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WOMEN
IN
RECOVERY



Learn
Grow
Connect

6:30 -
8:00pm

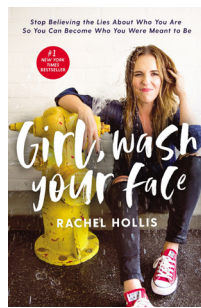
2nd
WEDNESDAYS

WAYZATA BOOK GROUP

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 large meeting room on the lower level; (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.

November 14, 2018

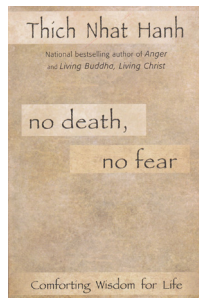


Girl, Wash Your Face

by Rachel Hollis

Hollis exposes lies and misconceptions that hold us back from living joyfully and productively. With painful honesty and fearless humor, Rachel Hollis unpacks the falsehoods that once left her feeling overwhelmed and unworthy, and reveals the specific practical strategies that helped her move past them. In the process, she encourages, entertains and shows us how to give ourselves grace without giving up.

December 12, 2018

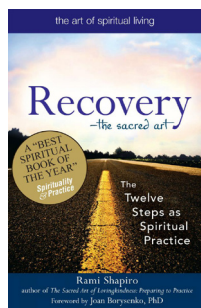


No Death, No Fear

by Thich Nhat Hanh

What is death? This question has been contemplated by almost anyone who has ever lived, including Buddhist monks and nuns. This book examines our concepts of death, fear and the very nature of existence. Through Zen parables, guided meditations and personal stories, the author explores traditional myths of how we live and die and shows us a way to live a life unfettered by fear.

January 9, 2018



Recovery, the Sacred Art

by Rami Shapiro

Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous. In this hope-filled approach to spiritual growth, the steps are uniquely interpreted to speak to everyone seeking a freer and more God-centered life. Drawing on insights and practices of several religious traditions, he offers suggestions on how to move more deeply into the universal spirituality of the Twelve Step system.

The mission of Women in Recovery is to create a caring community that provides education, spiritual insight, and growth opportunities for women in all 12 Step recovery programs.

www.theretreat.org/women-in-recovery

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