



WOMEN
IN
RECOVERY

JUL 23
2025

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH

7 - 8:30 p.m.

In-person and on Zoom

IN-PERSON

The Retreat

1221 Wayzata Blvd., E., Wayzata, MN 55391

6:30 pm Refreshments & Fellowship

7:00 pm Programming

ZOOM

ID: 604 752 4401 • Password: WIR

7 - 8:30 pm CT

SIMPLE TOOLS FOR GUARANTEEING A SOFT LANDING

Karen Casey

Our relationships are our pathway to healing and how we show up, moment by moment, determines the growth we will have. Every gesture matters. Every word counts. And what we choose to say and do defines us and determines the healing we will experience and the healing we will influence others to experience too.



Karen Casey, Ph.D. has more than 47 years as an active member in Alcoholics Anonymous and Al-Anon. She made a commitment to recovery and this pathway of hope the moment she walked through the doors of her first Al-Anon meeting in 1974. After going to her first AA meeting in May, 1976, she never looked back. The die had been cast.

Her work as a writer and workshop leader has broadened to include books for people on any spiritual path, or none. A Course in Miracles has been an added focus for more than 30 years.

LEARN • GROW • CONNECT

*Our programming this year focuses on
**Nurturing, Renewing and Affirming
Our Bodies, Our Minds, and Our Spirits***

theretreat.org/women-in-recovery | mnwomeninrecovery@gmail.com
fb/insta: @WomenInRecoveryMN

What is Women in Recovery? We are a community of women in recovery 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 recovery programs—AA, NA, Al-Anon, 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.