in the Language of Al-Anon By Tom Weston SJ

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Fr. Tom Weston SJ

Fr. Terry R.

John McAndrew

Fr. Tim Meier SJ

Fr. Jim Harbaugh SJ

Sister Maurice D.

Fr. Patrick Mullin

Fr. Tom Bonacci



FATHER TOM WESTON, SJ

Alcohol & Drug Recovery Audio CDs

The Flexible, Practical, Useful Twelve Steps

Are we willing to get well someone else's way? Are we willing to have a beginner's mind as a basis for daily living? Can we turn things over to God's good care as a way to get out of the argument and stop fighting? While going through the 12 Steps, Fr. Tom W. tackles hard issues such as intolerance, bigotry, isolation and feeling disconnected. Tom shares his understanding of God and what to do when you don't have enough hope. And what do we do about anger – in ourselves and from others? Tom discusses what healthy looks and feels like, what makes a good share at a meeting and what restored to sanity means. It's not enough just being in recovery – it's finding the joy in recovery. (8/18) \$43.00 D0174 5 CD Album

Waking Up To The Here and Now

In these wonderful talks, Father Tom W. shares with us how to focus on the present, where we are continually restored to sanity. Living in the present is where we find serenity, our truth and our HP. Do we have a willingness to respond? Recovery is an ongoing process. We don't get fixed, we get to wake up. And if we are willing, we keep waking up. Fr. Tom reminds us to pay attention and not get discouraged. Do what works. Keep growing. Keep learning new things. Whether you are a new comer, or have been in the program for a long time, these talks expand our awareness, recovery and gratitude. (1/18)

\$51.00 #D0172 6 CD Album

Recovery Is An Inside Job

Father Tom poses some very important questions: Why do I choose? What am I feeling? What are my motives? What is the role of resentments in my life? Do I know what my fears are? He shares with us why these are key to our growth and how we are influenced by them. He discusses guilt, powerlessness, grief and healing. We need tools to help us change how we think. These talks help us to have a better awareness of ourselves and to continue growing in recovery. Liturgy and the 11th Step: Sharing Scripture and the Eucharist, Lent 2017 is disc 5 in this album. (04/17)

\$43.00 #D0170 5 CD album

GRATITUDE – A SURPRISING GIFT OF RECOVERY

There are many surprises in recovery. A big one is that we discover that we become grateful. Father Tom takes us on a journey of looking at all we have been given. He speaks with us about love, open hearted expressions of a Higher Power, the gifts of our disease, and the gratitude for recovery and freedom. He discusses how to live life – not merely survive it. Father Tom talks with us about what to do when things get really difficult – and it will. In recovery, we all end up back at Step 1 at one point or another, and he shows us what to do; how to turn it over, discusses self-centered fear, and developing the muscle to identify with others. Father Tom leads us in a truly wonderful Gratitude meditation that will expand our gratitude for all we have been given. (1/17)

\$43.00 #D0169 5 CD Album

EXPERIENCE, STRENGTH AND HOPE WITH FR. TOM W. AND FR. JIM H.

Tom and Jim share their thoughts on a variety of topics such as humility, compassion, the qualities of mature people, resistance to change, perfectionism and relationships. Tom and Jim use the language of AA and AI-Anon focusing on the transformation from self-will to God's will. (1/16)

\$51.00 #D0167 6 CD Album

EXPERIENCE, STRENGTH, AND HOPE WITH FR. TOM W. AND FR. TERRY R.

In this very special retreat Tom, and his sponsor Terry, share their thoughts on a variety of topics such as sanity, self-centered fear, our capacity to receive God's love, judgements, defects of character, and the role of sponsorship. Tom and Terry focus on the transformation that occurs with recovering people. (8/15)

\$43.00 #D0166 5 CD Album

I SHOULD BE SO MUCH BETTER BY NOW!

Tom talks about how trying harder can kill us. We have spent too long throwing energy into the things we cannot change. He talks about self deception, before and after recovery. Being alive, we get to experience lots of ups and downs. And when we go back to step one, we start over again. It doesn't mean we are doing something wrong...it means we are rebuilding. He shares with us how being hurt shows up as disappointment, anger, fear and sorrow. Going into those empty places brings up different feelings for each of us. Tom reminds us that grief is part of recovery and sorrow is useful. He speaks of love and how loving others doesn't change them...but rather how it changes us. Tom shares with us how to pray with a more generous heart. And he shows us some ways to tell when you are growing spiritually. (05/15)

\$51.00 #D0165 6 CD Album

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Becoming Useful Members Of The Community Through The Steps and Traditions

When we come into the rooms we are very immature. Nothing is our fault and we have secrets. We have trouble with personal relationships and have no idea what to do with our emotions. Father Tom discusses the practical and spiritual aspects of the 12 Steps and 12 Traditions that help us grow up. Wait!.....you think you might not want to learn more about the traditions – think again. Our steps and our traditions help us with our recovery, our relationships, and our connection with a Higher Power. And Tom shares new and humorous stories illustrating the 12 Steps and 12 Traditions working in our lives. There is a long period of rebuilding after we enter these rooms. We need new skills to notice what is at work in our lives. These wonderful talks show us, with a little recovery and maturity, how to be in dialogue with others in recovery, with our families and our community. (Recorded 01/15)

\$51.00 #D0164 6 CD Album

Don't Try Harder, Resist Less

What do we do when we can't do much about something, and we want to anyway? Or we want something to happen right now! Tom talks about surrender...about throwing our burdens down. He reminds us to resist less. It is not a matter of trying harder. And we don't have to fight so hard. In recovery we experience a shifting of inner equilibrium. This does not come about from doing, but by relaxing and letting go. Tom talks to us about resisting less—in our own recovery, in trusting our feelings, in experiencing a Higher Power, and even during times of grief. We talk about this being a spiritual program, but what does spiritual mean? Is it vague and theoretical....does it have anything to do with me? How do we know when something real is going on? Tom discusses these topics and guides us on an excellent meditation. There is much we cannot change, but there is much we can. And we get to do it in a very new way. (Recorded 09/14)

\$51.00 #D0163 6 CD Album

Keeping It Practical & Simple: Living In The World of Recovery

Fr. Tom has just returned from the Middle East and brings with him many stories and insights from his travel to Abu Dhabi. Tom takes a deeper look at the Serenity Prayer and provides new meaning as to what we can and cannot change. Powerless and unmanageability, we learn to talk about this in recovery. The second step offers us a way out...Step 2 offers hope. Tom discusses the fantasy of recovery that every day we get better. We all understand God differently. Tom suggests looking for God in all things, and ways to "notice God". How to meditate? What works, what does not work. Try some of Tom's approaches to meditation. The retreat concludes with a review of the tenth step using the Examen developed by Ignatius of Loyola as a way to find God in all things. (06/14)

#D0162 6 CD Album \$51.00

Remember to Remember

Whether we are a newcomer or a cranky old timer, we need to remember. Father Tom reminds us that almost all we need to know to stay sober was told to us in the first 90 days of recovery. We come in to the rooms with very bad attitudes and the Steps meet us right where we are. And we get well. Remember to remember this. Our stories are important for us to remember, and important for others to hear. We need to remember that God works directly with each one of us and that we do not need to define a higher power to tap in to the source. Remember to ask for help throughout the day. Father Tom reminds us to get out of our head and our comfort zone. Ours is a program of action. Be aware of what we are remembering – is it gratitude or past hurts? Remember to embrace change and be willing to be uncomfortable. Remember that the comfort will return. Remember that we are not alone. And remember to pass it on. (01/13)

#D0159 6 CD Album \$51.00

Desperate Enough? Thank God!

