

RSVP
Required

Recovery Month Spirituality breakfast

Sponsored by the StepUP Program,
Minnesota Recovery Connection, and Recovery Works!

September 16, 2011, 7:30 a.m.

East Commons, Christensen Center, Augsburg College
720 22nd Ave. S.
Minneapolis, MN 55454

Find updated construction and parking information, visit www.augsburg.edu/about/map.html

KEYNOTE SPEAKER



Thérèse Jacobs-Stewart has been a practicing psychotherapist, meditation teacher, and international consultant for more than twenty-five years. In 2004, she founded MindRoads Meditation Center, a neighborhood practice center integrating contemplative practices from both East and West and home of the Saint Paul, Minnesota chapter of “Mindfulness and 12-Steps” meetings.

Thérèse has studied with Tibetan monks in Nepal and India, Carmelite contemplatives in a monastery in Arizona, and the Soto Zen community at Green Gulch Farm Zen Center in San Francisco, California. She is a recognized expert in emotional intelligence, and the author of *Paths are Made for Walking: Practical Steps to Attaining Serenity*. Her newest book, released in June 2010, *Mindfulness and the 12 Steps, Living Recovery in the Present Moment*, offers recovering people a new resource and fresh perspective for developing their own spiritual path. Included are lessons from ancient and modern Buddhist teachers, and a guided approach to putting mindfulness practices into action.

For more information and to RSVP
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