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WOMEN
IN
RECOVERY



Learn
Grow
Connect

6:30 -
8:00pm

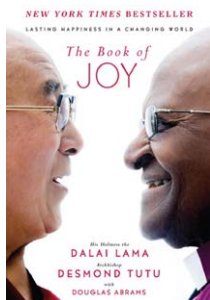
2nd
WEDNESDAYS

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 Retreat's AV Room (located to the right of the front lobby; 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.

February 14, 2018

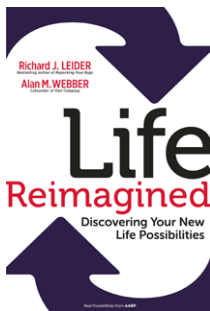


The Book of Joy

by the Dalai Lama and Desmond Tutu

In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering?

March 14, 2018

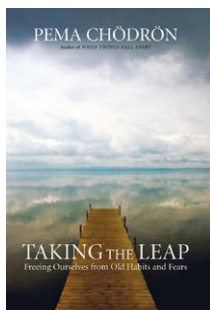


Life Reimagined

by Richard Leider and Alan Webber

Today we're seeing people reach what used to be the "age of retirement" and convert it into the "age of possibilities." The authors call it "Life Reimagined." This book calls on each of us to engage life with a profound sense of what is possible, what is desirable, and what is personally meaningful.

April 11, 2018



Taking the Leap: Freeing Ourselves from Old Habits and Fears

by Pema Chödrön

Pema Chödrön draws on the Buddhist concept of shenpa to help us see how certain habits of mind tend to "hook" us and get us stuck in states of anger, blame, self-hatred, and addiction. The good news is that once we start to recognize these patterns, they instantly begin to lose their hold on us and we can begin to change our lives for the better.

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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