Fr. Tom says that you have to have the gift of desperation to want to come to AA and you have to double that for Al-Anon. This program is our last option available which is good because we need to be desperate enough to ask for help and willing enough to receive it. Fr. Tom talks about needing to learn new skills, like detachment, letting go of old ideas and the importance of listening. He discusses how to be awake and reflect on our own behavior, how to act in loving ways, and how to show love. We are given tools to stop blaming others, and we discover what a huge relief it is to admit when we are wrong—which is one of the great signs of adulthood. Tom reminds us that we have been let out of slavery into freedom, and that we didn't do it alone. A power greater than ourselves has been at work in our lives. (01/12)

#D0157 6 CD Album \$51.00

Observations About Our Journey

Fr. Tom brings us stories, and insights, sprinkled with humor about our spiritual journey in recovery. Tom explores how we recover what we once thought was lost. He asks how well do we pay attention to the gifts we have been given? Do we take for granted the riches we have found in recovery? How can we open our hearts to the fullness of life? He explores the "...satisfactions of right living..." from the "12 & 12". He talks about recognizing feelings, and reminds us that being uncomfortable is not necessarily bad. Tom shares practical techniques for prayer and meditation using our own daily reader as another way to improve our conscious contact with God. (01/11)

#D0155 6 CD Album \$51.00

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You Start With Hello

When we get here, we are completely out of our comfort zone. And we say hello and an entire new way of life opens up to us. Fr. Tom shares many stories about our new relationships with friends, companions, allies, and sponsors. He talks about the things we can change, and those we cannot. He talks about guilt and shame, self loathing and self acceptance. He discusses defects of character and the daily reprieve we receive through the steps. He talks about the "Rules of the World" and how we need to break them when we come in to recovery. In recovery we learn skills on how to develop loving relationships. We learn how to identify safe people, and we learn how to be a safe person. We make the connections with others through the things we share. Go to meetings and say hello to people and develop wonderful friendships. Say hello to a Higher Power and receive grace. We learn these new behaviors and go from existing to living. (09/10)

#D0154 6 CD Album \$51.00

The Principles Of The Program

"...and to practice these principles in all our affairs." Understanding the principles of the 12 Steps can be very difficult, abstract or very simple. Father Tom talks about incorporating these principles into our daily lives. He makes abstract ideas very simple and practical. Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Love, Justice, Perseverance, Spirituality and Service. These twelve principles are the spiritual basis behind each of the Twelve Steps. Fr. Tom shows how employing these behaviors in our daily lives can be an enriching experience. (05/10)

#D0152 4 CD Album \$34.00

Living In The World of Recovery

In these warm and delightful talks, Fr. Tom Weston shares with us that ours is not a self help program. If it were, we would have fixed ourselves long ago. Instead, living in the world of recovery, we learn to ask for help in the Program. And Fr. Tom shares with us that it is a great spiritual accomplishment to ask for help when we need it. And when something spiritual happens, change occurs for us. Fr. Tom talks with us about learning how to trust again. And about the many aspects of willingness in living in the world of recovery. And he shows us how to keep sane when those around us are going crazy. And Fr. Tom gives a wonderful guided meditation using The AA Promises. (09/09)

#D0150 6 CD Album \$51.00

One Day At A Time - But are the days too long?

These new talks focus on the transformative power of the 12 steps. Fr. Tom emphasizes practical, day to day applications of the spiritual principles of the Twelve Steps. Simple formulas are explored for "turning it over", "let go and let God" plus spiritual activities for prayer and meditation. We are often told recovery is a "program of action", but where do we start or in some cases restart? These new talks are Tom Weston at his best. A humorous and enriching experience. (06/08)

#D0148 6 CD Album \$51.00

Are We Willing To Be Willing?

In these series of talks Fr. Tom shares how to live through difficult times using the tools of the program. Do we sometimes feel disconnected from our Higher Power? How to make that conscious contact with your Higher Power easier with the "switch". He talks of connecting with people rather than "using" people....sharing our experience, strength and hope. Are we willing to let change happen? Are we willing to be willing? What can we expect if we willingly surrender ourselves to the spiritual discipline of the 12 Steps? These and many other questions about recovery are explored in this series of talks. 01/08

#D0147 6 CD Album \$51.00

Let Go Of The Old and Welcome The New

In recovery we learn many new tools, such as letting go of what no longer works and embracing a new way of life. Tom shares how God is present in our daily lives and how we can now recognize God acting in our lives and the lives of others. When we have a relationship with a Higher Power we are more alive, human, peaceful and useful. We make a connection with God through other people. Tom talks about spiritual experiences. He talks about God's will for us, which is simpler than we sometimes think. Fr. Tom explains that prayer and meditation can be a confusing or a simple process and offers suggestions to make that connection with God easier. (01/07)

#D0145 6 CD Album \$51.00

Freedom through Self Acceptance

Just what is a spiritual awakening? If someone has been touched by the Spirit what changes can be expected? How do we progress from Step One to Step Two? Fr. Tom talks about God as you understand God and the many different points of view and experiences. He talks about the original Six Steps initially used in Akron, Ohio which later became the Twelve Steps. Fr. Tom explores Steps Six and Seven and the underlying concept of self acceptance. Character defects might always be there. But the program gives us new tools to accept them and experience freedom. (01/06)

#D0144 6 CD Album \$51.00

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Taking Time For Reflection

"...Progress not perfection..." Fr. Tom Weston explores with us the spiritual journey those of us in recovery have embarked on. Part of recovery and having a healthy spiritual practice is learning how to slow down and take time for reflection. These talks offer an opportunity to explore how we work the Steps in our lives. Fr. Tom shares with us some of his reflections on love and ways of knowing God's will for us. He explores with us how to look at our own behavior, feelings and defects of character as a way to see how God works with each one of us. Excellent for newcomers...inspirational for old-timers...Tom Weston at his best. (1/03)

#D0139 6 CD Album \$51.00

We Don't Have to Do This Alone

In these wonderful talks Father Tom Weston reminds us that we aren't alone. With a power greater than ourselves, Step 2, and reaching out to others in the program, Step 12, we continue to get better. And we get to do things differently, with altered attitudes. Through his many stories, insights, and a lot of humor, Fr. Tom reminds us that we don't have to live alone with our conflicts. And we can even look forward to a daily reprieve from our craziness when we remember to ask for God's help. Fr. Tom talks with us about learning how to tell our stories and also learning how to listen to the stories of others. And Fr. Tom shares new stories with us. As Fr. Tom reminds us, when someone who has been there talks to someone who is there – grace flows. We really do need God's help and each other. In recovery everything changes, if we let it. (8/02)

#D0138 6 CD Album \$51.00

Our Footwork, God's Grace

In recovery, we continue to grow emotionally and spiritually. Father Tom helps us to look at our own behavior and the ways we may be more available to our Higher Power working in our lives. Are we cooperating with God? Fr. Tom offers many suggestions of practical footwork on recovery, from praying and meditation, self-acceptance, and what to do when we are stuck, angry or discouraged with our own progress. Father Tom discusses what about our behavior may get us in to trouble and lead us to despair. And he helps us to understand what may be going on when we are running low on faith and hope, discusses what it means to be in consolation and desolation, and suggests ways of dealing with this. Father Tom enlightens us with how introverts and extraverts communicate and shows us how this worked with Bill W. and Dr. Bob in the beginning days of AA. And Fr. Tom shares his personal experience in dealing with the events of September 11th. These wonderful tapes offer insight, inspiration and hope for all of us. (11/01)

