



WOMEN  
IN  
RECOVERY

JULY 26  
2023

## SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH

7 - 8:30 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 - 8:30 pm CT

LEARN • GROW • CONNECT

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

[theretreat.org/women-in-recovery](https://theretreat.org/women-in-recovery) | [WIR@theretreat.org](mailto:WIR@theretreat.org)  
fb/insta: @WomenInRecoveryMN

## HOW TO LOVE YOUR AUTHENTIC AWAKENED SELF

### Yvette Erasmus

A robust self-compassion and self-acceptance practice is foundational to recovery work, because self-judgment is one of the biggest obstacles to waking up, growing up, cleaning up and showing up - as Ken Wilber so aptly puts it. Melt away life-long habits of guilt, shame, judgment and self-blame so that you can free up your energy for the important work of self-reclamation, self-love and deep self-care. Learn how to find the deep needs underlying all behavior, how to love up your messy self, and work lovingly with your imperfections.



YVETTE ERASMUS, born in South Africa and having lived in Malawi, Germany, and California, draws from multiple cultures to illuminate her path, open her heart and cultivate a deep sense of purpose and meaning. As a teacher, therapist, writer and consultant, Yvette combines her unique background with a Master's Degree in Education and a Doctoral Degree in Clinical Psychology to offer healing, personal transformation and training to people who wish to improve relationships at home, at work and in the world at large.

**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.