



the retreat

WOMEN  
IN  
RECOVERY

Wayzata  
BOOK  
GROUP

2nd  
WED

ZOOM  
MEETING ID: 173471544

6:30pm - 8pm



BOOK GROUP IS MEETING  
VIRTUALLY ON ZOOM!



Meeting URL: [zoom.us/j/173471544](https://zoom.us/j/173471544)  
Phone Call IN: 1-312-626-6799  
Meeting ID: 173471544

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 WEDNESDAY of each month from 6:30-8:00 p.m. on ZOOM.

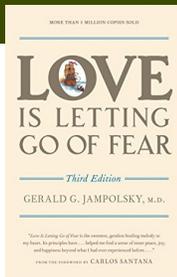
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.

STAY CONNECTED!



@womeninrecoverymn

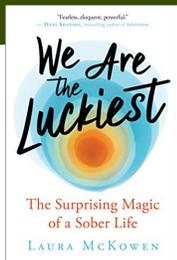
MAY 13, 2020



*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.

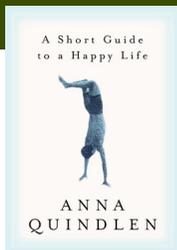
JUNE 10, 2020



*We Are the Luckiest: The Surprising Magic of a Sober Life*  
by Laura McKowen

In the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, McKowen realized that she was actually the lucky one. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

JULY 8, 2020



*A Short Guide to a Happy Life*  
by Anna Quindlen

Life is made of moments, small pieces of silver amidst long stretches of tedium. We have to teach ourselves how to live, really live... to love the journey, not the destination. Quindlen reflects on what it takes to live deeply every day and from your own unique self, rather than merely exist through your days.

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

[www.theretreat.org/women-in-recovery](http://www.theretreat.org/women-in-recovery) | [WIR@theretreat.org](mailto:WIR@theretreat.org) |