

1221 Wayzata Blvd E.
Wayzata, MN 55391
1-877-9283
952-476-0566



WOMEN
IN
RECOVERY



2nd
WEDS

BOOK CLUB

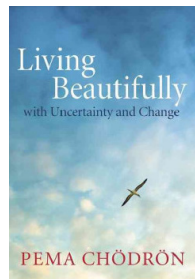
6:30pm
8:00pm

RECOVERING
TOGETHER

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.

November 8, 2017



Living Beautifully with Uncertainty and Change
by Pema Chodron

Is it possible to live well when the very ground we stand on is shaky? Yes, says everyone's favorite Buddhist nun, it's even possible to live beautifully, compassionately, and happily on shaky ground—and the secret is: the ground is always shaky. Pema Chodron shows how using a traditional Buddhist practice called the Three Vows or Three Commitments, offering us a way to relax into profound sanity in the midst of whatever non-sanity is happening around us.

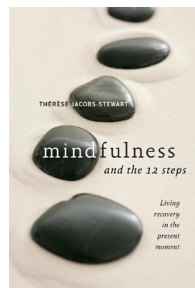
December 13, 2017



Big Magic: Creative Living Beyond Fear
by Elizabeth Gilbert

Elizabeth Gilbert digs deep into her own generative process to share her wisdom and unique perspective about creativity. She asks us to embrace our curiosity and let go of needless suffering. She shows us how to tackle what we most love, and how to face down what we most fear. She discusses the attitudes, approaches, and habits we need in order to live our most creative lives and pushes us to find our place in this magically creative world.

January 10, 2018



**Mindfulness and the 12 Steps:
Living Recovery in the Present Moment**
by Thérèse Jacobs-Stewart

A fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness, or bringing one's awareness to focus on the present moment. We can revisit each of the Twelve Steps, exploring the interplay of ideas between mindfulness and Twelve Step principles—from the idea of living "one day at a time" to the emphasis on prayer and meditation—and learn to incorporate mindfulness into our path toward lifelong recovery.

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

WIR@theretreat.org