



WOMEN
IN
RECOVERY

JAN 25
2023

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8 p.m.

In-person and on Zoom

IN-PERSON

Hennepin Avenue United Methodist Church
511 Groveland Ave, Minneapolis, MN 55403

6:30 pm Refreshments & Fellowship

7:00 pm Programming

ZOOM

ID: 604 752 4401 • Password: WIR

7 - 8 pm CT

LETTERS FROM GOD: INTUITING & EXPERIENCING OUR HIGHER POWER

Michelle Simonsen

Women in Recovery will start the new year with what has become a tradition—intuiting and experiencing our personal Letters from God. Michelle Simonsen will lead us through this powerful spiritual practice. Join us as our journey into the Great Reality continues—healing our past and blessing our future!



MICHELLE SIMONSEN is a soma yoga therapist specializing in providing relief from chronic traumatic experiences. She is also a certified recovery coach. Michelle believes that teaching the spiritual nature of yoga combined with the foundations of 12-step recovery creates a safe place for healing to begin. She enjoys building and supporting you on a path of recovery toward a whole you—physically, mentally, emotionally, and spiritually.

LEARN • GROW • CONNECT

Our programming this year focuses
on **Connection** – to our Higher Power,
Ourselves, and Our Community

theretreat.org/women-in-recovery | WIR@theretreat.org
fb/insta: @WomenInRecoveryMN

What is Women in Recovery? We are a community of women in 12-step programs looking to supplement our recoveries through bimonthly speaker meetings and special events. We aim to create a caring community that provides education, spiritual insight, and growth opportunities.

Who attends? Women in a variety of 12-step programs—AA, NA, Alanon, OA, CoDA. Some of us have been around for years; some of us are new to recovery. We all want to learn, grow, and connect. You don't have to be a Retreat alum to join us! All are welcome!

Why should I attend? Our events are designed *by* women in recovery *for* women in recovery—we understand the challenges women face. We know it's important to get involved in a sober community and stay connected, whether you are four days sober or 40 years. This is not an AA meeting, but a supplement to your program of recovery.