

Being Sober and Becoming Happy

Wisdom For Life – 12 Steps for Everyone

Nine-part Lecture Series at St. Olaf Church
based on the new book
by Rev. Dr. John McDougall

Time: 5:30 to 7:00 pm
Location: St. Olaf Fleming Hall
Phone: 612- 332-7471

Light supper served – Free will offering
Third Tuesday of each month,
September 2016 – May 2017
(with the exception of March;
session will be held on the second
Tuesday, March 14th)

co-sponsored by



the retreat

www.theretreat.org ~ 952-476-0566
1221 Wayzata Blvd E, Wayzata MN 55391

You are invited to participate in a lecture series presented by Dr. John MacDougall. Each session will focus on a chapter of John's new book, *"Being Sober and Becoming Happy."* In this hopeful and useful guide, MacDougall explains how to maintain our spiritual condition so that we can remain reliably sober, and come to restore our relationships with God, ourselves, and those we love.

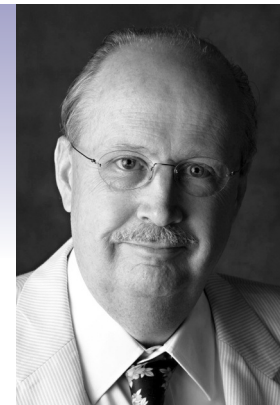
"This is about positive transformation for us all, especially those in recovery from any sort of suffering."

– Dr. George Vaillant, Harvard Medical School

The series is appropriate for all people interested in learning how to apply the 12 Steps of Alcoholics Anonymous to daily life. No familiarity with addiction or recovery is required to attend.

1. 9/20: *Staying Sober*
2. 10/18: *Spirituality and Recovery*
3. 11/15: *Surrender and Trust*
4. 12/20: *Practice What Principles?*
5. 1/17: *Spiritual Recovery from Trauma and Abuse*
6. 2/21: *Love and Romance*
7. 3/14: *Hope*
8. 4/18: *Finding Joy in Life*
9. 5/16: *Becoming Happy*

**Call the St. Olaf office to reserve
your place: 612-332-7471**



Dr. John MacDougall

is the Director of Spiritual Guidance at The Retreat. He is a graduate of Princeton Theological Seminary and the Theological School of Drew University,

from which he earned a Doctor of Ministry degree with a focus in family therapy.

John is a United Methodist minister, having served as a parish pastor for 17 years. He has been clean and sober since July 4, 1989. John's book, *"Being Sober and Becoming Happy"* is available at Amazon.com.

"I love this book! Even after 37 years in Alcoholics Anonymous and a few more than that in Al-Anon, I found myself jotting down insights for my own edification, and to share with others."

– Karen Caley, author of *Each Day a New Beginning* and 18 other recovery books



Catholic Church

215 South 8th Street
Minneapolis MN 55402
www.SaintOlaf.org