#D0135 6 CD Album \$51.00

A Fresh Look At Recovery

Father Tom takes a fresh look at recovery for people whose lives are on the line. In this inspiring retreat held near the birthplace of Alcoholics Anonymous, Father Tom describes how Dr. Bob and Bill Wilson built the practical and spiritual tools that continue to save our lives every day. He demystifies the steps by describing how they were developed and offers a number of practical techniques to do them. How do we move from despair to hope, from loneliness and isolation to a rich, new life with service to others? Father Tom talks about depression and other things that can get in our way, and he discusses the roles of therapy and medication. There are many rich stories of the early days, but mostly these talks are about how we can work our program today and live our lives with richness, with hope, and in community with others. (6/99)

#D0133 6 CD Album \$51.00

Rebuilding Our Lives One Day at a Time

Father Tom leads us on an inspired odyssey from the depths of our despair while drinking and using, to the heights of the spiritual awakenings available for all of us in recovery. How can the tools of the Program help us open our hearts to embrace the fullness of life? How can we learn to love and accept others and ourselves? He offers practical suggestions for doing an inventory, making amends, and becoming aware of the choices and power we have in our lives. And he shows how we can develop a spiritual practice, which will nurture us, guide us and help us find serenity and peace. (1/97)

#D0130 6 CD Album \$51.00

Journeys and Encounters

According to Father Tom, recovery in Alcoholics Anonymous is a journey. We move from a world of illusion to a world of real life. These talks focus on the transformation that happens to recovering people when they let the program work. He explores the changes that happen in our hearts, in our families, in our relationships, in our lives. He relates some wonderful stories and poems from writers and singers who have made a difference to him. And he talks about the importance of having allies, companions and friends, so that we don't have to be isolated, alone and desperate any more. In these tapes Father Tom offers a gift of recovery in real life. (11/95)

#D0127 6 CD Album \$51.00

Living Life Fully Using The Traditions

Father Tom electrifies the Traditions of AA by demonstrating the profound insight and vitality they can bring to all our relationships. He shows through the history of the Program and the Traditions how these principles can guide our interactions, not just with the group, but with everyone we encounter in our daily lives. His stories, poetry, scripture and Program literature are filled with wisdom, humor and inspiration. One of the best retreats we have taped. (5/94)

#D0124 6 CD Album \$51.00

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Creating Balance in Our Lives

As we learn to walk the path of the sober life in AA, we find that we make choices with every step. In these talks, Father Tom shares his experiences with these choices, and talks about how we can find balance between hope and despair, sanity and craziness, feeling our feelings and compulsive behavior. He shows how we can learn to identify and value our unique natures, and then to build upon them. And he shares a simple and effective formula for doing the Tenth Step every day. (6/93)

#D0121 6 CD Album \$51.00

A Weekend of Sobriety for Women and Men

Father Tom's fast, funny and insightful approach to living in sobriety focuses on moving from the problem to the solution. He emphasizes the practical day-to-day applications of the spiritual principles of the Twelve Steps of AA. And he reinforces the urgency of our commitment to this way of life. (12/86)

#D0102 6 CD Album \$51.00

What Program? God Who?

These thought provoking questions set the tone for a wide-ranging discussion of recovery at this women's retreat. The focus is on the concrete steps to recovery from alcoholism as a process of learning how to share feelings and participate in the community. "What program? God who?" might be a cry of despair from a person alone. But within a meeting of Alcoholics Anonymous, it's a hilarious comment on life. (10/88)

#D0111 6 CD Album \$51.00

Principles of Recovery from Addiction

Father Tom applies the Twelve Steps to recovery from cocaine and other drugs. He talks about how to nurture spirituality, break the addictive cycle, and let go of old patterns. How to show up, pay attention and tell the truth, and how to know God's will. (3/87)

#D0104 6 CD Album \$51.00

Is There Life After Bourbon?

This is the original, brilliant, fast-paced, funny, moving, Father Tom from the early days. He tells fascinating stories about getting sober, staying sober, and finding a rich and meaningful life by working the steps. Recorded at an AA men's retreat in 1986, his delivery and insights have continued to delight and inspire both men and women (11/86)

#D0103 6 CD Album \$51.00

A Commentary on The Twelve Steps and The Twelve Traditions

Father Tom's stories and commentary bring the Big Book of Alcoholics Anonymous right into your life and your heart. In four talks he describes the Steps and Traditions not as rigid dogma, but as the actual, living experience of "how it works" for recovering people from the earliest days of the program to the present. There's a practical section on how to do the Fourth Step. A great introduction to the program for newcomers, and a deepening of insight and commitment for everyone else. (2/88)

#D0109 4 CD Album \$34.00

Keeping It Simple

When we're drinking and using, our lives are incredibly complex as we protect our habits, try to keep our stories straight, and struggle to hold our world together. But our first act of recovery is profoundly simple: total surrender. Maintaining that simplicity is our real challenge if we are to grow spiritually in sobriety, according to Father Tom. He offers dozens of stories and practical techniques to help us open our hearts, rejoin the human race, and share our freedom, joy and light with the world around us. (12/92)

#D0120 6 CD Album \$51.00

Getting Back to Basics

It's easy to forget the most important things. Father Tom shows how the basic tools of the AA program can help us to stay sober and insure our continued growth and happiness. He talks about going to meetings, using the telephone, and using the tool of writing. He really gets into sponsorship: how to choose one, how to use one, and how to be one. And he describes the profound nature of the slogans, including "Turn It Over," "Easy Does It," and "Live and Let Live." An inspiration for newcomers and old-timers alike. (9/91)

#D0115 6 CD Album \$51.00

"... Willing to Grow Along Spiritual Lines..."

Throughout all situations God is at work. "AA is not a personal success story. It is a story of our colossal human failures now transformed into the happiest usefulness by the living grace of God." A day at a time we ask for God's help. Fr. Tom explores questions such as what is God's will for us. Tom explores the important self knowledge we gain from the 4th Step. Every person has the opportunity to develop a spiritual life. Through time and experience, trial and error, we get better at the 11th Step. Fr. Tom explores, in detail, the different methods of prayer. He goes on to suggest various ways of meditation as a way of putting ourselves in God's presence. And he explores ways we can invite our Higher Power into our meditation. (5/04)

#D0141 5 CD Album \$43.00

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Gratitude and Service

Father Tom takes us on a journey through Steps 10, 11 and 12. Using AA's "12 and 12" as a guide, he explores Step 10. He shares his ongoing personal experiences with Step 10 and the role of character defects. The Big Book tells us with Step 10 our sanity has returned. The process of looking at our character defects and our wrongs, that we began examining with the 4th Step, continues with Step 10. Just how do we maintain the new state of serenity and freedom we have achieved? As recovering people God's will for us includes the removal of character defects. The 12th Step speaks to a "spiritual awakening"...what happens when we "wake up"? How do you spot the real stuff when it comes to spiritual experiences along the spiritual path? The results can be dramatic, but can take place over a long period of time. (11/04)

