



## WOMEN IN RECOVERY

### LEARN

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

### GROW

Our backgrounds are unique, our stories vary, and our programs may differ, but we are all women in recovery and we come together to learn, grow, and connect.

### CONNECT

Join us each month as we nurture, renew, and transform not only our programs but our lives.



[WIR@theretreat.org](mailto:WIR@theretreat.org) • [theretreat.org/women-in-recovery](https://theretreat.org/women-in-recovery)

[fb/insta @WomenInRecovery](https://fb.com/WomenInRecovery)

1221 Wayzata Blvd E, Wayzata MN 55391



## SPEAKER SERIES

The Women in Recovery Speaker Series is held on the **4th Wednesday of the month**, January-October, at **The Retreat** (1221 Wayzata Blvd E, Wayzata).

From relationships to spirituality, meditation to co-dependency, sexuality to self-care, speakers cover topics of universal concern to women seeking to supplement their programs of recovery. **Refreshments and fellowship begin at 6:30 p.m., followed by the program at 7 p.m.**

## 2020 Speaker Series Schedule

DATE	SPEAKER	TOPIC
Jan 22	<i>Paula Hutchinson &amp; Michelle Simonsen</i>	Letters From God: Intuiting & Experiencing Our Higher Power
Feb 26	<i>Kelli Clement</i>	Recovery & Sexuality: The No Shame Game
Mar 25	<i>Jill Englund</i>	Meditating to Maintain a Fit Spiritual Condition
Apr 22	<i>Barbara Sutton</i>	SoulCollage®: Artistic Process for Inner Reflection, Self-Discovery & Expression through Collage
May 27	<i>Dirk Miller</i>	Recovery from Addiction & So Much More
Jun 24	<i>Laurie Phillips</i>	Finding Calm with EFT Meridian Tapping
Jul 22	<i>Carol Ackley</i>	Chemistry of Addiction
Aug 26	<i>Diane Poole</i>	Relationships with Self, God & Others
Sep 23	<i>Speaker Panel</i>	Sponsorship Panel
Oct 28	<i>Barbara McAfee</i>	Higher Power Potluck & Community Sing



## BOOK GROUPS

Come share your thoughts and questions with others. We meet at two convenient locations: **The Retreat (Wayzata) on the 2nd Wednesday and The Retreat (St. Paul) on the 2nd Thursday of the month, Jan-Oct.**

Come for the fellowship even if you haven't read this month's book! The books we choose are frequently about how we can grow in our practice of spiritual principles, and whether or not we've read a particular book, we all have something to learn from one another.