



WOMEN
IN
RECOVERY

Saint Paul
BOOK
GROUP

2nd
THURS

ZOOM

MEETING ID: 962869844

Phone Call IN: 1-312-626-6799

6:30pm - 8pm



BOOK GROUP IS MEETING
VIRTUALLY ON ZOOM!



Meeting URL: zoom.us/j/962869844

Meeting ID: 962869844

Meeting Password: 089114

Due to COVID-19, we are meeting virtually until further notice. Join us on Zoom to meet other women in recovery in a friendly, low-key setting. We meet on the SECOND THURSDAY of each month from 6:30-8:00 p.m. on ZOOM.

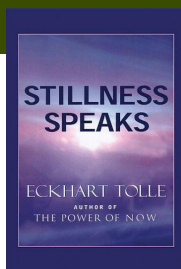
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.

STAY CONNECTED!



@womeninrecoverymn

JANUARY 14, 2021

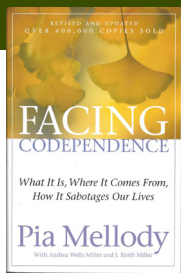


Stillness Speaks

by Eckhart Tolle

In *Stillness Speaks*, Eckhart Tolle illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls "the state of presence," a living in the 'now' that is both intensely inspirational and practical. *Stillness Speaks* takes the form of 200 individual entries, organized into 10 topic clusters that range from "Beyond the Thinking Mind" to "Suffering and the End of Suffering." Each entry is concise and complete in itself, but, read together, take on a transformative power.

FEBRUARY 11, 2021

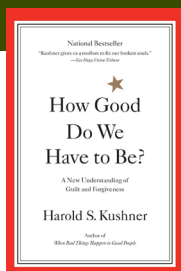


Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives

by Pia Mellody, Andrea Wells Miller, J. Keith Miller

Pia Mellody creates a framework for identifying codependent thinking, emotions and behavior and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

MARCH 11, 2021



How Good Do We Have to Be?: A New Understanding of Guilt and Forgiveness

by Harold Kushner

Drawing on modern literature, psychology, theology and his own thirty years of experience as a congregational rabbi, Harold Kushner reveals how acceptance and forgiveness can change our relationships with the most important people in our lives and help us meet the bold and rewarding challenge of being human.

Our mission is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

www.theretreat.org/women-in-recovery

| WIR@theretreat.org |