#D0142 6 CD Album \$51.00

Family & Relationship Recovery Audio CDs Fr. Tom In the Language of Al-Anon

TAKE WHAT YOU NEED AND LEAVE THE REST

It's easy to take what we want and leave the rest, but what if we take what we need? Recovery is learning that we have our own stuff to deal with. We wish we could change others – but we can't. In these great talks for those of us who love an alcoholic or addict, Father Tom talks about some of the changes we need to participate in. And he shows us how to bring willingness to the changes. Father Tom discusses feelings. Are we aware when we are feeling fear? Or do we just get mad? He talks about decision making. Father Tom discusses ways to evaluate our emotional maturity. He talks about approval seeking, paying attention rather than obsessing, and confusing love and pity. These wonderful talks are not to be missed! (6/18) D0173 5 CD Album \$43.00

Stay Out Of The Cage

If you love or have been loved by an alcoholic or addict, you have been in combat with the disease. We do this to be helpful, but instead become a causality. It is hard to stay out of the way. But we must, for our own welfare and for those we feel responsible for. In recovery there is much we need to let go of, such as old thinking, behaviors, attitudes, and judgements. We need to learn how to respond in a new way, for our own good. In these talks, Fr. Tom W. discusses the spiritual principal taught by St. Ignatius Loyola – Agera Contra –to do the opposite. This means to act against behaviors that hold us back from freedom. Tom shows us that what was once a castle to protect ourselves has now become a prison of our own making. And through the steps and tools of the program we are able to transform. (04/17)

D0171 5 CD album \$43.00

If You Love An Alcoholic Or Addict

A gift of recovery is knowing we are powerless over alcohol. There is a broken heartedness to watch someone in their addiction. There is tremendous worry for those of us who love them, no differently than if we loved someone with a chronic illness. These talks are about what to do with our worry, guilt, anger, sense of loss & grief. Loving someone doesn't change them — it changes us. Tom talks about what self care looks like. He discusses how, through our program, we learn to speak directly about real things and tell the truth without blaming anyone else — and without letting ourselves off the hook. Tom suggest ways to meditate using our daily readers and leads a guided meditation. He talks about how to start each day as if we are a beginner, no matter how long we have been in recovery. He reminds us to do our best, and then watch with awe. 09/16

D0168 5 CD Album \$43.00

In Great Need Of 100,000 Al-Anon Meetings

In these rich and wonderful talks, Fr. Tom shares how the disease of alcoholism affects all of us. He says he is in need of "...100,000 Al-Anon meetings...". We become "experts" on how others should lead their lives. Our focus is on others so we don't have to pay attention to ourselves. He talks about how Al-Anon breaks some "rules" of a dysfunctional relationship. Control and power can be sweet drugs leaving us fatigued and in need of 100,000 Al-Anon meetings. Do we nag so we can feel powerful? What does "none of my business" or "keeping our sails out of other people's wind" really mean? (09/13)

#D0160 6 CD Album \$51.00

Asking For Help...It's Never Our First Thought

These wonderful talks on recovery cover essential topics to help us enjoy a serene life, while still having relationships with other people. Fr. Tom takes us on a journey of learning what is our business and how to let go of what is none of our business. He discusses how we are able to transform our many losses and in doing so develop spiritual and emotional maturity. He invites us to update our image of our Higher Power and he leads us on a beautiful guided meditation in the language of Al-Anon. Changing our thinking, attitudes and our own behaviors is one of the many gifts of desperation. And we are reminded that we are worth saving. (8/11)

#D0156 5 CD Album \$43.00

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Control Is Our Drug

Alcoholism is a family disease, and those of us who love an alcoholic often become spiritual and emotional casualties. We come to the program as survivors, but don't know how to live. Instead, we have become highly skilled at reading others. In these talks, Tom reminds us that we need to focus on what is life giving to us. We need to surrender control of people, places and things. Fr. Tom shares useful tools to help us detach with love and change our attitudes and behaviors to find the peace and sanity we seek. Prayer and meditation helps to keep the focus on ourselves and Tom leads us on a lovely guided meditation. 05/10

#D0153 6 CD Album \$51.00

For Families and Friends of Alcoholics

Alcoholism is a family disease, and it takes a long and deep toll on those who love alcoholics, work with alcoholics, are related to alcoholics, and who have been on an emotional roller coaster with them. Whether the alcoholic is one of our parents, or spouse, one of our children, or a co-worker we need support and refreshment and recovery. This weekend looks at the tools and treasures of Al-Anon. The Al-Anon basics. How can we use these basic tools to change our attitudes and behavior to find the peace serenity and sanity we seek. (08/08)

#D0149 6 CD Album \$51.00

There's More to Quitting Drinking Than Quitting Drinking by Dr. Paul Ohliger

Audio book Read by Fr. Tom Weston

Dr. Paul was well known in the AA community as the author of the widely quoted Acceptance story on Page 449 of the Big Book of Alcoholics Anonymous. And he contributed the wisdom gained in his thirty years of recovery to this wonderful book. We have it available on tape in a spirited reading by Father Tom Weston. This book is for the recovering person who wants more than physical sobriety -- who wants mental, emotional, interpersonal and spiritual sobriety. Dr. Paul offers his prescription in an honest, down-to-earth way. He describes why alcoholism is a disease -- not a symptom of a psychiatric problem -- and who gets it; how to build better relationships with some powerful communication techniques; why and how to give up guilt -- without feeling guilty; and how to make acceptance the cornerstone of recovery. He also includes a helpful discussion of using medicines in sobriety, and how to solve sleeping problems without pills.

#D0502 4 CD Album \$34.00

Act, Don't React

We arrive in Al-Anon exhausted, angry and full of grief. We soon discover our obsessions over others don't lead to freedom. And our ways of relating to others don't change, just because the drinking and using stop. What a surprise.

Fr. Tom talks about dealing with obsessive thoughts and "the rules of crazy families" that get in our way as adults. He takes us on a journey where we learn to live our own lives and foster our own growth in Al-Anon. Some of the ways Tom shows us how to do that are by developing self acceptance, being comfortable with enough, and also changing our perspectives. We learn a new way of life in recovery. We learn how to act, rather than react. (5/05)

#D0143 6 CD Album \$51.00

The Steps Help Us Have Real Lives

Fr. Tom asks us "Are we a role model or a warning?" Before finding Al-Anon we have the tendency to run the lives of everyone else. This is a useful way of not knowing what is going on in our own lives. We can get addicted to the adrenaline and the drama. And when we finally get to Al-Anon, we are exhausted. Fr. Tom talks about the steps and the tools of the program, which allow us to find out who we are and what we want to do. We all come in to the program as skillful survivors. And he reminds us that we need to learn to be grateful for those skills we developed, and then to be willing to let go of those that longer serve us. And Fr. Tom shares with us how to learn some new skills to go from survivor to someone who's fully alive. (5/02)

#D0137 6 CD Album \$51.00

Learning to Live and Let Live

Do you find yourself entangled with people who make you nuts? Then these tapes may be just what you need. In these talks, Father Tom shows us how to learn to live fully through the steps and slogans of the Al-Anon program. How do we release others with love, feel all of our feelings, and connect with our Higher Power? How can the slogan "Live and Let Live" bring new life to our recovery? He offers a guided meditation to help us release the people we're concerned about to our Higher Power. These talks are a valuable resource to help us live more effectively with ourselves and those we care about. (9/97)

