



WOMEN
IN
RECOVERY

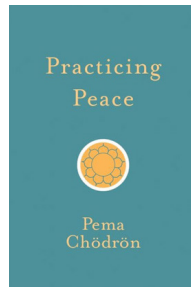
BOOK GROUPS

SECOND THURSDAY OF THE MONTH
6:30 - 8^{p.m.} CT ON ZOOM



LEARN • GROW • CONNECT

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

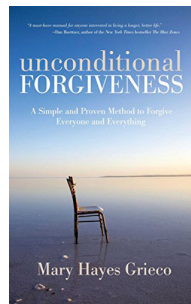


PRACTICING PEACE by Pema Chödrön

JAN 13

Instead of asking ourselves, "How can I find security and happiness?" we could ask ourselves, "Can I touch the center of my pain? Can I sit with suffering, both yours and mine, without trying to make it go away? Can I stay present to the ache of loss or disgrace—disappointment in all its many forms—and let it open me?"

Pema Chödrön here shows us how to look deeply at the underlying causes of these tensions and how we really can create a more peaceful world—by starting right where we are and learning to see the seeds of hostility in our hearts. She draws on Buddhist teachings to explore the origins of anger, aggression, hatred, and war, and offers practical techniques all of us can use to work for genuine, lasting peace in our own lives and in whatever circumstances we find ourselves.

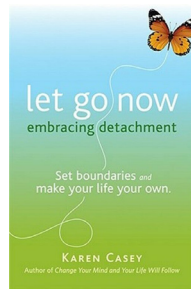


UNCONDITIONAL FORGIVENESS: A SIMPLE AND PROVEN METHOD TO FORGIVE EVERYONE AND EVERYTHING by Mary Hayes Grieco

FEB 10

Forgiveness is about more than just letting go. It's about healing wounds and wiping away scars. It's about feeling better—physically and emotionally. It's about living your life with purpose and truly moving forward.

In *Unconditional Forgiveness*, Mary Hayes Grieco offers the Eight Steps to Freedom, a simple, effective eight-step program that teaches readers how to completely forgive in order to achieve both emotional and physical well-being. This step-by-step method incorporates emotional, energetic, and spiritual components that are accessible to everyone and offer lasting success.



LET GO NOW: EMBRACE DETACHMENT AS A PATH TO FREEDOM by Karen Casey

MARCH 10

Do you ever sense you might be giving other people too much power over your mood? Do you find yourself feeling immobilized by other people's expectations? The cure for codependency is detachment, and in *Let Go Now*, bestselling author Karen Casey offers practical steps for implementing the principles of detachment in your life.

When we remove codependent relationships and behaviors from our lives, we discover a life of balance and freedom. With 200 meditations, Karen helps us realize that we cannot control anyone or anything beyond ourselves. Inspiring and easy to read, *Let Go Now* guides us away from taking care of others and toward taking care of ourselves.



MEETING ID: 960 1987 0049 • PASSWORD: 285289
LINK: zoom.us/j/96019870049 • PHONE-IN: 312.626.6799

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