



WOMEN  
IN  
RECOVERY

Saint Paul  
BOOK  
GROUP

2nd  
THURS

ZOOM  
MEETING ID: 962869844

6:30pm - 8pm



BOOK GROUP IS MEETING  
VIRTUALLY ON ZOOM!



Meeting URL: [zoom.us/j/962869844](https://zoom.us/j/962869844)  
Phone Call IN: 1-312-626-6799  
Meeting ID: 962869844

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.

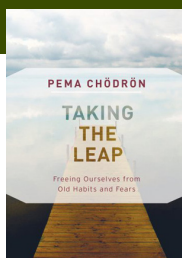
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.

STAY CONNECTED!



@womeninrecoverymn

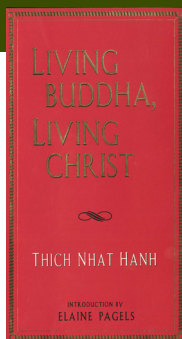
MAY 14, 2020



*Taking the Leap: Freeing Ourselves from Old Habits and Fears*  
by Pema Chödrön

Best-seller Pema Chödrön draws on the Buddhist concept of shenpa to help us see how certain habits of mind tend to hook us and get us stuck in states of anger, blame, self-hatred, and addiction. The good news is that once we start to recognize these patterns, they instantly begin to lose their hold on us and we can begin to change our lives for the better.

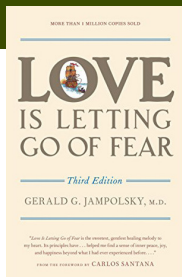
JUNE 11, 2020



*Living Buddha, Living Christ*  
by Thich Nhat Hanh

Buddha and Christ, perhaps the two most pivotal figures in history, each left behind a legacy of teachings and practices that have shaped the lives of billions of people. If they were to meet on the road today, what would each think of the other's spiritual views and practices? Thich Nhat Hanh has been part of a decades-long dialogue between two great contemplative traditions, and brings to Christianity an appreciation of its beauty that could be conveyed only by an outsider. He explores the crossroads of compassion and holiness at which the two traditions meet, and he reawakens our understanding of both.

JULY 9, 2020



*Love is Letting Go of Fear*  
by Gerald Jampolsky

The only thing that stands between us and the awesome energy of love is fear. To live without fear, we must stop analyzing it, agonizing over it, fighting with it, and let it go. Jampolsky's message, presented in 12 easy daily lessons, reminds readers that by letting go of fearful, limited thinking— such as a paralyzing preoccupation with the past or a chronic apprehension over the future— we can make room to thrive in the here and now.