#D0131 2 CD Album \$17.00

Discovering Today: Learning to Live Life Surrounded by Crazy People

This Al-Anon retreat by Father Tom is full of magic and inspiration. These talks can encourage understanding and healing for anyone who has been touched by the disease of alcoholism or any family dysfunction. They deal with many familiar topics in a very special way. When you hear these talks you will know how to tell the crazies from the sane, how to recognize you're talking to a lizard brain, why flight attendants give the best program advice, and the healing wisdom of a Guatemalan peasant. You will hear the best discussion of depression we've ever heard.. Through the humor and insight of these talks, you'll have a new appreciation of your program and yourself. (8/96)

#D0129 6 CD Album \$51.00

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Couples in Recovery

Maintaining a successful committed relationship can be one of our greatest challenges in recovery. Father Tom draws on the resources of wise thinkers, poets, and the personal stories of friends to show how we can achieve true openness and intimacy in a mutually fulfilling relationship. He begins with a history and overview of the AA and Al-Anon programs. He then covers a broad range of topics, including: defining our needs in a relationship; what does it mean to love and be loved; effective techniques for communication; learning to listen; how to fight fairly; surrendering without giving up; and the importance of working our own program. (9/94)

#D0125 6 CD Album \$51.00

Living with Imperfection

Father Tom leads us on an entertaining journey through Steps Six and Seven in Al-Anon. He shows how we can understand and accept our own character defects, often finding treasure where we only saw ruin. He describes a number of character traits that have the potential to make us really stuck, and how we can transform them in ways that make us free. Then, using this foundation of self-discovery, we are able to understand the value of telling our own stories, helping to heal others and ourselves. (8/93)

#D0122 6 CD Album \$51.00

Learning To Care For Our Own Acre

Father Tom addresses our central concern as co-dependent people: how can we properly care for ourselves in order to be truly loving and nurturing individuals? He shows how tilling the soil of our own spiritual garden leads to a blossoming of our relationships with our Higher Power, with our self, with other people and with the Earth. He describes a number of practical techniques to help us to slow down enough to be present for the miracle of our own lives. A humorous, uplifting and enriching series of talks. (8/92)

#D0118 6 CD Album \$51.00

Accepting Other People: Tools for Healthy Relationships in Recovery

Father Tom tackles a central concern for many of us in recovery: how do we develop healthy relationships at home, at work, and with our friends? Using the spiritual principles of Al-Anon, he looks at how to take care of ourselves and how to stay out of other people's way. And he discusses the difference between being a slave to others and being truly helpful. (7/91)

#D0113 6 CD Album \$51.00

Choosing to Love: Recovery in Al-Anon

Father Tom talks about recognizing and letting go of old patterns of dependency, control, manipulation, and martyr-victim craziness. He describes the choices available in recovery: Choosing to be a caregiver rather than a caretaker, choosing to set limits, choosing to grow. (8/87)

#D0105 6 CD Album \$51.00

Grief and Grace

Coming to terms with grief and loss can be one of the most difficult challenges we face in recovery. In this retreat for Adult Children of Alcoholics, Father Tom helps us to understand these issues. He discusses the nature of grief, the inevitability of anger and the role of grace in healing. And he offers us tools that can enable us in time to move through grief and embrace life on the other side of loss. (9/93)

#D0123 6 CD Album \$51.00

Principles of Recovery for People From Dysfunctional Families

A refreshing approach to ACA issues. Topics include the dynamics of the dysfunctional family; learning to talk, feel and trust; how recovery in ACA and Al-Anon work together; and avoiding the pitfalls of later recovery. Many of us come from dysfunctional families. Father Tom's humorous and humane approach to this sensitive topic makes the process of discovery, forgiveness and reconciliation a natural part of recovery. (12/86)

#D0101 6 CD Album \$51.00

ACA: Letting Go, Healing Up & Moving On

This seminar takes up where Father Tom's Dysfunctional Families album (A0101) left off. Now that we understand the impact of growing up in a dysfunctional home, how can we change our behavior to change our lives? Topics include dealing with anger, fear, guilt and shame; grieving and letting go; prayer and meditation; asserting our rights; and taking care of ourselves. An album full of practical insight, laughter and hope. (12/87)

#D0108 6 CD Album \$51.00

Footwork To Freedom in Relationships

Freedom has a lot to do with making choices about our actions and reactions, according to Father Tom. And in this series of talks, Tom shows how freedom can begin with our personal transformation through the Steps of Al-Anon and ACA. The wide range of topics include: building grown-up relationships; dealing with anger, guilt, shame and embarrassment; learning to trust; what makes a good sponsor; and finding pleasure and delight in our lives. (11/91)

#D0117 6 CD Album \$51.00

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Changing the Things We Can

Do you feel weighted down by people and situations in your life? Do you sometimes take responsibility for things you can't control or fix? Then these tapes are for you. Beginning with the Serenity Prayer, Father Tom shows how the shift in focus of the Al-Anon Program can bring profound healing in our lives. Through his own experiences and a wealth of literature, he shows how we waste our energy trying to control people and situations, and how we can use the Program to change our attitudes and behavior to find the peace and sanity we seek. These talks are full of wisdom, humor and practical information about working the steps, using a sponsor and being one, a simple way to journal, and some wonderful ways to say "no". And by describing his own craziness, he shows us how we can have love and compassion for ourselves as we continue to obsess, make mistakes, falter and grow. (9/00)

#D0134 6 CD Album \$51.00

Making Peace With Ourselves As Adult Children of Alcoholics

How can we learn to view our lives with compassion and love when we grew up in alcoholic or crazy homes? How can we not be frozen in denial or consumed by anger and grief? Father Tom describes how applying the Twelve Steps of ACA can enable us to avoid repeating our past and to truly transform our lives. He offers some practical techniques to recognize, identify and experience our feelings. And he shows how to avoid managing, manipulation, martyring and mothering, so that we can make peace with ourselves and with others. Many of us have black belts in survival, but can we truly live life fully? The answer in these inspiring talks is a resounding YES? (8/97)

#D0132 6 CD Album \$51.00

DVD - Healing Through Recovery And Change

Father Tom reflects on the evolution of Twelve Step recovery programs, drawing parallels between them and other spiritual traditions. What do the Twelve Step programs have in common? What does it mean to "hit bottom" and become willing to change? What are the Steps? How does Grace work through the kinship of common suffering? How have these recovery programs enabled millions of people to find hope from the depths of despair? Intended for an audience of both recovering people and interested friends. 55 minutes (4/93)

#D0201 DVD Video \$25.00

Father Tom Weston, SJ has been involved with people in Twelve Step Programs since 1976. A former Director of the Jesuit Volunteer Corps and a teacher, he has degrees in counseling, education and theology. He lectures, counsels, and conducts workshops and seminars internationally.

Spirituality and Religion Talks by Fr. Tom

In The Light of the Gospels

God is regularly reaching out to us. Are we too busy to notice? Lent is a good time to slow down and look at ourselves in the light of the Gospels. Father Tom Weston takes us on a journey through the Lenten season, discussing spiritual practices to make this a deeper and more meaningful experience to more fully connect with God.

