

## WHO ARE WE

This retreat has long been the dream of Laurie Holbrook-Nunes. In October of 2014 her dream came to fruition. Overcoming fear and doubt, the plan moved forward and has blossomed into reality. With a committee of 9 incredible women and a power greater than themselves, they continue to work tirelessly. Their hope and desire is that women are able to achieve happiness and success in their lives and in recovery. That they are able to find true unity and comoradary devoid of competition and fear. To hold each-other up in the face of adversity and find courage in one another to become the women they aspire to be. This retreat has proven to be an incredibly loving, moving and safe place for women to get about the work of becoming the human beings God had intended them to be. After five great years we are looking forward to our plans for 2020! Please stop by our website regularly to watch the changes as our dreams ignite and our programming evolves!



## COMMITTEE

Carol Bowers  
Tracy DeRosa  
Mary Fitzgerald  
Heidi Harlfinger  
Laurie Holbrook-Nunes  
Paula Karavetsos  
Lisa Walsh



In Loving Memory of Kat Michael

Women Rising Up, Inc  
P.O. Box 102  
North Easton, MA 02356  
[www.wsr-riseup.com](http://www.wsr-riseup.com)

TAX ID#: 81-155-1835

# 6th Annual Women Rising Up Spiritual Retreat



**October 9- 11, 2020**

**Holy Cross Retreat House  
490 Washington Street  
North Easton, MA  
(behind church)**

# REGISTRATION

Join us in creating a deeper sense of unity with women in recovery by sharing your experience, strength and hope with the 12 steps. This weekend we invite you to laugh, cry, think, share and love. Our goal is to provide a safe and fun place to experience lasting memories comradery and a unique opportunity for spiritual growth. Together we can change the course of history for women in recovery! Register here or online at [www.wsr-riseup/registration](http://www.wsr-riseup/registration)

**Weekend includes 2 nights lodging, 5 meals and a loving guided tour through the 12 steps of recovery!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, STATE, Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

1 Bedroom ( ) 2 Bedroom ( ) 3 Bedroom ( )

Roomate(s): \_\_\_\_\_

Payment Enclosed: \$155.00 full or \$77.50 for Deposit (circle one) check #: \_\_\_\_\_

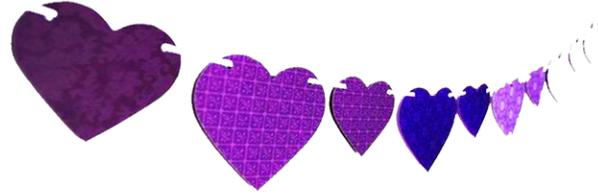
Registration is limited to 70 women and closes on 10/01/20  
for more information contact  
Paula K. 508-846-2172 or Tracy D. 978-587-6817

mail to:  
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# RISE UP!



Women Rising Up, Inc. is a non-profit organization whose goal is to educate, support and encourage women in recovery. We meet annually to guide women in a unique and engaging journey through the 12 steps. Each step is facilitated by women in long term recovery who share their experience strength and hope which offers a new approach to the step bringing a new perspective for growth. It is imperative that we are able to branch out of our comfort zone and try something new. Registrants learn to better meditate and develop a connection with their higher self or higher power. Much thought and attention is put into the programming of the Women Rising Up Retreat. Our ultimate goal is to provide a safe and fun place to experience lasting memories, comrodary and the opportunity



for spiritual growth. Together we can change the course of history for women in recovery.

# WHY WE DO IT

Recovery and addiction for women is different than that of our male conterparts. Though men have thier fair share of shame and trauma throughout their active addiction, our expereince is that women tend to experience unparalled shame due to sexual exploitation, parental unworthyness and a chronic sense of inferi ority. The longer we ignore the cause of our probems, the more difficult it is to connect to others. We become numb and disconnected from our lives and the people who love us. It is important for women to identify triggers of relapse: self, relationships, sexuality and spirituality. Many of us have expereneined low self-e teem, sexism, family of origin, relationships, domestic violence, and trauma issues.

We believe that likeminded women can work together to support and encourage each other to break through the barriers of their past and learn to of live complete and happy lives filled with peace, love and acceptance.

