

## BOOK GROUP

SECOND THURSDAY OF THE MONTH  
6:30 - 8<sup>pm</sup> CT

### ON ZOOM

Meeting ID: 960 1987 0049

Password: 285289

Link: [zoom.us/j/96019870049](https://zoom.us/j/96019870049)

Phone-in: 312.626.6799

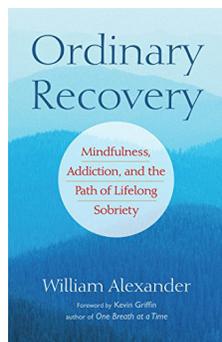
[www.theretreat.org/women-in-recovery](http://www.theretreat.org/women-in-recovery)

[WIR@theretreat.org](mailto:WIR@theretreat.org)

[fb/insta: @WomenInRecoveryMN](https://www.facebook.com/WomenInRecoveryMN)

### 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.



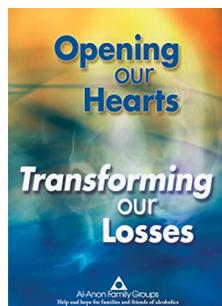
### ORDINARY RECOVERY: MINDFULNESS, ADDICTION, AND THE PATH OF LIFELONG SOBRIETY

by Kevin Griffin and William Alexander

APRIL 14

The key to ongoing freedom from alcoholism or any other kind of addiction is right before us, here and now, in the ordinary and perfect present moment. The problem is that addictions are often the result of our efforts to escape living in the present in the first place. Bill Alexander's unique approach uses mindfulness, story, and meditation to help alcoholics and others learn to come back to the present moment and find healing there.

Emerging scientific research suggests that mindfulness (a nonjudgmental awareness of our moment-to-moment experience) can help prevent addiction relapse. *Ordinary Recovery* is a revised edition of Alexander's book *Cool Water*, with a new foreword, a new preface by the author, updates throughout the book, and a new resources section.

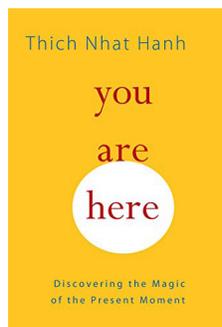


### OPENING OUR HEARTS TRANSFORMING OUR LOSSES

Al-Anon Family Group

MAY 12

Find hope in the experiences of those who have walked before us. This latest book from Al-Anon, *Opening Our Hearts, Transforming Our Losses*, includes the experiences of hundreds of members in order to challenge individuals and stimulate group discussions. Readers are invited to explore how Al-Anon principles have helped members acknowledge, understand, and accept the losses we have experienced as a result of someone else's alcoholism. The book covers a wide range of topics including death, financial ruin, abandoned dreams, and vanished self-esteem. With the help of Al-Anon Family Groups, we can begin to heal and to live life more fully.



### YOU ARE HERE: DISCOVERING THE MAGIC OF THE PRESENT MOMENT

by Thich Nhat Hanh

JUNE 9

In this book, recently departed Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free.

Based on a retreat that Thich Nhat Hanh led for Westerners, *You Are Here* offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness of breathing and walking, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, "The energy of mindfulness is the energy of the Buddha, and it can be produced by anybody."