Fr. Tom talks about the mystery of the Trinity. He shares with us what it means to celebrate and receive the Eucharist as a healing Sacrament. And he discusses the life and resurrection of Jesus. In these beautiful and meaningful talks, we are reminded that we are all invited to the banquet. And Fr. Tom guides us to more fully respond to the invitation. (3/03)

#D0140 5 CD Album \$43.00

Catholicism 101

Father Tom leads us through a breathtaking five-hour history of Christianity from the Conception to the present. He talks about a wide range of topics in his unique and entertaining style, including: foundations of the Old Testament; the development of the early Church; the formation of the New Testament; the division of the Eastern and Western Church; the Protestant Reformation; the wide diversity in the Church; and some light on Vatican II. (10/91)

#D0116 6 CD Album \$51.00

Catholicism 201

As a sequel to his popular Catholicism 101 series, Father Tom launches into an in-depth exploration of what it means to be a Catholic. He describes the origins and meaning of the Eucharist service while he performs it. Through his engaging, often humorous storytelling, he discusses many immediately relevant topics. What sustains us? What encourages us? Who is God and what is God's grace? What can scripture tell us about life and living? These talks emphasize a personal approach to the Catholic religious experience (9/92)

#D0119 6 CD Album \$51.00

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Catholicism 301

This insightful retreat focuses on the central observance of Christianity: the passion, death and resurrection of Jesus. Father Tom leads us on a powerful tour of scripture to discover what it means to be a Catholic. How can understanding the life and teaching of Jesus help us surrender the illusions of ego and find a personal spiritual awakening? Among the broad range of topics covered are: the meaning of the Incarnation; the historic roots of the Catholic faith; grief and healing; the isolation of resentment, hatred and sin; the gift of grace; the power of faith and prayer; the origin and meaning of the Sacraments; and the message of the Crucifixion. He describes the events of Jesus' last days and shows how understanding their significance can enrich and empower our lives. (4/95)

#D0126 6 CD Album \$51.00

Catholicism 401: Living In The Church Community

How do we determine what is right for ourselves and for humanity when so many voices (both inside and outside the Church) seem to disagree? How do we develop and educate a conscience? Father Tom puts some perspective on this crucial issue, with a grand historical survey of a church, which has grown, changed, and adapted through the centuries, culminating in the vision of Vatican II. He illustrates his commentary with wonderful stories about people who take the spiritual life seriously. These are drawn from literature, Scripture, and the daily news. He speaks of conscience, self-discovery and self-acceptance, and how we can walk in the footsteps of Jesus. (8/96)

#D0128 4 CD Album \$34.00

God Without Hysteria

Fr. Tom discusses a spiritual path somewhere between frenzied fundamentalism and California psychobabble, for sponsors, counselors, and others who work with recovering people. In this five hour seminar recorded at the Merritt Peralta Institute, Father Tom offers practical suggestions on a wide range of topics, including: believers, atheists and agnostics; the experience of faith; the nature of sanity; and how to know God's will. (3/88)

#D0110 4 CD Album \$34.00

Single Audio CDs by Fr. Tom

Liturgy and the 11th Step: Sharing Scripture and the Eucharist, Lent 2017 Fr Tom conducts and explains the Mass

#D2132 Single CD \$9.00

Dr. Bob's Nightmare...A Commentary (09/13)

#D2127 Single CD \$9.00

Faith and Belief...The Many Roads Up Mt. Fuji (09/13)

#D2128 Single CD \$9.00

AI-Anon For Members Of AA (09/13)

#D2129 Single CD \$9.00

Progress Not Perfection (09/13)

#D2130 Single CD \$9.00

Steps 10 and 11...Reviewing The Day Prayerfully (09/13)

#D2131 Single CD \$9.00

Fr. Tom W. SJ His AI-Anon Story 2011

#D2125 Single CD \$9.00

The Wisdom of The Slogans (05/10)

#D2124 Single CD \$9.00

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FATHER TERRY R.

Msgr. TERRY R. is the Director of Substance Abuse Ministry in the Archdiocese of Los Angeles. He chairs a panel that performs intervention and follow-up for clergy who need help. He has been conducting retreats for people in Twelve Step programs since 1975.

EXPERIENCE, STRENGTH, AND HOPE WITH FR. TOM W. AND FR. TERRY R.

In this very special retreat Tom, and his sponsor Terry, share their thoughts on a variety of topics such as sanity, self-centered fear, our capacity to receive God’s love, judgements, defects of character, and the role of sponsorship. Tom and Terry focus on the transformation that occurs with recovering people. (8/15)

#D0166 5 CD Album \$43.00

Our Journey From Fear To Faith

Father Terry R talks about our “fear problems”. And he describes how we are able to move from fear to faith as a result of doing the Steps of the Program. And as this occurs, we are drawn in to surrender. And at the same time, our idea of what surrender is changes. Fr, Terry describes in his humorous and disarming style what happens when love and accountability come together in recovery. Can we do the Steps imperfectly?. Writing a sexual inventory? Why do we continue to go to meetings? How does our notion of God grow? These powerful and compelling talks are rich with insights that will enhance your program and your life. (9/05)

#D0306 6 CD Album \$51.00

“...God Could And Would If He Were Sought.”

“A time to get in touch with God’s Gift.” That is how Fr. Terry begins this exploration of the Steps. How do we recognize, and identify the work of God thru Grace? What does it mean to “work the program”? What does it mean to seek God? These and other questions are explored by Fr. Terry. He explores the changes that occur in our hearts. Only after God surprises us by lifting our addictive behavior do some of us realize that in the beginning we had not been seeking God at all. But with openness and willingness God draws us in. We learn to identify with others. With every “yes” in a spiritual conversation we experience a different quality of satisfaction. The power and benefit of doing an inventory, discerning God’s will, are but a few of the topics you’ll hear Fr. Terry explore. (5/04)

#D0304 6 CD Album \$51.00

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Identify Don't Compare

Father Terry describes in his humorous and disarming style one of the earliest and most important spiritual experiences in AA recovery: learning to identify with others. How does identification happen? How can we transform a life of obsession and fear into one of love and acceptance? How can we learn to love and accept ourselves? How does each Step of the Program build upon this fundamental experience of opening our hearts and identifying? These powerful and compelling talks are rich with insights that could enhance your program and your life. (1/95)

#D0303 6 CD Album \$51.00

Accepting God's Grace

Father Terry describes our journey of awakening in the AA Program as a process of learning to accept the Grace of God. He explores this process by sharing his own experience with insight, humor, and compassion. Among the many topics covered are the secret of the First Step, the nature of surrender, the Five Commandments of the World, the power and benefits of doing an inventory (and when you know you're ready), how to be of service, and discerning God's will from the desires of our ego. (6/94)

#D0301 6CD Album \$51.00

Family & Relationship Recovery Audio CDs Fr. Terry In the Language of Al-Anon

We Don't Have To "Git'M" - In the Language of Al-Anon

Wanting to change someone to solve our problems is our disease. The legacy of loving an alcoholic is that we learn that nothing will turn out. Instead we deny our anger and disappointments. And we become a sick member of the family without ever having taken a drink. Father Terry takes us on a journey of getting acquainted with our own wounds and frustrations. And he shows us how we can start healing without the cooperation of the alcoholic. Our recovery starts by changing ourselves. We don't have to change history or someone else to heal. These talks are about how we change. And we no longer have to "git'm". (05/11)

