



the retreat

WOMEN
IN
RECOVERY

Wayzata
BOOK
GROUP

2nd
WED

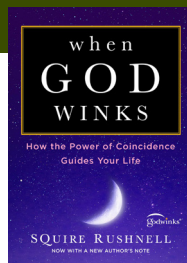
The Retreat

1221 Wayzata Blvd E, Wayzata, MN 55391

6:30pm - 8pm

Come meet other women in recovery in a friendly, low-key setting. We meet on the SECOND WEDNESDAY of each month from 6:30-8:00 p.m. in the Bisanz Cottage (ask at the desk if you need directions).

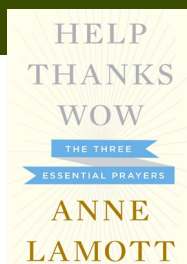
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.



AUGUST 14, 2019

When God Winks: How the Power of Coincidence Guides Your Life
by Squire Rushnell

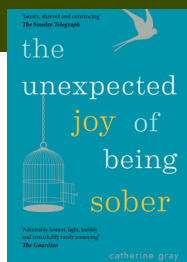
Squire Rushnell teaches you how to use the power of "Godwinks"—divine coincidences—to seize certainty in uncertain times, and enrich your career and relationships. These seemingly random events are actually signposts that can help you successfully navigate your career, relationships, and interests. By recognizing the "Godwinks" our Creator has placed in our paths, we can understand—and embrace—the journey God has laid out for us.



SEPTEMBER 11, 2019

Help Thanks Wow: The Three Essential Prayers
by Anne Lamott

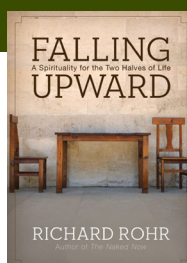
Lamott writes about the three simple prayers essential to coming through tough times, difficult days and the hardships of daily life. It is three prayers – asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and can show us the way forward. She explains what they mean to her and how they have helped, and explores how others have embraced these same ideas.



OCTOBER 9, 2019

The Unexpected Joy of Being Sober
by Catherine Grey

This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, sober weddings, sex, Christmases and breakups. In *The Unexpected Joy of Being Sober*, Catherine Grey shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies.



JANUARY 8, 2020

Falling Upward: Spirituality for the Two Halves of Life
by Richard Rohr

Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right.