



WOMEN
IN
RECOVERY

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 p.m. ON ZOOM

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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.

FEB 24

2021

EMOTIONAL SOBRIETY

Polly Pistole

Polly will help us examine emotional sobriety and the possibility of healing emotional problems through the 12 steps and a personal relationship with God. Using her own experience, she will focus on the following:

- Steps 6 & 7 - How to identify our character defects which separate us from God
- Finding a solution - How to establish conscious contact with a God of our understanding using the steps, AA and Al-Anon literature
- How to live comfortable in our own skin

Polly will be referring to sections of the *Big Book of Alcoholics Anonymous*, Al-Anon's *Path's to Recovery* and *Language of the Heart*.

You don't want to miss this!



POLLY PISTOLE has been active in 12 Step recovery for over 43 years, including 37 years in Al-Anon. She has been giving talks on the topic of "Emotional Sobriety" for over 20 years, carrying the message to the recovery community all over the world including in the US, Canada, Iceland, England, and Australia.



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