#D0309 6 CD Album \$51.00

We Don't Have To Wait - In the Language of Al-Anon

A freeing discovery in Al-Anon recovery is the awareness that we don't have to wait until the Alcoholic stops drinking. Our journey of liberation begins in working the 12 Steps in companionship with others now. Before recovery we waited. We waited for the alcoholic to change. We waited to see if our efforts worked or didn't work. We waited for the other shoe to drop. We waited for our prayers to work. When we live in recovery we get to respond to life in a sane and normal way. In recovery our head and heart are transformed by a fresh faith. (10/08)

#D0308 6 CD Album \$51.00

The Al-Anon Paradox: Let Go and Get A Grip

In his humorous style Fr. Terry talks about how we love under battlefield conditions. How our culture, from the time we are youngsters, puts a premium on control. But when we enter Al-Anon we are asked to give up our plan. This part of surrender can be counter intuitive. Fr. Terry talks of the bondage of self ...the bondage of a dream of control and how Al-Anon relieves us of this bondage. Terry talks of developing a relationship with a Higher Power. Why is it when praying we seldom get what we want or expect? The program can touch hearts and bring people alive. Its transformative. God's will is what anyone wants once they experience it. (5/07)

#D0307 6 CD Album \$51.00

Choosing to be a Care-Giver Rather than a Care-Taker- In The Language of Al-Anon

Join Father Terry as he takes us on a journey of self-discovery through the Al-Anon Program. In his straight forward, practical, and humorous style, he talks about some of the central issues of the program: How to open our hearts to others and identify rather than compare. How to realize our own powerlessness over people and circumstances and learn to surrender control. How to know the difference between people-pleasing and loving service. How to learn acceptance without tolerating abuse. How we give away the power in our lives and how we can take it back. How to release ourselves from anger and resentment. And how to move beyond victims and villains, beyond shame and blame. (8/94)

#D0302 6 CD Album \$51.00

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Letting Go...Letting God – In The Language of Al-Anon

What a surprise most of us had when we discovered how tight a grip we had on how other people, places, and things had to be in order for us to have a life. Fr. Terry explores what happens through the Al-Anon program as we loosen that grip. And we are surprised by how our simple responses to 12 Step suggestions have such a synergetic effect with God's Grace and God's laws. We often start recovery when God appears to fail us...when we have hit bottom. Fr. Terry talks about surrender...what is real surrender? He explores the 12 Steps and the personal transformation that occurs. These talks encourage healing for any one touched by the disease of addiction or any family dysfunction. (6/04)

#D0305 6 CD Album \$51.00

Single Audio CDs by Fr. Terry

SD 1508	Fr. Terry	His Story	\$9
SD 1903	Fr. Terry & Fr. Tom	God 401A God's Grace	\$9
SD 1909	Fr. Terry & Fr. Tom	God 401B God is at Work	\$9
SD 1503	Fr. Terry	Identify Don't Compare	\$9

JOHN McANDREW

John McAndrew (MA, MDiv) is with SensibleSpirituality.com . For the last two decades, he has facilitated and directed retreats, seminars and workshops. A dynamic presenter and skilled facilitator— as well as a gifted musician and poet— John draws upon his own spiritual journey, combining music, poetry and humor in presentations that are both practical and challenging

The Soul Of Recovery

Our personal stories are "The Soul of Recovery". It's in those stories-the heart and soul of the Big Book– that we learn to consciously integrate the principles of recovery with our own core values and the practices (steps) which allow us to move into deeper freedom and integration. Recovery 3.0 offers a vision of spirituality which brings together our foundations (Recovery 1.0), the evolution of our life in recovery (Recovery 2.0) and emerging stories of new challenges, new freedoms, and new happiness (Recovery 3.0). Join with other individuals and couples in 12 Step Recovery—AAs, Al-Anons, other 12 & 12 fellowships, and anyone interested in integrating the 12 Steps into their practice—for a weekend of joy and hope and laughter and serenity. (7/15)

6 CD Album #D0509 \$51.00

NAMING OUR ADDICTIONS - A Spirituality Of The 12 Steps

This weekend retreat was designed for people in recovery, for those who love them and anyone interested in learning more about the disease of addiction and the spirituality that empowers them and keeps them on the road to recovery. John McAndrew looks at the nature of the 12 Step spiritual practice and it's application to the disease of addiction. These inspiring talks discuss the experience of substance and process addictions, denial, and codependency. Naming the addiction is somehow touching the wound to the soul which is where we are most accessible to God. With the 12 Steps and meditation, John shows us how it is possible for us to change our behaviors and our lives. (03/10)

\$51.00 #D0507 6 CD Album

THE JOY OF LIVING

The practice of the 12 Steps makes us ready to receive the gift of emotional sobriety. In this exploration of Step 12, John McAndrew guides participants in reflections on "the joy of good living". Focusing on the spiritual journey, topics include: learning to pay attention, why finding the right question is more important than getting all the answers, the importance of remembering, and the practice and gift of meditation. (06/09)

\$51.00 #D0506 6 CD Album

GRACE – A Power Greater Than Ourselves

The struggle to let go of old ideas often makes it difficult to receive the new gifts of recovery. In these retreat reflections, John considers how the 12 steps can guide us to new attitudes and behaviors. Grace, an undeserved gift, paves the way into this new way of living. It's about forgiveness, about a God of your own experience, about music and poetry and beauty and brokenness and failure, about "what is" about gratitude and laughter and serendipity and the full reception of all the gifts we have received. I once was lost, but now I'm found. Was blind but now I see. Everything is grace! (06/08)

#D0505 6 CD Album \$51.00

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Extravagant Promises

The Big Book, Alcoholics Anonymous, is full of promises for recovery— not only the “12 Promises” we often hear at meetings. Join John McAndrew and a group of recovering souls for a weekend of discovery in an open-book exploration of the multitudinous Promises found throughout our primary text—especially the greatest promise of all: that God could and would if He were sought! (03/08)

#D0504 6 CD Album \$51.00

Usefulness – A Seventh Step Retreat

John McAndrew reminds us that sharing our stories, even our darkest moments of "uselessness", allows God to make us more useful. The very things that brought us shame become transformative. Even our character defects become useful treasures. Grief and loss, which can isolate us, can be avenues of redemption. This is the transformation of self that we experience in the program. In these sessions, John shares his own spiritual journey and discusses topics such as humility, spirituality and sexuality in the context of the 12 Steps. And he reminds us that through prayer and meditation, we are given the strength and courage to do all that is possible, so that God can do what God does best: the impossible. (8/07)

#D0503 6 CD Album \$51.00

FATHER TIM M., SJ

Fr. Tim M. SJ After his ordination to the priesthood in 1991, he completed his doctorate in Molecular Neurobiology at Stanford University. Fr. Tim has been active in giving retreats for people in 12 Step programs for more than a decade, having remained sober since 1979. His retreat ministry began with an internship under the direction of Fr. Tom Weston, SJ in California and has taken him from Florida to Hawaii, and from Maine to Alberta Canada.

