



WOMEN  
IN  
RECOVERY

SEP 25  
2024

## 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 p.m. Refreshments & Fellowship  
7:00 p.m. Programming

### ZOOM

ID: 604 752 4401 • Password: WIR  
7 - 8:30 p.m. CT

LEARN • GROW • CONNECT

Our programming this year focuses on  
**Expanding our Paths for Healing  
and Recovery.**

[theretreat.org/women-in-recovery](https://theretreat.org/women-in-recovery) | [WIR@theretreat.org](mailto:WIR@theretreat.org)  
[fb/insta: @WomenInRecoveryMN](https://fb.com/WomenInRecoveryMN)

## EXPANDING OUR HEARTS THROUGH SOUND.

### Margaret Metz

Sound is an ancient and powerful healing tool. Prepare to experience a deeply healing and relaxing journey with one of a kind Crystal Alchemy Singing Bowls. Margaret will begin by leading us on a short guided meditation to help quiet our minds, preparing us for the deeper dive of opening and reconnecting with our hearts. She will invite you to drop down deep inside, finding that place of stillness and safety as you are held within the sacred energy of sound.

*Please bring a yoga mat, pillow, and possibly a blanket.*



Margaret has been facilitating healing through her Massage Therapy practice for the last 35 years. She is a Usui/Holy Fire III and Karuna Reiki Master and a Certified Sound Practitioner through Holding Space Sound Bath. Margaret's passion for service includes playing her bowls for those in recovery, for cancer patients and the elderly, her passion and joy is providing her clients with a healing experience where they feel held and supported.

**What is Women in Recovery?** We are a community of women in 12-step 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 12-step 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.