

## CULTIVATING A PEACEFUL JOURNEY

Karen Casey



I wholeheartedly believe that each one of us has multiple opportunities, every single day, to not only live our lives more peacefully but to also model for others what a peaceful life looks like; which in turn, just might influence those we journey among to live more peaceful lives too.

As Margaret Mead said so many years ago, "Never doubt that a small group of committed citizens can change the world; indeed, it's the only thing that ever has." I believe we can change the world, one person at a time by how we greet and then interact with the very specific men and women we encounter. They are not accidental visitors on our path. Certainly, in this time of worldwide strife, making even one tiny gesture of love every day can ultimately make a profound difference, not only "out there," but within too. The time is now to do our part.

*KAREN CASEY, PH.D., has been an active member of AA and Al-Anon for more than 46 years. She has been a student and a teacher of A Course in Miracles for more than 30 years. Her work as a writer and workshop leader in the U.S. and abroad has expanded to include books for people on any spiritual path. Her first book, Each Day A New Beginning: Daily Meditations For Women, was published in 1982. It has sold nearly 4 million copies and has been followed by an additional 30 books. Her more recent books have focused on relationships and how to live more peacefully within them, including Each Day A Renewed Beginning: Meditations For A Peaceful Journey, published in 2021.*

WE ARE  
NOW MEETING  
IN-PERSON!  
JOIN US!!

Starting in July, Women in Recovery will be meeting in person! We are so excited to be able to come together again in fellowship. WIR Speaker Meetings will take place at Hennepin Avenue United Methodist Church in the art gallery upstairs. Greeters at the door will guide you to the meeting space. We hope to see you there!

For those who are unable to attend in person, we are still offering an online option. Please note the new ZOOM info.

### 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.

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

hybrid  
info:

Zoom ID: 814-8678-2356 Password: 1212

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

6:30pm Refreshments & Fellowship  
7:00pm Programming