Having Had A Spiritual Awakening - In the Language of Al-Anon

The goal of life in recovery is serenity. The wisdom of those who have gone before us in the program tells us that the way of spirituality is the way to serenity. The 12th Step indicates that “the” result of our progress through the Steps is a spiritual awakening. Fr. Tim M. looks at the various spiritual awakenings we have already experienced, and looks more closely at the Steps so that our awakenings can be deepened. Fr. Tim uses a beautiful guided meditation from “Serenity Meditations I” by Mariette Dobrowolski and Kristoph Franz. For more information on this and their other wonderful guided meditations contact www.sandalsong.com. 6/03

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Good Grief! Letting Go In The Midst of Loss

Letting go of our old ways of thinking and acting in AA recovery is crucial to our survival. But the loss of old friends (including — especially? — alcohol), habits and attitudes can involve grief as well as joy. These inspiring talks By Father Tim M. look at grief from the standpoint of applying the 12 Steps to the process of our grieving, so that all of our losses can be good grief. Fr. Tim shares with us an exquisite 3rd Step Prayer and a beautiful prayer of forgiveness. Fr. Tim also uses two wonderful guided meditations from “Serenity Meditations I” by Mariette Dobrowolski and Kristoph Franz. For more information on these and their other guided meditations contact www.sandalsong.com. 5/03

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SISTER MAURICE

SISTER MAURICE DOODY, P.P., M.A. is a consultant to religious communities on Chemical Dependency, and is a member of the Dominican Sisters of Sparkill, NY. She founded The Office of New Directions, a full time ministry devoted to educating religious communities about alcohol, alcoholism and chemical dependency. She has directed spiritual weekends for self-help groups since 1979.

Refreshing Our Spirits

Sister Maurice is from the Bronx. She's down to earth, she's bright, she has a big heart, and she's very funny. For years she's led very popular retreats for recovering people on the East Coast. She begins by relating her own journey of recovery with her characteristic humor and energy. Then she launches into the theme: how to give ourselves a spiritual tune up. She identifies a list of simple and practical things we can do every day to keep in touch with the miracle of recovery. Our attitude determines our outlook on life, and that by taking simple steps to change our attitude we can revolutionize the way we experience our world and everyone in it. (4/95)

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Single Audio CDs by Sister Maurice

SD 1560	Sister Maurice	On Spirituality	\$9
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FATHER JIM HARBAUGH SJ

Fr. Jim Harbaugh SJ is the assistant pastor at St. Leo's Church in Tacoma, WA a parish that has been helping marginal members of society for decades. He is the author of books and articles on 12 Step Recovery. He has been leading retreats for recovering people since 1991

EXPERIENCE, STRENGTH AND HOPE WITH FR. TOM W. AND FR. JIM H.

In this very special retreat, Tom and Jim share their thoughts on a variety of topics such as humility, compassion, the qualities of mature people, resistance to change, perfectionism and relationships. Tom and Jim use the language of AA and Al-Anon focusing on the transformation from self-will to God's will. (1/16)

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Steps On The Road To Sanity - In the Language of Al-Anon

What do we do when our loved ones are on a roller coaster? What happens when the people around us make profoundly poor choices? Fr. Jim Harbaugh gently shows us that we don't have to give up on our own hopes and dreams. And that we are not responsible for other people's choices. These talks describe how character defects are also assets applied backwards. And he explains that when we obsess, all growth stops. And he shows us how we can change, using the Steps. Through his wonderful gift of telling stories, Fr. Jim reminds us that our Higher Power is not limited by our own lack of imagination. And that through the Program we are restored to sanity. (05/09)

#D0604 6 CD Album \$51.00

Beyond Our Imagination: Growing Up With The 12 Steps

In recovery, our experiences and lives are so much greater than our imagination could ever have thought of. Fr. Jim Harbaugh reminds us of this through his descriptive stories when taking us through the Steps. As we take the Steps we become restored to sanity. Fr. Jim shares with us what the 12 signs of sanity look like. Having had an addiction or in living with addiction we stopped growing. The theme of these wonderful talks is about growing up morally in recovery. Fr. Jim shows us what a moral grown up looks like – and the 3 things that a moral grown up does. He discusses how, using the Steps, we advance from shame to guilt. He shows us how shame is not useful, but surprisingly guilt is. Throughout these talks we realize that a power greater than ourselves is at work (9/08)

#D0603 6 CD Album \$51.00

One More Story for The Road

Father Jim is a great storyteller. He tells stories that are funny, revealing, and profoundly moving. Stories about life, about recovery, and about hope. He shares stories from his life, from scripture, and from literature. In this retreat Father Jim speaks about two key features of life in recovery. Recovery is about stories. When we get to meetings we hear other people's stories. Eventually we realize that we realize that we have a story too, and we start to tell it. And our stories, however humble, have a lot to do with all the Great Stories, the myths and tales of the spiritual traditions and of everyday life. Recovery is about a path. He describes us as pilgrims together, going someplace holy, trading stories along the way. And it's the stories and the journey that lead us to wholesomeness, sanity, and the richness of our humanity (2/95)

#D0601 6 CD Album \$51.00

We Had To Be Smashed: Some Words of Bill W.

How do we recover our feelings, our humanity and our lives when we get sober or begin to come to terms with our dysfunctional families? Jim Harbaugh tells us stories about this process from his own experience and from the great literature of the world. With humorous and moving anecdotes—from Ed Wood to Tolstoy, from Bill W. to the Bible—he describes the depths of disease and the heights of recovery. What does honesty really mean and why is it essential for recovery? How can we recognize and deal with the voices in our head? What can we do with guilt and shame? How can we know the will of God? A practical guide for dealing with our past, finding reconciliation and forgiveness, and turning our experiences into our greatest asset (5/95)

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Living With Chronic Pain – Fr. Jim H.

#D2109 Single CD \$9.00

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Fr. Patrick Mullin

Fr. Patrick Mullin, CM was ordained in 1975 for the Congregation of the Mission, commonly known as Vincentians. Fr. Pat was on the staff of DePaul Evangelization Center in Montebello and is now the director of St. Mary's Seminary, a retreat center in Santa Barbara. Fr. Pat, sober since 1983, has been doing recovery retreats since 1989.

Gifts of the Steps

Do you think that working the steps is about becoming perfect? Do you wish that difficult circumstances would go away? Do you have conversations in your head and then feel upset? Then these talks are for you. Fr. Patrick Mullin takes us on a journey of an awareness of the incredible gifts we receive in sobriety. Like fully knowing that our greatest gift is of complete and utter powerlessness. Sharing his own experience with the steps, and with a lot of humor, Fr. Pat shows us how to shift our thinking about current problems. We can change the conversations in our head. And the difference between a good day and a bad day is awareness. He shows us how to be more aware of our value and beauty, as well as the gifts that are in front of us each and every day. Fr. Pat shares his gift to practice of the awareness of the presence of God. And he reminds us what a miracle we have been given and that any day that we are aware of our gifts is a great day. (8/03) Available in the language of AI-Anon.

#D0700 6 CD Album \$51.00

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Fr. Tom Bonacci CP

Fr. Tom Bonacci CP is a Catholic Priest of the Passionist order, ordained in 1972. He has served as Retreat Director, Chaplain of several hospitals and universities and is the founder of the Interfaith Peace Project of Contra Costa Co. An active member of 12 step programs for 25 plus years he leads retreats of all types worldwide

Opening Our Hearts...Transforming Our Losses

Ours is an age of guilt. We feel guilty about everything. At least, we are invited to feel guilty to the point where we believe we are responsible for everything and everyone at the expense of our own well-being. The guilt causes us to suffer the loss of a sense of "healthy self". In fact, we suffer many losses in our battles with alcohol and addiction. Our retreat will uncover the dynamics of addiction and recovery inviting us to be aware of our inner wisdom. Opening our hearts is like opening a precious gift. The blessings are transformative for self and others. 08/16

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